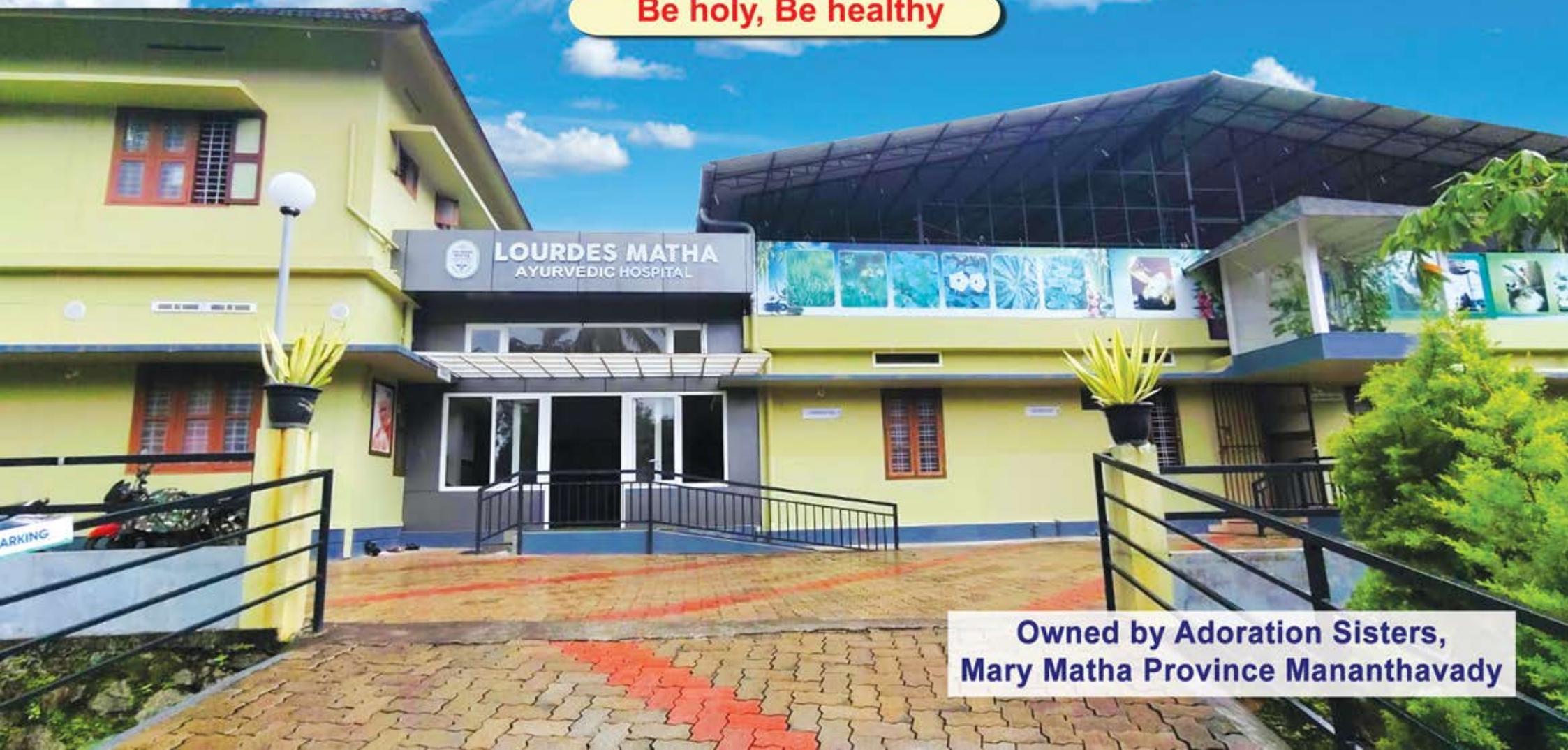


# LOURDES MATHA AYURVEDIC HOSPITAL

MANIKUNI, SULTHAN BATHERY



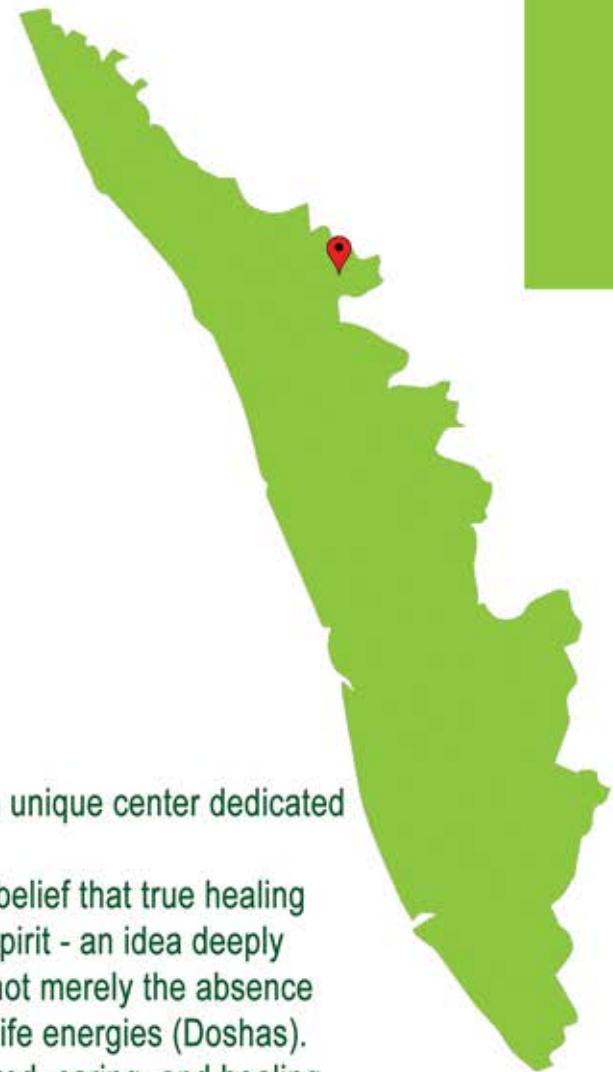
Be holy, Be healthy



Owned by Adoration Sisters,  
Mary Matha Province Mananthavady

# Kerala The Cradle of Ayurveda

Kerala, the cradle of Ayurveda, has for centuries nurtured this holistic healing science rooted in nature and spirituality. Deeply connected to the rhythms of nature and the human body, Ayurveda continues to thrive in Kerala as both a cherished tradition and a powerful system of medicine.



