



MIND BODY SPIRIT

— Mind Body Spirit —

# *Health in Totality*

Healthy living is about living wholly, in harmony with mind, body & Spirit. It is about integrating our Mind, Body and Spirit. Ayurveda, the ancient Indian system of healing and living, is the only one of its kind in the world that addresses the physical, emotional and spiritual aspects of our well being. With a therapeutic approach that gets to the core of our personality, behaviour and lifestyle, Ayurveda is more than a mere system for curing ailments; it in fact charts out a complete lifestyle for disease-free living.

The Ayurvedic treatments offered by the CGH Earth at Kalari Kovilakom, which is certified and accredited by the NABH (National Accreditation Board for Hospitals & Healthcare Providers) and at Kalari Rasayana in Kerala, India, are an experiential definition of the group's core values.

CGH EARTH  
AYURVEDA



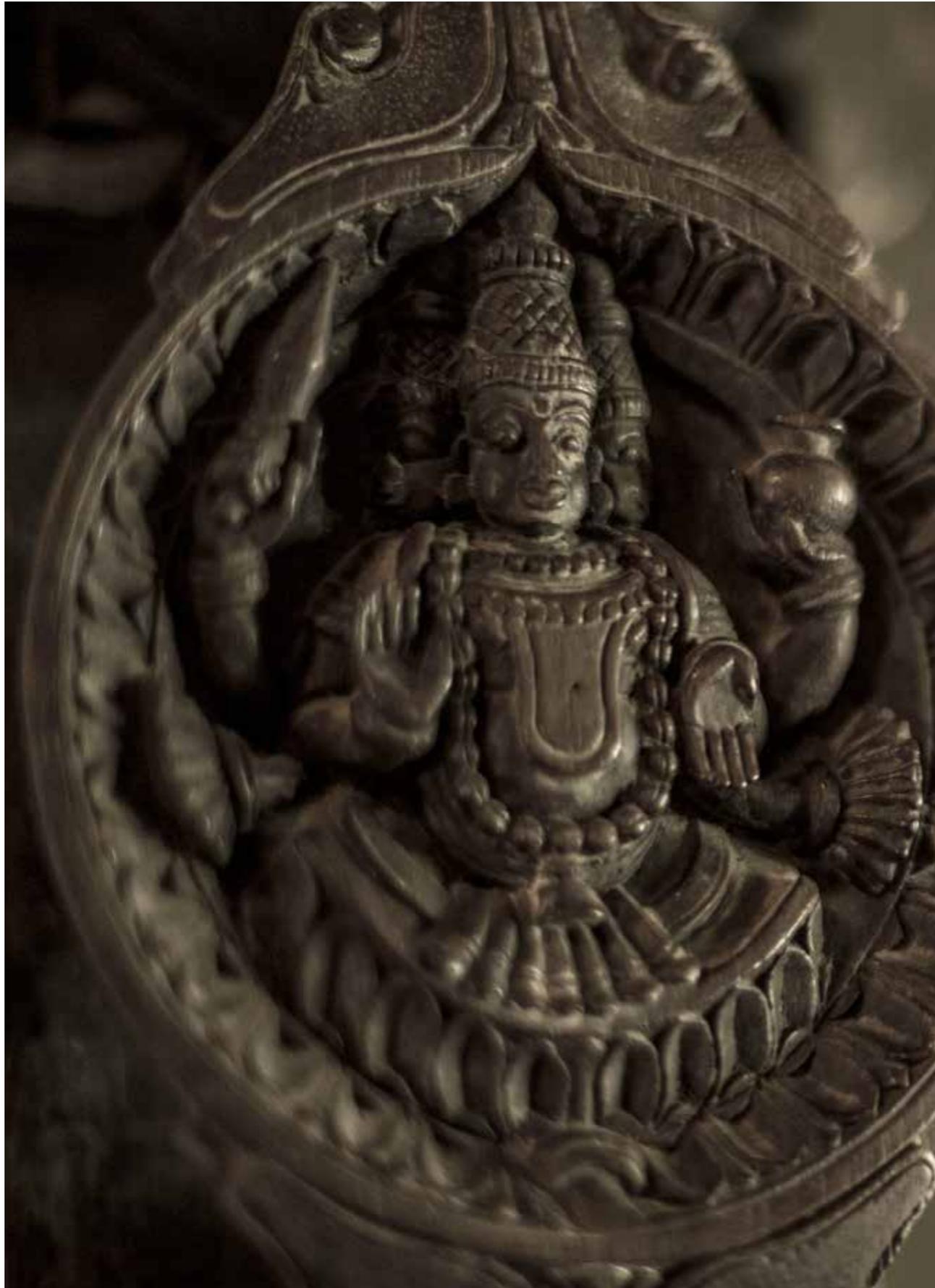
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# *What is Ayurveda?*

Literally meaning the 'knowledge or Science ('veda') of life' ('ayur), Ayurveda is an amalgamation of different knowledge systems that combine to offer a right and healthy way of life that is disease-free. The knowledge is based on ancient texts that reveal an amazing insight into the human body based on pure observation and deep reflections without the aid of any of the tools that are available today. Ayurveda dates back more than 2,000 years originating in the Vedas, the ancient Hindu texts that contain practical information related to almost all aspects of life and is that branch of the Vedas which delves into the essence of right living and healing.

# *Why it Works?*

Today, caught as we are in the compulsions of a stress-inducing lifestyle, it very often takes a breakdown in our physical and emotional health to make us seek medical intervention. But, modern medicine, with its approach of dealing with specific ailments, can exclude the crucial totality and therefore miss the root cause of our condition. This is where Ayurveda, the ancient Indian system of healing and living, comes in. In effect, Ayurveda makes us pause to reflect on some crucial questions regarding our daily living habits such as sleeping, eating, breathing etc. which are connected to our overall mental and physical health.

# How it works?

Ayurveda derives its healing philosophy from the fact that our body is composed of all the five elements (Panchamahabhoota) in Nature - Earth, Fire, Air, Water and Sky (Ether). These elements and their combination or proportion determine the constitution of our body. They are accordingly clubbed into three 'humours' or body types or what Ayurveda calls the Doshas. There are three types of Doshas (Tridoshas) and when joined with the 'Universal Force' that resides in each living creature, these Doshas make up the bio-energy of each body. These bio-energies or *Doshas* are:

*Vata* (air), *Pitta* (fire) and *Kapha* (water).



# The Ayurvedic Approach

Ayurvedic treatments can be classified into Curative and Eliminative procedures according to the body condition or disease caused by an imbalance in the Doshas:

*Curative or Samana:* This is to cure acute diseases and illnesses and includes methods such as the use of digestives or medicinal herbs, heat generation, fasting, regulating fluid intake, breathing exercises etc.

