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Niramayam Heritage Hospital

Orthopedic Problems

Orthopedic treatment at Niramayam Heritage Hospital focuses on helping people manage problems related to bones, joints, muscles and the spine. The 15-night programme aims to reduce pain and stiffness, improve flexibility and support better movement through personalised Ayurvedic care. Treatments are selected according to the patient's condition and may include Abhyanga (therapeutic oil massage) to relax muscles, Pizhichil (warm medicated oil therapy) to support comfort and flexibility, and Kizhi (warm herbal poultice therapy) to help relieve stiffness and discomfort. Other therapies, including Basti and selected Panchakarma procedures, may be prescribed when appropriate. The programme may also include Ayurvedic medicines, a suitable diet, gentle yoga and mobility exercises to support recovery and daily functioning.

The programme begins with an Ayurvedic doctor's consultation, and the treatment plan is adjusted according to the patient's health condition and response to therapy.

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

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Niramayam Heritage Hospital

Orthopedic Problems

Cost:

Single - Euro 2015

Double - Euro 3281

Package Includes:

- **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**

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