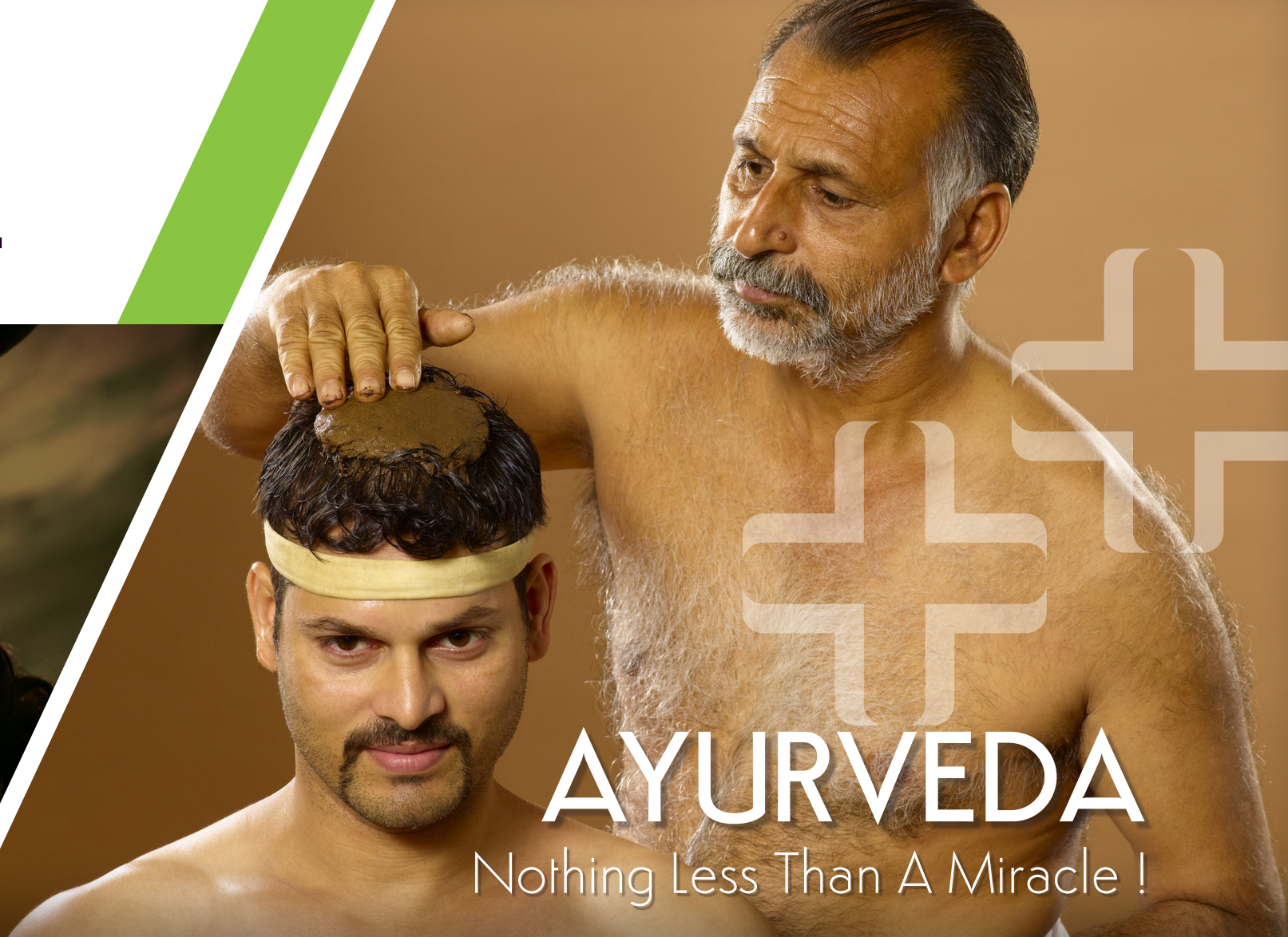


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# AYURVEDA

Nothing Less Than A Miracle !



## The Potent Of Herbal Extracts

Ayurveda is India's contribution to the world, and has been in existence for more than 5000 years. Ayurveda without doubt can be established as the oldest healthcare system of the world. It is the science of life and longevity. It has prescribed ways for the physical, mental, and spiritual well being of humanity.

### A Sneak Peek

Kashaya Chikitsa (treatments using a concoction of herbal extracts) has come to be the standardised protocol for Ayurvedic treatments practised in Kerala. Kashayams have been scientifically classified and organized as per treatment needs.