*Eliminative or Shodhana:* This involves a remedial system to cure chronic diseases and long-term ailments by cleansing the body through processes such as Panchakarma, by which the body is rid of accumulated toxins and undigested metabolic wastes that clog body channels leading to diseases.



# Healing at

— CGH Earth Ayurveda —

The therapeutic process of any treatment offered at CGH Earth has many significant aspects to it:

## *The 'Vaidya'*

An Ayurvedic doctor is called a Vaidya and the Vaidyas who are part of CGH Earth Ayurveda are closely tuned to the healing philosophy of Ayurveda and also to the Group's core values. "At CGH Earth we closely practice the traditional Ayurvedic approach which involves a holistic approach to physical and mental well being.

The entire team is trained to be sensitive to the environment, to individual care and to the CGH Group ethos. Every patient is gently guided and supported through each aspect of the treatment and is encouraged to conform to a disciplined adherence and the prescribed lifestyle thereafter. This ensures a permanent state of healthy living."

- Vaidya at CGH Earth



## *'Kalaripayattu'*

The therapists engaged in offering massages as part of the treatment process further play a vital role by being able to absorb the negative energies of the patient. This they are able to achieve through effective training and practice in Kalaripayattu, an ancient martial art form from Kerala used to restore healing energy and flexibility to the body. The therapists/masseurs offering Ayurvedic treatments at CGH Earth use Kalaripayattu to increase their own energetic potential in order to take away the patient's negative energy and recharge with positive energy.



## *Diagnosis*

In keeping with the Ayurvedic tradition, any treatment offered at CGH Earth begins with the three kinds of diagnostic procedures. These are: 1. Darshana - Observing 2. Sparshana - Palpating and 3. Prasna - Interrogating. The Vaidya or the Ayurvedic doctor first determines your body type or Dosha through extensive and complete examination of your body and Doshas through these methods of diagnosis and accordingly arrives at a course of treatment for you.



## *Medicines*

Following the traditional Ayurvedic principles, medicines, both for external and internal use, are prepared at the CGH Earth healthcare destinations from organically grown local herbs at the herbal garden. These are freshly picked for use by the gardeners who care for them with love and attention. This enhances their effectiveness. A well thought-out scientific principle applies to the use of all these medicines which are prepared using intensive and lengthy procedures with select ingredients. Their consumption as per the physician's instructions is very important and mandatory to the healing process. Specific medicines are also sourced from other established names such as Kottakkal Arya Vaidya Sala, CNS Ayurveda and Thaikkattu Moose Medicines.



## *Food*

Diet and lifestyle are the core aspects of the Ayurvedic healing process and are integral to the treatment. At CGH Earth, the basic Ayurvedic principles of food are strictly followed with the doctor prescribing a specific diet for each patient-guest with the focus being on therapeutic diet. The chef at the kitchen for his part closely follows the doctor's instructions for each individual's diet and accordingly prepares his meals using freshly plucked vegetable organically grown at the herb garden, which in turn is tended to with care by a staff tuned to the healing ethos.



## *Yoga*

Yoga is an ancient Indian physical, mental and spiritual practice with the origins dating back to the 5th or 6th century BC. It means to 'integrate' 'combine' or 'unite' and it addresses ways of integrating the body, senses, life force, the mind and the consciousness. Yoga is thus used to complement the whole healing process of the treatment at CGH Earth with the Hatha style which concentrates mainly on the practice of physical postures (Asana's) with an emphasis on meditation and Pranayama breathing techniques. This kind of yoga is accessible to all and is light so as to support the treatment process.



## *Meditation*

With Ayurveda's thrust on internal healing, meditation as a practice in disciplining the mind and the thinking process is made a core part of the treatment at CGH Earth.

Meditation techniques are used to calm and relax both the mind and the body since both the mind and the body are closely tuned to each other. One of the effective techniques of meditation used here is the Candlelight Meditation in which a group sits around a burning candle focusing on the flame for as long as possible and praying together.

This helps in gaining clarity, peace and positive energy.



## *Satsang*

Satsang, which can be translated as 'true company' (sat-true, sang-company),

has always been one of the fundamental elements of Indian philosophy.

It denotes a group of people collectively absorbing spiritual lessons through discourses, talks etc. Satsangs are thus a significant aspect of the CGH Earth Ayurvedic treatments for they uplift the whole recovery process by enhancing positive energy. Patients are therefore encouraged to partake of a rich cultural and spiritual fare including discourses, classical music and dance performances,

Mantra chanting, candlelight meditation, Yoga discourses, Kalaripayattu demonstrations and doctors' talks during the treatment course.



# Treatments at

— CGH Earth Ayurveda —

CGH Earth offers the following Ayurvedic treatments to anyone above 14 years of age. Each treatment is customized according to specific patient conditions.

