

Where
Tradition
Meets
Transformation.



KALARICKAL AYURVEDA HOSPITAL



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Ernakulam Dist, Kerala

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Discover Authentic Healing at Kalarickal Ayurveda Hospital:

Location: Conveniently located just 30 minutes from Kochi Airport and Railway Station, Kalarickal Ayurveda Hospital welcomes you to a world of authentic Ayurvedic treatments.

Hospital with Resort Ambience: Experience the best of both worlds at Kalarickal Ayurveda Hospital, where healing meets luxury in a resort-like ambience. Our tranquil setting enhances your wellness journey, making it a unique and rejuvenating experience.

Legacy of Healing



Late Vaidya Kochappu



Late Vaidya Paily



Late Dr. K.P. Geevarghese

With a rich history spanning 120 years and extending through four generations, Kalarickal Ayurveda Hospital has been at the forefront of authentic Ayurvedic practice. The legacy continues under the proficient leadership of Dr. Shibu Varghese, the Managing Director, and Chief Physician.

Profile

- Dr. Shibu Varghese, a distinguished figure, serves as the Managing Director and Chief Physician of Kalarickal Ayurveda Hospital.
- He holds the esteemed position of Senate Member at Kerala University of Health Sciences.
- As the Professor and Head of the Department of Panchakarma and Hospital Superintendent at Nangelil Ayurveda Medical College, his expertise is renowned.
- Dr. Shibu Varghese is an accomplished author, with best-selling books in the 'Bird's Eye View' series, covering topics such as X-ray of the spine, MRI of the spine, laboratory investigations, ECG, and their relevant Panchakarma.

Multi-Specialty Ayurvedic Treatments: Discover the pinnacle of Ayurvedic care with our multi-specialty treatments. Our hospital combines traditional wisdom with modern expertise, ensuring comprehensive and personalized care for each individual.

Your Journey to Wellness: Embark on a transformative journey at Kalarickal Ayurveda Hospital, where healing is not just a practice; it's a legacy. Driven by tradition and led by innovation, we invite you to experience the best in authentic Ayurveda.

Neuro Rehabilitation

Excellence at Kalarickal Ayurveda Hospital



Comprehensive Neuro Rehabilitation Program: Experience a holistic approach to neuro rehabilitation at Kalarickal Ayurveda Hospital. Our program integrates traditional wisdom with modern therapies, ensuring a comprehensive and personalized journey towards recovery.

- **Stroke Rehabilitation**
- **Multiple Sclerosis**
- **Dementia**
- **Parkinson's disease**
- **Transverse myelitis**



- **Yoga for Neuro Wellness:** Tailored yoga sessions designed to enhance neurological function and promote overall well-being. Expert instructors guide you through specialized practices for neurological rehabilitation.
- **Panchakarma Treatments:** Dive into the therapeutic benefits of Panchakarma, a cleansing and rejuvenating Ayurvedic therapy. Customized Panchakarma treatments to address neurological concerns and restore balance.
- **Speech Therapy:** Specialized speech therapy programs to address speech and communication challenges associated with neurological conditions. Our experienced therapists work closely with individuals to enhance speech and language skills.
- **Rehabilitative Physiotherapy :** Individualized rehabilitative physiotherapy tailored to specific neurological needs. Progressive exercises and techniques to improve mobility, coordination, and overall physical function.
- **Personalized Care Plans:** Our neuro rehabilitation program is led by a team of experienced professionals and we understand that each individual's neurological journey is unique. Our rehabilitation programs are customized to address specific needs, fostering a path to recovery that is as unique as you are. Personalized plans to address cognitive, motor, and sensory challenges.

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KALARICKAL AYURVEDA HOSPITAL
Where Healing Meets Individuality
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Spine & Arthritis Clinic

Specialized Care for Arthritis Disorders

At Kalarickal Arthritis Clinic, we are dedicated to providing advanced and tailored treatments for various arthritis disorders. Our expert arthritis specialists focus on scientific diagnosis and personalized care to address conditions such as osteoarthritis, rheumatoid arthritis, ankylosing spondylitis, IVDP with sciatica syndrome, cervical, and lumbar spondylosis.

