

the essence of pure ayurveda enhanced by generations of trust.



PERUMBAYIL
AYURVEDA MANA
an authentic ayurveda centre





PERUMBAYIL AYURVEDA MANA

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After the fall of the Mahodayapuram Cheras in 12th century, Malabar Coast was fragmented into numerous feudal city states called Nads (swaroopams), ruled by Naduvazhis. Moopil Nair is the term used to denote Nair Naduvazhis (rulers of nads or city states) and Desavazhis (rulers of desams) of tiny feudal kingdoms on the Malabar Coast, present day Kerala State, South India. These Nads were again divided in to desams ruled by the Desavazhis. Perumbayil Tharavadu was the desavazhis of Paluvai Desam. Some of its family members were ayurveda practitioners also.

Today Perumbayil Mana, is renovated and re constructed as one of the authentic ayurveda treatment centres following the traditional way. It is the only place in Kerala, the Astavaidya and Guru Parambara lineage co- exit. We follow “Ayurvedamana Way” a unique combination of Ayurveda, Kalari (martial art) and Marma (pressure point) treatment system. Here the Services of India's leading Ayurveda experts like Ashtavidyan Vaidyamadam Dr. Rishikumaran Namboothiri, Prof. Vasudevan, Dr. Kottakal Raghava Warriar, Ashtavaidyan Vaidyamadam Dr. Rajeev Namboothiri. etc are available.



Special Treatments

Neurological disorders, Arthritis, Spondylitis, Disc problems, Bone, Joint & Spine related problems, Head ache related problems, Muscular diseases, Allergy related problems (Hypersensitivity), ENT problems, Liver disorders, Digestive disorders, Urinary disorders, Skin disorders, Gynec problems & Women health, Infertility (Male and Female), Mental disorders - Disturbances of mind, Varicose veins (Blood vessel disorder), Sleep disorders, Diabetes mellitus, Developmental disorders, Anal Fissures, Psoriasis, Motor Neuron Diseases, Alzheimers, Parkinsons, Infertility, Anaemia (Haematological disorder), Post Cancer/Chemo treatments, Post-operative care- heart ailments...etc

Wellness Treatments

Rejuvenation (Rasayana Chikithsa), Stress & Strain management, Weight reduction and Obesity, Lifestyle disease management, Womens care programme, Pregnancy care, Postpartum abhyanga ayurvedic full body massage, Postpartum modified cleansing therapy, Beauty care treatment...etc

Ayurveda Therapies

Abhyangam, Shirodhara, Shirovasthi, Swedanam(Steam Bath), Avagaha Sweda, Ksheeradhoomam, Pichu, Thalam / Thala Pothichil, Chavitti Uzhichil, Udwarthanam, Pizhichil, Kizhi (Poultice), Lepamam, Upanaham, Tharpanam, Karnapooranam, Dhoopanam, Sneha Paanam, Vamanam, Virechanam Vasthi, Nasyam, Kabalam, Rakthamoksham, Navaratheppu, Katee pichu, Akshitarpan, Yoni Pichu, Yoni Kshalanam, Uttara Vasti, Hrid Tharpana Hrid Dharat, Anda Sweda, Valuka Sweda, Pada Dhara, Sarvanga Takra/Ksheera Dhara, Jaloukavacharana (Hirudotherapy), Netra Dhara, Jaanu Dhara Aschotanam





Facilities

20 beautifully furnished spacious bed rooms with attached bathroom and toilets.

Some of the classical features of Heritage rooms are : Each rooms are named with ELEMENTS of life

- Furnished with antiques. The roof are paneled with wooden pallets to maintain the temperature
- Colonial ethnic flooring with large windows for better air circulation.







Other Features

- 8 Spacious treatment / massage rooms • Each rooms are equipped with telephones and Free WiFi • Round the clock duty doctors • 24 hours hot water in all rooms • Natural organic water for the toilets
- Library for ancient classic and other manuscripts • Private Herbal Garden • Yoga Rooms
- Pharmacy and Medicine Manufacturing • Kitchen and Dining area
- Near by places - Guruvayur Temple, Elephant Camp at Punnathurkotta, Mammiyoor Temple, Kerala Kalamandalam, Chettuva Backwaters, Chavakkad Beach.



for more details log on to www.ayurvedamana.com



KURUPPATH
heritage home stead

KURUPPATH HERITAGE is one of the first heritage home stead project approved by Department of Tourism, Government of Kerala. It is situated in the heart of Trichur town, the cultural capital of Kerala, famous for Festivals, Temples and Elephants. It is having 5 large a/c bed rooms with all attached bath rooms. A 120 year old heritage mansion renovated and protected with heritage antiquity. All rooms are equipped with modern facilities and are furnished with unique antique pieces. Care taker services along with security are available round the clock. Fully equipped Kitchen can be utilized for visitors. The total house will be let out for family and groups for marriages and family functions.

Special functions can be conducted in the garden, Festival and elephant lovers are offered special guided tours.

High Lights: 5 Bed Rooms (attached bath rooms), Spacious Dining Room, Modern amenities.

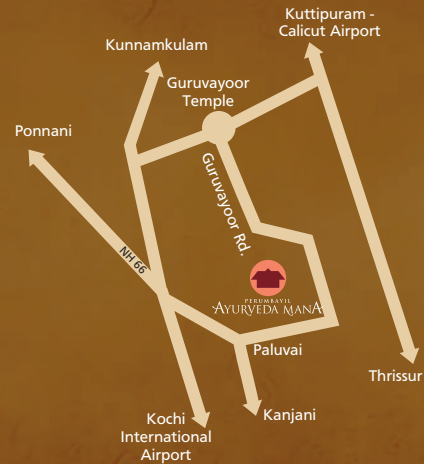
for more details log on to www.kuruppathheritage.com

Near by Attractions

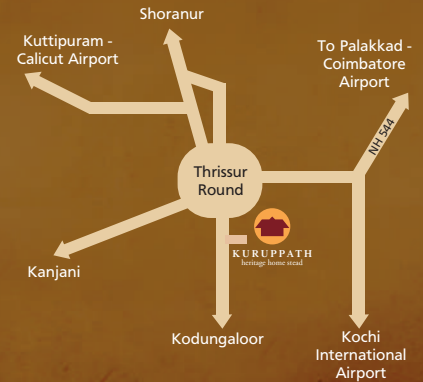
- Thrissur city tour - cultural capital of God's own Country.
- Guruvayur temple town tour.
- Athirappilly waterfalls - trip to the magnificence of nature.
- Kalamandalam cultural tour - walk through classical art and culture.
- Snehatheeram beach tour - must see beach park.
- Muziris tour - Cheraman juma masjid & Jewish synagogue.
- Peechi reservoir - boating and trekking.
- Back water cruise - a dinner cruise.
- Trekking and bamboo rafting - an adventurous trip.
- Fishing trip - a rough ride to the Arabian sea.



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