①

Treatment for  
Cleansing & Rejuvenation

*Panchakarma  
Chikitsa*

②

Anti-stress treatment  
for the mind

*Manasanthya  
Chikitsa*

③

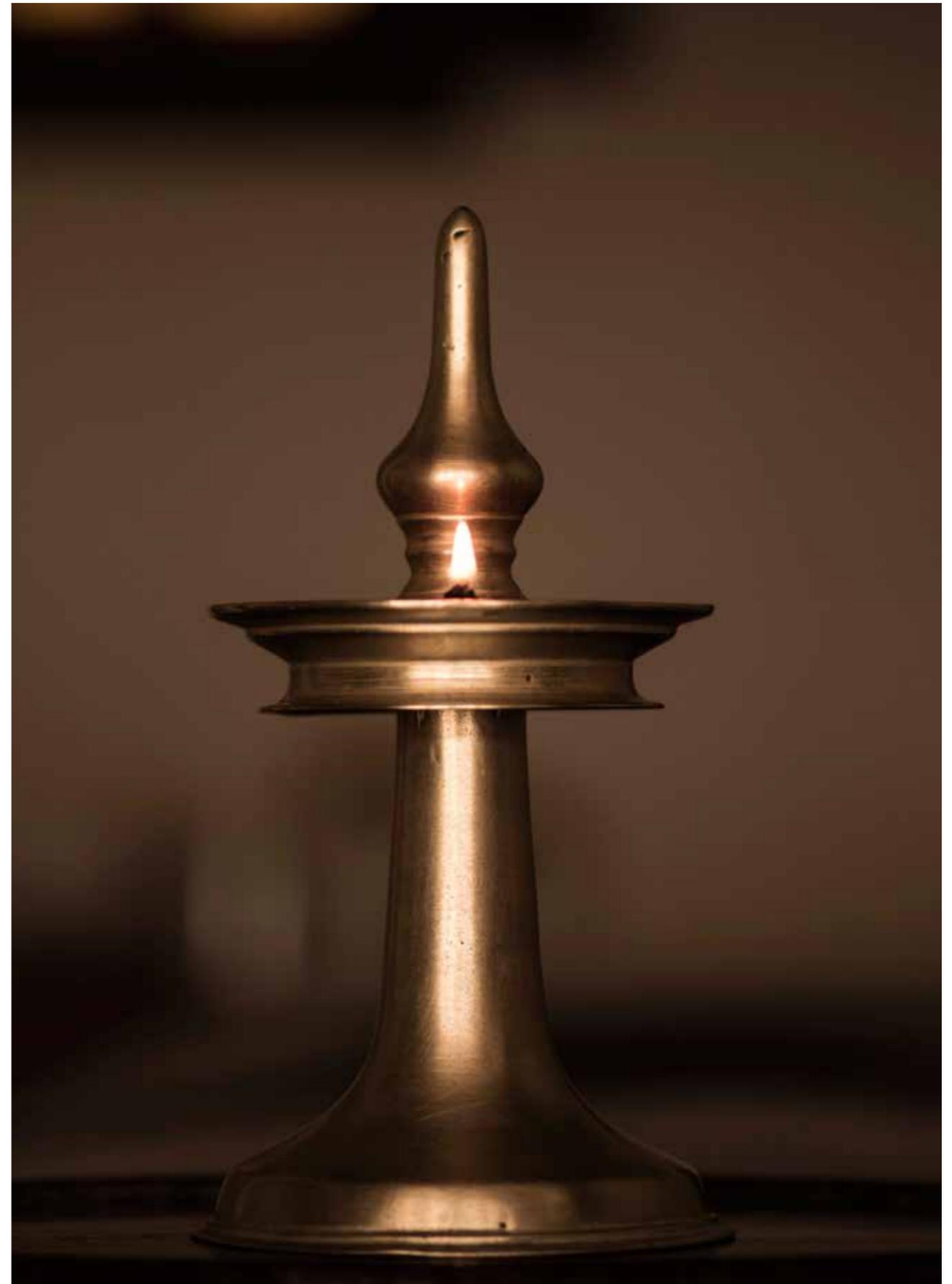
Treatment for Obesity

*Sthoulyaghna  
Chikitsa*

④

Treatment for healthy aging

*Rasayana  
Chikitsa*





1

— Treatment for  
Cleansing & Rejuvenation —

## *Panchakarma Chikitsa*

(Treatment duration - 21 to 28 days)

Panchakarma is the classic five-point revitalization treatment that is gaining worldwide fame. Panchakarma, which literally means five actions, is essentially about purification of the body. The five actions of Panchakarma are Vamana (induced vomiting), Virechana (purgation), Kashaya Vasti and Sneha Vasti (two kinds of medicated enemas), Nasya (nasal medication) and Rakta moksha (blood letting).

### *Treatment Course:*

At CGH Earth the Panchakarma rejuvenation process is intensive and closely follows the early texts of Ayurveda and includes three stages of elimination or purification.

## Stages of Panchakarma

### A) PRE-PANCHAKARMA

The preparatory or pre-purification stage (*Poorvakarma*) is where the body is prepared through two ways to make it let go of toxins:

- Snehanam (oleating) and
- Swedanam (sweating).

### B) PANCHAKARMA

The main cleansing stage (*Pradhanakarma*) involving the five actions: Vamana - vomiting, Virechana - purging, Nasya - Nasal, Snehavasthi - Oil enema and Kashayavasthi - Decoction enema

### C) POST PANCHAKARMA

(*Paschat Karma or Rejuvenation*):

This stage involves the following:

- Dashamoolashiradhara: Rhythmic pouring of medicated milk all over the body from a vessel
- Njavarakizhi: Application of medicinal rice pudding pouches on the body
- Njavaratheppu: Application of medicinal rice paste on the body
- Thalapothichal: Application of medicated paste on the head
- Thakradhara: Pouring of medicated buttermilk over the forehead in a continuous stream.



## PANCHAKARMA

### Supporting treatments

The Panchakarma treatment is supported by the following treatments:

*Tharpanam* - Eye cleaning

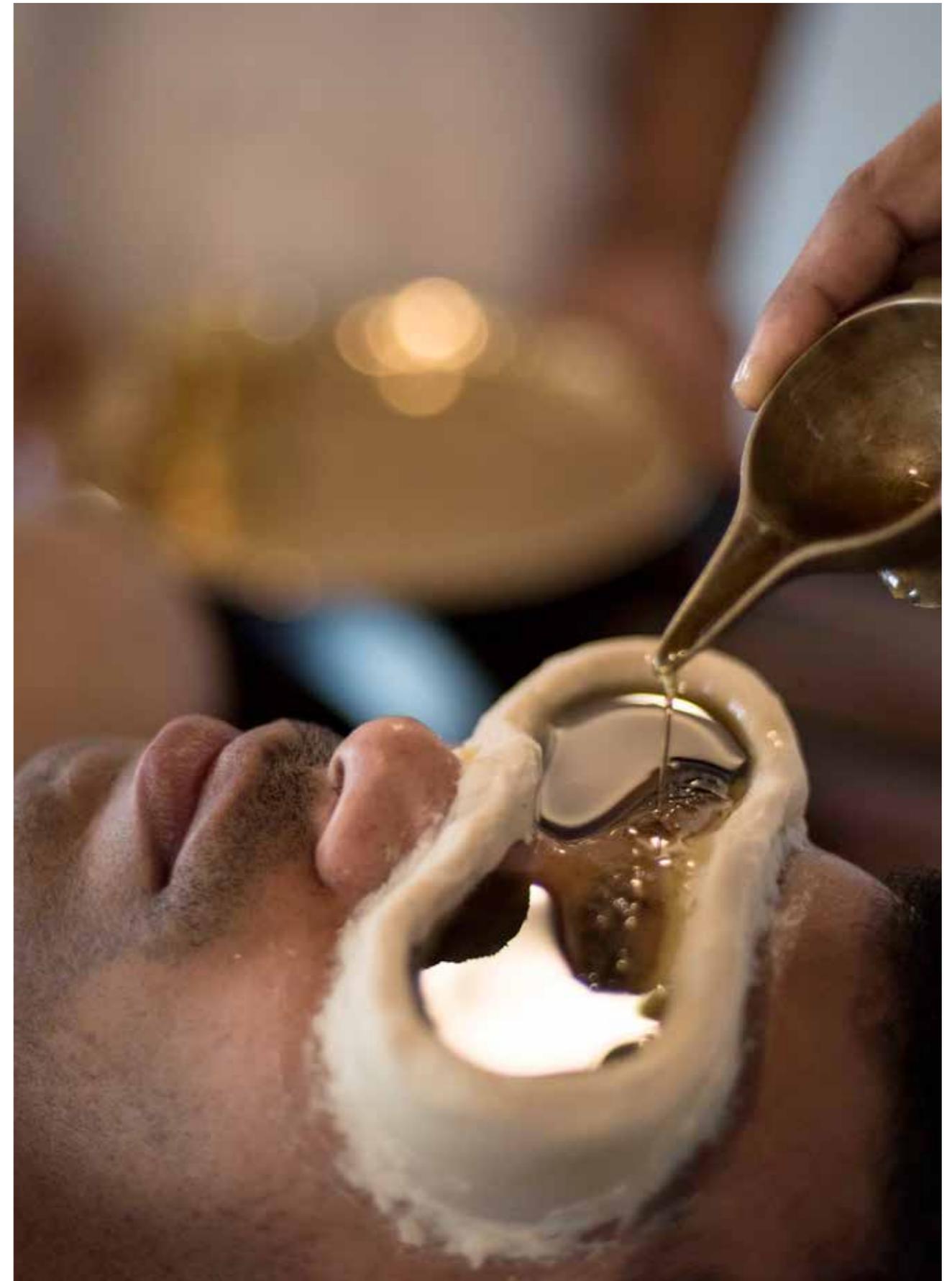
*Karnapooranam* - Ear cleansing

*Gandoosam* - Medicine pulling for oral diseases

*Avagabam* - Bathing in decoction

*Kadivasthi* - Spinal treatment

*Udwarthanam* - Powder massage



2

— Anti-stress treatment for the Mind —

## *Manasanthy Chikitsa*

Treatment duration: 14 days

Literally meaning mental peace, this 14-day anti-stress treatment aims at helping you combat the symptoms of stress, insomnia, lack of concentration, fatigue and headaches and help in improving your mental health.

## *Treatment Course*

This anti-stress treatment includes classical procedures which are part of the various stages in the Panchakarma purification procedure such as Snehanam (Oleating), Swedanam (sweating) and other procedures such as:

*Uzbichil, Sirodbara, Sirovasthy, Nasyam,  
Pichu, Thalam, Thalapotbichil, Thakradbara*



*Uzbichil:*

General massage

*Sirodbara:*

Pouring of oil on the forehead

*Sirovastby:*

Retaining of warm medicated oil over the head for a certain duration of time

*Nasyam:*

Nasal medication

*Pichu:*

Use of cotton cloth soaked in oil and wrapped around the head.

*Thalam:*

Retaining warm medicated oil on the head.

*Thalapothichil:*

Application of medicated paste on the head

*Thakradhara:*

Pouring of medicated buttermilk over the forehead in a continuous stream.



3

— Treatment for Obesity —

*Sthoulyaghna  
Chikitsa*

Treatment duration: 21 to 28 days

This Ayurvedic slimming treatment works by increasing metabolism, removing the excess adipose tissues and increasing the body's vitality.

## Treatment Course

This treatment also uses Panchakarma as the base procedure, augmented with strict diet and regimen and may be supported by:

*Udwarthanam, Podikizhi, Dhanyamladhara, Thakradhara*



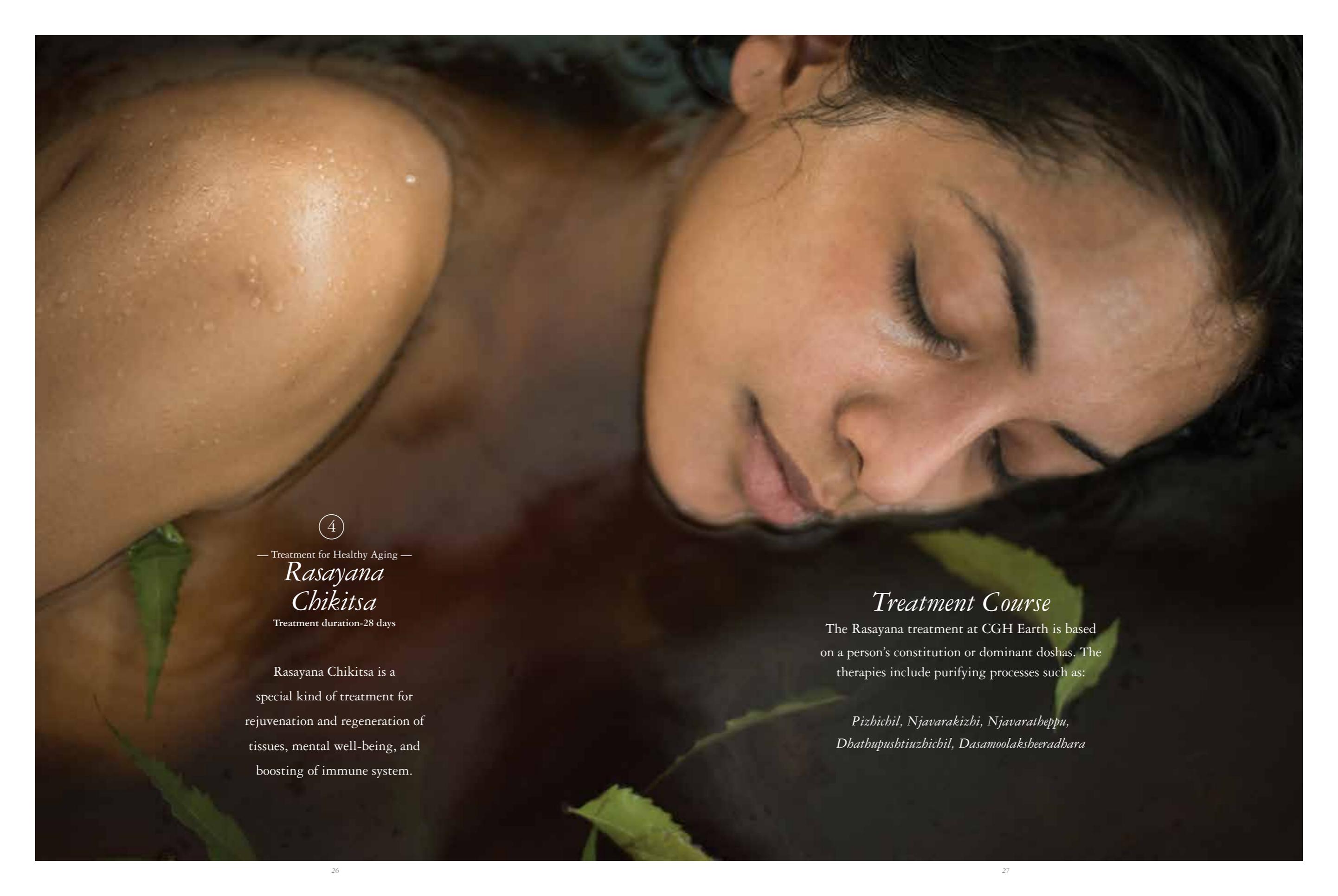
*Udwarthanam:* Powder massage

*Podikizhi:* Process of fomenting by using cloth pouches or bags filled with herbal powders pressed over the body in rhythmic motions.

