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ABOUT AYURVEDA

Ayurveda, often regarded as the "Science of Life" or "Knowledge of Longevity," is a profound ancient holistic healing system that originated in India thousands of years ago. The roots of Ayurveda can be traced back to the Vedic civilization, where it was documented in sacred texts like the Vedas and Atharva Veda. The fundamental philosophy of Ayurveda revolves around achieving a harmonious balance between the body, mind, spirit, and the surrounding environment.

The essence of Ayurveda lies in the understanding that each individual is unique, possessing a distinct combination of biological energies known as doshas—Vata, Pitta, and Kapha. These doshas govern our physiological and psychological traits, and the key to a healthy life is to maintain a balance among them. Ayurvedic practitioners use this understanding to tailor personalized approaches, including dietary recommendations, herbal treatments, lifestyle adjustments, yoga, meditation, and detoxification therapies.

Ayurveda not only aims to treat ailments but also emphasizes preventive care, promoting overall well-being. It encourages a holistic lifestyle that aligns with the natural rhythms of the day, the seasons, and one's unique constitution. By adhering to these principles, individuals can achieve optimal health, longevity, and a sense of inner harmony, making Ayurveda a timeless and revered system of wellness that continues to influence and transform lives globally.

HISTORY OF AYURVEDA

Its origins are deeply rooted in the Indian subcontinent, evolving from the Vedic period around 1500 BCE. The teachings of Ayurveda were initially passed down orally through a lineage of sages before being compiled into written texts, notably the Vedas and later the Charaka

Samhita and Sushruta Samhita. These foundational texts, written in Sanskrit, comprehensively documented the principles, concepts, and practices of Ayurveda.

The development of Ayurveda was profoundly influenced by the spiritual and philosophical beliefs of the time, particularly within the Vedic tradition. It integrated knowledge of medicine, surgery, astronomy, astrology, philosophy, and spirituality. Over millennia, Ayurveda has been continuously refined, expanded, and enriched through contributions from various scholars and practitioners.

In ancient India, great Ayurvedic scholars like Charaka and Sushruta made significant strides in formalizing and systematizing Ayurvedic principles. Charaka Samhita, attributed to Charaka, emphasized internal medicine and diagnosis, while Sushruta Samhita, credited to Sushruta, focused on surgery and surgical techniques.

Today, Ayurveda stands as a globally recognized holistic healing system, cherished for its natural and personalized approach to well-being, encompassing dietary guidelines, herbal remedies, yoga, meditation, and more. Its ancient wisdom remains relevant, offering a time-tested path to a balanced and harmonious life.

DOSHAS IN AYURVEDA

In Ayurveda, the doshas represent fundamental physiological and psychological energies that govern the human body and mind. The doshas—Vata, Pitta, and Kapha—form the cornerstone of Ayurvedic understanding and treatment. Each dosha is a unique combination of the five elements: earth, water, fire, air, and ether, and they are associated with specific characteristics.

1) Vata Dosha: Vata, embodying the elements of air and ether, is characterized by qualities such as cold, light, dry, mobile, and erratic. Vata governs movement in the body, including blood circulation, breathing, muscle movement, and thoughts. An imbalance in Vata can lead to issues like anxiety, dry skin, constipation, and insomnia.

2) Pitta Dosha: Pitta, primarily comprising fire and water elements, embodies qualities like hot, sharp, oily, and light. Pitta governs metabolic and transformative processes, including digestion, metabolism, and hormonal balance. An excess of Pitta can manifest as irritability, acidity, skin rashes, and inflammation.

3) Kapha Dosha: Kapha, rooted in water and earth elements, possesses qualities of heaviness, coolness, oiliness, and stability. Kapha governs structure and lubrication within the body, overseeing functions like immune response, moisture balance, and muscle strength. Imbalance in Kapha can lead to weight gain, congestion, lethargy, and emotional attachment.

Understanding one's unique doshic constitution, or Prakriti, is crucial in Ayurveda to tailor lifestyle, diet, and treatments. Ayurvedic practices aim to balance the doshas, promoting optimal

health and well-being. Dietary choices, herbal remedies, lifestyle adjustments, and holistic therapies are often recommended to restore doshic equilibrium, ensuring a harmonious state of being.

We at Maharshi Charak Ayurveda offer Dosha check by experienced Ayurveda doctors who can guide you to live a better life according to your prakriti and dosha. Doctors advise you the changes that you should make to your lifestyle and to your diet. You can email us to book your dosha check consultation or you can also book the consultation from our website.

