



Shashwatsukham Ayurveda & Naturopathy Center

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मानम् च तच्च यत्रोक्त आयुर्वेद स उच्यते ॥



Shashwat Sukham Ayurveda & Naturopathy Centre

Introduction-

Shashwat Sukham Ayurveda and Naturopathy centre is an unique Ayurveda centre of its own type. Here we follow the genuine ayurvedic principles to cure patients. Panchakarma, lifestyle changes, Meditation, yoga are the tool used for body internally. In addition to above mentioned tools, we also revise our patients on their mental and emotional front by a very unique energy transformation session known as **DIVINE HARMONY WITH SHREEKALP.**

Panchakarma therapy helps people to achieve a healthy life by getting rid disease may it be chronic or acute. Our centre is located in the laps of nature surrounded by natural flora and fauna the kokan region known as paradise of nature helps to peoples the experience the natural gifts given by mother nature. Peace, Happiness, Joy, stress free mind are all the attribute those can be achieve with our unique panchakarma therapy blended with -----



Benifits of 7 days Panchakarma Retreat

Panchakarma -

- **Vaman**
- **Virechan**
- **Basti**
- **Raktamokshan**
- **Nasya**
- **Shirodhara**

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| <ol style="list-style-type: none">1. For Cellular Detoxification2. For balancing vata, pitta, kapha to achieve total health3. To get rid of Various diseases4. To rejuvenate the body and mind5. For “Supraja” which means for a happy and healthy progeny/next generation6. For anti-ageing, Anxiety and Depression | <ol style="list-style-type: none">7. For peaceful mind8. For improving intelligence, vigour & energy level9. For efficient functions of all the systems of body (digestive, nervous, skeletal, muscular etc.) & balance of hormones in the body10. For good appetite, sound sleep and be joyful11. For good skin lustre (Natural glow of the skin) |
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7 days package for whom :

We offer a basic Panchakarma package of 7days to people, who wish to rehabilitate from their present unhealthy state of body, which commonly includes:

1.Weight loss Management –

Loosing weight through Panchakarma Theraphy is quite possible, provided if we thoroughly practice its regimen as advised. Through Panchakarma (Vaman/Virechana/Basti), wedetoxify the body first, which starts cleaning the unnecessary compositions inside. Cleansing accelerates the process of weight reduction in our Body. After this we prescribe a one-month medicine, which reduces 1.5kg to 4kg weight per month and restrict the diet of the individual. Along with this exercise,Yoga is taught as per the requirement of body.



2. For Supraja-

Both husband and wife undergo Panchakarma treatment for “Beej Sudhi” which means enhancement of reproductive system and boost the quality of sperm and ovam.After this treatment a female is having a very even chance of getting conceived and helps to give birth to a healthy and genius child.

“Gharbasanskar” – Before conceiving till delivery, the medicines and regimen advised to apregnant women and growing fetus in a normal period of 9 months, helps to give birth to a healthy & wise baby.



7 days package for whom :

3. Diabetes Reversal program-

Detoxification, Ayurveda medicines, diet regimen, Yoga and exercise are the major principles followed in this diabetes reversal program.



4. For postnatal care and regain previous body tone-

"Sutika" which means post delivery complications can be monitored and avoided through Panchakarma therapy. It helps to improve the health of mother and promotes a healthy growth of the baby.

5. Thyroid disorder reversal program-

Thyroid disorder is caused mainly due to stress, tension, anxiety, and hyper exercise. So along with the detoxification medicines and diet, we used Shirodhara for mental relaxation, Pranayama & Omkar Meditation for regaining the peace of mind in this reversal program.



7 days package for whom :

6. Psoriasis reversal program-

According to Ayurveda, Psoriasis is caused due to unhealthy diet and lifestyle. Panchakarma, leech therapy, medicines, dietary regimen, Yoga, lifestyle modification and abstinence plays major role in this reversal program.



7. Eye rejuvenation therapy-Netra- tarpan

is lubrication of eyes through medicated ghee and Pada-Abhyanga (removing toxins by using bronze metal through soles) is included in eye rejuvenation therapy.

8. Healing the joint disorders-

Differential Ayurvedic diagnosis, precise Panchakarma that includes Agni karma, Vidya karma, supporting medicines, and diet regimen helps to get rid of joint disorder.



7 days package for whom :

9. Cure chronic rhinitis –

Chronic rhinitis is a sign of weak immunity. Panchakarma medicines and diet regimen helps to regain immunity and cure chronic rhinitis.



10. Cure chronic Hyper acidity –

Restricting the causes of hyper acidity through Panchakarma, breaks the tendency of body to create excess pitta dosha which resultantly helps to cure Hyper-acidity.

11. Cure Chronic Migraine –

Migraine is mainly caused due to vitiated blood formed due to Vata, pitta and cough. Panchakarma helps to balance this trio of 3 dosha namely Vata, Pitta Cough and purify the blood thus providing relief from chronic migraine.



