



Samroha Resort By Niraamaya

Psoriasis – 14N

At Samroha by Niraamaya, the Psoriasis management program is designed as a comprehensive Ayurvedic healing journey that focuses on cleansing the body, pacifying aggravated doshas, and restoring skin health from within. In Ayurveda, psoriasis is associated with an imbalance of Pitta and Kapha along with the accumulation of toxins (ama), leading to inflammation, scaling, and chronic skin irritation. The program begins with an in-depth physician consultation, followed by a personalised treatment plan that integrates Panchakarma-based detoxification therapies such as Virechana and medicated treatments aimed at purifying the blood and eliminating toxins. External applications, therapeutic oil treatments, and herbal formulations are used to soothe the skin, reduce inflammation, and support tissue regeneration.

****** Rates are subject to availability and conversion rates at the time of booking.**



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These therapies are complemented by a customised anti-inflammatory diet, lifestyle guidance, and mind-body practices including yoga and meditation to address stress, one of the key triggers of psoriasis. Set within a tranquil and restorative environment, the program emphasises gradual detoxification, internal healing, and long-term lifestyle correction, offering a holistic and sustainable approach to managing psoriasis and enhancing overall well-being.

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Single – Euro 3017

Double – Euro 4389

PSORIASIS – 21N:

Single – Euro 4526

Double – Euro 6584

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Package Inclusions:

- 🌿 Accommodation in a well-appointed room
- 🌿 Daily 90-minute Ayurvedic therapy, administered by a trained therapist
- 🌿 Daily 60-minute guided yoga session
- 🌿 Personalized consultation with an Ayurveda physician
- 🌿 Prescribed internal herbal medications during the course of the program
- 🌿 Wholesome meals (breakfast, lunch, and dinner) based on a customized Ayurvedic diet plan
- 🌿 Round-trip transfers from Cochin (COK) airport or railway station
- 🌿 One Ayurvedic cooking session during the stay
- 🌿 One Yoga Nidra session during the stay
- 🌿 Complimentary Wi-Fi access
- 🌿 50% savings on laundry services.

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