



AYURVEDA MEDICINE



AYURVEDA

The Wisdom of Long Life

Ayurveda – a slice of Indian tradition – is a 5000 year old healing system the essence of which is to harmonize body, mind and soul by taking into account the individual physical, mental, spiritual, social and environmental part of a person. Spending some time in restful surroundings in India, Ayurveda's home country, or in the peace and quiet of historical Bad Bocklet in Bavaria/Germany will help you to relax mind and body and achieve lasting well-being and recuperation.

TREATMENT BENEFITS

Many chronic illnesses respond well to Ayurvedic treatment, especially:

- Rheumatism, fibromyalgia
- Arthritis
- Pain syndrome, including headaches, migraine, backache
- Skin diseases, e.g. eczema, neurodermatitis, psoriasis
- Paralysis, e.g. after a stroke
- Depression and other psychosomatic illness, e.g. sleeping disorders
- Muscular atrophy
- Digestive disorders
- Stress-related problems
- Obesity
- Post cancer care treatments
- Geriatric care
- In addition, maintaining health in healthy people

AYURVEDIC THERAPY

In the Ayurveda lifestyle consultation the doctor will draw up a treatment plan after a detailed assessment which involves examination of the eyes (iris), pulse and tongue and analysis of the information provided in the medical questionnaire. The plan will be reviewed on a daily basis by way of an individual consultation and check-up.

Treatments include massages, steam baths and herbal body flow, among others.

During the treatment period, delicious vegetarian Indian food will be served to cleanse the body and to help it to recuperate. Daily yoga and walking are additional activities to boost the treatment.

For a lasting improvement to health, a willingness to reflect on one's own lifestyle and if necessary, to make the relevant changes are essential.





TREATMENT METHODS

■ Njavarakkizhy (rejuvenation massage with medicated rice bags)

A special type of rice, cooked in milk and herbs, is patted and pressed on to the skin all over the body. This is an effective treatment for rheumatic ailments, nervous exhaustion, muscular atrophy and general debility. It has been found to be good for the skin too.

■ Pizhichil (oil bath)

Warm medicated oil is gently poured all over the body in a continuous flow combined with an enjoyable massage. It is an effective treatment for arthritis, paralysis, neuralgia, nerve dysfunction or muscular atrophy.

■ Shirodhara (warm oil flow on forehead)

Warm medicated oil, milk, buttermilk or herbal extracts are gently poured over the forehead. Shirodhara is a treatment for insomnia, stress and headaches which aids in the relaxation of mind and spirit.

■ Herbal Body Massage

A massage with medicated oil, chosen to suit the individual constitution type: Vata, Pitta or Kapha. This therapy helps to reduce exhaustion, induces healthy sleep patterns, slows down the ageing process, soothes the skin and nourishes the body tissues.



AYURVEDIC HEALTH PACKAGES

- Panchakarma – cleansing and detoxing
- Weight reduction
- Pre and follow-up care for orthopaedic problems
- Care before and after surgery
- Rejuvenation
- Stress-management
- Post cancer care – physical and mental support





AYURVEDIC MEDICINES

A wide range of the Ayurvedic medicines used in our Kerala Health Center are made up at our pharmacy in India according to our own traditional recipes to suit your individual requirements. Our methods are in strict adherence to Ayurvedic texts with no compromise on quality and are in line with the latest scientific developments. In Germany we are only allowed to use herbs, spices, dietary supplements and various teas.

The natural medicines used in Ayurveda detoxify the body by eliminating chemical deposits and cleanse mind and spirit of the disturbing elements of agitation and conflicts.



AYURVEDIC DIET

The right diet plays an important role in and is one of the basic elements of Ayurvedic medicine. It forms one of the pillars of treatments as well as yoga and modification in lifestyle.

As non-vegetarian food is a taboo during the treatment, pure vegetarian meals prepared in our kitchen according to Ayurvedic principles will be provided. Spices are one of the treasures of India and play an important role in the preparation of Ayurvedic food, helping the healing process in general.

We are happy to go along with individual wishes of patients, as long as this does not conflict with the treatment plan. If requested, all your meals will be strictly prepared in line with your dosha type, ensuring taste and well-being.



FAMILY TRADITION

Traditional knowledge of Ayurvedic medicine has been passed on through generations in certain families in Kerala. The Madukkakuzhy family is one such family who has been dedicated to the Ayurvedic tradition for the past eight generations. Our lifestyle and work is based on the rich experience, energy and vision passed on to us by our ancestors, especially Vaidyakalanidhi M.C. Mathew, who laid the foundation of Ayurvedic tradition in our family.

Our health center in India has a panel of seven doctors. Under supervision and direction of Dr. Joy Mathew, who is the chief physician and his sons Dr. Robin Jacob and Dr. Jobin Joy Madukkakuzhy, work four young doctors together examining each patient before treatment and discussing their medical questionnaire in detail. The patient's individual body constitution type is then determined and a treatment program is set up in line with the patient's personal requirements.

