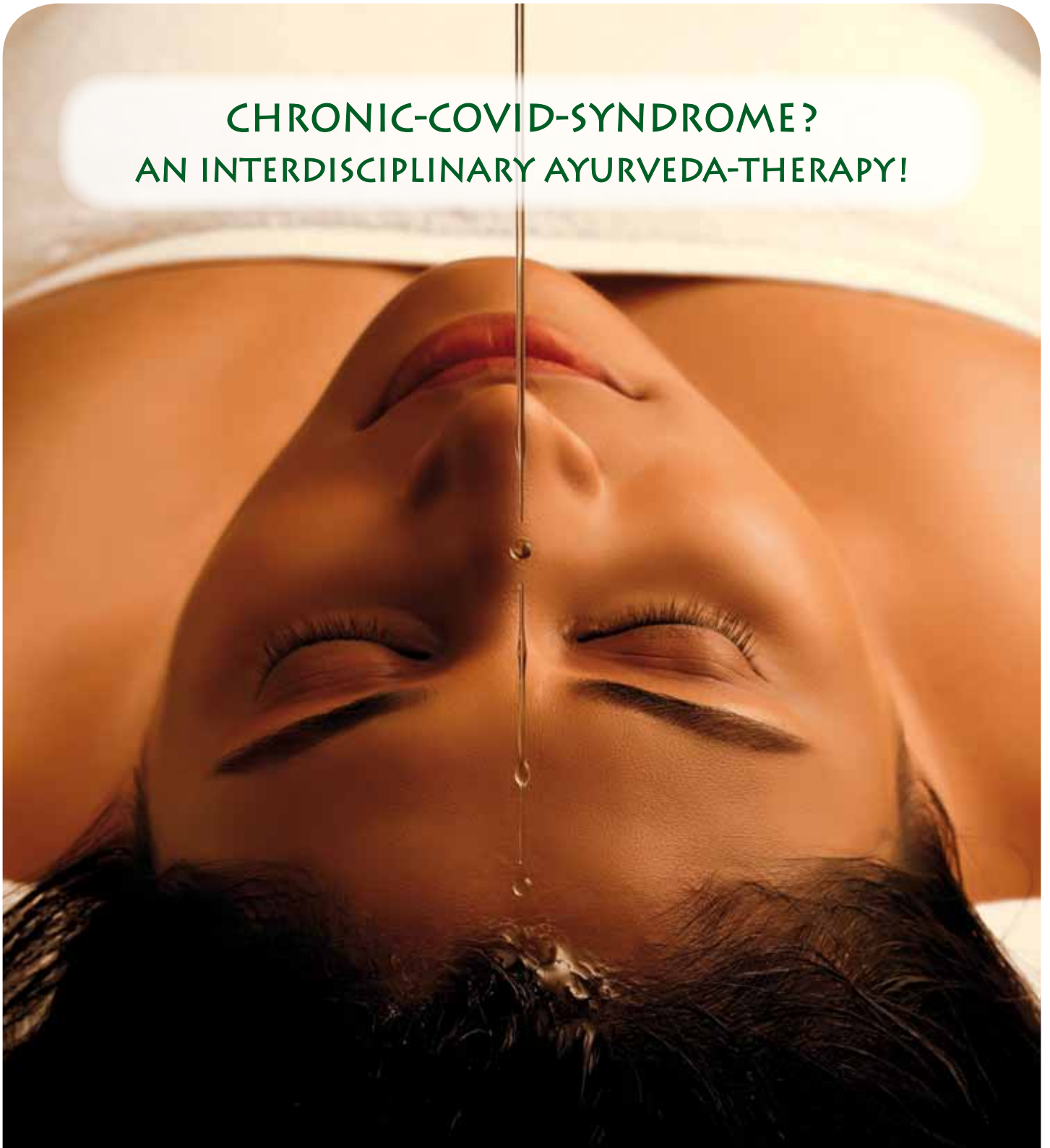




MADUKKAKUZHY
AYURVEDA

CHRONIC-COVID-SYNDROME?
AN INTERDISCIPLINARY AYURVEDA-THERAPY!



What is Long-Covid?

The Corona-Virus type 2 is special in a negative sense as it can affect several organs and the symptoms it causes depend on which organs are affected. It frequently attacks the lungs and bronchial tubes but the heart can also be affected. Migraines and neurological symptoms are also widely experienced. We are currently witnessing its very complex clinical picture and many people are still suffering from its impact months after their convalescence. In addition to this, it has been shown that existing mental health problems significantly increase the risk of suffering from long-Covid.

A holistic, therapeutic approach needs to be taken when treating long-Covid. The few existing approaches are often insufficient for meeting the challenges of these complex disease processes and conventional medicine limits itself to specialist fields. A small number of rehabilitation clinics are specialized in suitable follow-up treatments. However, this type of rehabilitation is only predominantly available to in-patients and its availability is very limited.

