



**The Healing Touch
of
AYURVEDA**

AYURVEDA- A blessing from the past

Ayurveda is a system of healing, indigenous to India, and Kerala in particular. It is the knowledge gained by 5000 years of constant learning and practicing. Origin of Ayurveda is said to be of divine – from Lord Brahma. The term “Ayurveda” is the combination of two words, “AYU” which means life and “Veda” meaning knowledge. Ayurveda is the knowledge which helps to protect the quality and longevity of life.

Ayurveda is based on ancient Indian philosophy i.e.; Panchabootha sidhantha which says that the whole universe and living and non-living matter it contains, is made up of five basic elements. These are collectively called Panchabhoothas. They are-

1) Air 2) Space 3) Fire 4) Water 5) Earth

These five elements undergo combinations to form three basic factors or doshas. – **Vata, pitha & kapha**

Vata is the combination of “Air” and “space”. It controls all movements- Nerve impulse, peristalsis, circulation etc.

Pitha is formed from fire element. It controls the process of transformation, metabolism, enzyme activity etc.

Kapha is the combination of earth and water element. It is responsible for stability, flexibility and growth etc.

These three factors, if in equilibrium, is responsible for health. If in imbalance, the same factors are responsible for diseases.

Ayurveda physicians promote health and cure diseases by balancing Vatha, Pitha and kapha. Various processed herbs are used for this purpose. Herbs are either cooked in water or oil, sometimes powdered, grinded and rolled into pills. Juices of herbs are also used. Sometimes the herbs are cooked and processed in jaggery, ghee etc.

By balancing the doshas (vatha, pitha and kapha), Ayurveda cures the root cause of a disease, there by enhancing health.

Ayurveda is not only for the diseased. It explains the measures to be taken by the healthy person to maintain health. It also explains about proper routine, proper diet and proper way of living. It is the perfect and complete healing system which goes hand-in hand with nature.

AYURVEDA AT SPICE VILLAGE

Spice village presents one of the most excellent Green leaf certified Ayurveda treatment centre of Kerala. Here one can experience Ayurveda in its purest and traditional form. Picturesque and hygienic rooms which smells of fresh spices and herbs, with proper natural lightings, the care of qualified and experienced masseurs and masseuses-all these together draws the essence of nature. Oils and herbal medicines which are fresh and prepared from our own pharmacy with our own herbs are used.

You can choose amongst the various massages and treatments mentioned below in consultation with our doctor. Nothing relaxes as much as an authentic Kerala massage, which is very different from what you have experienced before. Even if you are in the pink of health you should experience some of these massages, as they are good for general body fitness.

OPENS AT 7.30AM CLOSSES AT 7.30 PM

UZHICHIL (GENERAL BODY MASSAGE)

Recommended for general fitness of body. It tones up muscles, increases blood circulation, relaxes joints, stimulates nervous system and is good for sense organs.

Duration – 45 minutes

GENERAL BODY MASSAGE WITH MEDICATED STEAM BATH

This is a method of eliminating toxins that accumulates everyday from the body by inducing profuse sweating. We use specially designed wooden cabin for steam bath. Steam is generated by boiling leaves of various medicinal plants in milk or water.

Duration – 60 minutes

RASAYANA UZHICHIL (REJUVENATION THERAPY)

This is a combination of,

- a) Rejuvenation therapy
- b) General body massage
- c) Steam bath for detoxification

This massage concentrates on the neck, shoulders, back, stomach and ribs. This relieves tension and stress on the back of neck and shoulders, which are much prevalent in today's hectic life style and poor sitting postures add to it. This therapy aims at preventing the destructive effects of aging on the human body, together with promoting the quality and quantity of one's life span.

Duration – 90 minutes

ELAKKITHIRUMMU (DEEP TISSUE MASSAGE)

This is a special massage which has its origin in the traditional martial arts of Kerala. This massage gives relief from all the muscular pains of the body. It also helps to reduce inflammation resulting from falls, accidents, sprains etc.....

Duration – 105 minutes

CHAVITTY UZHICHIL (MASSAGE USING FEET)

A special massage done with the feet of the therapist. This massage has its origin in the traditional martial arts of Kerala. This is good for general fitness of the body, to reduce inflammations, tones up muscles, softens the tissues, and improve blood circulation.

Duration – 60 minutes

KIZHI (SUDATION WITH HERBS)

a) ELAKIZHI (SUDATION USING HERBAL LEAVES)

The leaves of certain herbs are made into a bollus form in a cotton cloth and are pummelled on the affected part after a therapeutic massage with suitable medicated oil.

b) POIDIKIZHI (SUDATION USING HERBAL POWDER)

In this, the procedure is the same. Instead of herbal leaves, herbal powder is used, in the form bolluses.

Both these are very good in the treatment of sciatica, lumbago, sprains, frozen shoulder, stiffness of joints, arthritis, muscular pain and inflammation.

Duration – 60 minutes

SIRODHARA

A special kerala ayurvedic treatment in which warm medicated herbal oil is poured continuously in a rhythmic manner on the forehead of the person lying on his back. It relaxes the entire nervous system. Extremely beneficial in cases of migraine, headache, insomnia, loss of memory, mental stress, tiredness etc.

Duration – 60 minutes

THAKRADHARA

In this treatment, medicated butter milk is poured continuously on the forehead in a rhythmic way. This specific treatment programme is very effective in case of psychosomatic diseases, insomnia, stress, strain and psoriasis.

