



Shinshiva Ayurveda

Psoriasis – 14N

At Shinshiva Ayurvedashram, psoriasis is treated through a deeply personalised and root-cause-focused Ayurvedic approach, recognising the condition as a manifestation of internal imbalance rather than just a skin disorder. The 14- and 21-night programs begin with a comprehensive consultation, where experienced Vaidyas assess an individual's prakriti (constitution) and vikriti (imbalance) to design a customised healing plan. The treatment journey integrates classical Panchakarma detoxification therapies—such as Vamana, Virechana, Basti, Nasya, and Raktamokshana—aimed at eliminating accumulated toxins (ama) and restoring doshic harmony.

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



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Single – Euro 2066

Double – Euro 2567

Psoriasis – 21N

Single – Euro 3047

Double – Euro 4291

Package Inclusions:

- 🌿 One return transfer to Trivandrum airport/Railway station/ Bus stand.
- 🌿 Full Board meal as per doctor's prescription.
- 🌿 Daily consultation with doctor before treatment.
- 🌿 Ayurveda treatments.
- 🌿 Yoga class on daily basis except Sunday.
- 🌿 Post-treatment excursion for one (Trivandrum circuit) for packages more than 7 days.

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