**About us**

**Ayurhealth** is the leading platform that provides Ayurvedic management services. Our expert services are related to consultation and treatment of a wide range of diseases and related complications. We are a group of Ayurvedic experts who are committed to excellence in this field. We aim to spread awareness in the public related to health care and disease management without adverse side effects. The consulation is available in four languages: Hindi, English, Punjabi and Odiya.

**For Booking Assistance:** +91 8209193582, +91 8249054738

**Schedule an Appointment**

**Book Now**

**Apply for treatment**

Fill out this form and we will contact you shortly to book your consultation with the concerned Ayurvedic Specialist.

Full Name

Gender: Male/Female/Other

Age

Phone No.

Whatsapp no.

Your e.mail

Add

Address

Select your disease condition

Dropbox

**Send Message**

**Dropbox**

Cancer treatment care : Breast cancer, colorectal cancer, mouth cancer, lung cancer etc

Arthritis & Pain Management: Knee pain, shoulder pain, elbow pain, back pain, heel pain, cervical pain, multiple joints pain etc.

Pilonidal Sinus & Anorectal problems: Piles, fissure, fistula, prolapse etc.

Indigestion, liver diseases and acid peptic diseases

Urinary system Problems: stones, urethral stricture, urinary tract infections, cystitis, prostate enlargement, phimosis, hydrocele etc.

Skin and hair fall problems: Acne, blemishes, psoriasis, eczema, urticaria, hair fall, early greying of hair etc.

Immunity Problems, allergies and general weakness

Body weight management: Obesity, overweight and Underweight

Wound and ulcer management: Diabetic wounds, varicose veins ulcers, bed sores and non healing ulcers

Chronic Diseases & Metabolic Disorders: Diabetes, Hypertension (High BP), Asthma, Hypothyroidism, Hyperthyroidism, High uric Acid levels etc

Stri Roga & Infertility: Menstrual Problems, Leucorrhoea, Menopausal problems, Male and female infertility etc.

Mental Stress, anxiety, depression, nervousness, sleeplessness etc.

Other

**Treatment**

Ayurveda is not only a medical science, it is actually the way of healthy and happy life. Ayurveda has a holistic and rational approach towards cure of diseases.

Diet and life style related diseases have an ever increasing graph pattern due to lack of awareness. Materialistic sophiscication is engulfing healthy routine practices and peace of mind. ‘Prevention is always better than cure’ especially when the resultant disease is either incurable or difficult to cure. Ayurveda has both preventive and curative aspects. Preventive aspect is very important specially when the disease is due to controllable risk factors. It becomes more important when there is a positive family history like different types of cancer including breast cancer, diabetes mellitus (sugar), hypertension (high blood pressure) etc. It is always wise to consult the doctor for preventive care. Diet according to season, daily practices of Yoga & Pranayama, maintaining body weight within healthy limits, regular detoxification of body by Panchakarma are the main preventive measures. Proper awareness and healthy practices of Ayurveda can reverese the entire scenario.

Ayurvedic management is free from all adverse side effects. It increases vitality and quality of life. In Ayurveda, the management approach is totally individualized. Consideration of Prakriti (psychosomatic constitution), Dosha (vital humors of body), Dushya (body tissues), Desha (location), Bala (physical and mental strength), Kala (season) and Agni (digestive fire) etc. are the main factors of consideration while designing management. All these factors vary from patient to patient. Donot indulge in self medication, as it may not yield proper results. To obtain the best results, it is advisable to have consultation with an Ayurvedic expert.

**Ayurvedic Therapies**

* Snehana Karma (internal and external by massage with medicated oils)
* Swedana Karma (sudation)
* Vaman Karma (therapeutic vomiting therapy)
* Virechana Karma (therapeutic purgation therapy)
* Niruha Basti Karma (a type of enema using medicated decoctions)
* Anuvasana Basti Karma (a type of enema using medicated oils)
* Uttar Basti Karma (by administration of drugs through urethra)
* Kati Basti Karma (a therapy for low back pain, disc diseases and sciatica)
* Greeva Basti Karma (a therapy for low cervical pain)
* Janu Basti Karma (a therapy for knee pain)
* Shirodhara (a therapy for management of stress, anxiety, headache and sleeplessness)
* Jalauka Avcharna Karma (Leech Therapy)
* Agnikarma (heat therapy)
* Siravedhana Karma (therapeutic blood letting by venepuncture)
* Vranopchara (Ayurvedic management of non healing wounds&ulcers)
* Kshar Sutra Karma (for piles, fissure, fistula, pilonidal sinus, tumours etc.
* Yoga & Meditation

**Contact us:** +91 8209193582, +91 8249054738

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