Shinshiva Ayurvedashram

Arthritis Treatment – 21days

The 21-day Arthritis Treatment Programme at Shinshiva Ayurvedashram, Kerala, focuses on managing joint pain, stiffness, swelling and restricted movement through personalised Ayurvedic care. The programme is designed for people experiencing conditions such as osteoarthritis, rheumatoid arthritis and spondylosis. Treatment begins with a detailed Ayurvedic doctor's assessment, followed by a tailored plan that may include Panchakarma therapies, prescribed herbal medicines, therapeutic oil treatments, dietary guidance, therapeutic yoga and physiotherapy exercises. The aim is to help improve joint flexibility, support mobility and enhance overall quality of life. The exact therapies are selected according to the patient's condition, age and treatment needs.

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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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Shinshiva Ayurvedashram

Arthritis Treatment – 21days

Cost:

Single - Euro 2924

Double - Euro 5012

Package Inclusions:

- **Accommodation in VEDA room**
- **One-time pick-up and drop from Trivandrum Airport**
- **Full-board diet as per the physician's prescription**
- **Full-board diet as per the physician's prescription**
- **Ayurveda treatments, including internal medicines and internal & external therapies**
- **Yoga sessions (except Sundays)**
- **Meditation sessions (except Sundays)**
- **Complimentary sightseeing after treatment (Trivandrum circle)**

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