

*Traditional Kerala Ayurveda
at its Best!*



VAIDYARATNAM
NURSING HOME
Feel the Ashtavaidya touch!



'timeless Ashtavaidya tradition, for changing times'

Uniqueness of Kerala Ayurveda

Ayurveda is a way of life, rather than a mode of treatment. It addresses the root cause of diseases, and not the symptoms. Purifying and detoxifying the body with the help of herbs and herbal combinations is the uniqueness of Ayurveda. While providing safe, non-relapsing cure without any side effects, it also takes special care in the prevention and rejuvenation areas as well. Kerala Ayurveda is unique not only in its usage of 'Panchakarmas' – the five detoxification processes of Ayurveda, but also in the application of its many number of speciality physiotherapies and herbal medicine combinations. These are all contributions of many great exponents over many centuries, validated through scientific applications, which helped in the growth and development of Ayurveda as a science of healing in Kerala. Hence, people from across the world are traversing to this little corner of India called Kerala for experiencing the wonderful benefits of Ayurveda.

The 'Ashtavaidya' Saga

Lord Parasurama, the sixth incarnation of Lord Vishnu, who is believed to have reclaimed the land of Kerala from the oceans, brought the 'Ashtavaidyas' to Kerala to look after the health and wellbeing of people. 'Ashtavaidyas' were named so since they were proficient in all the eight branches of Ayurveda. The 'Eledath Thaikattu Mooss' family is one of the most renowned among this rare tradition of 'Ashtavaidyas'. This family since then has made significant contributions towards the advancement of Ayurveda, and the saga still continues in its entire glory. History authenticates the excellence of 'Thaikattu Mooss' Physicians, as their services were sought after by most of the kings and nobles of the bygone era, along with the multitudes of ordinary people who have experienced their wonderful curative prowess.

Vaidyaratnam Group – a Synonym for Quality

'Vaidyaratnam' was the title bestowed upon 'Ashtavaidyan' Sri. E. T. Narayanan Mooss by the British Govt. in 1924, for his valuable contributions in the field of medicine. In his memory, his son 'Ashtavaidyan' Sri. E. T. Neelakandhan Mooss (Padma Shri Awardee) initialised Vaidyaratnam Group, by starting Vaidyaratnam Oushadhasala Pvt. Ltd. in 1941 at Ollur-Thaikattussery, near Thrissur in Central Kerala, with the objective of providing superior quality medicines to the ailing public. Now the range of 500 plus medicines of Vaidyaratnam are getting manufactured at three different manufacturing units. Further, Vaidyaratnam Nursing Home was established in 1951 for providing all kinds of Ayurvedic treatments in their authentic form. For imparting quality education in Ayurveda, Vaidyaratnam Ayurveda College was also started sooner. Vaidyaratnam Ayurveda Foundation, which is now a Govt. of India approved 'Centre of Excellence' in Ayurveda treatment and research is a recent addition to the Group. Vaidyaratnam Herbal Garden and Vaidyaratnam Publications are the other wings of Vaidyaratnam. Vaidyaratnam Ayurveda Museum depicting the history and evolution of Ayurveda, may be the first of its kind in the world, is the latest addition to the Group. Ashtavaidyan Sri. E. T. Narayanan Mooss (Padma Bhushan Awardee) is ably leading the Group as its Chairman.

VAIDYARATNAM NURSING HOME

Highlights:

- ♦ 98 bedded, full-fledged multi-speciality Hospital, established in 1951
- ♦ Authentic traditional Kerala Ayurveda treatments, synergised by the 'Ashtavaidya' specialities
- ♦ The Best in Class 'Green Leaf' certification and ISO recognised Quality Management System
- ♦ Expert panel of medical practitioners, lead by the 'Ashtavaidyas'
- ♦ Highly experienced therapists and nursing professionals



Nursing Home Old Block

Chronic Diseases for which 'Ashtavaidya' Speciality Treatments are available:

- | | |
|---|--|
| <ul style="list-style-type: none">♦ Rheumatism♦ Joint Disorders like<ul style="list-style-type: none">• Knee Pain• Rheumatoid Arthritis• Osteo Arthritis• Neck & Back Pain• Cervical Spondylosis• Lumbar Spondylosis♦ Hair Fall♦ Migraine♦ Sinusitis♦ Stress♦ Insomnia | <ul style="list-style-type: none">♦ Asthma♦ Blood Pressure♦ Diabetes♦ Skin Diseases like<ul style="list-style-type: none">• Psoriasis• Eczema• Allergy♦ Gastric Problems like<ul style="list-style-type: none">• Acidity• Piles• IBS (Irritable Bowel Syndrome)♦ Gynaecological / Menstrual Disorders♦ Infertility |
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'Panchakarmas' in 'Ashtavaidya' perspective:

At Vaidiyaratnam Nursing Home, the 'Ashtavaidya' speciality modalities and combinations are being utilised while applying the full range of the renowned 'Panchakarmas' for purification and detoxification, namely:

1. Nasya (Nasal route of cleansing)
2. Vamana (Induced Emesis)
3. Virechana (Purgation)
4. Rakthamoksha (Expulsion of impure blood)
5. Vasthi (Medicated Enema)

'Ashtavaidya' unique variations for Speciality Kerala Ayurveda Therapies includes:

- ♦ Tharppanam (Medicated Oil Pool over the Eyes)
- ♦ Putapakam (Medicine Pool over the Eyes)
- ♦ Sirodhara (Medicated Oil Drip for Head)
- ♦ Sirovasthi (Medicated Oil Pool over the Head)
- ♦ Sarvangadhara (Whole Body Medicated Drip)
- ♦ Ksheeradhara (Medicated Milk Drip)
- ♦ Kayasekam/ Pizhichil (Medicated Oil Drip Massage)
- ♦ Pathra Pinda Swedam/ Ila Kizhi (Herb Leaf Bag Massage)
- ♦ Choorna Pinda Swedam / Choorna Kizhi (Herbal Powder Bag Massage)
- ♦ Sashtika Pinda Swedam / Njavara Kizhi (Medicated Special Rice Bag Massage)
- ♦ Abhyangam (Medicated Oil Massage)
- ♦ Udwarthanam (Herb Powder Massage)
- ♦ Annalepanam (Medicated Rice Poultice)
- ♦ Lepamam (Medicated Poultice)
- ♦ Upanaham (Medicated Bandage)
- ♦ Kateevasthi (Medicated Oil Pool for Spine)
- ♦ Nadee Swedam (Medicated Steam Bath)
- ♦ Avagaham (Medicated Hot Water Bath)
- ♦ Ushma Swedam (Medicated Herbal Powder Steaming)



Nursing Home New Block

Different Types of Accommodation available:

1	General Ward	
2	Ordinary Room	Bath-attached, Telephone, TV, Internet & Newspaper on demand
3	Ordinary Room with Balcony	Ordinary Room, Bath-attached, Balcony, Telephone, TV, Internet & Newspaper on demand
4	Room with Panoramic View	Ordinary Room, Bath-attached, Balcony with Panoramic View, Telephone, TV, Internet & Newspaper on demand
5	Standard Room	Living cum bed room, Bath-attached, Balcony, Telephone, TV, Internet & Newspaper on demand
6	AC Room with Panoramic View	AC Room, Bath-attached, Balcony, Telephone, TV, Internet & Newspaper on demand
7	AC Executive Room	AC Living cum bed room, Bath-attached, Balcony, Telephone, LCD TV, Internet & Newspaper on demand
8	AC Deluxe Room	Spacious AC Living cum bed room with Dining area, Bath-attached, Balcony, Telephone, LCD TV, Internet & Newspaper on demand
9	Suite	Modern Spacious AC Living cum bed room with Dining area, Bath-attached, Balcony, Telephone, LCD TV, Internet & Newspaper on demand
10	Cottage	AC Living and bed rooms, Servant Room, 2 Bath rooms, Cooking Facility on Demand, Sit-out, Treatment Room, Telephone, LCD TV, Internet and one Newspaper

Other Facilities:

- ♦ 26 Treatment rooms with modern equipments
- ♦ Full-fledged Physiotherapy Centre
- ♦ Yoga Centre
- ♦ Library
- ♦ Wi-Fi connectivity
- ♦ Pure Vegetarian Canteen, also serving special Ayurvedic cuisine
- ♦ Ambulance service
- ♦ Referral services with reputed allopathic hospital, in case of emergencies
- ♦ Advance IP booking facility



Nursing Home Cottage

Vaidyaratnam Nursing Home is in the final stage of the Accreditation of NABH (National Accreditation Board for Hospitals & Health Care, Govt. of India)

VAIDYARATNAM
NURSING HOME

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