Precisely due to its large range of symptoms, long-COVID requires a very individual, interdisciplinary therapeutic approach.

An Ayurvedic therapy is perfectly designed for the integrative treatment of chronic-COVID-syndrome.

The Interdisciplinary Approach

Ayurveda is an age-old traditional system of medicine originating in the Indian sub-continent, a natural medicine with a comprehensive, holistic, medicinal approach and recognized by the World Health Organization.

Body, soul and spirit influence each other mutually and either promote good health or cause illness. For 5000 years, illnesses of all types have been successfully treated in India using Ayurvedic methods. Ayurveda can hold the key to a long, healthy life. In the field of chronic illness, Ayurvedic medicine has a wealth of knowledge and its integrative approach has shown excellent treatment results.

We address the following symptoms

- Respiratory diseases, limited lung volume, breathlessness
- Chronic fatigue, general tiredness
- Insomnia
- Burn-out, depression
- Concentration disorders, attention deficit
- Cardiac arrhythmia, myocarditis
- Generalized pain syndrome, headaches
- Neurological disorders (neuralgia, e.g. loss of taste)
- Muscle pains (myalgia)
- Gastrointestinal dysfunctions/symptoms



The Elements of this Ayurvedic Therapy

Ayurvedic Treatments

- Detoxification therapy with cleansing of the intestinal flora
- Intensive full-body treatment to improve the circulation
- Phytotherapy to strengthen the immune system

Ayurvedic Nutrition

- Type-specific nutritional therapy in 3 steps from the 1st to the 3rd week

Relaxation

- Meditation and Yoga

Movement

- Gentle yoga exercises to improve flexibility of muscles and joints
- Supervised Pranayama breathing exercises twice daily



Diagnostics and Individual Therapy

During the anamnesis consultation, the Ayurveda specialist makes the diagnosis according to the patient's symptoms and body type and the Dosha-type (Pittha, Vatha, Kapha) is then determined. A treatment plan is prepared individually for each patient based on these factors.

- **Daily (!) fine-tuning** of the measures based on treatment progress
- **Various types of massage** e.g. Pinda Sweda (rice bolus massage) – a bag filled with medicated rice with herbs and milk, gathered to form a „bolus“, is smoothed over the skin of the full body and dabbed and “stamped” over the soles of the feet, back etc., steam baths, inhalations, herbal steam treatment, poultices, Shirodhara – warm sesame oil is poured gently onto the forehead, Abhyangas – full-body massages carried out by two Indian therapists simultaneously. These are all core elements of the therapy program.
- **Phytotherapy** carried out using therapeutic agents such as herbal extracts, ointments and oils, mainly made by our company
- **Nutritional therapy** beginning with detoxification and cleansing of the intestine with a subsequent diverse diet using type-specific foods from the 1st to the 3rd week of the treatment. Written nutritional recommendation for implementing at home after the treatment.



Ayurveda Long-Covid 3-Week-Treatment Plan

The concept comprises a daily consultation with the Ayurveda specialist (no consultations on Sundays and public holidays), one large (60 min) and one small (30 min) Ayurveda healing treatment carried out by Indian therapists trained in our headquarters in India, a daily yoga session and suitable nutrition.

Week 1

- **Synchronized marma massage** during which an oil stream reactivates and normalizes the body's circulation and especially the brain and lymph circulation etc.
- **Inhalation** with camphor, menthol, thyme, pine and sage
- **Light, digestible nutrition**
thin, clear vegetable soup, rice soup, chicken soup with rice, potatoes with butter or with herb quark, ginger tea, Ayurvedic fasting

Week 2

- **Synchronized massages** using a herb bolus – lower thorax and upper back
- **Mild inner cleansing** with ghee, enema and/or Nasyam (nasal and sinus cleansing)
- **Nutrition** Dosha-specific detoxification for intestinal cleansing

Week 3

- **Shirodhara oil stream treatment** regulates and balances the whole vegetative system
- **Reflexology** calf and foot massage activates all the organs and improves sleep and concentration
- **Nutrition** immune-strengthening diet and dietary supplements

Supplements and herbs used in the treatment

Turmeric, ginger, triphala, guggulu, vasaka etc.

To achieve a lasting effect, this holistic Ayurveda treatment concept is based on a three week stay. In exceptional cases the stay may be reduced to two weeks.

Package prices include overnight stay on a full board basis in the Hotel Fontana, Bad Kissingen, with all Ayurvedic meals and care included

14 nights/12 days of treatment

€ 3.650,- p.P.

21 nights/18 days of treatment

€ 5.370,- p.P.

Private patients have the possibility of applying for a reimbursement from their private health insurance company and civil servants from their health insurance scheme.



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