In our center in Bad Bocklet, Germany Dr. Jobin Joy Madukkakuzhy and Dr. Joseph Vadakkan Simon use the same approach and follow the same principles, supervised by and under the responsibility of qualified doctors recognized in Germany. Bad Bocklet's peaceful surroundings and its spring water with the highest iron content in Europe (so called "Stahlquelle") are combined with original Ayurvedic medicines to aid in the healing of chronic illness.



MADUKKAKUZHY HEALTH CENTER, KERALA

Our Ayurveda health center in the southern Indian state of Kerala – the home of Ayurveda – is recognized by the Kerala Government as “A GREEN LEAF CERTIFIED AYURVEDA CENTER” - the highest award for such centers. The health center lies in the middle of a large tropical garden. Here you can experience the special forms of Ayurvedic Therapy, as well as yoga, meditation and Indian cuisine, and a family in their dedication to Ayurvedic tradition. You will stay in modern guest houses (Homestay-DIAMOND CERTIFIED – the highest recognition by the Tourism Department of Kerala), all rooms having attached shower and WC, a desk and a balcony or terrace with seating arrangements. Temperatures in Kerala vary between 26 °C and 32 °C, and the best time for Europeans to visit Kerala is from September to April.

HEALTH PACKAGES IN KERALA

■ Cleansing, detoxing and weight reduction ■ Pre and post-care for orthopaedic and post-surgery problems
■ Stress-related problems ■ Post-cancer care treatments ■ Geriatric care ■ Rejuvenation treatments. A minimum stay of 2 weeks is recommended, in cases of more serious complaints a 3 to 4 weeks stay is preferable. For further information for travelling to India and availability of rooms kindly contact Mrs. Sindhu Subin, welcome@ayurveda-kerala.org.





NOW IN GERMANY

Patients, who do not want to undertake the long journey to India can experience the same well-known Madukkakuzhy Ayurveda in the Bavarian Rhön in the middle of Germany, at Kunzmann's Hotel | Medical Care. This hotel has a long tradition as a health center and is the ideal partner for the endeavor.

Two well trained cooks prepare every day fresh delicious ayurvedic meals for you. Indian doctor from Kerala and six experienced well trained Indian therapist out of Head quarter in India will serve you in the same quality and manner like in Kerala.

AYURVEDA IN KUNZMANN'S HOTEL

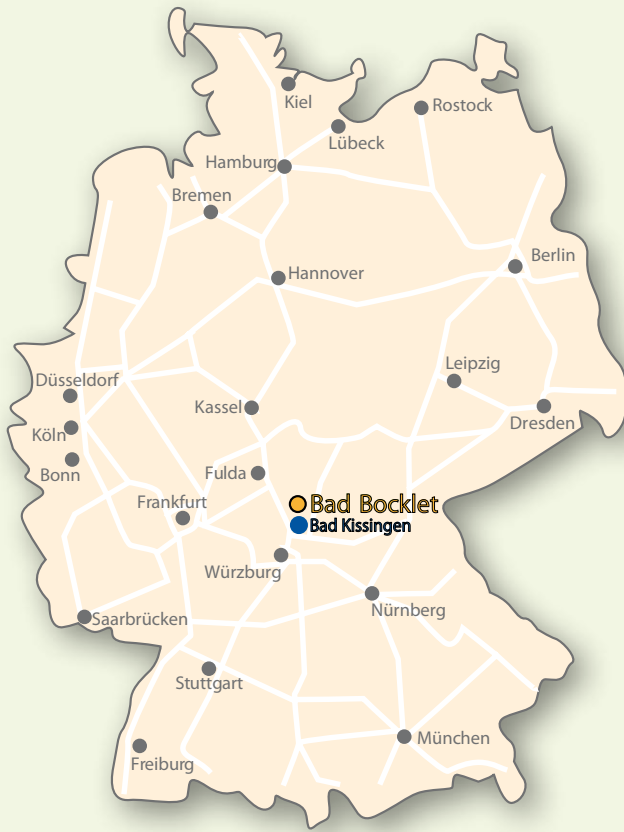
Kunzmann's Hotel sees itself as a pioneer in unique health concepts and healing methods in line with traditional Indian philosophy – which aim at achieving a long and healthy life in mind and body. At the same time it offers a modern ambience.



The four star hotel has been in family hands for four generations. Snuggling in the lovely hills of the Bavarian Rhön, it has an idyllic location right on the edge of Bad Bocklet's spa gardens. Experience the historical backdrop amidst picturesque surroundings and enjoy the magical outlook and new impressions.

The 65 rooms and suites with balconies and views over the lovely countryside and valley of the River Saale are spread over four floors. You can relax on the extensive lawns, taking in the view of the attractively designed pond area. On cooler days enjoy a visit to the spa or sit by the cosy open fire in the hotel lobby. Guests have free entry to the Spa Oasis, which covers an area of over 1000 m², offering exclusive beauty and health treatments.

Part of our concept is to offer 363 days per year yoga and twice a week meditation or Mantra singing. We offer different packages like Rasayana (Regeneration cure) one week, or Panchakarma (Detoxifikation cure) two weeks etc. Please have a look to our website www.ayurveda-deutschland.org



AYURVEDA MEDICINE

Kunzmann's

 HOTEL | SPA | MEDICAL CARE

Information and Booking

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