*Dhanyamladhara:* Pouring of warm herbal liquid over the affected parts of the body.

*Thakradhara:* Pouring of medicated buttermilk over the forehead in a continuous stream.





4

— Treatment for Healthy Aging —

## *Rasayana Chikitsa*

Treatment duration-28 days

Rasayana Chikitsa is a special kind of treatment for rejuvenation and regeneration of tissues, mental well-being, and boosting of immune system.

## *Treatment Course*

The Rasayana treatment at CGH Earth is based on a person's constitution or dominant doshas. The therapies include purifying processes such as:

*Pizbichil, Njavarakizhi, Njavaratheppu,  
Dhathupushtiuzbichil, Dasamoolaksbeeradbara*

*Treatment course:*

The Rasayana treatment at CGH Earth is based on a person's constitution or dominant doshas. The therapies include purifying processes such as:

*Pizhichil:* Pouch massages using lukewarm, medicated oil

Different types of Uzhichil or massages. Other Panchakarma processes of elimination such as Snehanam, Swedanam and Shodanam besides healing methods such as Samanam.



Other conditional processes as part of this treatment include:

*Njavarakizhi:* Application of medicinal rice pudding pouches on the body

*Njavaratheppu:* Application of medicinal rice paste on the body

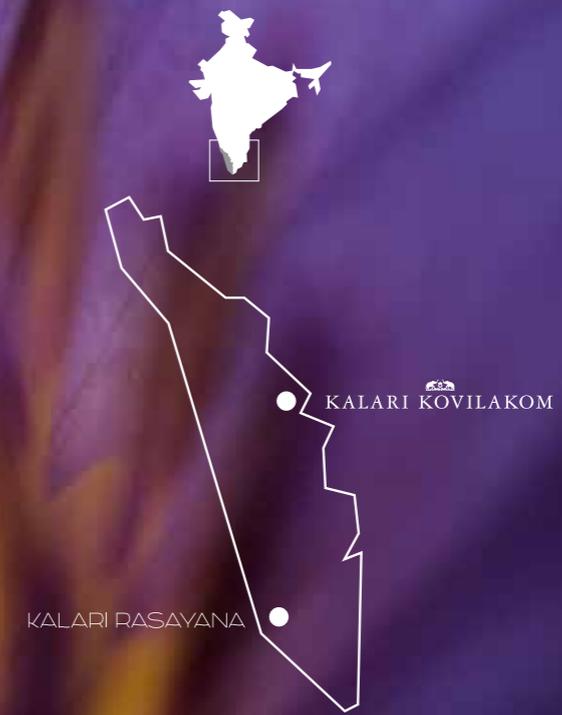
*Dhatbupushtiuzhichil:* A special massage meant to aid in the oleating process of elimination

*Dasamoolaksbeeradhara:* Rhythmic pouring of medicated milk all over the body.