PANCHAKARMA (the true essence of Ayurveda)

Panchakarma is a transformative Ayurvedic detoxification and rejuvenation therapy. It involves a series of specialized treatments and therapies that eliminate toxins, balance doshas, and restore overall health. Panchakarma promotes deep cleansing, rejuvenation, and holistic well-being on physical, mental, and emotional levels. Beauty contributes to one's personality and has always remained a valuable asset. So every one of us is extra conscious about beauty and is in search of better remedies to look more beautiful.

At our center, the Panchakarma treatment offers numerous benefits for individuals seeking holistic healing and rejuvenation. Our highly skilled and experienced Ayurvedic practitioners customize the Panchakarma therapies to address specific health concerns and promote overall well-being. The benefits of Panchakarma at our center extend beyond physical healing. Our practitioners also focus on supporting emotional and mental well-being during the treatment process. Panchakarma helps to reduce stress, anxiety, and fatigue while enhancing mental clarity and promoting relaxation. Additionally, we emphasize the importance of proper guidance and post-treatment care to ensure the longevity of the results achieved through Panchakarma. Our center provides comprehensive post-treatment support, including personalized diet and lifestyle recommendations to help individuals maintain the benefits of the therapy in their daily lives.

Overall, our center is dedicated to providing a transformative Panchakarma experience that revitalizes the body, mind, and spirit. We strive to create a serene and supportive environment where individuals can experience the full potential of Ayurveda's profound healing and rejuvenating effects.

Poorva Karma (Preparatory Methods)

Purvakarma, also known as the preparatory stage, is an integral part of Panchakarma therapy in Ayurveda. It involves a series of procedures that prepare the body for the main purification therapies. The main purpose of Purvakarma is to loosen and mobilize toxins, allowing them to be eliminated more effectively during the subsequent detoxification procedures. Let's take a closer look at three individual processes involved in Purvakarma.

Paachana (Digestive Agni Enhancement): Paachana refers to the process of enhancing the digestive fire (agni) before undergoing Panchakarma treatments. It involves consuming herbal formulations or Ayurvedic medicines that help to balance and strengthen the digestive system. Paachana aids in improving digestion and metabolism, ensuring optimal absorption and assimilation of nutrients.

Snehana (Oleation Therapy): Snehana is an important part of Purvakarma and involves the application of medicated oils or ghee (clarified butter) on the body. This process helps to lubricate the body tissues, soften the toxins, and prepare them for elimination. Snehana can be done externally through gentle massage or internally by consuming specific oils. It nourishes the tissues, enhances circulation, and facilitates the movement of toxins towards the gastrointestinal tract.

Swedana (Sudation Therapy): Swedana is a sweating therapy that is performed after Snehana. It aims to induce sweating in the body, thereby opening up the channels and expelling toxins through the skin. Swedana can be administered through different methods, such as steam therapy, warm herbal compresses, or specialized steam chambers. The heat and moisture from Swedana dilate the channels, increase blood flow, promote relaxation, and further mobilize toxins for elimination.

Paachana, Snehana, and Swedana collectively prepare the body by improving digestion, enhancing the mobilization of toxins, and opening up the channels. These processes ensure that the subsequent Panchakarma therapies are more effective in eliminating the accumulated toxins from the body. Proper Purvakarma allows for a smoother and deeper detoxification experience, supporting overall health and well-being.

Pradhan Karma (Main methods)

Pradhankarma, also known as the main purification phase, is the central part of Panchakarma therapy in Ayurveda. It involves specific therapies designed to eliminate toxins from the body and restore balance. Let's explore five individual processes included in Pradhankarma:

Vamana (Therapeutic Vomiting): Vamana is a cleansing procedure that involves the controlled induction of therapeutic vomiting. It is primarily used to eliminate excess Kapha dosha and toxins accumulated in the upper respiratory tract and gastrointestinal system. Vamana therapy helps to address conditions like respiratory disorders, allergies, and skin diseases by expelling toxins through the upper digestive tract.

Virechana (Purgation): Virechana is a cleansing therapy that focuses on eliminating excess Pitta dosha and toxins from the liver, gallbladder, and gastrointestinal tract. It involves the administration of herbal purgatives to induce controlled bowel movements. Virechana helps to

treat conditions such as liver disorders, jaundice, chronic fever, and skin diseases by effectively flushing out toxins from the body.

