Isha Sree
Ayurveda

Clinic Timings
9AM to 8PM (Monday to Saturday)
3PM to 7PM (Sunday)

Near Thrikkakara Temple , Thrikkakara , Ernakulam
+91 8590712041 ishasreeayurvedic@gmail.com

Scan the QR code to
get our location

Isha Sree
Ayurveda

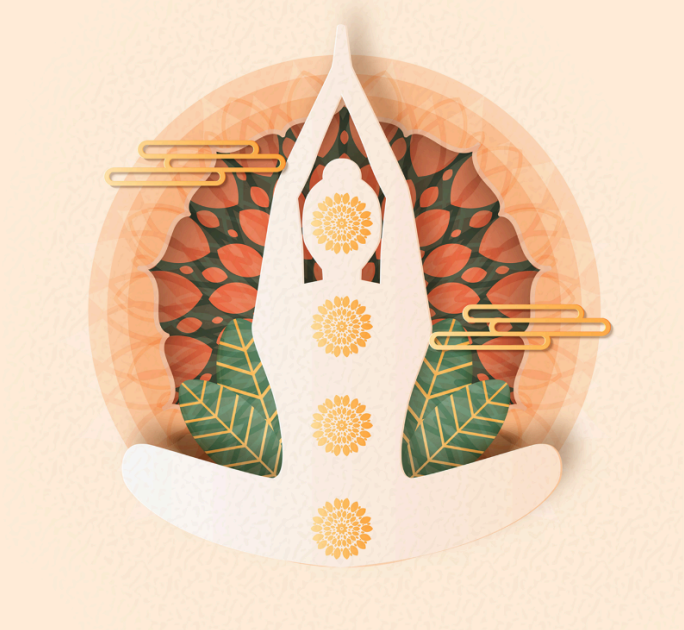
പ്രകൃതിയുടെ വരദാനം ആണ് ആയുർവേദ മരുന്നുകൾ.
ദിവസവും ഉള്ള ഗവേഷണങ്ങളിലൂടെ ആയുർവേദ ചികിത്സ
ഇന്ന് ലോകമെമ്പാടും അത്ഭുതങ്ങൾ സൃഷ്ടിക്കുന്നു.
യഥാർത്ഥ ആയുർവേദ ചികിത്സ പുനർജന്മം നൽകുന്നു...
അസുഖങ്ങളില്ലാത്ത, പാർശ്വഫലങ്ങൾ ഇല്ലാത്ത
തലമുറകൾ ആയുർവേദയുടെ മുഖ മുദ്ര...

ഇവിടെ തുടങ്ങുന്നു പാരമ്പര്യം
ഇവിടെ തുടങ്ങുന്നു ആരോഗ്യം...
ഇഷാ ശ്രീ ആയുർവേദ

Ayurvedic medicines are nature's gift. Ayurvedic treatment
is doing wonders all over the world today with the daily research.
True Ayurvedic treatment brings rebirth.
Generations without diseases, without side effects is the
face of Ayurveda..

Here begins the Tradition..
Here begins the Legacy.. .
We Promise you a Healthy Generation..

Isha Sree Ayurveda



OUR PANEL OF DOCTORS

Dr. Aishwarya Nair
BAMS MD (Ayu)

Dr. Sreeranjini MK
BAMS (Ayu)

We offer you

Sanjeevanam	Wellness Package
Navajeevanam	Rejuvenation Package
Ayursoukyam	Body Cleansing Package
Jeevaamrutham	Immunity Package
Punarjani Body	Mind-Soul Package

SOLUTIONS

|| loka samastha sukhino bhavanthu ||

- Spinal Injuries
- Pain Management
- Skin Disorders
- Lifestyle Diseases
  (Obesity, Diabetes, Hypertension)
- Hormonal Imbalances
- Gynecological Disorders
- Pediatric Allergies
- Headache, Migraine, Sinus Problems
- Sleeping Disorders
- Psychological Counseling

AYURVEDIC TREATMENTS	TIME ALLOTED
Abhyangam (Ayurvedic massage)	45 min
Abhyangam + Steam	60 min
Steam bath	30 min
Pachakarma Therapies (Vamana, Virechana, Basti, Nasya, Raktamokshana)	Acc. To the Diagnosis
Podikizhi (Bolus bag with powder)	50 min
Elakizhi (Bolus bag with fresh leaves)	50 min
Navarakizhi (Bolus bag with rice)	55 min
Shirodhara - Tailadhara, Takradhara, Ksheeradhara	45 min
Sarvangadhara - Tailam, Kashayam, Ksheeram	50 min
Sirovasty	30 min
Pichu (application of soaked medication)	20 min
Thalam (local medication for head)	20 min
Lepanam (local application)	30 min
Vasti (Kativasti, Januvasti, Greevavasti, Netravasti)	45 min
Pizhichil (streaming of medicated oil)	55 min
Udwartanam (medicated powder massage)	45 min
Nasyam (nasal drops)	30 min
Shiroabhyangam (head massage)	30 min
Padabhyangam (foot massage)	30 min
Aschotanam (eye drops)	30 min
Akshi seka (eye wash)	30 min
Akshi tarpana (eye bathe)	30 min
Karna poorana (medicated ear filling)	30 min

AYURVEDIC WELLNESS	TIME ALLOTED
Deep Tissue Massage	60 min
Head Massage	45 min
Foot Reflexology	30 min
IshaSree Facial	60 min
Rejuvenation Abhyanga	45 min
Rejuvenation SteamBath	15 min
Neck Shoulder Relaxation	30 min

Personalised combination packages will be scheduled after doctor consultation