Lourdes Matha Ayurvedic Hospital stands as a unique center dedicated to providing authentic Ayurvedic treatments.

Our motto, "Be Holy, Be Healthy," reflects our belief that true healing arises from the alignment of body, mind, and spirit - an idea deeply embedded in Ayurvedic philosophy. Health is not merely the absence of disease but the harmonious balance of the life energies (Doshas). Our mission is to restore this balance in a sacred, caring, and healing environment.



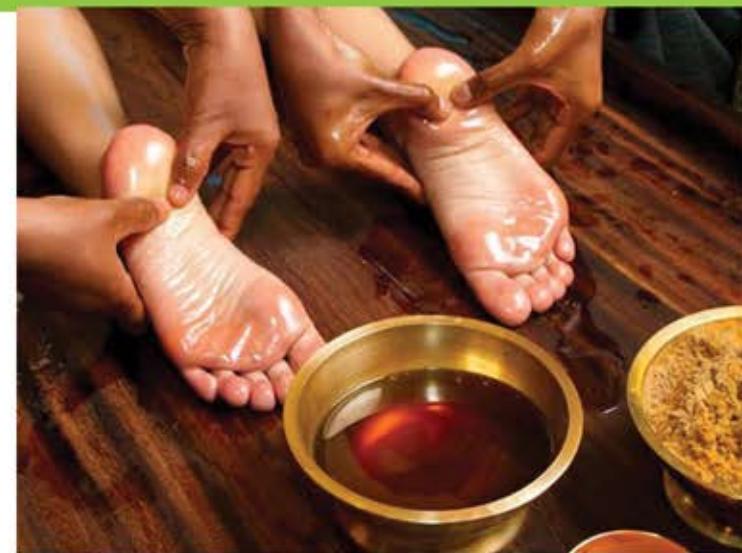
# PANCHAKARMA

Panchakarma is one of the detoxification / internal purification measures of ayurveda. panchakarma procedures can serve as preventive, curative and health promoting measures. These are the series of five therapies which includes



Abhyangam is beneficial in:

- Neuromuscular disorders
- Muscular pain and stiffness
- Degenerative conditions
- Insomnia and stress-related conditions



## ABHYANGAM (OIL MASSAGE)

Abhyangam is defined as the gentle application of herbal oil (snehadravya) over the entire body with mild, rhythmic pressure. Benefits include improved circulation, enhanced muscle strength, better sleep, clarity of vision, nourished skin, and overall vitality. "Abhyangam achareth nithyam sa jarasrama vathaha Shirasravana padeshu tam visheshena shilayath." This classical Ayurvedic verse highlights the daily practice of Abhyangam as a powerful method to slow down the aging process, reduce fatigue, control Vata, and enhance longevity. It can be done every day as a part of rejuvenation.

**vamana,virechana,vasti ,nasyam,rakthamokshanam**, these therapies will provide strength, wellness and nourishment to the body and mind. These panchakarma procedures helps to provide youth fullness to the body and remove toxic substance from the body by balancing tridoshas.

# **SWEDANAM (SUDATION THERAPY)**

This therapy induces sweating to relieve stiffness, heaviness, and coldness. Swedanam works by dilating the channels (srotas), softening tissues, and facilitating the mobilization of toxins for elimination.

## Types of Swedana

1. Medicated Steam Bath – Herbal decoctions are used to generate steam that promotes deep sweating and detoxification.
2. Sitz Bath (Avagaha Swedam) – The patient sits in a tub containing warm medicated water, effective for pelvic and lower abdominal conditions.
3. Herbal Tub Bath – Immersion in medicated warm water to relax muscles, reduce edema, and improve circulation.



## Benefits of Swedanam

- Helps eliminate accumulated toxins from the body.
- Relieves pain, stiffness and heaviness.
- Improves blood circulation.
- Enhances skin tone and texture.
- Relaxes muscles and promotes overall wellbeing.



**At Lourdes Matha Ayurvedic Hospital, all Swedanam procedures are performed safely and effectively by our experienced Ayurveda physicians and trained therapists, ensuring the authentic application of this traditional therapy.**





## CHOORNA PINDA SWEDAM (PODI KIZHI)

Choorna Pinda Swedam, commonly known as Podi Kizhi, is a form of Swedana (sudation therapy) performed using herbal powders. Selected medicinal herbs are dried, powdered, and tied into boluses (pottalis). These pottalis are then heated by dipping them in warm medicated oil and applied rhythmically over the body or affected areas. This therapy generates therapeutic heat, reduces stiffness, and alleviates pain - making it particularly effective in acute inflammatory conditions.



## PATRA PINDA SWEDA (PPS)

Patra Pinda Sweda (PPS) is a specialized form of Swedana therapy in which fresh medicinal leaves, herbs, and selected medicated powders are combined and made into boluses (pottalis). These herbal boluses are then heated by dipping them into warm medicated oil and gently massaged over the body or affected areas. The therapeutic properties of the herbs, combined with the heat and medicated oil, penetrate deeply into the tissues, providing powerful relief from pain, inflammation, and stiffness. This makes an excellent treatment for musculoskeletal and neuromuscular conditions.