Anuvasana (Medicated Oil Enema): Anuvasana is an enema therapy that involves the administration of medicated oils or ghee into the rectum. This procedure is primarily used to balance Vata dosha, lubricate the colon, and promote proper bowel movements. Anuvasana helps to address conditions such as constipation, dryness, joint disorders, and nervous system imbalances.

Asthapana (Decoction Enema): Asthapana is a cleansing enema therapy that uses herbal decoctions to eliminate excess doshas and toxins from the colon. The herbal decoctions are prepared by boiling various medicinal herbs in water. Asthapana helps to treat digestive disorders, urinary disorders, abdominal pain, and inflammatory conditions by cleansing and rejuvenating the colon.

Nasya (Nasal Administration): Nasya involves the administration of medicated oils or herbal preparations through the nostrils. It helps to cleanse and nourish the nasal passages, sinuses, and head region. Nasya is beneficial for respiratory disorders, sinusitis, allergies, migraine headaches, and neurological imbalances. It also helps in balancing the doshas and enhancing mental clarity.

These individual therapies within Pradhankarma are performed under the guidance of trained Ayurvedic practitioners. Each therapy targets specific doshas and areas of the body to facilitate the elimination of toxins and restore the natural balance of the doshas. By undergoing these therapies, individuals can experience deep detoxification, rejuvenation, and the potential for improved overall health and well-being.

Paschat Karma (Post-Therapeutic Measures)

Paschatkarma, the post-treatment phase of Panchakarma therapy in Ayurveda, is a vital step in maintaining the benefits and sustaining the healing achieved through the purification procedures. It focuses on supporting the body's recovery, restoring balance, and promoting long-term well-being. Paschatkarma encompasses various aspects, including a gradual diet transition known as Samsarjana Krama, which allows the digestive system to readjust after the intense detoxification. Rejuvenation therapies and Rasayana treatments further aid in strengthening the body, enhancing vitality, and replenishing essential nutrients.

Follow-up consultations with Ayurvedic practitioners ensure ongoing guidance and adjustments to individual lifestyles. Additionally, practicing self-care techniques such as daily routines, exercise, meditation, and breathing exercises contribute to maintaining balance and supporting overall health. By embracing Paschatkarma, individuals can integrate the benefits of Panchakarma into their daily lives, fostering a sustained state of well-being and preventing the reoccurrence of imbalances and toxins.

Benefits of Ayurveda Panchakarma Treatment

- Deep detoxification and elimination of toxins from the body
- Balancing and harmonizing the doshas (energetic forces) in the body
- Strengthening the immune system
- Restoring optimal digestive function and improving metabolism
- Enhancing mental clarity, focus, and emotional well-being
- Alleviating stress, anxiety, and fatigue
- Rejuvenating and revitalizing the body, mind, and spirit
- Managing and treating chronic diseases such as arthritis, asthma, digestive disorders, and skin problems
- Promoting weight management and addressing obesity-related concerns
- Improving overall vitality, energy levels, and longevity.

Panchakarma treatment at Our Center

Our Panchakarma treatment program is designed to cleanse and balance your body, mind, and spirit, promoting optimal health and well-being. Here's an overview of what you can expect during your Panchakarma journey with us:

- Initial Assessment
- Preparation
- Detoxification Therapies
- Dietary Guidance
- Yoga and Meditation
- Post-Panchakarma Care
- Follow-up

At Maharshi Charak Ayurveda, our Panchakarma treatments are conducted in a serene and nurturing environment, ensuring a holistic healing experience. Our aim is to restore your body's natural equilibrium, boost your immunity, and enhance your overall quality of life through the wisdom of Ayurveda. We offer our guests fully furnished accommodation with air-conditioned rooms, a common kitchen, dining area, and Wi-Fi facility.

As per the guest's treatment requirements, we serve fresh Ayurvedic vegetarian meals. Additionally, we provide complimentary pick-up services from the local airport, railway station, or bus stand in Jaipur. If needed, we can also arrange for pick-up services from Delhi International Airport at standard taxi charges. To arrange a taxi, we would need our guests' arrival details.

Treatment Charges :

1 week : \$300 (includes accommodation + food + treatment)

2 week : \$550 (includes accommodation + food + treatment)

Please contact us at charakayurveda@gmail.com for more details on Panchakarma treatments and for reservation. We will respond to you immediately with further details. To secure your booking, we kindly request an advance payment of 10% of the total fees. The remaining amount can be paid upon your arrival at our centre.

