

REJUVENATION; AYURVEDA & WELLNESS

Ayurveda evolved as a system of medicine in India, around 600 BC. The system stressed on the prevention of a disease in addition to treating an ailment. This tradition of healthcare was followed closely across the entire country, and has been practised ever since. Today, Ayurveda is a unique, indispensable branch of medicine, a complete naturalistic system that depends on the diagnosis of the body's humours to achieve the right balance. Ayurveda believes in the treatment of not just the affected part, but also the individual as a whole, making it the natural way to perfect health and harmony of life.



KERALA - THE LAND OF AYURVEDA

Kerala's equable climate, natural abundance of forests with a wealth of herbs and medicinal plants, and the cool monsoon season starting from June to November are best suited for Ayurveda's curative and restorative programs. In fact, today Kerala is the only State in India, which practices this system of medicine with absolute dedication. Monsoon is considered to be the ideal time for rejuvenation. Ancient texts recommend monsoon to be the best season for Ayurveda regimens. The atmosphere remains dust-free and cool, opening the pores of the body to the maximum, making it most receptive to herbal oils and therapy.



REJUVENATION PROGRAMMES

Please Note - All these packages are customised as per the requirements of the clients. Please write to us with all your details & any problems being faced to enable our Doctors to devise your customised Rejuvenation Treatment Packages.

Rejuvenation Therapy:

Rasayana Chikitsa It tones up the skin and rejuvenates and strengthens all the tissues so as to achieve ideal health and longevity. Increases 'Ojas' (Primary Vitality) and improves 'Sattva' (Mental Clarity) and thereby increases the resistance of the body. Includes head and face massage with medicated oils and creams, body massage with herbal oil or powder, by hand and foot, intake of rejuvenate medicines and medicated steam bath. Herbal baths are also used.

Body Immunisation And Longevity Treatment:

Kayakalpa Chikitsa Prime treatment for retarding the aging process, arresting the degeneration of body cells and immunization of the system.

The treatment includes intake of 'Rasayana' (special Ayurvedic medicines and diet) and comprehensive body care programs. The program is most effective for either sex if undertaken before the age of 50.



Body Sudation:

Sweda Karma Medicated steam baths eliminate impurities from the body, improve the tone and complexion of the skin, reduce fat and are recommended for certain rheumatic diseases, particularly for pain. Precious herbs and herbal leaves are boiled and the steam is passed over the entire body for 10 to 20 minutes daily. Hand massage with herbal oils or herbal powder improves blood circulation and tones up the muscles.

General Massage Therapy For Rejuvenation:

Abhyanga This total body massage with herbal oils tones up the skin and

rejuvenates and strengthens all the tissues so as to achieve ideal health and longevity, strengthens the immune system, is beneficial for the eyes and gifts sound sleep. This is also a cure for rheumatism.

MENTAL AND PHYSICAL WELL BEING

Meditation and physical exercises are meant to isolate the ego from the body and mind. The exercises are designed to hone concentration, improve health and help attain peace of mind through 8 stages of training:



- ** Disciplined Behaviour (Yama).
- ** Self-purification (Niyama).
- ** Bodily postures such as the Lotus position (Asana).
- ** Control of breathing (Pranayama).
- ** Control of the senses (Pratyahara).
- ** Fixing of the mind on a chosen object (Dharana).
- ** Meditation (Dhyana) and
- ** Samadhi, a state of being where one experience absolute tranquillity and well-being.

BEAUTY CARE

Herbal face pack, herbal oil massage, intake of herbal tea etc. improves complexion and beautifies the body.



Hair Care:

Thaali is a traditional shampoo. It can be any herb, usually the soapy paste of crushed 'Hibiscus Rosa' leaves or '**Cheevakkai**' (**Shikakai**) powder, made into a paste and rubbed into the hair during the bath. Plain boiled rice soup rubbed into the scalp for ten minutes prior to the bath is an excellent cure for dandruff.

'Moong' (**Green Gram**) is a good hair and body scrub. **'Mylanchi'** (**Henna or Egyptian privet**) is widely used as a hair dye. Adding **'Amla'** (**dried and powdered Gooseberry, 'Phyllanthus embilica'**) and beating in an Egg Yolk makes the dye fast. Unlike chemical dyes, this is quite harmless. A mixture of Coconut Milk and Lemon Juice can prevent hair loss. Yoghurt, eggs and Lemon Juice rubbed into the scalp is said to accelerate hair growth, while Cucumber has excellent astringent properties.

