



**Motherhood Made
Easier, Together**

Introduction about ayurveda prasoothi charya:

Ayurveda post delivery care program ensuring complete postnatal care for the mother & child & helps in prevention from future health complications.

About Ehsaas:

The postpartum period, is also known as 4th trimester, is a critical phase of recovery & bonding that requires utmost attention & holistic care. Drawing from the ancient wisdom of Ayurveda, we bring you a comprehensive approach to support the physical, emotional & spiritual well being of the mother & baby during this transformative time. Our curated practices, herbal remedies & nourishing diet recommendations are designed to restore balance, strengthen the mother's body & promote healthy growth & development in newborn. Embrace this beautiful journey of motherhood with traditional wisdom & embraces the tender moments of love & healing with Ayurveda's time tested principles. Let's accompany you on this sacred period, ensuring a harmonious transition into motherhood with the gentle touch of Ayurveda's profound care.

Hospital Services:

15/21/30/40 days traditional ayurvedic post partum care package for the mother & child

Include:

- Abhyangam (Head & body)
- Face pack
- Body pack
- Kashaya kuli
- Rasnadi thalam
- Doomapanam
- Kesha doopanam
- Anjanam
- Udara vestanam
- Siro dharam
- Yoga & Meditation

Postpartum yoga & meditation can be helpful while getting through the newborn stage. It can increase your mood & energy & help you slowly reconnect with your body.

Common benefits of yoga & meditation

- Better sleep
- Reduced stress & anxiety
- Increased strength
- More flexibility & endurance of muscles used in childbirth
- Increases emotional bonding with the child



Home service

15 days traditional ayurvedic post partum care package for the mother & child.

15 days

25,000/-

Ayurveda Doctor consultation will be available.
Psychological assessment & mental support for postpartum issues . Medicines & treatments will be given under the supervision of Ayurveda Doctor.

- Abhyangam (Head & body)
- Face pack
- Body pack
- Kashaya kuli
- Rasnadi thalam
- Doomapanam
- Kesha doopanam
- Anjanam
- Udara vestanam

Please note that we will be sending ayurveda panchakarma therapist and they will not be taking care of any domestic supports like laundry/cooking/ baby sitting etc.

For siro dhara client has to visit the hospital.

All services will be available in & around manjeri locality

Our specialities:

- Doctor consultation & visits
- Experienced professionals take care of mother & child at the convenience of your home or at our hospitals.
- 24hrs Nursing care
- Laundry
- Play area for kids
- Parking facilities
- Homely atmosphere
- Residential area
- Diet & Nutrition advice
- Customised medicine prepared according to the condition of patient

Packages

Premium:

- Independent flat
- All services including extra premium services
- 2 Bystander & 2 kids below 10 year
- Customised food {Mutton soup, Ribs, Brain, Pidikozhi}

15 days	82,000/-
21 days	1,15,000/-
30 days	1,65,000/-
40 days	2,20,000/-

Premium single room:

15 days	60,000/-
21 days	84,000/-
30 days	1,20,000/-
40 days	1,60,000/-

Ac flat:

- Independent flat
- All services included
- one bystander & 2 kids below 10 years

15 days	74,250/-
21 days	1,00,000/-
30 days	1,48,000/-
40 days	1,98,000/-

Ac rooms:

15 days	45,000/-
21 days	63,000/-
30 days	90,000/-
40 days	1,20,000/-

Non Ac rooms:

15 days	37,500/-
21 days	52,500/-
30 days	75,000/-
40 days	1,00,000/-



SOUPARNIKA
AYURVEDA



EHSAAAS

POSTNATAL CARE



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