

Authentic & Scientific Ayurveda for All

Curative Treatment Tariff

1



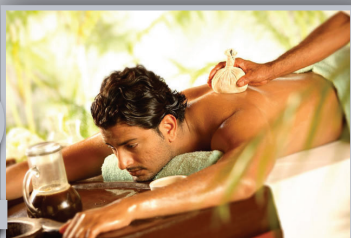
Abhyangam

Essential Ayurveda oil therapy to improve the overall well being of a person. Synchronized massage from head to toe with medicated oils followed by whole-body steam.

Duration: 60 Minutes

Cost: ₹ 1800/- Session

2



Kizhi (Avi / Ela / Podi / Naranga / Njavara)

Essential Ayurveda oil therapy to improve the overall well being of a person. After a synchronized full body oil massage, bundles made of herbal leaves or powders/lemon/garlic/njavara rice is dipped in warm oil to pat your body, especially in painful parts. This will help in increasing blood circulation. Ingredients vary according to indication.

Duration: 90 Minutes

Cost: ₹ 2400/- Session

Njavara **Cost: ₹ 2900/- Session**

3



Njavara Theppu

Essential Ayurveda oil therapy to improve the overall well being of a person. After a synchronized full body oil massage, the body will be massaged with a freshly prepared Njavara paste cooked in medicated milk, which will work as an exfoliating scrub. This will help in increasing blood circulation and result in fresh, smooth & glowing skin. This is very effective for treating muscle weakness.

Duration: 75 Minutes

Cost: ₹ 2800/- Session

4



Thakradhara

A treatment in which medicated buttermilk is slowly poured on the forehead or on the whole body itself. A treatment prescribed for skin diseases, management of stress, diabetes, pre-menopausal and post-menopausal problems.

Duration: 75 Minutes (Body & Head)

Duration: 45 Minutes (Only Head)

Cost: ₹ 3000/- Session

5



Shirodhara

This treatment is administered by slowly pouring medicated lukewarm oil or milk on your forehead in an oscillatory pattern. The therapy helps you manage stress, improves your sleep and is effective for migraines and other neurological conditions.

Duration: 75 Minutes

Cost: ₹ 3000/- Session

6



Pizhichil

This is a whole-body oil bath where medicated lukewarm oil will be poured on your body. The treatment is ideal for conditions like arthritis, weakness of nerves and other neurological complications.

Duration: 60 Minutes

Cost: ₹ 3000/- Session

7



Udwarthanam

A special therapy for weight loss where the body is massaged with medicated powders prescribed by your Physician. Strokes are done in an upward direction against hair follicles. This is very effective for the whole body or localized obesity treatments and improves blood circulation.

Duration: 75 minutes

Cost: ₹ 2400/- Session

8



Dhanyamladhara

A treatment in which medicated and fermented liquid in the lukewarm condition is slowly poured on the whole body itself along with gentle massage. A treatment prescribed for aches, pain, and swelling.

Duration: 60 Minutes

Cost: ₹ 2400/- Session

9



Shiro / Kadi / Greeva / Janu / Uro Vasti

A treatment in which lukewarm medicated oil is retained on lower back/neck/knee/chest. This is very effective for lumbar and cervical spondylosis, osteoarthritis of the knee, costochondritis.

Duration: 45 Minutes

Cost: ₹ 1250/- Session

10



Thalapothichil

Full head massage with warm medicated oil to provide deep relaxation and release of tension. The continuous hand strokes increase blood circulation, brings clarity and strength to senses and the nervous system. This is followed by an application of a freshly prepared herbal hair pack made with amla, medicinal roots, and buttermilk and covered with banana leaves. Effective treatment for dandruff, hair fall, insomnia, etc.

Duration: 40 Minutes

Cost: ₹ 12000/- Session

Apart from this we do panchakarma treatments like Nasyam, Vasthi, Virechanam.



NAGARJUNA
AYURVEDA

Ayurveda Treatment Centre

Bungalow Palace
Opp. Kalikkotta Palace
Thripunithura 682 301
Call: 86067 71708