



# ayushpathy

AYURVEDASRAM



*"* Following suitable daily food practices, doing all activities carefully, considering whether they are hita (beneficial) or ahita (not beneficial); also, not getting engrossed in sensory pleasures, giving charity to the poor, treating all living beings equally, following the path of truth, forgiving mistakes of others and keeping the company of good, learned men all these make a person healthy. *"*

(Ashtanga Samgraha-Rogaanulpaadaneeyam, 5th chapter, 43rd and 44th shloka)



## Our Ashram

Ayushpathy is located in Kerala in the beautiful district of Wayanad. The nearest airport is Calicut International airport and the nearest railway station is Calicut railway station. Ayushpathy has a very eco-friendly environment and is in the midst of many tourist spots like Edakkal caves, Sookhippara Falls, Meenmutty Falls etc. Our ashram is near the roadside 5.5 kms. from the national highway. There is bus service to the ashram and taxi facility is also available.

## Accomodation

We have both single and double rooms which are facing the paddy field, equipped with all essential facilities. All rooms have attached bathrooms and Wi-Fi facility. We have one and half acres of land to grow medicinal plants & vegetables. There is space on the grounds for patients to go on short walks mornings & evenings.

## Food

Food served will be a vegetarian diet which is specially designed to improve your digestive system so that it accelerates the healing process. Diet will be adjusted by your doctor to suit your body's needs. There will be a general pattern of diet given to everyone and if the patient needs certain foods specific to his condition, they will be given. We use organic food products cultivated without adding any chemical fertilisers and made by some of the farmers living near to our Ashram.

For further details feel free to contact us directly:

**ayushpathy**  
AYURVEDASRAM

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5.5 KMs from Muttill, 11 KMs from Kalpetta

Near to Thrikkaipetta Shiva temple, Opposite to Uravu,  
Kalpetta, Wayanad, Kerala, India.

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## OUR PROGRAMS

### WAYANAD - THE LOCATION

Wayanad is known for its wildlife asset and cultivation of paddy and spices. Trekking into to deep forests & tribal villages makes it a best attraction.



### Additionally we offer

- » Yoga & meditation classes
- » Chanting session
- » Astrologic consultation
- » Poojas and Homas to heal diseases

Ayurvedic classes to people who are interested.

We offer different programs as per the convenience of patients who are working in various fields, where their work may affect the possible duration of their stay.

#### 1) Rasayana or Rejuvenation Therapy

This program helps rejuvenate, recharge and revitalize the body and mind. It is mainly part of prevention therapy.

#### 2) Sodhana Cikitsa or Detoxification

This is a process of purifying the whole body to attain a proper balance of Tridoshas, performed with Panchakarma and external treatments.

#### 3) Relaxation Program (stress management)

This program helps to keep the body fit and relaxed.

#### 4) Infertility Program

Program intended for women who want to have a child.

#### 5) Program for Females above 50

This program is for females nearing or after menopause to prevent osteoarthritis, osteoporosis, to help manage post-menopausal hormonal changes.

#### 6) Program for Obesity, Diabetes and Cholesterol

These are common diseases which are afflicting much of humanity these days.

#### 7) Program for Rheumatoid and Osteoarthritis & Low back pain

These are also very common diseases nowadays where Ayurveda can work wonders.

**NOTE:** For people who don't often get enough leave to have treatments, we offer special discounted packages.

#### We specially offer ayurvedic treatments for:

Eye disorders, Gynec disorders, Skin disorders like psoriasis, Low back ache, Sciatica, Arthritic conditions, Diabetes, Cholesterol, Obesity, Hypertension, Allergy, Asthma and Psychological conditions like depression.



Experience the bliss of

# WAYANAD & AYURVEDA

## Ayurveda

"The Vaidya who does not enter into the Antaraatma (inner being) of his patient and understand him thoroughly in light of his Jnana and Buddhi (knowledge and intellect), will not be able to treat the disease of the patient."

Vagbhata. [13 AD]

Ayurveda is a science which completely depends upon the tripod of Vatta, Pitta and Kapha. Based on these three, the whole system has developed. It is not only a science of treatment, but also a way of living. The aim of Ayurveda is preserving the health of a healthy individual and curing the disease of a diseased person.

## How ayushpathy differs from others

Ayushpathy tries to bring back many lost practices of the traditional Ayurvedic treatment system. Here treatments are performed by the doctor himself, not supervised by him and performed by others, as found in other hospitals.

Ayushpathy has two Doctors (couples) who believe in giving their own treatments with an experience of over 5-6 years in Ayurvedic Practice (Tattva, Sastra & Prayoga).

At Ayushpathy, the Ayurvedic treatments are carried out not only on the physical plane, but are a combination of Yogic and Tantrik methods which activates the chakras in the sookshma sharira is an essential factor in healing.

For healing, along with the treatments and facilities, a pleasant and calm atmosphere is very essential. We offer you such an environment where you can completely rest and relax.

The Doctors at Ayushpathy are also well-versed in Yoga & were trained in Chidambaram. We can guide and teach Yoga for regular daily use as well as for specific diseases.

Chanting and meditation sessions help the mind relax and hasten healing. They are normally held every evening in the ashram.



We want all to feel the effectiveness of genuine Ayurvedic treatments and to come forward for some trial sessions.

Patients who are satisfied with the trial treatment are welcome to book one of our longer packages.