### Common Leaves Used

- Arka (Calotropis procera)
- Eranda (Ricinus communis)
- Amlika (Tamarindus indica)
- Shigru (Moringa oleifera)
- Nirgundi (Vitex negundo)

These herbs are known for their anti-inflammatory, analgesic, and rejuvenating properties.

### Benefits / Indications

- Joint pain and stiffness
- Muscle cramps and spasms
- Arthritis and inflammatory joint disorders
- Degenerative joint conditions

Patra Pinda Sweda is highly valued for its ability to reduce pain, improve mobility, and strengthen musculoskeletal tissues, making it a key therapy in Kerala's traditional treatment approach.

### Benefits of Choorna Pinda Swedam (Podi Kizhi)

- Reduces pain and inflammation
- Relieves stiffness and muscular tightness
- Improves blood circulation
- Alleviates swelling and enhances tissue healing
- Suitable for acute inflammatory and painful conditions.

### How It Works

During the procedure, the warmth and medicinal essence from the pottalis gradually seep through the cloth and penetrate deep into the tissues. This generates intensive heat, enhances blood circulation, and delivers targeted therapeutic action.



# NJAVARAKIZHI (Shashtika Shalli Pinda Swedam)

Njavarakizhi, also known as Shashtika Shalli Pinda Swedam, is one of the most revered Kerala Panchakarma therapies. It is a form of Ushma Sweda (fomentation therapy) and is famed for its nourishing and rejuvenating effects.

This treatment is considered one of the finest Rasayana therapies, providing deep nourishment to all tissue elements (dhatus), promoting strength, vitality, and enhancing the overall circulatory function of the body. Njavarakizhi is especially beneficial in various neuromuscular disorders, degenerative muscle diseases, and conditions involving Vata aggravation. It rejuvenates the body and supports recovery by strengthening muscles, improving flexibility, and restoring functional capacity.



## Main Ingredients

- Shashtika Shalli (a special, highly nutritious red rice variety)
- Balamoola Kwatha (herbal decoction made from Sida cordifolia root)
- Milk (used for nourishing effect and smooth consistency)



## Procedure

Soft, medicated boluses (kizhi/pottali) are prepared using cooked Shashtika rice boiled in Balamoola decoction and milk. These warm boluses are then gently massaged over the patient's body in rhythmic strokes. The continuous application of heat and herbal nourishment penetrates deeply into the tissues, promoting regeneration and strengthening.

## Benefits

- Acts as an excellent Rasayana (rejuvenation therapy)
- Strengthens muscles and improves mobility
- Effective in neuromuscular and degenerative disorders
- Promotes vitality, stability, and physical endurance
- Improves skin tone and texture

Njavarakizhi is widely celebrated as one of Kerala Ayurveda's most powerful therapies for rejuvenation, nourishment, and functional restoration.





## PIZHICHL (KAYASEKAM)

Pizhichil, also known as Kayasekam or the medicated oil bath, is a distinctive Ayurvedic therapy in Kerala. In this treatment, a piece of cotton cloth folded to fit within the palm is dipped into warm medicated oil and gently squeezed so that the warm oil flows continuously over the body.

During the procedure, lukewarm herbal oil is rhythmically poured over the body from a specific height. The continuous flow of warm oil, combined with gentle massage, greatly enhances blood circulation, stimulates the nervous system, and rejuvenates the entire body.

### Benefits

- Deeply rejuvenates and revitalizes the body
- Enhances blood circulation
- Restores vigor, vitality, and muscular strength
- Alleviates pain and stiffness
- Nourishes tissues and strengthens the nervous system
- Beneficial in peripheral neuropathy and various degenerative disorders

This therapy bestows firmness, nourishment, and physiological balance, making it one of the most celebrated rejuvenation treatments in traditional Kerala Ayurveda.

## SHIRODHARA

Shirodhara is a classical Ayurvedic therapy in which a continuous stream of warm medicated oil or other prescribed liquids is gently poured over the forehead from a specific height for a fixed duration. The steady flow on the head induces relaxation to the mind and nervous system.



### Benefits

- Deeply relaxes the central nervous system
- Creates a soothing and calming effect on the mind
- Highly effective in insomnia, anxiety, and depression
- Improves memory, mental clarity, and concentration
- Reduces stress and emotional imbalance
- Beneficial in cerebrovascular disorders, cerebral palsy, facial palsy, and other neurological conditions.

## SHIROVASTHI

Shirovasthi is one of the supreme Kerala Ayurvedic therapies classified under Murdhni Taila .In this procedure, lukewarm medicated oil is retained on the head for a prescribed duration using a specially designed cap. This allows the therapeutic oil to penetrate deeply, nourishing the scalp, nerves, and brain tissues.

The gentle warmth and prolonged oleation help balance Vata dosha in the head region, making Shirovasthi highly effective for various neurological and psychological conditions.

### Benefits

- Highly effective in neurological disorders such as hemiplegia and facial palsy
- Beneficial in Parkinsonism and conditions involving degenerative changes
- Enhances cognitive functions such as memory, concentration, and clarity
- Promotes better sleep and helps manage insomnia
- Relieves stress, tension, and mental fatigue
- Nourishes the scalp and strengthens the sensory organs Shirovasthi is a therapeutic treatment that brings stability, calmness, and rejuvenation to both mind and body.



