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Le Passage
to India

Wellness in God's Own Country





AYURVEDA

The extraordinary intelligence of the hunter-gatherer peoples of India is, in fact, what led to the consolidation of the science of Ayurveda. The abundance of forests, water, land, and natural resources thousands of years ago made it possible for these ancient communities to discover and collect herbs and rare medicinal plants. They then spent years researching, experimenting, and developing practices through a trial and error method in the best scientific traditions – to treat, heal, and cure the human body.

Ayurveda (literally meaning ‘the science of life and longevity’ in Sanskrit) is the traditional Indian system of natural and holistic medicine that combines healing with philosophy, and complete physical, emotional, and spiritual wellness. Its core principle is to lead the right and healthy way of life – one that is disease free.

The knowledge of Ayurveda in India, was passed down over the centuries through an oral tradition, until it was methodically collated into text around 2600 BCE. The Charaka Samhitha (Treatise on Medicine), Susrutha Samhitha (Treatise on Surgery) and Ashtanga Hridayam Samhita (Treatise on the Basic Principles) are considered to be the three oldest known foundation texts of Ayurveda.

These olden texts reveal marvellous insights into the human body based on pure observation, sans any tools! The pioneering texts are also forerunners in the fields of surgery and the human anatomy, suggesting techniques well ahead of their time!

Ayurveda stresses the importance of pathya (lifestyle, eating habits, and daily routine), and is also a guide on how to adjust one’s lifestyle based on the change of seasons. But more importantly, it prescribes a way of life that goes beyond mere healing; that helps us realise our true energies and how to best channel them.

The heart of Ayurveda is this: Good health leads to a happy and confident state of being. A happy mind in turn brings calm, ensures better decisions, and assures right living.



Kerala: Province of Ayurveda

The beautiful state of Kerala in South India has maintained an unbroken tradition of Ayurveda that is now one of its most remarkable and treasured legacies. For centuries, the Vaidyas (traditional practitioners of Ayurveda) were almost the only healers in the state – the legendary eight families of Vaidyas (Ashta vaidyas) and their successors adapted the theories of Ayurveda into effective healing systems in daily life to treat people.

Kerala is called ‘God’s own country’ for a reason. The state has abundant natural beauty; an equable climate; rich forests; and the monsoon. All of these best suit Ayurveda’s curative and restorative therapies.

Kerala is perhaps one of the few places on earth that maintains temperatures of 24-28 degrees even during peak monsoon season, making it ideal for natural medicines to work potently. Medicinal plants grown in the rich alkaloid soil are also available all year round for use.

With the largest number of both Ayurveda colleges and practitioners, Kerala has led and sustained a tradition of Ayurveda research in a scientific manner.

Ayurveda in Kerala today is not alternative but mainstream. In fact, Kerala is the only State in India which practices Ayurveda in its entirety, and with absolute commitment.







Treatment and Therapy

According to Ayurveda, the panchamahabhoota (five basic elements) – earth, water, fire, air, and ether – manifest in the human body as Vata (air and ether), Pitta (fire), and Kapha (earth and water), and are known as the Tridoshas (three body types).

Hence, the prakruti (natural constitution) of every human being is determined by the dominance of Vata, Pitta or Kapha or their combinations. It is also why each person is uniquely influenced by certain doshas (elements) more than others. Harmony in prakruti indicates good health.

Each dosha influences the shape of one's body, food preferences and digestion; and intellectual and emotional temperament. An imbalance in the Doshas results in accumulation of toxins; and energy points in the body are blocked. Ayurveda, with its highly specialised therapies, massages, medicines, diets, and prescribed exercise, removes these blockages and toxins.

All three classical texts stress a firm code of ethics to be followed by practitioners of authentic Ayurveda – physicians, surgeons, scholars, students, nurses, and patients. This also means that a patient must strictly adhere to the physician's instructions without any compromise in order to ensure complete healing.

The essence of Ayurveda is natural remedies – non-toxic and chemical free. Everything prescribed is based on a deep study of thousands of plants and herbs; their curative qualities; nature's seasons and cycles; and the way our bodies respond to all of these based on mutual chemistry – ensuring ideal health, a relaxed mind, and a rejuvenated body.







