



AYURVEDIC MEDICAL TOURISM

JOTSNA



AYRUVEDA

Treating the source.
Not just the symptom.

What is Ayurveda

Ayurveda means knowledge of life. It is the ancient Indian system of living with good health and vitality. It is an amalgamation of several streams of knowledge that combine to offer each person who engages with it, a life that is free from disease/

The knowledge of Ayurveda is more than 5000 years old. It is based on ancient Indian texts - the Vedas. Ayurveda is that part of the Vedas that reveals the essence of right living and healing. Their wisdom originated from deep observation and understanding of the body, meditative insight and inner reflection.

Why Ayurveda Works

Ayurveda tells us that every aspect of our body is connected. Everything is a constant interflow between the mind, body process and the spirit.

Our modern ways of living often causes a breakdown in some aspect of our self which leads to illness setting in. The way of Ayurveda shows us how to live without letting stress accumulate, how to regulate the body constantly in healthy ways, and how to have inner peace, to keep our lives in balance. Ayurveda makes us reflect and engage deeper with the daily processes of sleeping, eating, breathing and understand how these interweave to impact our overall mental and physical health.



The Ayurvedic Approach

Ayurvedic treatments can be classified into curative and eliminative procedures. And the advise is given according to the specific body type, condition or disease.

Curative SAMANA: This is to cure acute diseases and illnesses and includes the use of digestive, medicinal herbs, heat generation, fasting, regulating fluid intake, breathing exercises etc.

Eliminative SHODHANA: This involves a remedial system to cure chronic diseases and long-term ailments by cleansing the body through processes such as PANCHAKARMA, through which the body is rid of accumulated toxins and undigested metabolic wastes that clog body channels.

Ayurvedic Treatments

- !. PANCHAKARMA CHIKITSA A complete detox
- 1.MANASANTHY CHIKITSA Stress Management
- 3.STHOULYAGHNA Weight Management
- 4. RASAYANA CHIKITSA Healthy Aging - Cleansing and Rejuvenation
- 5.Treatment for specific ailments and conditions

PANCHAKARMA

Treatment duration: 21 to 28 days

It is a 5 point healing, cleansing and cell revitalization treatment.

PANCHAKARMA which means 5 actions, essentially focuses on the purification of the body. The five actions are VAMANA (induced vomiting), VIRECHANA (purgation), KASHAYA VASTI and SNEHAVASTI (the two kinds of medicated enemas), NASYA (nasal medication) and RAKTA MOKSHA (blood-letting).





SHODHANA CHIKITSA

Treatment duration: 14 to 21 days

It is a body purification treatment, based on the fundamentals of PANCHAKARMA. It is preceded by PURVAKARMA, a stage in which the body is prepared for toxin removal, followed by a few procedures of PANCHAKARMA. To undergo a complete detox PANCHAKARMA treatment, a minimum duration of 21 days is required.



MANASANTHY CHIKITSA

Treatment duration: 14 to 28 days

This treatment for stress management works to relieve the ill-effects that come from the burden of mental strain, stress, insomnia, lack of concentration, fatigue and headaches; and helps in improving mental health.

STHOULYAGHNA

Treatment duration: 14 to 28 days

The Ayurvedic weight management treatment works by increasing metabolism, removing excess adipose tissues and increasing the body's virality.



RASAYANA CHIKITSA

Treatment duration: 21 to 28 days

It is a holistic treatment for cleansing, rejuvenation and regeneration of all cells and tissues, for mental well-being and boosting the immune system.

Specific Ailments and Conditions

Treatment duration: 14 to 28 days

Diabetes Management, Gastrointestinal Disorders, Liver related disorders, Respiratory diseases, urological disorders, Neurological disorders, musculo-skeletal and joint disorders, gynaecological disorders, infertility, age-related disorder management, skin disorders, cancer remission, etc.

Thanks!

Contact us if you are looking to travel in India. We do exclusive tour packages for the Japanese people. We have 23 years of experience.

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