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## The Three Great Classics of Ayurveda

### Charaka Samhita

Believed to have been written around 400-200 BCE. Written in the Sanskrit language, its style is poetry with meter and melody. It is considered as one of the oldest and most important of ancient authoritative writings on Ayurveda. The focus is on 'kayachikitsa'.

### Sushruta Samhita

This deals with the practice and theory of surgery. This is thought to be written around the same period as Charaka Samhita. Its style is both prose and poetry, with poetry being the greater portion, and written in Sanskrit.

### Ashtanga Hridayam and Ashtanga Sangraha

Claimed to be the work of Vagbhata. Ashtanga Sangraha is 40% more voluminous than Ashtanga Hridayam and is primarily poetry with prose. This work is known to have been written after the previous two classics. The exposition is relatively straightforward and deals primarily with 'kayachikitsa'.



## Ayurvedic Medication Preparation

Ayurvedic medicines are prepared with great care, and importantly most of the constituents that goes into its preparation are obtained directly from nature. This is the sole reason for Ayurvedic medicines not having any side effects, whatsoever.

Ayurvedic medicines are prepared after having an understanding of the 'constitution' or 'prakruthi' of a person, together with giving due importance to the therapeutic effect that is required.

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## Ayurvedic Medicated Oils

Medicated oils are prepared by following the process stipulated in Ayurveda and are used for both external and internal administrations for the treatment of various disorders. 'Taila pak vidhi' provides detailed description of such processes. Medicated oils are prepared by prolonged cooking of sesame oil with pasty mass of herbs and decoction of herbs in presence of large quantity of water.

Medicated oils have principally three components namely, drava or qwatha (a liquid which may be aqueous decoction of one or more herbs, or juice of herbs or milk), kalka (a fine paste of herbs), and sneha dravya (a vegetable oil).

Normally crude sesame oil is used as sneha dravya, though occasionally castor oil and coconut oil is also used either in parts or in full.



## The Power Of Abhyanga

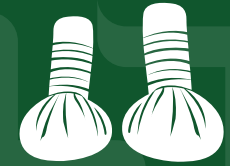
Abhyanga - the ayurvedic oil massage has numerous benefits. Ayurveda texts mentions that a daily full body oil massage is nourishing; it pacifies the doshas; relieves fatigue, provides stamina, pleasure, and perfect sleep; enhances the complexion and the luster of skin; promotes longevity; and nourishes all parts of the body.

Researchers believe massage supports healing, boosts energy, reduces recovery time after an injury, eases pain, and enhances relaxation, mood, and well being. It is useful for many musculoskeletal problems, such as low back pain, osteoarthritis, fibromyalgia, and sprains and strains. Massage is known to melt away stress and enhance mental alertness. Studies have revealed that deep tissue massage reduced blood pressure levels (an average reduction of 10.4 mm Hg in systolic pressure and a diastolic pressure reduction of 5.3 mm Hg). Massage has had immediate beneficial effects on pain and mood among patients with advanced cancer.



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## **Pound Away Pain With Kizhis**

Boluses packed with medications in the form of herbal leaves, herbal extracts, and herbal powders are used, along with a combination of medicated oils to gently pound the body. 'Kizhi' as it is popularly known has a great healing effect on the body.

You have to experience it to know more about it!



## Curable Ailments

### 1. Joint Pain Management

In relation to Arthritis and Rheumatic diseases. Arthritis refers to 'joint inflammation'. The affected regions are joints, tendons, ligaments, bones, and muscles. Pain, swelling, and stiffness are the most noticeable symptoms.

### 2. Neck Pain Management

In relation to Cervical Spondylosis. A degenerative condition associated with the cervical spine and is usually related to changes in intervertebral disks with aging.

### 3. Back Pain Management

Lumbar Spondylosis refers to degenerative disorders that lead to lower back pain with aging.

### 4. Multiple Sclerosis Management

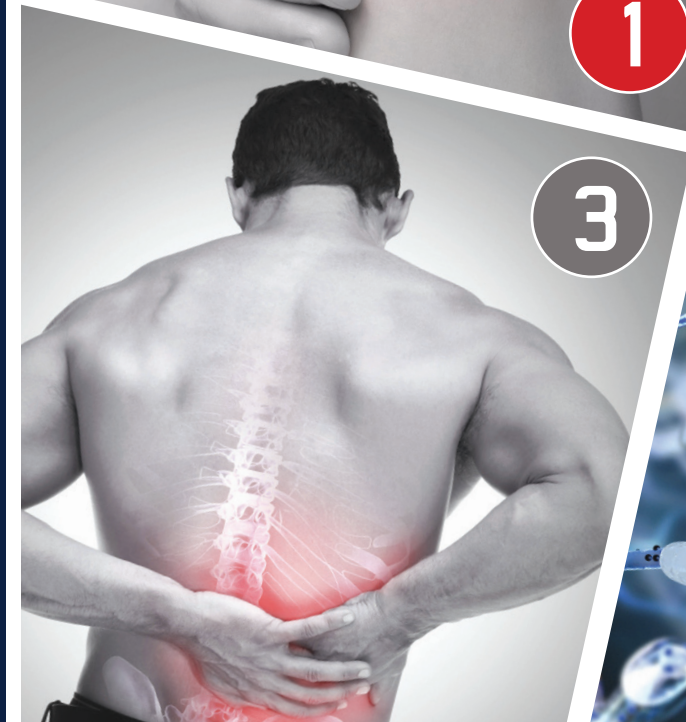
A disabling disease of the central nervous system that affects flow of information between brain and the body.