# UDWARTHANAM

Udwarthanam, also known as the herbal powder massage, is a specialized Ayurvedic therapy in which the entire body is massaged using selected medicated herbal powders. The massage is performed in upward (opposite) strokes, producing a gentle scrubbing effect that helps mobilize toxins and stimulate metabolic activity.

The friction generated during Udwarthanam enhances blood circulation, opens the skin pores, boosts lymphatic drainage, and promotes the breakdown of subcutaneous fat. This makes Udwarthanam one of the most effective Ayurvedic treatments for improving body tone and addressing metabolic imbalances.

## Benefits

- Promotes weight reduction and helps manage obesity
- Enhances blood circulation and stimulates the lymphatic system
- Eliminates toxins from deeper tissues
- Improves skin complexion and adds a natural glow
- Reduces excessive sweating and unpleasant body odor
- Relieves heaviness, lethargy, and Kapha-related disorders

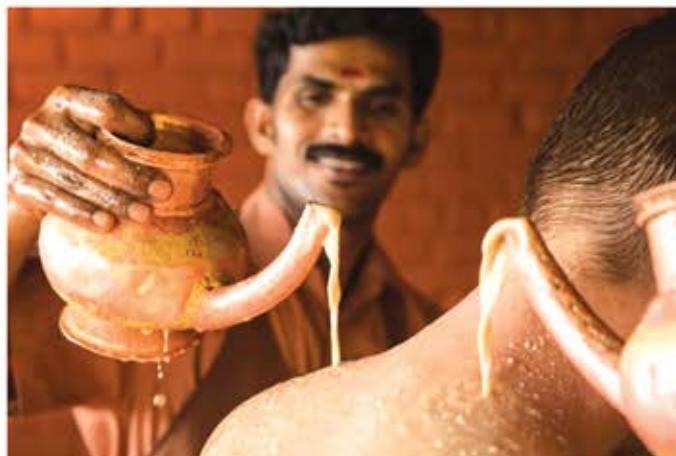


Udwarthanam is a revitalizing therapy renowned for its ability to detoxify, energize, and naturally enhance the health and beauty of the skin.

# DHANYAMLA DHARA

Dhanyamla Dhara is a unique Ayurvedic therapy in which warm medicated liquid prepared from fermented cereals, herbs, and pulses (known as Dhanyamlam) is continuously poured over the body in gentle, rhythmic streams. The soothing warmth and medicinal properties of Dhanyamlam penetrate deeply into the tissues, helping to relieve various inflammatory conditions.

This therapy is especially effective in reducing inflammation, stiffness, and pain. It also enhances circulation, restores energy, and supports natural detoxification. The consistent flow of warm medicated liquid relaxes the muscles and promotes a sense of lightness and rejuvenation throughout the body.



Dhanyamla Dhara is a deeply revitalizing therapy ideal for patients needing gentle yet powerful detoxification and relief from inflammatory disorders.

## Benefits

- Reduces inflammation
- Relieves stiffness and muscular tightness
- Alleviates pain in joints and soft tissues
- Improves circulation and metabolism
- Energizes and refreshes the body
- Beneficial in rheumatoid arthritis, spondylitis, and chronic pain conditions

# THALAPOTHICHIL

## (Ayurvedic Head Pack Therapy)

Thalapothichil is a classical Ayurvedic therapy in which a thick, cooling, and medicated herbal paste - prepared using ingredients such as Amla, buttermilk, and other soothing herbs - is gently applied over the entire scalp. After the paste is evenly spread, the head is covered with a banana leaf or lotus leaf and kept in place for a prescribed duration.

The herbal formulation penetrates deeply into the scalp, providing nourishment, cooling, and therapeutic relief. Thalapothichil is renowned for its calming effect on the mind and its ability to balance Pitta dosha.

### Benefits

- Deeply relaxes and calms the mind
- Strengthens the nervous system
- Supports scalp health and reduces dryness or irritation
- Helps in managing headaches and stress-related conditions
- Improves hair health, reduces hair fall, and promotes natural shine
- Beneficial in insomnia, anxiety, and mental fatigue

Thalapothichil is a soothing therapy that combines cooling herbs and traditional Ayurvedic techniques to harmonize the mind, nourish the scalp, and rejuvenate overall mental well-being.



## NETRA DHARA

Netra Dhara is a traditional Ayurvedic eye - cleansing therapy in which a gentle, continuous stream of medicated liquid - such as herbal decoctions poured over the eyes to cleanse, cool, and rejuvenate them.

This soothing treatment supports eye health, reduces strain, and helps restore visual comfort in individuals exposed to

### Purpose

- To cleanse, cool, and strengthen the eyes
- To relieve strain caused by screen exposure, pollution, or heat
- To maintain healthy vision and ocular comfort

### Benefits

- Helpful in cases of conjunctivitis and computer vision syndrome
- Improves clarity of vision and relaxes ocular muscles
- Soothes irritation caused by allergies, dust, or excessive heat

# VAMANAM

## (Therapeutic Emesis)

Vamanam is one of the primary procedures of Panchakarma, where therapeutic vomiting is induced using specific herbal medicines. It is a powerful Shodhana (bio-cleansing) therapy designed to expel aggravated Kapha dosha and toxins from the upper part of the body.