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# Treatment Centres

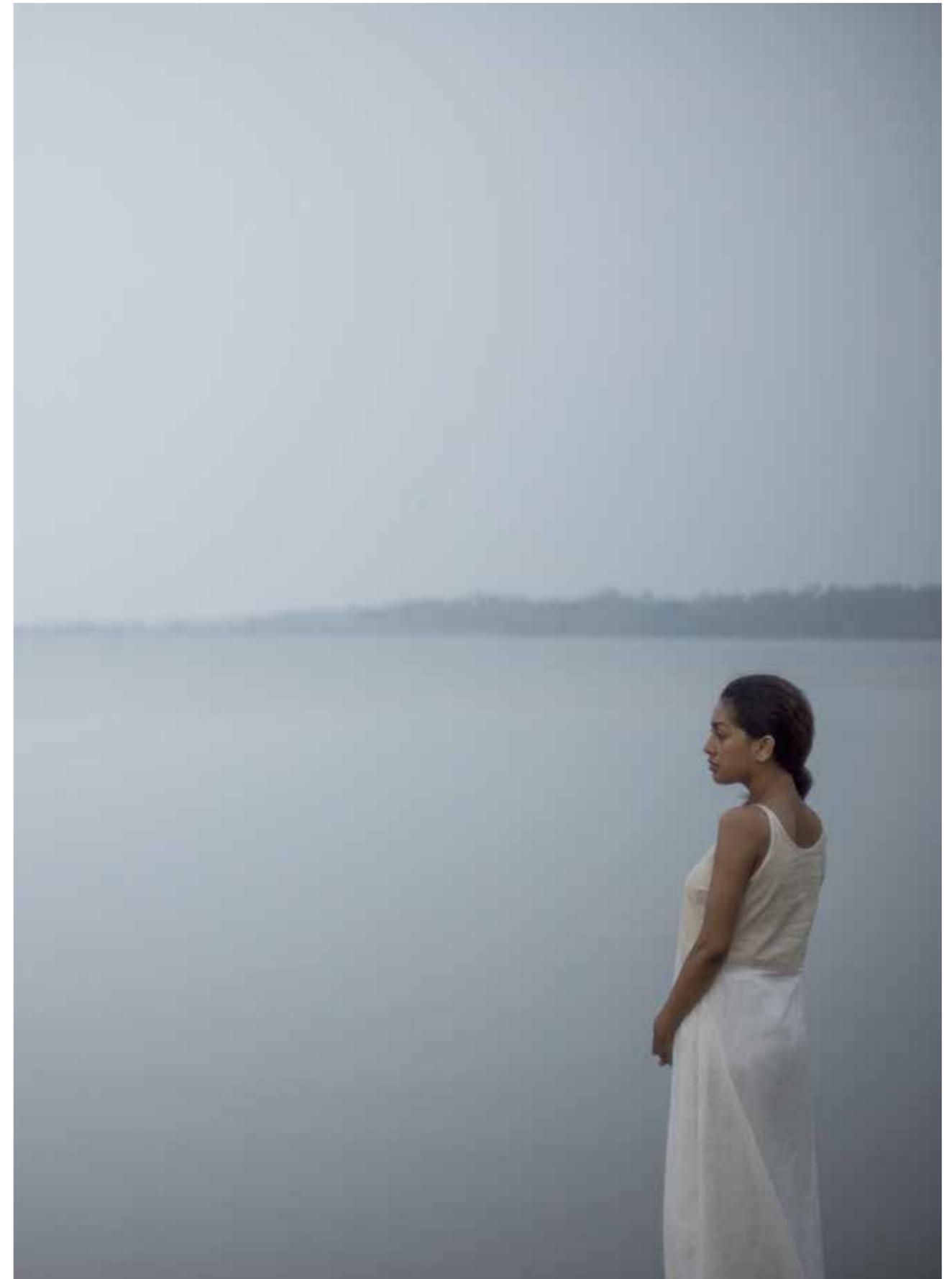


# KALARI RASAYANA

— Kalari Rasayana —

## *Song of the Lake*

Kalari Rasayana or the 'Song Of the Lake' is a wonderful blend of natural beauty and a tranquil throwback to a quieter way of life. This in unison completes the whole Ayurvedic healing process that is offered to help in the recovery of mind, body and spirit. Located in the heart of the backwater area of the erstwhile Venad kingdom in Kerala, the place is a veritable abode of peace to get away from the vagaries of an urban lifestyle surrounded as it is by waterways, coconut groves, paddy fields, farms and fishing hubs.



## *The Experience*

Kalari Rasayana, like Kalari Kovilakom, is a place where health is defined to be a vital expression of the inner and outer energies and their balance. So at Kalari Rasayana, while on the one hand you recover your physical health through the traditional Ayurvedic therapies, on the other, you recover your mental, emotional and spiritual health through yoga, meditation, lakeside walks, Satsangs and an environment where Nature can be experienced at its tranquil best.

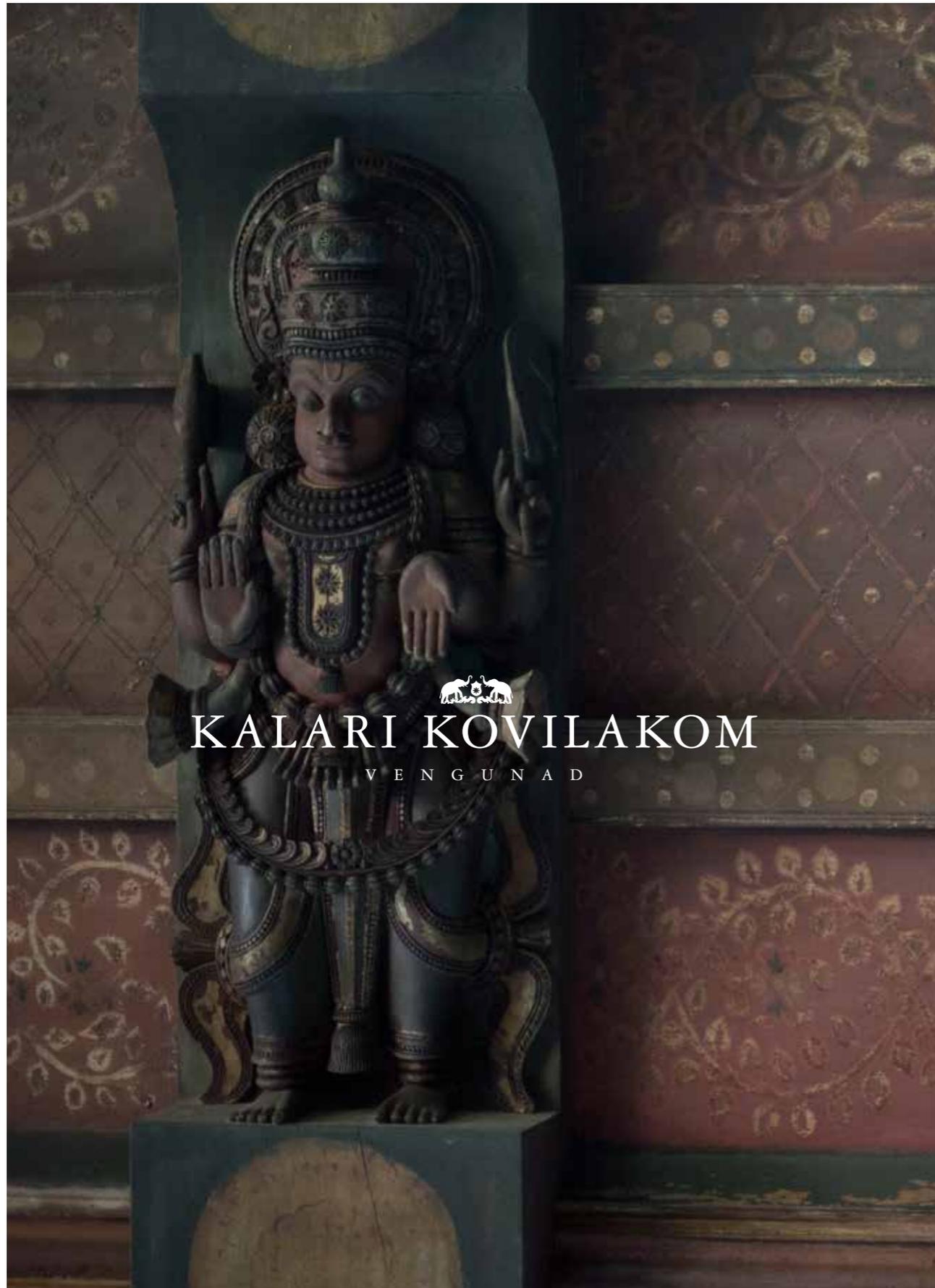




## *The Living Space*

Spread over 8 acres of coconut grove land, Kalari Rasayana offers 22 rooms well-equipped with modern amenities and a clinic with 11 treatment rooms. Like at Kalari Kovilakom, the living space at Kalari Rasayana complements the healing process with its nurturing and warm environment and an unobtrusive, quiet adherence to discipline.