Key Features:

- **Comprehensive Diagnosis:** Utilizing modern investigations including radiology and biochemical assessments for precise and thorough diagnosis.
- **Specialized Arthritis Treatments:** Tailor-made treatment protocols for each type of arthritis. Advanced and scientific approaches to manage symptoms and improve quality of life.
- **Diverse Treatment Modalities:** Utilizing scientific approach, we incorporate various therapeutic interventions. Scientifically designed treatment plans encompassing yoga, physiotherapy, and panchakarma therapy.
- **Personalized Care:** Our arthritis specialists offer personalized care based on a deep understanding of each patient's unique condition and needs. Customized treatment strategies to address specific symptoms and challenges.
- **Conditions We Treat:**
 - Osteoarthritis
 - Rheumatoid Arthritis
 - Ankylosing Spondylitis
 - IVDP with Sciatica Syndrome
 - Cervical and Lumbar Spondylosis
- **Expert Arthritis Specialists:** Our team of Ayurvedic experts specializing in arthritis care brings years of experience and expertise. They are committed to providing you with the highest quality of care throughout your treatment journey.



• **KALARICKAL ARTHRITIS CLINIC**
Your Partner in Scientific Arthritis Care

Obesity Clinic

Transformative Care at Kalarickal Obesity Clinic: Uncover, Treat, and Thrive

Welcome to Kalarickal Obesity Clinic, where we go beyond conventional approaches to address the root causes of obesity. Our comprehensive programs are designed to diagnose specific factors contributing to obesity, such as hypothyroidism, and provide tailored treatments that include diet, yoga, Ayurvedic Panchakarma therapies (like Udvartanam, Steam Kizhi), exercise therapy, and physiotherapy.



Key Features:

- **Precise Diagnosis:** Thorough evaluations, including screening for conditions like hypothyroidism, to pinpoint the exact contributors to obesity.
- **Treatment Plans:** Tailored treatment plans that address the individual needs of each patient. Comprehensive solutions that incorporate diet modifications, yoga, and Ayurvedic Panchakarma therapies for a holistic approach to weight management.
- **Ayurvedic Panchakarma Therapies:** Experience rejuvenating therapies such as Udvartanam, Steam and Kizhi to enhance metabolism and promote natural weight loss.
- **Exercise and Physiotherapy:** Customized exercise regimens and physiotherapy sessions to improve mobility, enhance fitness, and support long-term weight management.
- **Specialized Diet Plans:** Benefit from specially curated diets from our kitchen, designed to reduce obesity, dyslipidemia, fatty liver, and other related conditions. Nutritionally balanced and delicious meals to support your weight loss journey.
- **Expert Guidance:** Our team of experienced professionals, including Ayurvedic experts, dieticians, yoga instructors, and physiotherapists, is committed to guiding you through every step of your transformation.
- **Personalized Care:** Recognizing that each individual's journey is unique, our clinic offers personalized care that addresses the multifaceted nature of obesity and related health concerns.

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KALARICKAL OBESITY CLINIC
Redefining Wellness, One Step at a Time
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Beauty & Skin Clinic



Radiance Unleashed at Kalarickal Beauty Clinic: Nurturing Beauty with Nature's Finest

Welcome to Kalarickal Beauty Clinic, where we believe in the transformative power of pure herbs and natural beauty enhancements. Our skin and hair care treatments are crafted with the essence of nature, utilizing the purest herbs and the beauty-enhancing pulps of herbs like aloe vera, the purity of sandal, and the richness of red sandal.



- **Pure Herb Elixirs:** Indulge in skin and hair care treatments enriched with the potency of pure herbs. Harness the healing properties of aloe vera, the soothing touch of sandal, and the rejuvenating essence of red sandal for a radiant glow.
- **Natural Beauty Enhancing Fruits Pulps:** Immerse yourself in the nourishing embrace of natural fruit pulps. Experience the revitalizing benefits of fruits, carefully selected to enhance your skin's natural beauty.
- **Customized Skin Care:** Tailored skin care regimens designed to address individual needs and concerns. Pure and natural formulations for a gentle and effective approach to enhancing your skin's health.
- **Hair Rejuvenation with Nature's Touch:** Revitalize your hair with treatments that harness the power of herbs and natural ingredients. Promote healthy hair growth and restore the luster with our natural hair care solutions.
- **Purity and Elegance:** Experience the purity of nature and the elegance of herbal beauty care. Our clinic is committed to providing treatments that not only enhance your external beauty but also promote the overall well-being of your skin and hair

Post Natal Care: A Journey to Renewal

We recognize that post-natal care is pivotal for the restoration of maternal health and the well-being of both mother and child. Our scientifically designed post-natal care packages are crafted to address a spectrum of needs, seamlessly blending traditional Ayurvedic protocols with modern insights.