AYURVEDA TRAINING

In House Training

Attending an in-house Ayurveda training program can offer several benefits to individuals who are interested in learning about this ancient system of medicine. Firstly, Ayurveda training programs can provide participants with a deeper understanding of the principles and practices of Ayurveda, including its emphasis on natural remedies and a holistic approach to health and wellness. This knowledge can not only benefit individuals in their personal lives, but can also enhance their job performance if they work in the health and wellness industry. By participating in an in-house Ayurveda training program, individuals can benefit from a more personalized and tailored learning experience, as the program can be customized to meet the specific needs of individuals. Overall, attending an in-house Ayurveda training program at Maharshi Charak Ayurveda can provide individuals with a valuable opportunity to deepen their knowledge of Ayurveda and improve their health and wellbeing.

Trainers of the programs

The training sessions will be led by highly qualified Ayurveda doctors, who have received their education and training from well-known Ayurveda institutes located in various regions of India. The faculty members are well-versed in the principles and practices of Ayurveda, having received their education from top Ayurveda colleges. They are also fluent in English, ensuring effective communication with participants during the training sessions. Overall, the training will be conducted by a team of experienced and knowledgeable Ayurveda practitioners who are dedicated to providing high-quality training and education to participants.

Our Method Of Teaching

- The Ayurveda training program is designed to offer trainees a comprehensive education in the principles and practices of Ayurveda.
- This will include practical training, expert lectures, individual demonstrations, and exposure to different therapies that trainees will have the opportunity to experience themselves.

- The program will provide specific training materials for each course, to help trainees learn Ayurveda more effectively.
- Both theoretical and practical classes will be conducted from Monday to Friday.
- Trainees can register for multiple courses simultaneously. Upon successful completion of the program and meeting attendance requirements, a certificate will be awarded.
- The program aims to equip trainees with the necessary skills and knowledge to efficiently deliver Ayurveda therapies for the benefit of themselves and others.

Our Training Programs

- Training program in Yoga (1 week / 2 week / 4 week)
- Ayurveda Therapist Training program (4 week)
- Ayurveda Massage Techniques with Marma therapy (2 week)
- Ayurveda & Panchakarma therapy (2 week / 4 week)
- Ayurveda & Beauty care (1 week / 2 week)
- Ayurveda Cooking & preparations of herbal medicines and oils (1 week / 2 week)
- Identification and uses of common herbs and spices (1 week)
- Ayurveda ways of life-style management (1 week)

Cost of our Training Programs:

- 1 week – \$280
- 2 week – \$520
- 3 week – \$720
- 4 week – \$900

To know more about our training programs, contact us at charakayurveda@gmail.com

Special offers for Group trainings

- We conduct group training at special rates for a group of more than 3 people. (10% discount)
- For those who are traveling and interested in learning about Ayurveda, we offer introductory lectures.

We offer our guests fully furnished accommodation with air-conditioned rooms, independent bathroom and shower in each room, a common kitchen, dining area, and Wi-Fi facility. As per the guest's treatment requirements, we serve fresh Ayurvedic vegetarian meals. Additionally, we provide complimentary pick-up services from the local airport, railway station, or bus stand in Jaipur. If needed, we can also arrange for pick-up services from Delhi International Airport at standard taxi charges. To arrange a taxi, we would need our guests' arrival details.

Online Training

To learn Ayurveda online , visit our website charakayurveda.com to see our online courses.

YOGA TRAINING

Course Instructor : Dr. Renu Sharma (D.N.Y.S)

1 week program : \$280 (Inclusive of reading material and books)

2 week program : \$520 (Inclusive of reading material and books)

Our Yoga Training Course is a comprehensive and immersive program designed to provide a deep understanding and practice of yoga. Led by experienced and certified yoga instructors, this course offers a comprehensive curriculum that covers various aspects of yoga, including asanas (postures), pranayama (breath control), meditation, philosophy, anatomy, and teaching methodology. Here is a detailed breakdown of what you can expect from the course:

Asana Practice:

Explore a wide range of yoga asanas, from foundational poses to more advanced postures. Learn proper alignment, modifications, and adjustments to ensure safety and effectiveness in your practice.

Develop strength, flexibility, and body awareness through consistent asana practice.

Pranayama and Breathwork:

Discover various pranayama techniques to regulate and control the breath.