  
**KALARI KOVILAKOM**  
V E N G U N A D

— Kalari Kovilakom —

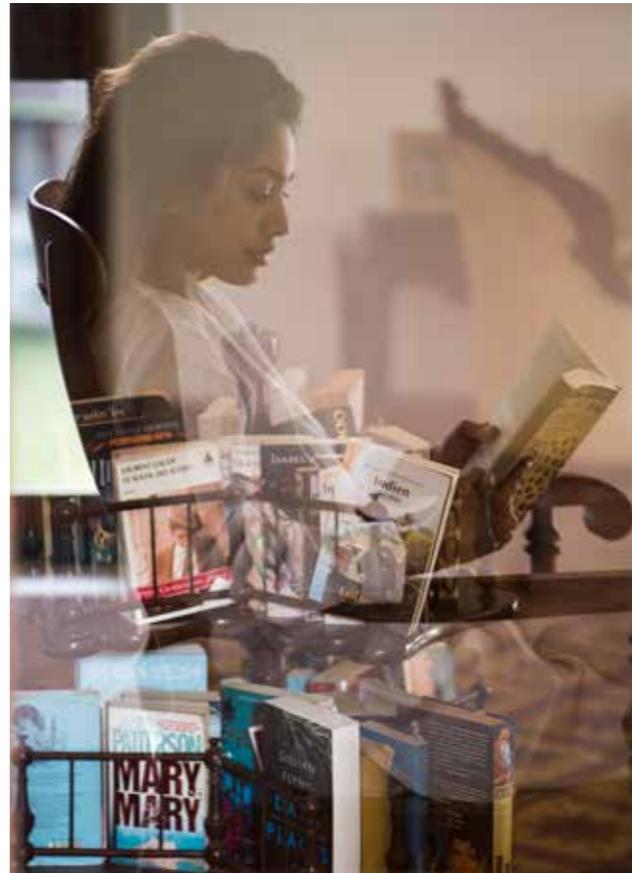
## *A Palace for Ayurveda*

Mindfulness, awareness, a therapeutic engagement of the senses and an inward integration of the body, mind and spirit. All these and more aspects of the Ayurvedic healing process are what one gains at Kalari Kovilakom, certified and accredited by the NABH (National Accreditation Board for Hospitals & Healthcare Providers). Located near Kollangode in the Palghat District of North Kerala, India and fringed on one side by the majestic Western Ghat mountain ranges, Kalari Kovilakom the 200 year old palace, originally belonged to the Vengunad chieftains, direct descendants of Prince Dharmavarman. It took the visionary zeal of the CGH Earth Group to retain the palace's legacy and historical value while converting it into a place for traditional Ayurvedic healing. Thanks to their efforts, the spirit of tradition has been kept alive at Kalari Kovilakom.



## *The Experience*

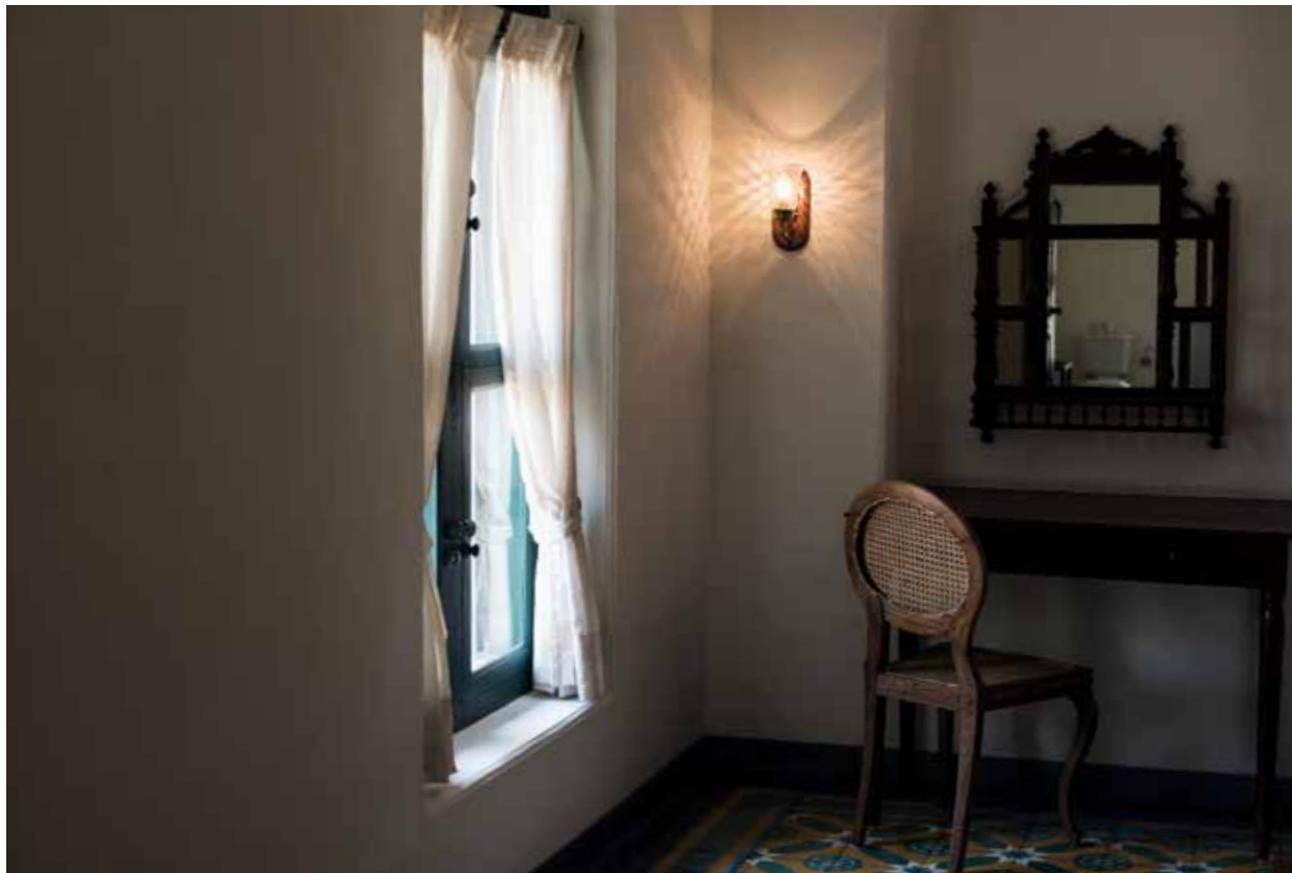
Since the Vengunad kings were patrons of the classical arts - especially Kathakali dance and Carnatic music - such cultural programmes are an essential part of the daily ritual at Kalari Kovilakom. The 'Kollengode Arattu', a traditional temple festival held annually during the first week of January to honour the Kollengode deity 'Avvappan' has been another custom passed down through the generations with which Kalari Kovilakom is closely associated. These cultural traditions, along with the place's natural harmony and a nurturing environment, enhance the whole healing experience.