Skin Care:

Pastes of Cucumber, Sandalwood, Papaya and Pineapple Fruit are used for making face masks. Honey acts as a powerful moisturizer. Turmeric paste is another popular skin care herb, applied both as a face pack as well as all over the body, to improve the skin tone and prevent skin disorders. A mixture of Lemon Juice and Honey is used in skin care. A paste of **'Raktha Chandanam'** (**Red Sandalwood**) in Honey, applied once or twice a day for about a fortnight, has a magical effect in erasing scars.

BODY SLIMMING

Medicated herbal powder and medicated herbal oil massages, an Ayurvedic diet of herbal juices etc. are part of the program.

AYURVEDIC TREATMENT PACKAGES

Please Note - We offer numerous Ayurvedic Treatment Packages prescribed by expert Ayurvedic Physicians which are carried out under proper supervision. Every package includes accommodation, Ayurveda treatment and full board Ayurvedic vegetarian food.

Samridhi- Holistic Health

A splendid combination of different Ayurveda techniques to cure the body ailments and diseases. This concept of holistic health supports the idea that if a single angam(body organ) is damaged, the effect ripples on to the whole body and not just that part.

Samridhi has detailed remedy for the entire body that ensures a holistic health care and mental well being.

Nirvana- Whole body Rejuvenation

Follow the path advised by ancient wisdom of Ayurveda to a rebirth into healthy and pure life. Different combinations of rejuvenation modules relieves you from the stress and strain of mind and body through **Abhyangam, Shashtika Pinda Swedam, Sneha Dhara** and lot of other techniques strictly following the guidelines of Ayurveda texts.

Aishwarya- Weight reduction (14 / 28 days)

Looking good and healthy is more of every human's right than a wish. Different types of therapeutic and focus massages with exquisite oils made from rare herbs in the decades old R&D centre of Krishnendu, helps you lose all extra fat and brings out the charming "you"

Along with removing excessive fat,it makes skin healthy and glowing, improves blood circulation and lot more.

Swanthanam- Pain relief therapy for Muscles,Joints (7 / 14 / 28 days)

Through the understanding of intricacies of human body from a five thousand year old knowledge and practice, Krishnendu has unique programs to relieve you of those old age pains through the Swanthanam treatment methodology. It is an intelligent combination of Abhyangam(Therapeutic and focus Massages), different types of dhara, kizhi etc.

Mukthi-Detoxification (7 / 14 / 28 days)

Your attempt to being healthy in today's world is a dream seldom achieved with the pollution in the food we eat, the water we drink and food we consume. **Mukthi** is designed to help you achieve freedom from all toxic and negative elements accumulated in our body through administration of internal medicines, Herbal bath and **Panchakarma**- the five fold cleaning technique.

Sampoorna- stroke and accident rehabilitation program (7 / 14 / 28 days)

An ideal treatment module for those ailing from accidents and stroke(paralysis). This program caters to the entire needs of an ailing body. It involves different types of massages, Dhara,Pizhichil,Shashtika Pinda Swedam and other rejuvenation

therapies which improve the blood circulation and tone up the weak muscles. With the help of physical therapy and occupational therapy they can be brought back to normal life and in extreme cases the quality of life can be improved.

OVERALL FITNESS

PANCHAKARMA TREATMENT

A five-fold treatment for mental and physical well being - tunes the body, organs, mind, breath, nerves and purifies the blood.

MOST COMMON THERAPIES ADOPTED FOR THE REJUVENATION PACKAGE

1. Dhara: Treatment For Chronic Headaches, Insomnia, Mental Tension And Cases Of Hysteria, Hallucination And Insanity. In this a continuous stream of Herbal oils, Medicated Milk or Buttermilk and decoctions are poured on the forehead/whole body in a special manner, while the patient lies supine on a Wooden bed with the neck and head placed in a comfortable position. Variations include:

a. Oordhwanga Dhara: Good for diseases of the eyes, ears and skin.

b. Takra Dhara: For those suffering from memory loss, severe headache or insanity. Sarvanga Dhara: For both head and body.

2. Snehapanam: Treatment To Alleviate Osteoarthritis, Leukaemia Etc. Medicated ghee is given internally in a gradually increased quantity for specific periods.

3. Pizhichil: Treatment For Spondilosis, Rheumatic Diseases Like Arthritis, Paralysis, Hemiplegia, Nervous Disorders: Lukewarm herbal oil is applied with fresh linen all over the body by trained masseurs in a rhythmic manner for a period of 1 to 1 ½ hours daily for 7 to 21 days.

4. Udvarthanam: Treatment For Diseases Like Hemiploegia, Paralysis, Obesity And Certain Rheumatic Ailments: It is the therapeutic massage in which the entire body is massaged with herbal powders.

5. Marma Chikitsa: Treatment For Musculoskeletal Ailments Due To Trauma Or Accidents: Treatment that works on the extremely sensitive vital points of the body (the 107 'marmas').