### Purpose

- To cleanse the stomach and chest region
- To eliminate accumulated Kapha and metabolic toxins
- To restore balance and improve digestive and respiratory health

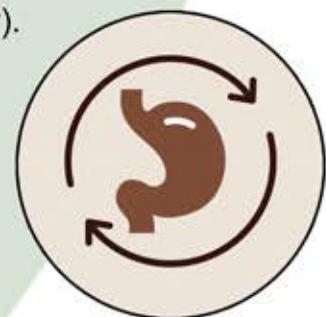
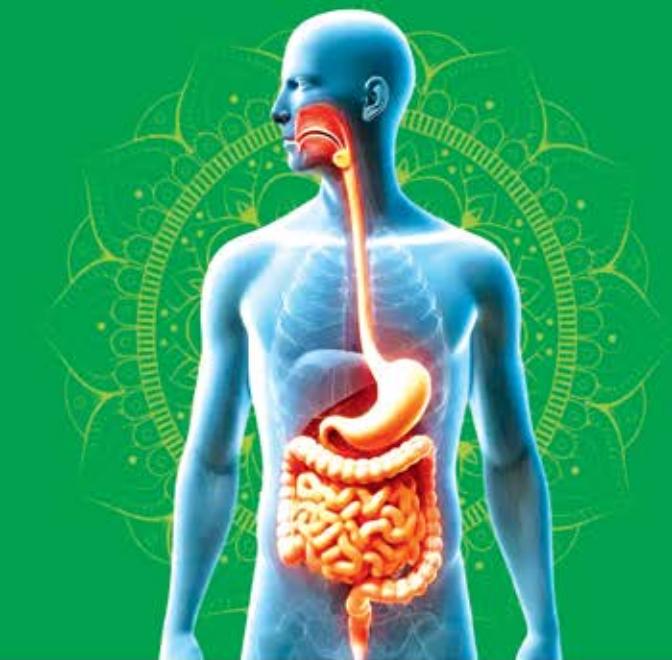
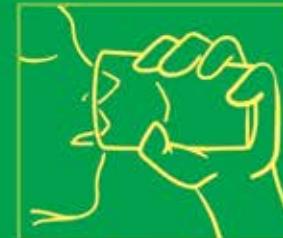
### Procedure

1. The patient undergoes preparatory procedures such as Snehapana (internal oleation) and Swedana (steam therapy).
2. Once prepared, carefully selected herbal drugs are administered to induce controlled vomiting.
3. The expulsion removes excess Kapha, mucus, and toxins.
4. After the procedure, the patient follows Samsarjana Krama - a specific post-detox diet regimen to restore digestion.



### Benefits

- Highly effective in acid peptic disorders
- Improves respiratory health in conditions like asthma, bronchitis, allergies
- Beneficial for chronic skin disorders such as psoriasis, eczema
- Reduces congestion, heaviness, and lethargy
- Enhances metabolism and digestive capacity



# VIRECHANAM

## (Therapeutic Purgation)

Virechana is a therapeutic purgation therapy in Ayurveda. It is a systematic process that is personalized for each individual by an Ayurvedic physician. On the day of the therapy, orally administered herbal laxatives are given to induce controlled, therapeutic purgation. It is considered one of the safest and most effective bio-cleansing therapies among Panchakarma treatments.

### Purpose

- To cleanse and detoxify the liver, intestines, and blood
- To balance aggravated Pitta and associated metabolic disorders
- To promote healthy digestion, skin clarity, and overall wellbeing

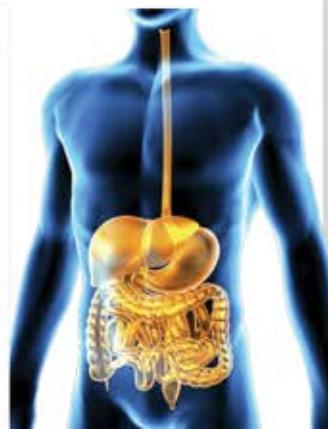


### Benefits

- Purifies the blood and enhances skin health
- Improves liver and digestive functions
- Reduces inflammation and internal heat
- Corrects metabolic and Pitta-related disorders
- Helps restore balance, lightness, and clarity in the body and mind

### Indications

- Dermatological disorders (psoriasis, eczema, acne)
- Gastrointestinal disorders (acid peptic issues, chronic constipation, IBS with Pitta dominance)
- Bronchial asthma
- Hemiplegia
- Liver disorders



# VASTHI

## (Therapeutic Enema)

Vasthi is one of the primary Panchakarma therapies, where medicated substances are administered through the rectum or genito-urinary tract using a specialized apparatus called Vasti Yantra. It is considered the best therapy for balancing Vata dosha, and is highly effective in treating neuromuscular, musculoskeletal, and degenerative conditions.

### A. NIRUHA VASTHI

(Also known as Kashaya Vasti / Decoction Enema)

Niruha Vasti involves administering a mixture of medicated decoction, medicated oil or ghee, honey, rock salt, and herbal paste. This is a cleansing type of enema used to eliminate aggravated doshas - primarily Vata - from the colon.

### Indications

- Rheumatological diseases
- Lumbar spondylosis
- Osteoarthritis
- Hemiplegia



### B. MATRA VASTHI

This type of Vasti involves the administration of medicated oil in small, measured doses, typically about 60 ml. Unlike Niruha, Matra Vasti is a nourishing enema and does not cause purgation. It can be safely administered even daily, depending on the condition.

### Indications

- Vata disorders
- Neurological diseases
- Chronic low back pain
- Degenerative conditions

# NASYAM (Nasal Infusion Therapy)

Nasyam is a classical Ayurvedic therapy in which medicated oils, powders, or herbal extracts are administered through the nostrils.

It is a key treatment in Panchakarma and is especially beneficial for disorders of the head and neck region.