MOST POPULAR TREATMENTS





Stress Relieving (07N/14N)

Modern life is fraught with hectic lifestyles and demands on your time. Stress, in small doses, can help you perform well. But when you are constantly running to stay in the same place, your mind and body will pay the price. Fatigue is linked to multiple biological responses that might surface in the form of unhealthy conditions like cardiovascular diseases. Ayurveda's stress relieving programme helps the body achieve a state of 'Ojas' (primary vitality).

Ayurvedic treatments based on Panchakarma and Rasayana chikitsa along with Yoga, Pranayama and Meditation can bring about immense changes in a person. These preventive therapies have long-term benefits. Ayurveda brings about balance in the body, and creates harmony of mind, body and spirit.



Rejuvenation Therapy (07N/14N)

With age, the body weakens and various ailments begin to set in. Rejuvenation therapy is directed at restoring your overall wellbeing, by helping the body reach its natural state of physical and mental comfort. This therapy helps you gain energy and feel more youthful; it enhances skin texture and shine, increases sound sleep, and improves concentration and memory.

Ayurveda's rejuvenation therapy strengthens all the tissues in the body so as to achieve wellness and longevity. It also increases 'Ojas' and improves 'Sattva' (mental clarity), thereby increasing the body's resistance to disease. This therapy consists of head and face massage with medicated oils and creams, body massage with herbal oils or powders, medicated steam baths, herbal baths, and oral medicines.



Body Purification Therapy (07N/14N/21N)

The body accumulates impurities and chemical toxins over the years, resulting in little or no immunity, dullness, weakness, and even allergies.

Ayurveda's body purification therapy detoxes the body, not only freeing it of harmful toxins but also balancing all its vital elements. This therapy includes body massages, steam baths, purgative medicines, and oral herbal medicines.

The therapy is highly recommended for even healthy people – every five years to keep chronic health problems at bay. It has the potential to cure many illnesses – to the point where the patient may not need any other line of treatment later. The therapy removes weak vibrations from your body and contributes to complete physical, mental, and emotional wellness in a holistic way.





Slimming Programmes (21N/28N)

Being overweight or obese, is one of the most common health problems today. Ayurveda says that this is because of imperfect harmony between the three doshas- Vata, Pitta, and Kapha. This imbalance can occur despite a controlled diet. Weak digestion or weak metabolism are the root causes of this condition.

Ayurveda's slimming programme involves massage with herbal oils and herbal powders which are medically treated, a restricted diet regimen, drinking herbal juices and herbal teas, and medicated steam baths.





RECOMMENDED RESORT/CENTRES



Kalari Kovilakom Palakkad, Kerala

Situated near Kollangode in the Palakkad District of North Kerala, the 200 year-old Kalari Kovilakam Palace is fringed on one side by the majestic Western Ghat mountain ranges. The CGH Earth Group has not only retained the palace's historical legacy but has also converted it into a retreat for traditional Ayurvedic healing – keeping alive the true spirit of Kerala – at Kalari Kovilakom.

Set within the palace grounds of the old Vengunad kingdom, Kalari Kovilakom offers 18 well-appointed suites with modern amenities and a clinic with 12 treatment rooms. The living spaces and the gardens at Kalari Kovilakom complement the healing process with a nurturing and warm environment, and an unobtrusive, quiet adherence to discipline.

Mindfulness, awareness, therapy for the senses, and complete integration of the body, mind, and spirit are what Kalari Kovilakom offers. Here, the heart of tradition is reflected in all aspects of living – in a setting where history and culture blend with healing to create the perfect experience.





Niraamaya - Surya Samudra Kovalam, Kerala

Surrounded by lush greenery, and fringed by the Arabian Sea, Surya Samudra's 31 heritage cottages are traditional Kerala heritage homes, which effortlessly blend weathered wood with contemporary luxury. Offering a perfect balance between old world charm and modern day comfort.

Indulge in a long shower in the open air bathrooms. Bask, in the sunlight by the pool. Breathe in the heady scent of jasmine. Or just sit by in the verandah and watch the beautiful sea.