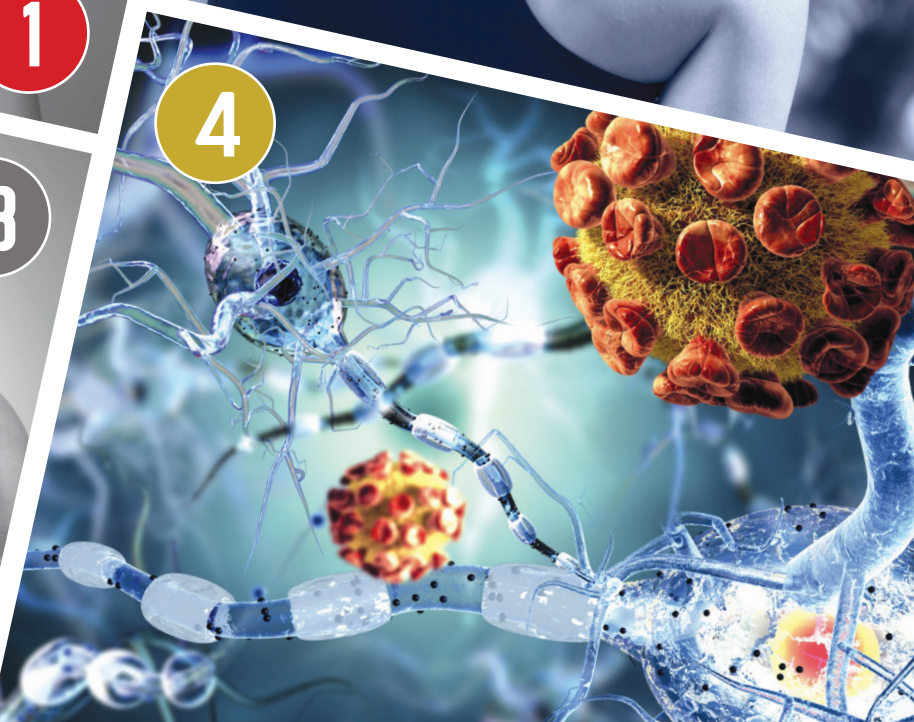
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## 5. Psoriasis Management

A chronic non-infectious inflammatory disease of the skin characterized by well-defined erythematous plaques bearing adherent silvery scales.

## 6. Obesity Management

In relation to excessive enlargement of body's total quantity of fat.

## 7. Osteoporosis

Refers to porous bones which results in reduced bone density and causes the bone to become fragile.

## 8. Hemiplegia (Paralysis)

Usually in reference to complete paralysis of one half of the body, and includes one arm and leg.



## 9. Liver Dysfunctions

A disturbance to the proper function of the liver is a liver disease. A variety of illnesses can affect the liver.

## 10. Digestive Diseases

There are numerous types of digestive disorders. The symptoms usually varies based on the type of disorder.