7 days package for whom :

12. Corrects all the digestive problems –

Detoxification, Diet, Medicines, Yoga and Shrirodhara are used specifically to cure digestive problems.



13. Cure mental instability and depression-

Panchakarma, medicines, meditation counselling helps to overcome depression and stress.

14. Revive the OCD (obsessive compulsive disorder)-

Panchakarma, medicines, meditation, counselling are used to cure OCD



7 days package for whom :

15. To Cure Gynaecological disorders -

A complete gynec health can be achieved through Detoxification, Uttar Basti medicines, Diet, Yoga, Meditation, protocols during periods, if followed judiciously.



Panchakarma as the name itself states, acts on the 5 Tatva of human body namely, Aakash, Jal, Vayu, Prithvi, Agni. The therapy aims at balancing the 5 elements with 3 doshas of our body I.e Vata, Pitta, Cough. A complete healthy life can be achieved through Panchakarma, which leads us towards realization of existence of our Life.

7 Days Package Routine

Timing	Routine
7am to 8am	Yog and Meditation
8am-9am	Healthy Breakfast
9am-1pm	Different Therapies (Snehan (Abhyanga) / Swedan (Steam Bath) / Vaman / Virechan /Basti / Raktamokshan- Blood Letting)
1pm- 2pm	Healthy Lunch
2pm – 6pm	Life Style Coaching / Question and answers with Doctor/ Counselling
6pm-7pm	Meditation and Sadhana
7pm- 7:30pm	Prayer
7:30pm - 8:30pm	Dinner
8:30pm	Sleep

The basic charges for 7 days retreat are 15000rs and additional therapy may cost accordingly

Sr. No.	Therapy	Particulars	Chargeable Amt
1	Basti	7 days + One Month Medicines	15,000/- Rs
2	Virechana	7 days + One Month Medicines	15,000/- Rs
3	Vaman	7 days + One Month Medicines	15,000/- Rs
4	Raktamokshan	Per Day Charges	1,200/- Rs
5	Nasya	Per Day Charges	1,200/- Rs

Upkarma – (Additional therapy)

Kati Basti, Janu Basti, Manya Basti, Hridaya Basti, Uttar basti Vidya Karma, Karnapuran, Agnikarma, Shirodhara, Netra Tarpan, Abhyanga

The rate of Upkarma (Additional therapies) :

Sr. No.	Therapy	Particulars	Chargeable Amt
1	Kati Basti	(Per Day/per Hrs Charges)	1,200/- Rs.
2	Manya Basti	(Per Day/per Hrs Charges)	1,200/- Rs.
3	Vidha karma	(Per Day/per Hrs Charges)	700/- Rs.
4	Agnikarma	(Per Day/per Hrs Charges)	700/- Rs.
5	Shirodhara	(Per Day/per Hrs Charges)	1,200/- Rs.
6	Netra Tarpana	(Per Day/per Hrs Charges)	1,200/- Rs.
7	Janu Basti	(Per Day/per Hrs Charges)	1,200/- Rs.
8	Karnapuran	(Per Day/per Hrs Charges)	1,200/- Rs.
9	Hridaya Basti	(Per Day/per Hrs Charges)	1,200/- Rs.
10	Uttar Basti	(Per Day/per Hrs Charges)	1,200/- Rs.
11	Abhyanga and Swedan	(Per Day/per Hrs Charges)	1,300/- Rs.

Online Consultation for Following Diseases

1. Constipation
2. Allergic rhinitis
3. Thyroid
4. Insomnia
5. Obesity
6. Diabetes
7. Blood Pressure
8. Menstrual Disorders
9. Hair Fall
10. Leucorrhea
11. Cervical Spondylosis
12. Arthritis
13. Migraine
14. Fatigue
15. Stomatitis
16. Acne
17. Pigmentation
18. Urticaria
19. Indigestion

Cost for online consultation with medicine will be 4200rs

Sr. No.	Medicines	Therapy	Chargeable Amt (Rs.)
1	New Medicines Online	One Month Medicines /Consultancy	4,200/- Rs
2	Follow Up Medicines	One Month Medicines /Consultancy	3,500/- Rs

Follow up medicines – 3500rs (Including Courier Charges)

Ksharsutra Procedure- (For Piles, Fistula and Fissure)

"Ksharsutra procedure" is unique Non-Surgical ayurvedi procedure which cuts & heals the anorectal diseases (Piles,fistula,Fissure) simultaneously without interfering in your daily routine

Get rid of anorectal diseases with following benefits

1. Without admitting in hospital
2. Without operation
3. Cost effective
4. With 0.5% relapse rate
5. One day procedure, no need of job leaves
6. No need of lengthy dressing procedures
7. Fast healing without dressing

Ksharsutra Procedure Charges

Sr. No.	surgery	Charges
1	Normal	18,000/- Rs
2	Moderate	30,000/- Rs
3	critical	45,000/- Rs



Shashwatsukham Ayurveda & Naturopathy Center

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