Each program at Niraamaya is personalised; and therapies are both preventive as well as curative, on the basis of one's body balance.



Carnoustie Ayurveda & Wellness Resort Marari Beach, Kerala

Set on the shores of the mesmerising Arabian sea, and just 8 km away from the gorgeous, sunlit backwaters of Alappuzha in the state of Kerala, the luxurious Carnoustie Ayurveda & Wellness Resort, provides you with the best of 'God's own country' and is thoughtfully and perfectly designed to be the ideal getaway to rest, relax, and rejuvenate.

This award-winning luxury Ayurveda resort brings to you holistic treatments and therapies, combining practices of Ayurveda, yoga, marma, mantra, and naturopathy. Diet is an especially important aspect of wellness here.

The Resort houses Aryavaidyasala, an Ayurvedic spa that offers rejuvenation, detox, body purification, slimming, anti-stress, and beauty programmes especially designed for you. Each of these programmes help you relax and improve your well-being. They focus on strengthening your core, involving natural methods and ingredients; and blending modern science with traditional techniques, to energise your mind and body.





Nattika Beach Resort Thrissur, Kerala

The resort is set out in 16 acres of lush coconut groves by the Nattika beach in Thrissur in the state of Kerala. The long, sandy, and pristine Nattika beach, the beautiful resort gardens, the wonderful views, and the 52 well-laid out Kerala-style Villas complement the Ayurveda experience at Nattika. The villas are made with native Kerala elements rooted in Ayurveda and are available in four different categories.

Most of all, it is the team at Nattika that ensures complete rejuvenation with its traditional Ayurvedic treatment, rendered with the utmost personalised care.

Somatheeram and Manaltheeram Kovalam, Kerala

A serene and stunning Ayurvedic resort by the sea in Kovalam in the state of Kerala, the award winning Somatheeram offers you traditional Ayurvedic therapy, as well as Yoga, in a blissfully peaceful environment. Calling itself the world's first Ayurvedic resort, Somatheeram is one of the best tourism spots in Kerala. It is located at Chowara Beach on a hillock 9 km south of Kovalam in Trivandrum, surrounded by over 15 acres of lush green on all sides.

A holistic experience is what Somatheeram gives you, with its range of Ayurvedic treatments and therapies. And the expert hands at the resort make sure of it in every minute detail. From Ayurveda to yoga to fabulous food to cultural performances, Somatheeram has it all.

A sister establishment of Somatheeram , Manaltheeram Ayurveda Beach Village, with its rustic-style houses on the slopes of the hillock, has the ambience of a village. Paved paths amidst coconut trees, stretches of lovely green lined with yellow marigolds, the open air restaurant, cultural performances, gorgeous flower gardens, the azure sea, and a cool breeze, make this resort the perfect place to unwind.

Manaltheeram is about 9 km from Kovalam and 21 km from Trivandrum, and is set along the inclines of a hill overlooking the sea.



Meiveda Thrissur, Kerala

MEIVEDA Ayurvedic Beach Resort located on the gorgeous Chavakkadu beach in the state of Kerala. It is set amidst 4 acres of expansive green lawns and gardens, and surrounded by pristine beaches. Early morning Yoga on the beaches helps wash away stress and fatigue; and heals the mind and body. Meditation will help you quiet the restless mind, and commune with your inner being, and Ayurveda will cleanse and strengthen your body.







Soma Kerala Palace Cochin, Kerala

Soma Kerala Palace lies by the enchanting Vembanad Backwaters, Chempu, Cochin, in the state of Kerala. Preserving the rich culture and tradition of Kerala, the remarkable resort has 250 year-old Tharavadus, Illoms, and Naalukkettus, removed from their original sites and recreated here, to give you a feel of quintessential Kerala. Classical art forms such as Koodiyattom, Thulali and Padayani, performed by veterans of the art, form a part of the Kalaa Sandhya (Cultural Evening) which was once exclusive to the royalty.

The backdrop of the lilting backwaters and the green palms makes the setting picture perfect.





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Thank You

We look forward to serving you



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