6. Nasyam: Treatment For Nasal Ailments: Inhalation of medicated herbal preparations, Decoction Oils, Ghee etc. to eliminate the morbid factors from the head and neck area. This also includes gently massaging the body from the shoulders, upward. It is a therapy for Sinusitis, Migraine and Chronic Cold.

7. Karnapooranam: Treatment For Ear Ailments: Medicated oils are applied to the ear for 5 to 10 minutes daily to clean as well as treat specific ailments.

8. Tharpanam: Treatment For Preventing Cataract And Strengthening Vision: A treatment for the eyes effective in preventing cataract and strengthening the optic nerve.

9. Njavarakizhi: Treatment For Wasting Of Muscles, All Types Of Rheumatism, Sports Injuries, Pain In The Joints, Emaciation Of The Body And Certain Kinds Of Skin Diseases: After the application of medicated oil, the entire body is made to perspire by the external application of medicated 'Njavara' rice packs, in the form of boluses tied in muslin bags. Njavarakizhi revitalises the skin.

10. Sirovasti: Treatment For Dryness Of Nostrils, Mouth And Throat, Severe Headaches, Facial Paralysis And Burning Sensation In The Head: Lukewarm herbal oils are poured into a leather cap fitted on the head for specific durations as per

physician's recommendation.

11. Elakizhi: Treatment For Revitalising The Skin Tone ('Patraswedam'): The entire body is massaged with herbal poultices prepared with various herbs and powder dipped in warm medicated oils and increases perspiration, which in turn helps circulation. This promotes the skin eliminate wastes and revitalises the skin, thereby improving skin tone.

YOGA & MEDITATION

Yoga literally means union. Yoga is an attempt to unite the individual soul with



the Universal Soul or God through rigorous mental and physical efforts. It is an integrated system of body, mind and spirit, and is fastened to ideas, values and attitudes. Yoga is capable of ensuring physical well-being, mental harmony and moral elevation. There are eight steps in yoga: Yama (conditional yoga behaviour, personal and social), Niyama (attitude sublimated to yoga norms), Asana (discipline of the physical body), Pranayama (control over bio energy through respiratory action), Pratyahara (withdrawal of the senses inwards through abstraction), Dharma (that is concentration), Dhyana, which is meditation and Samadhi, the trans-consciousness.

The aim of yoga is to enable the person doing yoga, to transcend sense perceived, temporary appearances, unrealities and attain a vision and an experience of the super-sensuous Divine Reality and attain peace and harmony. The challenge lies in transforming the inert body to the level of vibrant mind and then body and mind to be one with the serenity of the self. The Yoga, with the rhythm of the body, the melody of the mind and the harmony of the soul, creates the symphony of life. There are various Asanas that help to attain this rhythm. Integral part of Yoga is Meditation, an antidote to the excessive stress of modern life resulting in health problems. It helps retrain response mechanisms so that we don't react as strongly or as negatively to adverse situations. Meditation emboldens body's immune system, wards off diseases and enables quick recovery from diseases. Meditation helps mould a mind healthy, alert, positive, and calm. This, in turn, produces a body filled with vitality and health. A blend of meditation, proper diet, and yoga postures improves the general health. Medical journals say even serious heart and circulatory problems can be reversed through a regime of diet, meditation, and exercise. Meditation takes away fear, worry, and anger and replaces the mind with positive, strong attitudes. Its daily practice gives control over the flow of life force. As a result, an attitudinal change takes place leading to dispassionate approach to worldly pleasures.

In short, meditation is a simple and powerful tool to lead a stress-free life. Relationships will be rewarding once developed a calm, relaxed sensitivity of life via meditation. All forms of meditation are good, but in our high-speed society, we need to learn how to protect our energy by closing down at the end.

STEPS OF YOGA

- a. **YAMA:** Conditional yoga behaviour, personal and social.
- b. **NIYAMA:** Attitude sublimate to yoga norms.
- c. **ASANA:** Discipline of the physical body.
- d. **PRANAYAMA:** Control over bio energy through respiratory action.
- e. **PRATYAHARA:** Withdrawal of the senses inwards through abstraction.
- f. **DHARNA:** Concentration.
- g. **DHYANA:** Meditation.
- h. **SAMADHI:** Trans-consciousness.

Of these, the first five, which border on the Psychosomatic Approach, are referred to as **External (Bahiranga)** yoga, popularly known as Hatha Yoga, while the latter three, which directly affect the psyche are known as **Internal (Antaranga)** yoga, popularly known as Raja Yoga. It is almost impossible to try internal yoga (Raja Yoga) for the average man before accomplishing the external one (Hatha Yoga). The respective sequence of the eight steps as the standard methodology of yoga.