Learn the benefits and proper techniques of breathwork for physical, mental, and emotional well-being.

Understand the relationship between breath and energy, and how pranayama supports meditation and relaxation.

Meditation and Mindfulness:

Explore different meditation techniques, including mindfulness, guided visualization, mantra, and more.

Learn to cultivate focus, concentration, and inner stillness through regular meditation practice.

Understand the philosophy behind meditation and its integration into daily life.

Yoga Philosophy and Lifestyle:

Dive into the ancient wisdom of yogic philosophy, including the study of texts such as Patanjali's Yoga Sutras and Bhagavad Gita.

Explore the eight limbs of yoga, ethical principles (yamas and niyamas), and the concept of self-realization.

Understand how to apply yogic principles in daily life, fostering mindfulness, compassion, and overall well-being.

Anatomy and Physiology:

Gain a basic understanding of human anatomy and how it relates to yoga practice.

Learn about the biomechanics of asanas, common injuries, and how to practice yoga safely and intelligently.

Understand the physiological benefits of yoga on different systems of the body.

Teaching Methodology:

Acquire the skills and knowledge necessary to become an effective yoga instructor.

Learn how to structure and sequence yoga classes for different levels and populations.

Develop teaching techniques, communication skills, and observation skills to guide and assist students.

Practicum and Teaching Experience:

Engage in practical teaching sessions, both in small groups and individually, to refine your teaching skills.

Receive constructive feedback and guidance from experienced instructors to enhance your teaching abilities.

Throughout the course, you will have opportunities for self-reflection, personal growth, and building a supportive community of fellow practitioners. You will also receive course materials, readings, and resources to deepen your understanding of yoga beyond the training hours.

Upon completion of the Yoga Training Course, you will receive a certification that allows you to teach yoga professionally or deepen your personal practice. This course is a transformative journey that nurtures not only your physical abilities but also your mental, emotional, and spiritual well-being.

AYURVEDA COOKING

1 Day Tutorial (Preparation of single Meal and Dining) : \$ 35

1 week training program (2 Meals a day and multiple recipes) : \$220

2 week training program (2 Meals a day and covers all dishes) : \$420

Our Ayurveda Cooking Course is a comprehensive and immersive program that offers a deep exploration of Ayurvedic culinary principles and practices. Led by experienced Ayurvedic chefs, this course provides both theoretical knowledge and hands-on cooking experience to help you master the art of Ayurvedic cooking.

Introduction to Ayurvedic Principles:

You will gain an understanding of the fundamental principles of Ayurvedic nutrition, including the concept of the doshas (Vata, Pitta, Kapha) and how they influence our well-being.

Learn about the six tastes (sweet, sour, salty, pungent, bitter, and astringent) and how to incorporate them to create balanced meals.

Understand the importance of seasonal eating and how to choose ingredients in harmony with nature.

Ayurvedic Cooking Techniques and Ingredients:

Explore various cooking techniques used in Ayurveda, such as steaming, sautéing, boiling, and roasting.

Discover a wide range of Ayurvedic herbs, spices, and ingredients that are used to enhance flavor, promote digestion, and balance the doshas.

Learn how to prepare Ayurvedic ghee, herbal infusions, and spice blends to infuse your dishes with medicinal properties.

Creating Balanced Meals:

Gain knowledge on how to create balanced meals according to Ayurvedic principles, taking into consideration the needs of each dosha.

Discover the art of food combining and how to optimize digestion and nutrient absorption.

Explore the importance of incorporating all six tastes in each meal to promote satisfaction and nourishment.

Ayurvedic Recipes and Dishes:

Experience hands-on cooking sessions where you will learn to prepare a variety of Ayurvedic dishes, including soups, dals (lentil dishes), vegetable curries, grain dishes, and herbal teas.

Discover how to adapt recipes to suit your dosha and individual needs.

Learn the art of food presentation and how to create visually appealing dishes that stimulate the senses.

Healing and Restorative Foods:

Explore the concept of Rasayana (rejuvenation) foods and how to incorporate them into your diet for optimal health and well-being.

Learn about specific foods and recipes that support digestion, immunity, and overall vitality.

Discover how to prepare Ayurvedic desserts and snacks using nourishing ingredients.

Here are some dishes commonly taught in Ayurveda cooking courses:

Khichari: A nourishing one-pot meal made with a combination of basmati rice, mung beans, and a variety of spices. Kitchari is easily digestible and helps in detoxification and restoring balance.