Duration – 60 minutes

PIZHICHIL

A traditionally followed process to keep the body fit and healthy. It also helps to slow down aging by rejuvenating tissues and cells. It tones up the body, increases blood circulation and cleanses the body of toxins. In this treatment, warm herbal oil is poured continuously in a rhythmic manner by two or more masseurs for 60 minutes. It is very useful for arthritis, paralysis, paraplegia, hemiplegia, sexual weakness, general debility, nervous disorders, roughness of skin, circulatory complaints and diabetes.

Duration – 60 minutes

NJAVARAKIZHI

The body is gently massaged with linen bags filled with a special rice variety called Njavara rice. This rice is mashed and cooked in milk and herbal decoction. This treatment is very effective for rheumatism, arthritis, wrinkling of skin and it also helps to reduce the effect of aging.

Duration – 60 minutes

UDWARTHANAM

Massage done with herbal powder. Helps to deplete subcutaneous fat, increase blood circulation and tones up the body. Very effective for obesity and related problems.

Duration – 60 minutes

SIROLEPANAM

Special medicinal herbs are made into a paste and applied on head. Effective for stress, loss of memory, insomnia, certain diseases of scalp etc. it is also good for the hair.

Duration – 60 minutes

SIROVASTI

A highly effective treatment for facial paralysis, hemiplegia, dryness of mouth nostrils and throat, severe headache and sinusitis. Luke warm herbal oil is poured into a cap fitted on the head of the person for about 20-60 minutes for a period of 03 to 07 days.

Duration – 60 minutes

KATIVASTHI

Specially for sciatica, osteo arthritis of hip, lower back pain and intervertebral disc prolapse(IVDP).A small receptacle of dough is made on the affected region to which luke warm medicated oil is poured and kept for sometime.

Duration – 45 minutes

SIRO ABHYANGAM (HEAD MASSAGE)

Massage done with medicated herbal oil on head, neck and shoulders. Helps reducing stress, induces sound sleep.Improves concentration and memory power. It also enhances blood circulation to head.

Duration – 30 minutes

CHIKITSA THIRUMMU (THERAPEUTIC MASSAGE)

This special massage helps to get relief from sprains, shoulder pain, neck pain, joint pains, stiffness etc.

Duration – 30 minutes

NASYAM

Nasal administration of herbal medicines. Good for sinusitis, facial paralysis, and migraine.

Duration – 20 minute

USHADHA LEPANAM

Used in the treatment of head ache, inflammations, joint pain etc. Here medicinal herbs in the form of paste is applied on the affected part.

Duration – 20 minutes

SAUNDARYA CHIKITSA

Healthy skin and hair reflects healthy mind and body. Hair and skin care plays an important role in today's beauty conscious society. Pollution and bad food habits are adversely affecting the health of skin and hair. In this context, the ageing of skin is much quicker than expected. Ayurveda has many golden remedies in its treasure to slacken the ageing of skin and to improve the quality of skin. These remedies revitalize, nourish and improves the complexion of skin. Herbal pastes, fruit pulp and oils are used for this purpose skillfully for different type of skins. You can select from the different procedures mentioned below for beauty care.

1. MUKHA LEPAM

Herbal medicines are used for face packs, scrubbing, steaming and face massages. This gives a clearer and fairer appearance.

Duration – 45 minutes

2. MUKHAKANTI LEPAM

This is an exclusive facial which uses a unique combination of invaluable herbs, fruits and sandalwood pastes as face packs. This rejuvenates and nourishes the skin and imparts a radiant glow on the skin of face. Good for all skin types.

Duration – 75 minutes

SAUNDARYA LEPAM

This is the application of pulps and juices of fruits, pastes of herb along with a face massage.

Duration – 30 minutes

KESARAKSHA

This includes head massage with special oils, application of herbal pastes on scalp and hair, smoking of hair with fragrant herbs and hair wash with shampoo made of herbs. Good for hair loss, premature graying of hair, improves quality of hair, corrects split ends, dandruff etc. Above all it gives you a smooth, silky fragrant hair to boost your confidence.

Duration – 60 minutes

USHADHA SNANAM

This is one of the herbal treatments which was prevalent in the erstwhile families of Kerala to maintain radiant and vibrant beauty to their women folk. A combination of herbs are applied to the body, a simple massage is given, and special bath follows using a special herbal decoction. This beauty therapy helps to exfoliate the dead skin and gives a soft and fragrant skin.

Duration – 90 minutes

MASSAGE FOR ARMS AND LEGS

This helps to shape the legs and arms by reducing excess fat and toning up the muscles.

Duration – 60 minutes

ATTENTION PLEASE

Ayurveda treatment can be done as a curative measure and also for a positive health.

Duration of each treatment depends upon the individuals and the nature of complaints. The duration given above for each treatment is in general consideration.

Soap, towel etc. for the bath will be provided at the centre.

We would advice you to to leave behind all your jewellery in the personal safe provided in your room before coming over for a therapy.

Treatment process are done by qualified male/female masseurs under the supervision of an expert doctor.

If you are undergoing any course of treatment or suffering from any serious illness, allergies etc; please inform the doctor clearly. This would help our doctor to recommend therapies which may not be contradictory to your health.

Avoid hard work, sleep and exposure to direct sunlight immediately after therapy.



Spice Village
a cgh earth experience
Periyar - India