

CGH EARTH
AYURVEDA



INTRODUCING
SAMANA CHIKITSA
FOR 7-12 DAYS AT
KALARI RASAYANA



KALARI RASAYANA



The past year has taught us that holistic health is the most important thing in the world. Achieve this through Samana Chikitsa at Kalari Rasayana.



What is Samana?

Samana consists of correctional and alleviating treatments, including internal medication, external therapies, therapeutic diet, and lifestyle shifts. Samana involves understanding the patient's internal health dynamics, external situations, and psyche (Satwa); based on which, treatment, medication, and nutrition plans are formulated.

Who should undergo this treatment?

It is ideal for people with mild or moderate diseases. It is also advised for those with chronic illnesses; who are in a debilitating condition and cannot undergo intense Panchakarma Therapy.



What are the treatments for?

Diabetes Mellitus | Anxiety & Stress | Digestive &
Gastrointestinal Disorders | Low Immunity & Vitality
Respiratory Illnesses | Musculoskeletal Disorders
Allergic Disorders | Liver Disorders
Weight Management

Duration: 7 to 12 days

Treatment Rates:

Single person in a room per day – ₹25,000*

Two persons in a room per day – ₹35,000*

Rate Includes

Daily Consultations with the Doctor | Ayurveda
Treatments | Yoga & Meditation Therapy
Diet Therapy with Meals | Accommodation
Complimentary Pick up and Drop from
Trivandrum Airport



CGH Earth Ayurveda also offers Panchakarma treatments from 14 days at Kalari Kovilakom and Kalari Rasayana.





Kalari Rasayana is NABH certified and open for treatment. We follow all COVID-19 protocols. The patient will have to set aside an extra day for testing. This one extra day is complimentary. The patient will be quarantined in a designated room till the results come out, in approximately 24 hrs.

*T&C Apply

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