Vegetable Curry: A flavorful and aromatic dish prepared with a variety of seasonal vegetables, Ayurvedic spices, and a base of tomato or coconut milk. This dish provides a wholesome and balanced meal.

Ayurvedic Soups: Nourishing soups made with a combination of vegetables, lentils, or grains, flavored with healing herbs and spices. These soups are easy to digest and provide comfort and nourishment.

Herbal Teas and Infusions: Learn to prepare herbal teas using Ayurvedic herbs such as ginger, tulsi (holy basil), turmeric, and cinnamon. These teas have various health benefits and can be tailored to support different doshas.

Lassi: A refreshing and probiotic-rich yogurt-based drink that can be flavored with fruits, spices, or herbs. Lassi aids digestion and provides a cooling effect.

Chutneys and Pickles: Discover how to prepare Ayurvedic chutneys and pickles using fresh herbs, spices, and seasonal fruits or vegetables. These condiments add flavor and enhance digestion.

Ayurvedic Desserts: Explore healthier versions of desserts using ingredients like jaggery, coconut, nuts, and spices. Examples include saffron-infused rice pudding (kheer), date and nut balls (laddoos), or fruit-based desserts.

Grain Dishes: Learn to cook various Ayurvedic grain dishes like chapati(roti), quinoa pilaf, spiced rice dishes, or savory porridges using whole grains and aromatic spices.

These are just a few examples of the dishes commonly taught in an Ayurveda cooking course. The specific dishes may vary depending on the course curriculum and the focus of the program. The courses often emphasize using fresh, seasonal, and locally available ingredients while incorporating the principles of Ayurvedic nutrition and flavor balancing.

Throughout the course, you will receive practical tips, demonstrations, and guidance from our experienced Ayurvedic chefs. You will have the opportunity to taste and savor the dishes you prepare, gaining firsthand experience of the flavors and benefits of Ayurvedic cuisine. By the end of the course, you will be equipped with the knowledge and skills to create nourishing, balanced meals that promote optimal health and harmony in your daily life.

AYURVEDA AT MAHARSHI CHARAK AYURVEDA

ONE-DAY TREATMENTS

Abhyanga Massage : Abhyanga is a traditional Ayurvedic full-body massage therapy originating from ancient India. This soothing massage involves the use of warm herbal oils, specifically chosen to suit an individual's dosha or constitution. The therapist performs rhythmic and synchronized strokes on the body, aiming to balance the doshas, enhance blood circulation, remove toxins, and promote relaxation. Abhyanga not only nurtures the skin, muscles, and joints but also calms the mind, reduces stress, and supports overall well-being. It's a deeply rejuvenating experience that's believed to enhance vitality and longevity while providing a sense of inner balance and tranquility.

Marma Massage : Marma massage is an ancient healing practice originating from Ayurveda, an Indian holistic system. Marma points are vital energy centers within the body where muscles, veins, bones, and joints intersect. In Marma massage, these points are gently pressed and massaged to stimulate the body's energy flow and balance the doshas. The therapy aims to release energy blockages, enhance circulation, and promote physical and mental well-being. By targeting Marma points, this massage not only revitalizes the body but also aligns with the holistic principles of Ayurveda, promoting harmony between the body, mind, and spirit.

Pinda Swedana : Pinda Swedana is a therapeutic Ayurvedic treatment where warm herbal poultices, filled with a blend of medicated herbs, grains, and oils, are applied to the body. These poultices are heated and then rhythmically massaged over the muscles and joints. The heat and herbal infusion help to relieve muscle tension, ease pain, improve blood circulation, and reduce inflammation. Pinda Swedana is particularly effective in treating musculoskeletal issues, arthritis, and stress-related ailments. This rejuvenating therapy promotes relaxation, detoxification, and an overall sense of well-being, aligning with Ayurveda's principles of holistic healing.

Shirodhara : Shirodhara is a deeply relaxing and therapeutic Ayurvedic treatment that involves a continuous, gentle stream of warm herbal oil poured onto the forehead (the "third eye" area). This rhythmic pouring creates a profound sensation of relaxation, calming the nervous system and balancing the mind. The warm oil penetrates the scalp, nourishing the hair roots and calming the senses. Shirodhara is known to alleviate stress, anxiety, insomnia, and enhance mental clarity. It's a holistic experience, harmonizing the body and mind, in line with Ayurveda's approach to holistic well-being and balance.