## Procedure

1. The patient lies down in a relaxed and comfortable position.
2. A gentle massage is given to the face and forehead, followed by mild swedana (fomentation/steam) to open the channels.
3. A prescribed dose of medicated oil or herbal preparation is instilled into each nostril, one after the other.
4. After administration, the patient is guided to spit out any excess mucus or secretions that come into the throat.
5. The procedure is completed with:
  - o Gargling with warm water, and
  - o Dhoomapana – inhalation of light medicated smoke through the nose

## Benefits

- Cleanses and clears the nasal passages
- Reduces symptoms of sinusitis
- Highly effective in migraine and chronic headaches
- Relieves nasal congestion and allergies
- Beneficial for cervical spondylosis, stiffness, and head-neck-related discomfort
- Improves breathing, mental clarity, and sense organ function

## Indications

- Sinusitis / allergic rhinitis
- Chronic headaches / migraines
- Cervical spondylosis
- Facial paralysis, stiffness of neck
- Preventive care for people exposed to dust, pollution, or working long hours in AC environments

# RAKTHAMOKSHANAM (Bloodletting Therapy)

Rakthamokshanam is one of the Panchakarma purification procedures aimed at removing vitiated blood from the body. It helps in relieving inflammatory conditions, improving circulation, and restoring the balance of Pitta dosha.

Terdapat beberapa metode dalam Rakthamokshanam, salah satunya adalah jaloukaavacharanam.

## A. JALAUKAAVACHARANAM (Leech Therapy)

This method uses medicinal leeches to gently suck out impure blood from the affected area. It is a safe, minimally invasive, and highly effective method especially suitable for conditions aggravated by Pitta and vitiated blood.



## Indications

- Psoriasis, eczema
- Non-healing ulcers
- Inflammatory swellings
- Varicose veins



# SIRAVEDHA

## (Venesection Therapy)

Siravedha is a classical Ayurvedic bloodletting procedure in which a superficial vein is punctured to remove vitiated blood.

### Procedure

- A suitable vein - commonly in the lower limbs - is identified and punctured under sterile conditions.
- A controlled amount of blood is allowed to flow, helping relieve local pressure, inflammation, and circulatory stagnation.

### Indications

- Varicose veins
- Stiffness and numbness of limbs



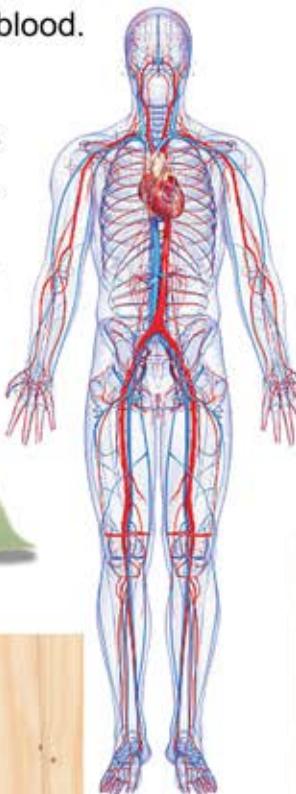
# FOOT CORN REMOVAL

## Using Ayurvedic AGNIKARMA Technique (Thermal Microcautery Therapy)

Agnikarma is an ancient Ayurvedic para-surgical procedure performed using a heated metallic instrument known as Agnikarma Shalaka. It is especially effective for conditions involving pain, stiffness, inflammation and muscle spasm. This therapy works by delivering controlled therapeutic heat to specific points or affected areas, helping to reduce pain instantly and improve mobility.

### Procedure

A metallic rod (Agnikarma Shalaka) is heated to a specific temperature and gently applied to the affected spots or pain points. The heat stimulates local tissues, enhances circulation, clears micro-channel blockages and reduces nerve hypersensitivity.



### Indications

Agnikarma is highly effective in both acute and chronic pain conditions, such as:

- Tennis elbow
- Carpal tunnel syndrome
- Heel pain / Calcaneal spur
- Plantar fasciitis

### Benefits

- Relieves acute and chronic pain
- Reduces stiffness and muscle spasms
- Alleviates inflammatory conditions



# CUPPING THERAPY

## (Experience the Acute pain management)

Cupping, known as Shringa Chikitsa in Ayurveda, is a traditional therapeutic method where suction cups are placed on specific areas of the skin. This suction helps enhance blood flow, reduce inflammation pain, remove accumulated toxins and support overall healing.

### TYPES OF CUPPING

#### 1. Dry Cupping

Cups are applied to the skin to create suction without any incision.

- Used for muscle stiffness, pain, and improving circulation.

#### 2. Wet Cupping

Small, controlled superficial cuts are made before suction.

- Helps remove stagnant blood, toxins, and inflammatory fluid.

#### 3. Massage Cupping

Cups are moved over the skin using medicated oil.

- Provides relaxation, reduces tightness, and improves lymphatic drainage.

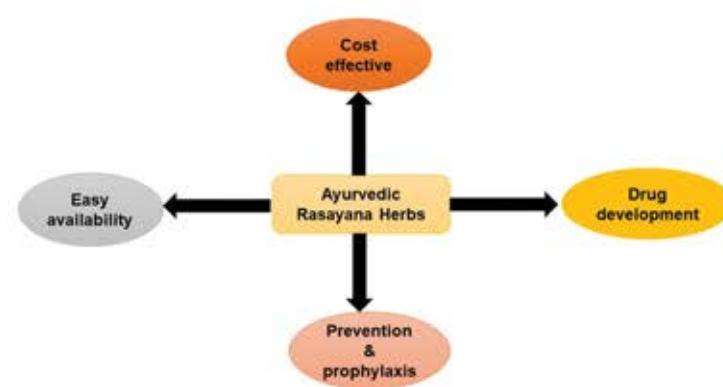


### Benefits of Rasayana

- Enhances memory, cognitive function, and intelligence
- Promotes youthfulness and slows the ageing process
- Improves skin complexion, glow, and texture

## RASAYANA (REJUVENATION THERAPY)

Rasayana is one of the most significant branches of Ayurveda, focused on promoting longevity, vitality, and overall rejuvenation. It helps prevent premature ageing, enhances immunity, and supports the optimal functioning of body and mind. The term Rasayana itself signifies rejuvenation and revitalization. Rasayana therapy works by nourishing all seven body tissues (Dhatus) and promoting regeneration at the cellular level, thereby restoring natural strength and vitality.