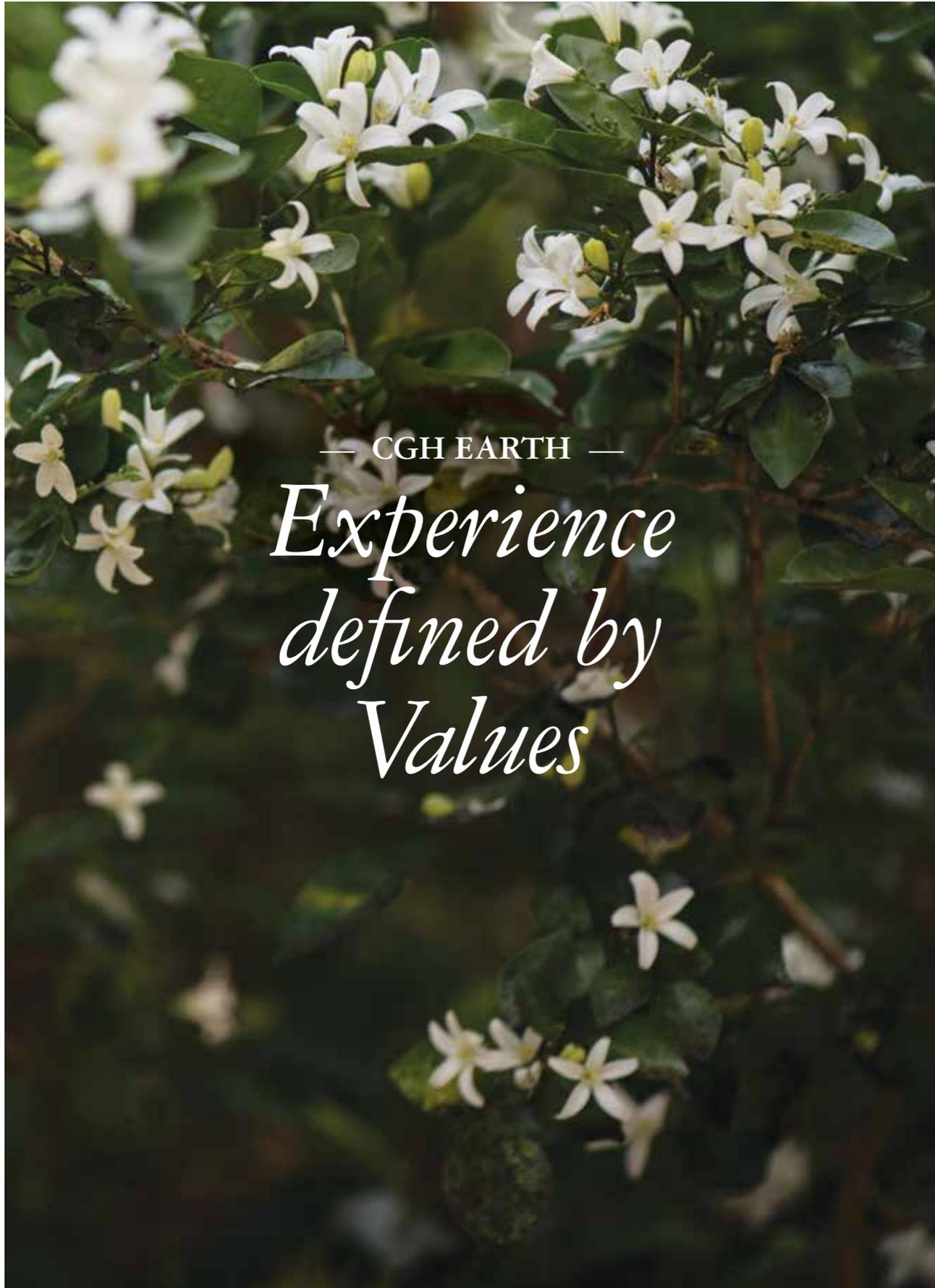




## *The Living Space*

Kalari Kovilakom offers 18 rooms, including the Royal Suite, that echo a rich historical heritage. Combining exquisite architecture with the best of modern amenities and services, the rooms are an extension of the healing process with their artistic beauty and innate tranquility. They offer a salubrious space to recover your spirit.





— CGH EARTH —

*Experience  
defined by  
Values*

The Ayurvedic treatments offered by the CGH Earth at *Kalari Kovilakom* and *Kalari Rasayana* in Kerala, India, follow the eliminative process of Ayurveda. Being pioneers in eco-sensitive tourism with a credible background spanning over five decades of uniquely immersive travel experiences, the CGH Earth Group offers a Ayurvedic healthcare service, which is about complete well-being based on the traditional and authentic Ayurvedic system of healing. What CGH Earth gives anyone seeking holistic healing is something that is rooted in the group's own core values namely Environmental Sensitivity, Integration of the Local Community and Adoption of the Local Ethos, all of which are woven into the whole healing experience.

## General Rules

### *Treatment Centres*

- Use of mobile phones, laptops and other communication devices should be avoided in the dining area. You may use the same in your room or in the reception lounge without any disturbance to others.
- Conversations if required should be in low tones which in no way disturbs the peace of others.
- Kindly use only the clothes & footwear provided, this is to maintain uniformity & the sense of oneness.
- Kindly adhere to the diet prescribed by your doctor.
- Leaving the premises during the period of stay is to be avoided unless there is an emergency.
- Kindly adhere to your yoga timings.
- Sunbathing or too much exposure to the sun should be avoided.
- On arrival when you have checked into your room kindly put away all your valuables including your credit card, passports etc. in the digital safety locker provided & also note the combination number, just in case you forget.
- The use of alcohol & cigarettes are not permitted.
- Some of the 'lifestyle challenges' you might have to overcome and accept during your stay with us, would be the total absence of coffee/tea and likewise no meat, fish, eggs, bread, milk or sugar are served here.

## Booking and Cancellation Rules

### *Treatment Inclusives*

- Treatments are confirmed by making a 50% advance payment and the balance payment may be made any time before your arrival at Kalari Rasayana and Kalari Kovilakom.
- Full refund if cancelled 30 days in advance.
- 50% refund if cancelled 21 days in advance.
- Nil refund if cancelled less than 20 days.
- The rates includes the cost of all consultations, treatments, massages, oils, herbs, medications, room, yoga classes, meditation classes, food, uniform and pick-up and drop off at Trivandrum (TRV) Airport. (60km away and transfer time of approx is 1 Hour 30 Minutes by road).

### — Contact —

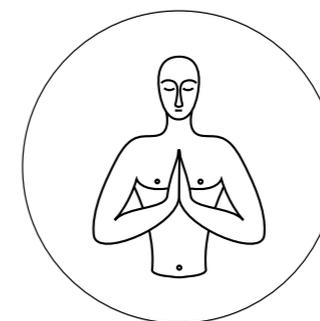
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AYURVEDA

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### — Treatment Centres —

  
**KALARI KOVILAKOM**  
Kollengode, Palakkad - 678 506, Kerala, India.

**KALARI RASAYANA**  
Kurumandal, Perumpuzha,  
South Paravur, Kollam - 691 301, Kerala, India.

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# AYURVEDA