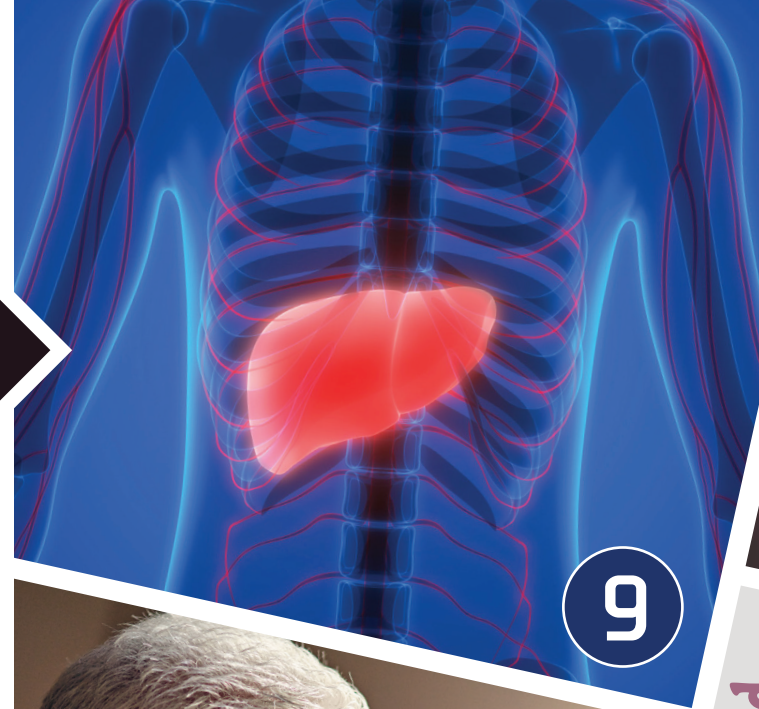
## 11. Age Related Disorders

The process of becoming older is aging. There are numerous age related disorders.

## Send Us Your Medical Reports

We have listed a few ailments for illustration where Ayurveda promises a concrete cure; please send us your medical reports to [care@healthtrawell.com](mailto:care@healthtrawell.com) and we can give you an assessment of how best we can help you.

Your medical reports helps our Ayurvedic doctors gain a reasonable perception of your ailment, and accordingly a tentative treatment plan is generated for the purpose of estimation. Only after a doctor has examined you in person, can the actual treatment plan be confirmed.



**Sports Related Injuries**  
Therapy for Developmental Delay in Children.  
**Musculoskeletal Disorders**  
**Parkinson's**  
Avascular Necrosis  
**Myasthenia Gravis**  
Parkinson's  
**Musculoskeletal Disorders**  
**Sports Related Injuries**  
**Avascular Necrosis**  
Therapy for Developmental Delay in Children.

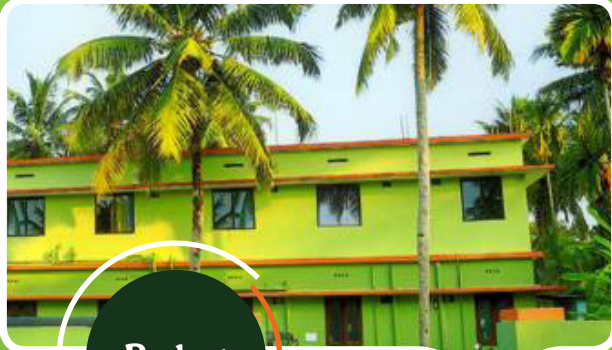


## Health Trawell & Ayurveda

Health Trawell believes in the power of Ayurveda, and its time-tested potency to heal. Despite being in existence for more than 5000 years, Ayurveda is still unbeknown beyond India. Health Trawell believes, that this is under utilization of knowledge that could greatly benefit humanity. So, Health Trawell is on an expedition of taking Ayurveda to the world.

Why suffer when Ayurveda can heal you in a non-invasive way? Send us your medical reports and we can give you advice on how best Ayurveda can heal you of the ailment and that which you can be assured, is totally free of side-effects.

## Treatment Facilities



Budget



### Haripad Centre

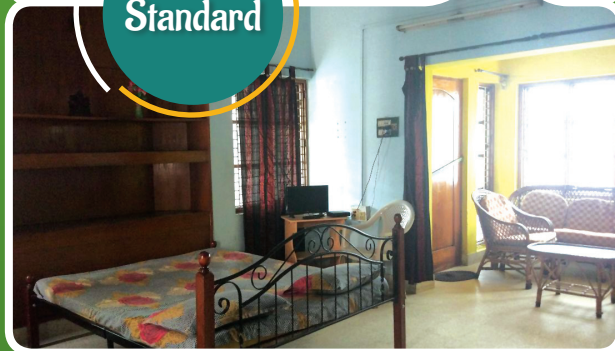
The facility sits in the midst of nature and away from pollution. You have the convenience of staying at a modest place while under treatment.

### Bangalore Centre

The centre brings you the advantage of getting treated at Bangalore City. You have the benefit of staying in a comfortable room while undergoing the treatment.



Standard



Premium



### Lakefront Centre

Nesiled in the shores of the Vembanad Lake, the place packs a visual treat. You could relax in the serene surroundings of our resort while under treatment.



# HEALTH TRAWELL

 #43, 1st Floor, Krishna Building, 3rd Cross  
Lake Road, Dasarahalli, Bangalore-560 057

 (+91) 9986450820, 8050461850, 7406744406

 [care@healthtrawell.com](mailto:care@healthtrawell.com)

 [www.healthtrawell.com](http://www.healthtrawell.com)