Yoga is based on a deep understanding of man and his position in this world and was the first system evolved in the world to recognise the connection and the interaction between body and mind. It studies in depth the very structure of the human personality, through analysis the psychological complexities and the cause of human pain, sorrow and suffering. It has laid down psychosomatic means through its various psycho-physiological processes for dealing with the body mind complex and tries to harmonize and integrate the human personality at all levels and stages of life.

Yoga is basically a way of life, which has been evolved as a system to go beyond the personality - complex and achieve absolute freedom-liberation of the spirit from the matter.

MEDITATION

Integral part of Yoga is Meditation, an antidote to the excessive stress of modern life resulting in health problems. It helps retrain response mechanisms so that we don't react as strongly or as negatively to adverse situations. Meditation emboldens body's immune system, wards off diseases and enables quick recovery from diseases. Meditation helps mould a mind healthy, alert, positive, and calm. This, in turn, produces a body filled with vitality and health. A blend of meditation, proper diet, and yoga postures improves the general health. Medical journals say even serious heart and circulatory problems can be reversed through a regime of diet, meditation, and exercise. Meditation takes away fear, worry, and anger and replaces the mind with positive, strong attitudes. Its daily practice gives control over the flow of life force. As a result, an attitudinal change takes place leading to dispassionate approach to worldly pleasures.

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STEPS OF MEDITATION

Meditation, an antidote to the excessive stress of modern life, which spurs the body into a "fight or flight" response resulting in health problems. It helps retrain response mechanisms so that we don't react as strongly or as negatively to adverse situations.

Meditation emboldens body's immune system, wards off diseases and enables quick recovery from diseases. Meditation helps mould a mind healthy, alert, positive, and calm. This, in turn, produces a body filled with vitality and health. A blend of meditation, proper diet, and yoga postures improves the general health.

A blend of meditation, proper diet, and yoga postures improves the general health. Medical journals say even serious heart and circulatory problems can be reversed through a regime of diet, meditation, and exercise. Meditation takes away fear, worry, and anger and replaces the mind with positive, strong attitudes. Its daily practice gives control over the flow of life force. As a result, an attitudinal change takes place leading to dispassionate approach to worldly pleasures. One of the easiest ways to meditate is listening songs or reading holy books for ten or twenty minutes. While sitting with spine erect, you are aligning energy to the Almighty force.

Normal Steps Sit in a chair with spine erect, shoulders relaxed, feet flat on the floor. Fold hands together in lap and close eyes. Take three slow deep breaths, exhaling to the base of spine, and feel relaxing. Sit with hands together for a few minutes. Open hands, palms up, laying them gently in lap. Keep focus on music, reading, song whatever is there. Mediators can affirm or visualize such as, "The Perfect partner is manifesting in my life," or whatever you are choosing to create in life, i.e. prosperity, wisdom, career. If the meditation is in the evening after the daily routines, review the day, how you reacted in situation, take fresh, positive decisions.

Close hand into a fist and feel a balloon of white light a block all around you and underneath you so that you're in the centre. This sends love and healing out to the world and buffers negative energy from coming into you. True meditation does not end here. Endeavour to practice the meditation attitude in thoughts and behaviour. In short, meditation is a simple and powerful tool to lead a stress-free life. Relationships will be rewarding once developed a calm, relaxed sensitivity of life via meditation.

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Breathing: In meditation diaphragmatic breathing is important. As we inhale, diaphragm, a dome-shaped muscle, contracts and flattens its curve, creating a vacuum into which the lungs can expand. As this happens the diaphragm pushes the abdominal muscles outward. Diaphragmatic breathing can, and should, be done in any position, but it is easiest to re-learn when you are most relaxed, lying on the floor. Lie on your back with your arms at your sides, palms upward. Many people find it easier to relax the diaphragm if they bend their knees, placing their feet flat on the floor. Relax completely, especially the stomach and abdomen. Now, breathe deeply and slowly, concentrating on the diaphragm, and feeling your stomach rise as you inhale and fall as you exhale. Relax the abdominal muscles more and more completely, using the diaphragm, and not the stomach muscles, to create the rise and fall of the abdomen. After a few minutes practice on the floor you can sit in a cross-legged position and continue diaphragmatic breathing. It helps to close your eyes and concentrate on relaxing the stomach, allowing it to swell outward and relax back inward. Once you know how to breathe correctly you can practice diaphragmatic breathing wherever you are. It may take a couple of weeks to retrain yourself but you will find the results worth the effort. Be sure to check to see that you are breathing diaphragmatically as you begin your meditations.

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