Pizhichill : Pizhichill is a luxurious and therapeutic Ayurvedic treatment where warm medicated oil is continuously poured over the body. The therapy involves a gentle massage followed by the streaming of warm oil, which is collected and poured back over the body in a rhythmic manner. This helps in deeply penetrating the skin, relaxing the muscles, and promoting rejuvenation. Pizhichill is highly effective in relieving muscular tension, joint stiffness, and promoting a sense of calm and well-being. It's a powerful detoxifying and rejuvenating therapy, aligning with Ayurveda's principles of holistic healing and balance.

Ayurvedic Facial : Ayurvedic Facial, a natural and holistic skincare therapy, blends ancient Ayurvedic techniques with herbal remedies to promote radiant skin and overall well-being. The treatment involves a personalized approach based on one's dosha or constitution (Vata, Pitta, Kapha). It incorporates gentle cleansing, exfoliation, herbal steaming, and a soothing facial massage using nourishing herbal oils. Ayurvedic herbs and natural ingredients are used in face packs to rejuvenate and balance the skin. This rejuvenating facial not only enhances the complexion but also harmonizes the mind and spirit, providing a deeply relaxing and therapeutic experience.

TREATMENT PACKAGES

Please contact us at charakayurveda@gmail.com for reserving your treatment.

Rejuvenation Package

Embark on a transformative journey of rejuvenation with our Ayurveda Rejuvenation Package. Over the course of many days, immerse yourself in the healing power of ancient Ayurvedic therapies designed to restore balance and vitality. Experience personalized consultations with skilled practitioners, who will identify imbalances and create a customized treatment plan. Indulge in blissful Abhyanga (oil massage), soothing Shirodhara (oil pouring on the forehead), and revitalizing herbal steam baths. Nourish your body with Ayurvedic meals, herbal teas, and rejuvenating tonics. Discover the profound effects of yoga, meditation, and mindfulness practices. Reclaim your natural state of health, vitality, and radiance with our Ayurveda Rejuvenation Package.

1 week : \$230

2 week : \$420

Therapies are performed by trained Ayurveda Therapists with more than 10 years of experience.

Supervisor : Dr. Rajesh Kalwadiya (Chief Physician, B.A.M.S)

Duration: 90 minutes to 2 hours per day (5 days a week)

Experience a holistic rejuvenation program that combines Ayurvedic wisdom and therapeutic treatments to revitalize your mind, body, and spirit. Our carefully curated program spans 7 to 14 days and begins with an in-depth consultation with an Ayurvedic expert who will assess your unique constitution and imbalances. Through personalized guidance, you will embark on a transformative journey of rejuvenation.

Indulge in daily Ayurvedic treatments like Abhyanga (full body oil massage), where warm herbal oils are skillfully applied to stimulate circulation and release tension. Immerse yourself in the deeply relaxing Shirodhara, a continuous stream of warm herbal oil poured onto the forehead to calm the nervous system. Experience the rejuvenating effects of Panchakarma, a comprehensive detoxification process that removes toxins from the body.

Witness the transformation as you emerge feeling rejuvenated, balanced, and radiating with vibrant energy. Our Ayurvedic rejuvenation program is a gateway to renewed well-being and a deeper connection to your true self.

Body Purification Package

Designed to cleanse and revitalize your body, this comprehensive program combines ancient Ayurvedic practices and therapeutic treatments. Begin with a personalized consultation to assess your unique constitution and imbalances. Experience the detoxifying effects of Panchakarma, a series of cleansing therapies that eliminate toxins and restore harmony. Indulge in Abhyanga (oil massage), herbal steam baths, and gentle detoxifying treatments to rejuvenate your entire being. Nourish yourself with Ayurvedic meals, herbal teas, and rejuvenating tonics. Witness the profound benefits of purification as you emerge feeling renewed, refreshed, and revitalized.

2 week : \$400

3 week : \$550

Therapies are performed by trained Ayurveda Therapists with more than 10 years of experience.

Supervisor : Dr. Rajesh Kalwadiya

Duration: 90 minutes to 2 hours per day (5 days a week)

Our Body Purification (Shodhana Chikitsa) package is a comprehensive and transformative Ayurvedic program designed to purify and rejuvenate your body, mind, and spirit. This package focuses on removing accumulated toxins and imbalances, restoring harmony, and promoting overall well-being. The duration of the program is typically 14 to 21 days, but it can be tailored to meet individual needs.