# OSTEOARTHRITIS WITH CERVICAL & LUMBAR Spondylosis

Osteoarthritis (OA), also known as degenerative arthritis or degenerative joint disease, is a chronic condition characterized by the wear and tear of articular cartilage and structural changes in the joints. When this degenerative process affects the spine, particularly the cervical (neck) and lumbar (lower back) regions, it results in cervical and lumbar spondylosis. These conditions lead to progressive stiffness, pain, and reduced mobility, often affecting daily activities and overall quality of life.



## Ayurvedic Management

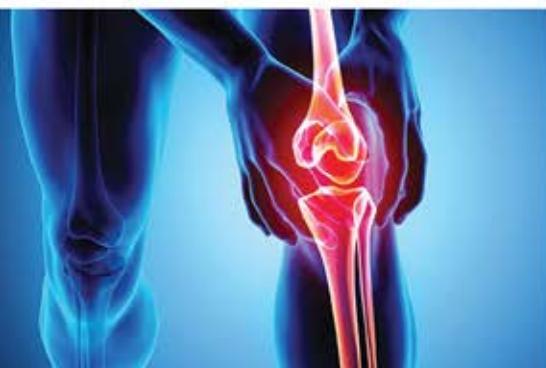
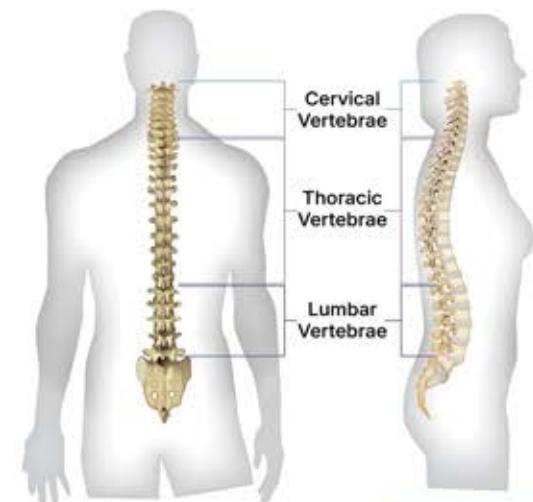
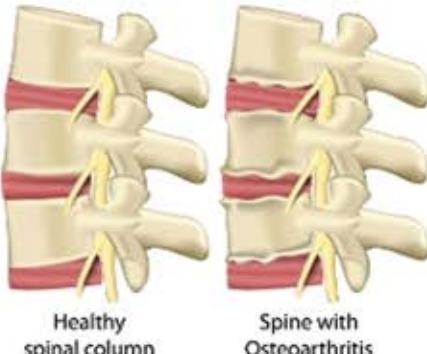
### 1. Snehana (Oleation Therapy)

Internal and external oleation helps lubricate joints, reduce stiffness, and prepare the body for deeper detoxification.



### 2. Swedana (Sudation Therapy)

Therapeutic sweating helps relieve stiffness, reduce pain, and improve joint mobility.



## Effective Panchakarma & Local Therapies

To address degeneration, inflammation, and pain, the following treatments are highly beneficial:

- Lepam – Medicated herbal paste application to reduce pain and inflammation
- Dhara – Continuous pouring of medicated liquids to relax nerves
- Pichu – Localized oil retention for cervical or lumbar regions
- Patra Pinda Swedam – Herbal leaves poultice for joint pain
- Njavara Kizhi – Rejuvenative rice bolus massage to strengthen muscles and joints
- Vasti (Medicated Enema) – The most effective therapy for Vata disorders; improves mobility and reduces degeneration

# DAILY PACKAGES

Our specially curated Daily Ayurveda Packages are designed to restore inner balance, promote relaxation, and support overall wellness. Each package combines authentic therapies performed by skilled Ayurvedic practitioners to rejuvenate both body and mind.

## 1. Relax Package

A soothing therapy combination that helps calm the mind, relax the muscles, and refresh the senses.

Benefits:

- Relieves stress and mental fatigue
- Improves blood circulation
- Enhances sleep quality
- Promotes a deep sense of relaxation

Includes:

- Head Massage
- Abhyangam (Full Body Oil Massage)



## 2. Abhyangam + Thakra Dhara Package

A deeply cooling and nourishing combination ideal for mental relaxation and balancing Pitta dosha.

Benefits:

- Reduces stress and anxiety
- Promotes emotional balance
- Improves scalp and skin health
- Supports mental clarity

Includes:

- Abhyangam
- Thakra Dhara (Buttermilk Pouring Therapy)



## 3. Rejuvenation Package

A revitalizing combination that nourishes the nervous system and restores energy.

Benefits:

- Enhances memory and mental focus
- Relieves sinus congestion and headaches
- Deeply relaxes the nervous system
- Promotes youthful energy



Includes:

- Nasyam (Nasal Detox Therapy)
- Shirodhara



## 4. Detoxification Package

A cleansing and revitalizing pack designed to eliminate toxins and improve internal health.

Benefits:

- Removes accumulated toxins
- Improves digestion and metabolism
- Reduces inflammation
- Enhances overall vitality

Includes:

- Full Body Massage
- Steam Bath (Swedana)
- Virechanam (Medicated Purgation)



# AYURVEDA BEAUTY THERAPY

## How to get rid of Warts: Remedies and Treatments

The procedure uses controlled heat to destroy or remove the targeted tissue, through electrocautery.