Our post-natal care is meticulously designed for the holistic well-being of both the mother and child. Addressing a range of concerns, from general health restoration to specific issues like back pain, piles, and varicosity.



Traditional Ayurvedic Protocols: Experience the healing touch of Ayurvedic massage, tailored to rejuvenate and restore vitality. Herbal baths and specialized hair treatments cater to post-pregnancy concerns, promoting overall wellness. Addressing not only immediate concerns but also preventing potential issues like back pain and more.

Nurturing Motherhood, One Care at a Time: We understand that the post-natal phase is a delicate and transformative period. Our commitment is to nurture and support mothers on this beautiful journey, ensuring a harmonious transition into motherhood.

PCOD and Infertility Clinic

A Haven of Hope



We embrace a scientific approach to infertility, delving deep into the root causes such as PCOD, endometriosis, and more. Our comprehensive programs are meticulously designed to offer personalized solutions, blending modern diagnostics with time-tested therapies like diet, yoga, Ayurvedic Panchakarma, and herbal medicines dedicated to overcoming the challenges of infertility.

Tailored Treatment Programs: Personalized treatment programs addressing PCOD, endometriosis, and other factors. A comprehensive blend of modern and traditional approaches for a well-rounded solution.

Dietary Guidance: Receive customized dietary plans designed to support fertility and address underlying issues. Nutrition as a cornerstone for holistic well-being.

Yoga for Fertility: Engage in therapeutic yoga sessions tailored to enhance fertility and promote overall wellness. Harness the power of yoga for physical and mental well-being.

Ayurvedic Panchakarma Therapies: Experience the rejuvenating benefits of Ayurvedic Panchakarma therapies designed to restore balance and optimize reproductive health.

Herbal Medicines: Discover the efficacy of herbal medicines curated to address infertility concerns, promoting a natural and sustainable approach.

• *Decorative flourish* •
KALARICKAL PCOD AND INFERTILITY CLINIC
A Beacon of Hope on Your Path to Parenthood.
 • *Decorative flourish* •

REJUVENATION PACKAGES

Swasthayam	Abhyangam	7 days	Abhyanga + head massage+ steam 2 days Elakizhi + Sirodhara 3 days Njavarakizhi + face pack 2 days
Kayapalanam	Abhyangam + steam bath+ Eye therapy (Duration 1 hour)		
Ayushmanbhava	Abhyangam +Sirodhara + Face pack + Eye treatment. (Duration 1 hrs)	10 days	Abhyanga+head massage+steam 2 days Pizhichil + eye treatment 3 days Elakizhi + sirodhara 3 days Njavarakizhi + Face pack 2 days
Niramaya	Abhyangam + Elakizhi + eye treatment – 1 hr		
Nirvana	Abhyanga + pizhichil +Head massage+face pack+eye treatment (Duration 1 hrs)	14 days	Abhyanga + steam 3 days Pizhichil + eye treatment 3 days Elakizhi + sirodhara 3 days Podikizhi +sirodhara 3 days Njavarakizhi + face pack-2 days
3 day package	Abhyangam+ Steam 1st day Elakizhi +sirodhara 2nd day Njavarakizhi + sirodhara + Face Pack 3rd day	21 days	Udvarthanam + steam – 3 days Abhyanga + head massage+ steam 3 days Elakizhi + Sirodhara 5 days Podikizhi +sirodhara 3 days Pizhichi + eye treatment 3 days Njavarakizhi+ face pack 4 days
5 day package -	Abhyangam + Steam 2 Days Elakizhi + sirodhara 2 days Njavarakizhi + face pack + sirodhara 1 day.		

NEAREST ATTRACTIONS 15 KMS



BHOOTHATHANKETTU



THATTEKKAD BIRD SANCTUARY



IDAMALAYAR DAM



INCHATHOTTY HANGING BRIDGE



VADATTUPARA WATERFALLS



KUTTAMPUZHA



POOYAMKUTTY



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