

SHRAAVANA RITU CHIKITSA

Ayurveda Monsoon Programme



*Specialised Detox & Rejuvenation
During Monsoon Season In Keralam*

Detoxify Naturally | Strengthen Immunity
Restore Digestive Balance | Reduce Stress | Rejuvenate

CGH EARTH
AYURVEDA



The monsoon is Ayurveda's season of renewal. As the rains clear the air and humidity gently opens the body's pores, healing oils seep deeper, awakening tissues to their natural rhythm. In this sacred time of Shraavana Maasam, therapies find their fullest expression, cleansing the body of fatigue, steadying digestion, fortifying immunity, quieting the restless mind, and rekindling vitality. To begin your programme now is to invite lasting balance into your life. A restoration that leaves you lighter, stronger, and more deeply attuned to your natural wellbeing.



SHRAAVANA RITU CHIKITSA

14-Day Ayurveda Programme

Indian Tariffs

₹5,40,000
(for single occupancy)

₹4,55,000
(per person on a
twin-sharing basis)

International Tariffs

€5,400
(for single occupancy)

€4,550
(per person on
a twin-sharing basis)

ROOM CATEGORIES

Rasayana Suite

Kalari Rasayana, Paravoor, Keralam





Kovilakom Suite

Kalari Kovilakom, Palakkad, Keralam

Offer valid till 30 September 2026

INCLUSIONS

- Consultations
- Treatments as prescribed by the medical team
- Internal medications
- Yoga and meditation
- Accommodation
- Dosha-specific vegetarian meals
- Airport transfers
- All applicable taxes

CGH EARTH
AYURVEDA

At CGH Earth Ayurveda, our NABH-accredited hospitals offer personalised treatments rooted in the timeless wisdom of traditional Ayurveda. Guided by experienced vaidyas, your healing journey continues beyond your stay with dedicated care and online consultations from the comfort of your home.



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