### Cauterization Indications

Cautery removal is recommended for:

- Removal of skin tags
- Removal of warts (viral growths)
- Excision of benign lesions
- Controlling local bleeding (hemostasis)

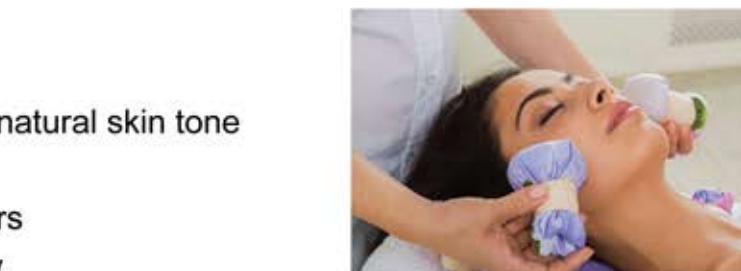


## 2. Njavara Glow Facial

A premium Ayurvedic facial using medicated Njavara rice, herbal milk, and medicated herbs. This unique combination provides intense nourishment and rejuvenation to the skin.

### Benefits:

- Removes tanning and restores natural skin tone
- Reduces facial pigmentation
- Fades dark spots and acne scars
- Enhances skin texture and glow
- Suitable for dull, sensitive skin.



*Glow naturally  
The Ayurvedic way*

## FACIALS

Ayurvedic facials use time-tested herbs, medicated ingredients, and therapeutic massage techniques to enhance natural beauty while maintaining skin health - without chemicals.



## 1. Herbal Facial

At Lourdes Matha Ayurvedic Hospital, our Herbal Facial uses a specially prepared herbal kit combined with traditional Ayurvedic cleansing, scrubbing, and massaging techniques.

### Benefits:

- Deeply cleanses the skin
  - Nourishes and revitalizes facial tissues
  - Promotes a healthy, radiant, and youthful glow
  - 100% herbal—free from harmful chemicals
- The enriching herbal pack gently purifies the skin, enhancing natural brightness and softness.

# OUR SPECIAL MASSAGE

## Head Massage (Shiroabhyanga)

A soothing Ayurvedic massage using warm herbal oils to relax the scalp, calm the mind, relieve headaches, and promote deep relaxation.



## Foot Massage (Pada Abhyanga)

A therapeutic massage focusing on the feet to relieve fatigue, improve blood circulation, reduce stress, and promote better sleep.



## Face Massage & Herbal Face Pack

Gentle facial massage that improves blood circulation, enhances skin glow, and reduces stress, followed by a nourishing herbal face pack for natural radiance.



## Powder Massage (Udwarthanam)

A herbal powder massage performed in upward strokes to improve blood flow, reduce excess fat, remove toxins, and enhance skin complexion.



## Post-Natal Massage (Postnatal Period)

Traditional Ayurvedic care for new mothers to restore strength, relieve muscle tension, reduce back pain, improve sleep, and support overall recovery.



# Lourdes Matha Post - Natal Package

Available in: 7, 14, and 21 days

Includes daily therapeutic massage, belly binding, herbal steam, and postpartum Ayurvedic care for complete rejuvenation.

## Facilities Available

- ✓ OP (Outpatient) Services
- ✓ IP (Inpatient) Ayurvedic Care

## Sleeplessness & Mental Health Support

Holistic therapies for:

- Insomnia,
- Anxiety and Stress.



## Women's Health Issues

Supportive care for:

- Menstrual irregularities
- Hormonal imbalances
- Postnatal care
- Menopausal symptoms

## AVAILABLE MEDICAL SERVICES

### Bone & Joint Disorders

Comprehensive Ayurvedic management for:

- Lumbar spondylosis
- Cervical spondylosis
- Knee osteoarthritis
- General joint pain and stiffness

### Respiratory Problems & Allergies

Effective treatments for:

- Asthma
- Sinusitis
- Allergic rhinitis
- Breathing difficulties



### Skin Diseases

Ayurvedic treatment for various skin conditions:

- Acne
- Eczematous lesions
- Psoriasis
- Pigmentation problems



### De-Addiction Therapy & Psychological Counseling

Safe and supportive programs for:

- Tobacco and alcohol de-addiction
- Emotional well-being
- Behavioral support
- Counseling services

# Health & Wellness Tourism

## Getting Here – Travel Information

Visiting us is convenient and comfortable, with excellent connectivity through air, rail, and road. Sulthan Bathery is a well-connected destination ideal for medical and wellness travelers.



### Nearest Airports

- Calicut International Airport (CCJ) – 110 km (Approx. 3.5 hours drive)
- Kannur International Airport (CNN) – 115 km (Approx. 3.5 hours drive)
- Mysuru Domestic Airport (MYQ) – 110 km (Approx. 3 hours drive)



### Near by Hotels and Stay Options

All accommodations listed are close to the hospital for patient convenience:

- Wilton Hotel & Restaurant – 2.2 km
- KTDC Pepper Grove – 1.3 km
- Alicos Residency Hotel, Wayanad – 300 m
- La Sapphire Hotel & Restaurant – 1.3 km
- La Villagio Resort & Domes, Wayanad – 2 km

### Road Connectivity

Sulthan Bathery is easily accessible by road from:

- Mysuru
- Bengaluru
- Ooty
- Kozhikode

Roads are scenic, smooth, and suitable for all types of travel.



### Nearest Railway Stations

Kozhikode Railway Station (CLT) – 100 km

- Mysore Junction (MYS) – 115 km

Best option for travelers from Bengaluru & North India





**LOURDES MATHA AYURVEDIC HOSPITAL**  
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