

### Other Therapies:

Dhanyamla Dhara, Netra Tarpanam, Netra Dhara, Udavartanam, Uttarvasti, Kativasti/ Greeva/ Janu vasti, Abhayangam ( Ayurvedic oil massage), Medicated steam bath,

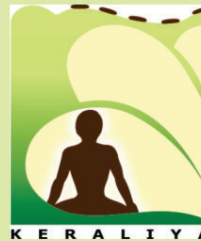
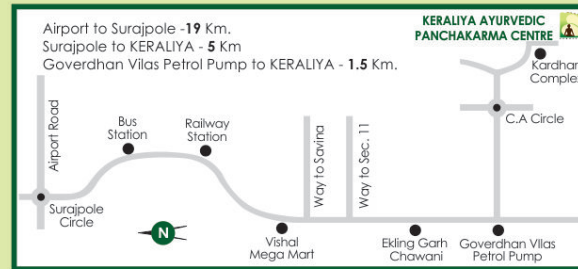
### Osteopathy

## WELLNESS PACKAGES

- Frequent traveler's package [One day]
- Ayurvedic Sacred Bliss Package [One day]
- Relaxation [Stress management] package [3days]
- Rejuvenation package [5 days]
- Detoxification & Rejuvenation package [8 day]

## MAIN FEATURES

- 10 Bedded indoor facility
- 8 Panchakarma therapy treatment rooms
- Well trained & experienced nursing staff/Technicians
- Qualified team of Doctors
- Library
- Online consultation facilities
- Nadi Pariksha ( pulse diagnosis)



Prior appointment is compulsory for Doctor Consultation

Timing: 9AM To 6:30PM  
(Monday to Sunday)

Contact For more information, appointment and booking  
**KERALIYA AYURVEDIC PANCHAKARMA CENTER**  
28 Kardhar Complex (Colony), Hiran Magari,  
Sec.-14, UDAIPUR, (Rajasthan.) India-313001

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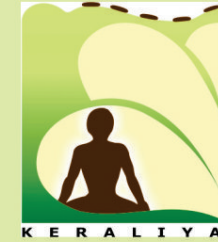
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## KERALIYA AYURVEDIC PANCHAKARMA CENTRE



## ABOUT US:

Our centre 'Keraliya Ayurvedic Panchakarma centre' was established by late Dr. Jamuna Prasad Gupta in 1999. Since then, our hardworking team has assisted, with complete devotion for human service. We treat our patients through Indian science of medicine Ayurveda, Naturopathy and yoga which help us to reach the root cause of disease and to eradicate it.

At KAPC you will experience authentic and transformative programs based on Ayurveda –the world's most ancient and comprehensive system of natural health care. The prime objective in all the treatments is to restore balance in the body and re-establish harmony in the body metabolism. Panchakarma treatment has a deep cleansing and purifying effect on the mind, body and soul.

### What is Panchakarma Therapy?

Panchakarma is Ayurvedic purification and detoxification treatment. Panchakarma means the "five therapies".The 5 therapeutic means of eliminating toxins from the body are Vamana, Virechana, Basti, Nasya and Raktamokshana. This series of five therapies help to remove deep rooted stress and illness causing toxins from the body while balancing the Doshas( principle Energies).



## CHRONIC DISEASES FOR WHICH KERALIYA AYURVEDIC SPECIALITY TREATMENT ARE AVAILABLE

### •Keraliya Spine & Joint Speciality Clinic

Treats Slip- disc, Sciatica, Cervical & Lumber Spondylosis, Spinal Canal Stenosis, Back & neck pain, Osteoporosis, Ankylosing Spondylitis, Gout, Joints pain, Knee Pain, Rheumatoid Arthritis, Osteo- Arthritis, Ligament tear etc. without surgery.

### •Eye Related Diseases:

Diabetic Retinopathy, Glaucoma, Macular Degeneration, Myopia, dry eyes, Detachment of Retina, Kerato conus etc.

### •Kidney diseases:

Kidney stone, Chronic Kidney Failure, Nephrotic Syndrome etc.

### •Liver diseases:

Cirrhosis of liver, Ascitis, fatty Liver, Hepatitis, Jaundice etc.

### •Life Style Related Diseases:

Diabetes, Hypertension, High Cholesterol, Heart disease, Obesity, Hypothyroidism etc.

### •Women's health problems:

PCOD, Infertility, Menopausal Syndrome, Fibroids, Leucorrhoea etc.

### •Special Treatments:

Insomnia, Depression, Allergy, sinusitis, Asthma, Hyperacidity, Migraine, Chronic Headache, Paralysis, Enlarge Prostate, Psoriasis, Urticaria, Ulcerative Colitis etc.

## THERAPIES:

### PANCHAKARMA:

Vamana (Medicated Vomiting) Virechana(Purgation), Basti (medicated Enema), Nasyam (nasal route of cleaning), Raktamoshan (blood Letting), Agnikarma.

### KERALA PANCHAKRA:

Shirodhra, Pizhichil, Navara Kizhi, Ilakizhi, Annalepanam, Shirolepanam.



### NATUROPATHY:

Mudtherapy, Hydrotherapy, Fasting and Diet Therapy

### Yoga :

Yogaasana, Pranayam, Meditation, Microyoga Exercise etc.



### SPA TREATMENTS:

Herbal Cream Massage, Body Polishing, Head & Foot Massage.