



NAVAYOGA AYURGRAM

AN AUTHENTIC AYURVEDIC & WELLNESS CENTER

Panchakarma & Marma Therapy

Postnatal Care

Herbal Beauty Clinic

Ortho Clinic

Wellness

Home Health Care

Cosmetology

EXCELLENT
HEALTH CARE,
BACKED BY
TRADITION



www.navayogaayurgram.com



✉ navayogaayurgram@gmail.com

☎ 85906 831 81 | 0481 2080099 📍 Thottackadu P.O, Kottayam-686539

WHERE TRADITION MEETS TRANSFORMATION



With over a hundred years of tradition in **Prasutikacharya and Ayurvedic medicine**, Navayoga Ayurgram is situated in spiritual tranquility.

Traditional Ayurvedic treatments like panchakarma & marma therapies, rakta moksha therapies, abdominal and skin disease treatments, postnatal care, child care and herbal beauty clinic are provided by expert doctors and therapists.

Spread over 3 acres, this beautiful Ayurvedic treatment center comprises of fully equipped treatment rooms, Kerala style cottages for accommodation, a cultural center called "**Kedaram**", a meditation hall, a medicinal herb garden and an organic vegetable garden.

OUR TREATMENTS

ABHYANGAM (WHOLE BODY MASSAGE)

A relaxing full body massage with warm, herb infused oil improves lymph flow aiding in detoxification, increases circulation and calms the nervous system.



UDVARTANA: HERBAL BODY SCRUB MASSAGE (POWDER MASSAGE)

Exfoliating massage using specially prepared Ayurvedic herbal powder to soften the skin, enhance skin tone and for weight loss and detoxification.



PATRA POTALA SWEDAM (ELAKIZHI)

This is a kind of Sudation therapy using herbal leaves. Various herbal leaves are chopped and mixed. This is used for patients having rheumatic complaints or neuro-muscular problems, stiffness, pain, etc.



PODIKIZHI (CHOORNA PINDA SWEDA)

Body is fomented thoroughly with kizhis containing herbal drugs in powdered form. Podikizhi is good for ailments due to disrupted Vata and Kapha doshas.



NJAVARA KIZHI (SHASHTIKA PINDA SWEDAM)

This involves massaging of the body with small linen bags filled with Njavara (Shashtika) after a liberal application of medicated oils. Njavara Kizhi is also of great benefit to those with atrophy of the muscles, arthritis, weakness of extremities etc.



THAKRADHARA

This is a powerful relaxation therapy for the head & mind. It's commonly used for treating Insomnia, depression, stress related problems, hypertension, skin disorders, psoriasis etc. Butter milk, which has tremendous properties is used as the key ingredient for the treatment.



PIZHICHIL

Lukewarm medicated oil is applied on the body of the patient lying on the Dharapathi. Oil dipped pieces of cloth are squeezed by hand and the oil is rubbed smoothly over the body of the patient on either side. It is recommended for diseases caused by vitiation of Vata dosha eg Pakshaghatha, paralysis (Hemiplegia) and other degenerative diseases.



DHANYAMLADHARA

It is a specialized Ayurvedic therapy where a warm fermented herbal liquid called Dhanyamlam is continuously poured over the body to treat inflammatory conditions pain, stiffness etc.



JAMBIRA PINDA SWEDA (NARANGA KIZHI)

This is a specialised Ayurvedic therapy that uses warm poultices (kizhi) filled with a mixture of lemon medicinal herbs etc. It is highly effective in alleviating pain, inflammation and stiffness in muscles & joints.



SIRODHARA

Traditional Ayurvedic therapy where a steady stream of warm, medicated oil or other liquids like buttermilk, milk is gently poured onto the forehead. This treatment is known for relieving stress, anxiety, insomnia, headaches etc.



PANCHAKARMA THERAPIES

NASYAM

A core detoxification therapy in Ayurveda that involves the administration of medicated substances through the nostrils. It is used to cleanse and balance disorders affecting the areas above the base of the neck, including the eyes, ears and throat.

VAMANA

An Ayurvedic detoxification therapy that involves controlled, medically induced vomiting to expel excess toxins and mucus, especially Kapha dosha, from the upper gastrointestinal tract and respiratory tract.



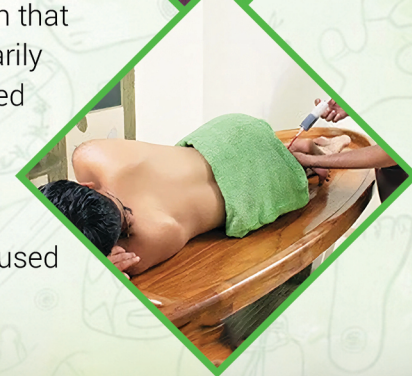
VIRECHANA

Primary detoxification therapy that involves controlled, therapeutic purgation to eliminate toxins and excess Pitta dosha from the body, primarily through the lower gastrointestinal tract.



KASHAYA VASTI (NIRUHA VASTI)

This is a core therapeutic procedure in Ayurveda's Panchakarma detoxification regimen that involves the administration of a medicated herbal decoction into the rectum. It is primarily used to eliminate toxins from the colon and balance the Vata dosha, which is considered the root of many diseases.



SNEHA VASTHI (ANUVASANA VASTHI)

Administration of medicated oil or ghee via the rectal route is called Sneha Vasthi. It is used to pacify vitiated Vata dosha and diseases which are caused by vitiated Vata dosha.



RAKTHA MOKSHA

This is a bloodletting therapy in Ayurveda (Blood Purification Procedure). The therapy aims to eliminate toxins and impure blood from the bloodstream to restore balance to doshas, particularly Pitta.

TYPES OF RAKTHA MOKSHA

- Jalaukavacharana (Leech Therapy)
- Siravedham (Venesection)
- Prachana (Pricking)
- Shringa and Alabu (Cupping)



HERBAL BEAUTY CLINIC

- Herbal Facial
- Face Cleans Up
- Shaashtika Facial (Njavara)
- De Tan Facial
- Fruit Facial
- Hot Oil Head Massage
- Herbal Hair Dye
- Hair Pack
- Henna
- Anti Dandruff Treatment
- Hand & Foot Care
- Deep Tissue Massage
- Aroma Therapy
- Veg Peel
- Kumkumadi Facial
- Pre Bridal Care



NAVAYOGA AYURGRAM

📍 Thottackadu P.O Kottayam-686539

📞 Mob: 85906 831 81, 0481 2080099

✉ navayogaayurgram@gmail.com

🌐 www.navayogaayurgram.com

