

Traditional & Authentic Kerala Ayurvedic Treatments

Age Old Ayurveda for New Age Problems

Arthritis | Cervical & Lumbar Spondylitis | Frozen Shoulder
Migraine | Sinusitis | Skin Disorders | Obesity | Hair fall
Sleep Disorders | Diabetes | Gynaecological Disorders

Our Clinic operated in the name of Birla Kerala Vaidyashala
is now renamed & Shifted to the following address

21, Aurobindo Street, Puducherry - 1.
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Call us for
INAUGURAL
OFFERS



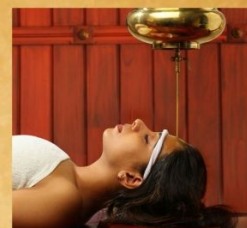
RELAX
Kerala Ayurveda



SARVAKAYA ABHYANGAM (General Body Massage)
Rejuvenates the body, improves vitality of the body and reduces Stress, followed with a steam bath which relaxes and refreshes you completely.

SHIRODHARA

Highly effective in case of stress related disorders. It aims at better brain functioning. It improves memory and prevents hairfall. It controls primary hypertension.

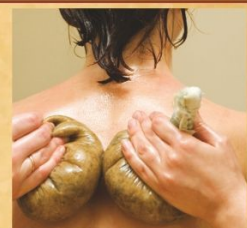


Nasyam

Medicated oil drops is instilled through nasal openings. Helpful in sinusitis, headache, facial paralysis. It refreshes your sense organs.

ELAKIZHI

Herbal leaves are tied in boules & applied to the body. Helpful in arthritis, muscular pain & swelling.



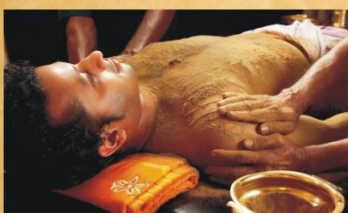
PIZHICHIL

 (Rejuvenation Therapy)

It helps to fight fatigue, maintains luster of the skin, retards aging process and all types of arthritis.

NAVARAKIZHI

Nourishes the muscles prevents arthritis. Prevents wrinkles & maintain the complexion of the skin.



UDWARTHANAM

Helps in weight reduction. Medicated powders are used for massage, which removes excess fat deposited in your body.



SRI SRI RAVISHANKAR "Art of Living"

Yoga, Pranayam, Sudarshan Kriya

Contact : **M. Thaiyalnayagi**, Faculty
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Books & CD's available

