



Shathayu Ayurveda Yoga Retreat

Psoriasis – 14N

Psoriasis in Ayurveda is well-known disease as “Kithibha” is an autoimmune ailment that causes plaques, which are itchy or sore patches of thick, red, dry skin. Psoriasis affects any part of the body. Psoriasis happens in all racial groups, but at variable rates. Psoriasis often occurs between the ages between 15 and 35, but it can develop at any age. Ayurveda believes that impurities in the blood related to emotional aspects are the cause of the disease. Psoriasis is believed to occur due to reduction in all three doshas (Vata, Pitta, Kapha) in varying degree, but mainly Vata and Kapha according to the Ayurveda. Ayurvedic treatment for psoriasis involves a holistic approach that addresses the root cause of the disease by restoring balance to the body and mind.

**** Please note - Rates are subject to adjustment based on prevailing market exchange rates at the time of invoicing**



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Single – Euro 1575

Double – Euro 2362

Psoriasis – 21N

Single – Euro 2362

Double – Euro 3543

Package Inclusions:

- ✦ Air-conditioned accommodation on Single occupancy or Double occupancy
- ✦ All sattvic vegetarian meals (Breakfast, lunch, evening snacks and Dinner)
- ✦ Doctor consultation
- ✦ Group Yoga - 60 minutes
- ✦ Meditation - 30 minutes
- ✦ 2 Ayurvedic/Naturopathy therapies - Daily 90 minutes Major therapy and 30 minutes Minor therapy.
- ✦ Activities (Hiking/ Village walk)

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