Stress Management Package

Discover tranquility and restore inner balance with our Ayurveda Stress Management Package. Designed to combat the pressures of modern life, this program offers a holistic approach to stress reduction. Begin with a personalized consultation to identify your unique stress triggers and imbalances. Experience the soothing effects of Ayurvedic treatments like Shirodhara (forehead oil flow) and Abhyanga (oil massage). Engage in mindfulness practices, meditation, and gentle yoga tailored to calm the mind and promote relaxation. Receive guidance on stress-reducing dietary choices and lifestyle adjustments. Unwind in a serene environment, and emerge rejuvenated, equipped with tools to navigate life's challenges with ease.

1 week : \$260

2 week : \$420

Therapies are performed by trained Ayurveda Therapists with more than 10 years of experience.

Supervisor : Dr. Rajesh Kalwadiya (Chief Physician, B.A.M.S)

Duration: 90 minutes to 2 hours per day (5 days a week)

Our Stress Management Ayurveda package is a comprehensive and rejuvenating program designed to address the underlying causes of stress and promote overall well-being. This package combines traditional Ayurvedic therapies, personalized consultations, mindful practices, and lifestyle modifications to help you manage and reduce stress effectively.

Slimming Package

Embark on a transformative journey towards a healthier and slimmer you with our Ayurveda Slimming Package. This comprehensive program combines ancient Ayurvedic wisdom with personalized treatments and dietary recommendations to support weight loss and overall well-being. Begin with an in-depth consultation to assess your unique constitution and weight-related concerns. Experience detoxifying therapies, specialized massages, and herbal formulations to boost metabolism, reduce cellulite, and promote fat burning. Follow a tailored meal plan based on Ayurvedic principles, incorporating nutrient-rich foods and herbal supplements. Embrace yoga, meditation, and lifestyle modifications to maintain a healthy weight and enhance body-mind balance. Witness the remarkable results and embrace a slimmer, healthier, and more vibrant you.

2 week : \$420

3 week : \$580

Therapies are performed by trained Ayurveda Therapists with more than 10 years of experience.

Supervisor : Dr. Rajesh Kalwadiya (Chief Physician, B.A.M.S)

Duration: 90 minutes to 2 hours per day (5 days a week)

Our Ayurveda Slimming package is a comprehensive and personalized program designed to support healthy weight loss and promote overall well-being. This package combines Ayurvedic therapies, dietary recommendations, lifestyle modifications, and mindful practices to help you achieve your weight loss goals in a sustainable and holistic manner.

Body Immunisation Package

Boost your immune system and enhance your overall well-being with our Ayurveda Immunisation Package. This comprehensive program combines the wisdom of Ayurveda with personalized treatments and holistic practices to strengthen your body's natural defense mechanisms. Through a thorough consultation, our experienced Ayurvedic practitioners will assess your unique constitution and immune system imbalances. Experience a range of immune-boosting therapies, including herbal remedies, rejuvenating massages, and immune-supporting treatments. Follow a tailored diet plan rich in immune-boosting foods and receive guidance on lifestyle modifications to support immune health. Reclaim your vitality and protect yourself against illnesses with our Ayurveda Immunisation Package.

1 week : \$240

2 week : \$420

3 week : \$580

Therapies are performed by trained Ayurveda Therapists with more than 10 years of experience.

Supervisor : Dr. Rajesh Kalwadiya (Chief Physician, B.A.M.S)

Duration: 90 minutes to 2 hours per day (5 days a week)

Our Ayurveda Body Immunisation package is a comprehensive and personalized program designed to enhance and strengthen your immune system. This package combines Ayurvedic therapies, herbal remedies, dietary recommendations, and lifestyle modifications to promote optimal immune function and overall well-being.

Beauty Care Package

Experience the rejuvenating power of Ayurveda with our comprehensive beauty care package. Tailored to your unique needs, this 7-day program combines ancient wisdom and natural remedies for radiant beauty from within. Embrace the holistic approach of Ayurveda, nourishing your body, mind, and spirit through personalized beauty rituals, dietary recommendations, and mindful practices. Reveal your natural glow and radiate beauty with Ayurveda.

1 week : 230

Therapies are performed by trained Ayurveda Therapists with more than 10 years of experience.

Supervisor : Dr. Rajesh Kalwadiya (Chief Physician, B.A.M.S)

Duration: 90 minutes to 2 hours per day (5 days a week)