Bookmyveda.com

Niramayam Heritage Hospital

Panchakarma – 7N

Panchakarma at Niramayam Heritage Ayurveda Hospital follows classical Kerala Ayurvedic principles, combining physician-led cleansing therapies, traditional treatments, personalised herbal medicines and dietary guidance. The programme begins with a detailed consultation and assessment of the individual's constitution, health concerns and medical history. Based on this assessment, the Vaidya prepares a personalised treatment plan that may include preparatory oil therapies, Abhyanga, Shirodhara, Pizhichil, Kizhi and selected Panchakarma procedures. Personalised Ayurvedic meals, yoga, pranayama and adequate rest complement the treatment. The hospital offers residential programmes for a range of concerns, including musculoskeletal conditions, neurological disorders, digestive complaints and general rejuvenation.

Bookmyveda.com

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

Niramayam Heritage Hospital

Panchakarma – 7N

Cost:

Single - Euro 965

Double - Euro 1556

Package Inclusions:

- **Stay in our Royal Heritage Room**
- **Ayurvedic vegetarian food as per the Doctor's advice**
- **Treatments as per the Doctor's advice (we provide 02 treatments per day)**
- **Internal medicines during the stay**
- **One time Doctor's consultation fees**
- **Yoga & Meditation during the stay (morning & evening session)**
- **Pick up & drop from cochin international airport**
- **5% GST include**

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