Cassia fistula – Golden Shower Tree
Ayurveda – an integral part of the Indian tradition – is a 5000-year-old healing system, the essence of which is to harmonize body, mind and soul taking into account the physical, mental, spiritual, social and environmental constitution of a person. Spending time in restful surroundings in India, Ayurveda’s home country, or in the peace and quiet of historical Bad Bocklet in Bavaria / Germany will help you to relax mind and body and achieve lasting peace and wellness.
TREATMENT BENEFITS

Many chronic illnesses respond well to Ayurvedic treatment, especially:

- Rheumatism, Fibromyalgia
- Arthritis
- Pain syndrome including all types of headache and backache
- Skin diseases like Eczema, Neurodermatitis, Psoriasis
- Neurological ailments, Paralysis, Facial Palsy etc.
- Stress related problems, Depression and other psychosomatic illnesses causing sleeping disorders
- Muscular atrophy
- Digestive disorders
- Cervical and Lumbar Spondylosis, Spondylitis and Sciatica
- Obesity
- Post-cancer care treatments
- Geriatric care
- In addition, maintaining health in healthy people (Wellness packages)

AYURVEDIC THERAPY

In the Ayurveda lifestyle consultation, the doctor will draw up a treatment plan after a detailed assessment involving examination of the eyes (iris), pulse and tongue and analysis of the information provided in the medical questionnaire. The plan will be reviewed on a daily basis by way of an individual consultation and check-up.

During the treatment period, delicious vegetarian Indian food will be served to cleanse the body and to help it to recuperate. Daily yoga and walking are additional activities to boost the treatment. After the cure, to sustain the health attained, lifestyle modifications, exercises, diets are advised.
YOGA - MEDITATION - AYURVEDA

Yoga, as well as Ayurveda, has its root in the Indian philosophy. It is considered as a part of Ayurveda. During Yoga practices, the focus is to get rid of all thoughts and judgements. Another well-known definition is “comprehensive union”. Just like people differ in temperament and appearance, there are versatile possibilities to practise Yoga for every individual.

Ayurveda, Meditation and Yoga belong to the family of Vedic sciences which have been used to heal the body and strengthen awareness and consciousness for thousands of years. Generally speaking, Ayurveda takes care of the physical dimensions while Yoga influences body and soul and Meditation clears the consciousness. Practically speaking, they complement each other.

Yoga focuses on the human’s own activeness which shall be supported by the aid of physical exercises (Asanas), breathing exercises (Pranayamas) and Meditation. A kind of strength and control of consciousness is being developed which helps to maintain an inner order within the various influences of life. Ayurveda as well as Yoga considers the consciousness as primary power of life which controls everything.

Our daily Yoga classes are held by well-educated, qualified Yoga teachers.
AYURVEDIC DIET

The right diet plays an important role in and is one of the basic elements of Ayurvedic medicine. As non-vegetarian food is taboo during the treatment, pure vegetarian meals prepared in our kitchen according to Ayurvedic principles are provided. Spices are one of the treasures of India and are proportionately used in the preparation of the Ayurvedic food, helping the healing process in general.

We are happy to go along with individual wishes of patients, provided it does not conflict with the treatment plan. If requested, all your meals will be strictly prepared in line with your dosha type, ensuring taste and well-being.
AYURVEDIC MEDICINES

A wide range of the Ayurvedic medicines are made up at our own Pharmacy in India according to traditional recipes to suit the individual requirements. Our methods are in strict adherence to Ayurvedic texts with no compromise on quality and are in line with the latest scientific developments.

In Germany we are only allowed to use certain products like herbs, spices, dietary supplements and various teas.

The natural medicines used in Ayurveda detoxify the body by eliminating chemical deposits and cleanse mind and spirit of the disturbing elements of agitation and conflict.
FAMILY TRADITION

Traditional knowledge of Ayurvedic medicine has been passed on through generations in certain families in Kerala. The Madukkakuzhy family is one such family which has been dedicated to the Ayurvedic tradition for the past eight generations. Our tradition is based on the rich experience and vision of Vaidyakalanidhi M.C. Mathew, who laid the foundation of Ayurvedic tradition in our family.

Our health center in India has a panel of three doctors, Dr. Joy Mathew, Chief physician, and his sons Dr. Robin and Dr. Jobin. The patient’s individual body constitution type is determined and a treatment program is decided with the patient’s personal requirements.

In our center in Bad Bocklet, Germany Dr. Jobin and Dr. Sajan Joseph use the same approach and principles, supervised by and under the responsibility of qualified doctors recognized in Germany. Bad Bocklet’s peaceful surroundings and its spring water combine with original Ayurvedic medicines to aid in the healing of chronic illness.

Our Ayurveda health center in Kerala, India – the home of Ayurveda – is recognized by the Kerala Government as “A GREEN LEAF CERTIFIED AYURVEDA CENTER” (the highest award for centers providing traditional treatments in modern facilities and ambiance). Here you can experience the special forms of Ayurvedic Therapy, as well as Yoga, Meditation and Indian cuisine with a family deeply united in their dedication to Ayurvedic tradition. You will stay in well-kept guest houses (Homestay-DIAMOND CERTIFIED – the highest recognition by the Tourism Department of Kerala) – all double rooms have their own shower and WC, a desk and a balcony or terrace with seating arrangements. Temperatures in Kerala vary between 26 °C and 32 °C, and the best time to visit Kerala is from September to April.
MADUKKAKUZHY AYURVEDA HEALTH CENTER
PARATHODE KERALA

Health Packages in Kerala
Cleansing, detox and weight reduction • Pre- and post-care for orthopedic and post-surgery problems • Stress-related problems • Post-cancer care treatments. • Geriatric care • Rejuvenation treatments. A minimum stay of two to three weeks is recommended according to the severity of illness.

For more information contact Ms. Ebba-Karina Sander, MBA on phone 00491701144094 reservierung@ayurveda4u.de · www.ayurveda4u.de.

Prices all inclusive per apartment per day
• Friendly, modern apartments with shower/WC and balcony optional with air conditioning
• Daily consultation with the doctor
• At least two Ayurvedic treatments per day
• Internal medications during therapy
• Freshly prepared vegetarian meals according to the dosha types
• Yoga and walking

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<th>Room Category</th>
<th>Season</th>
<th>Off-Season</th>
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<tbody>
<tr>
<td>Single Room-Non AC</td>
<td>100 $</td>
<td>90 $</td>
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<tr>
<td>Single Room-AC</td>
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<tr>
<td>Double Room Non AC</td>
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<tr>
<td>Premium Cottage-Non AC–Double</td>
<td>135 $</td>
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THE LAKE AND MOUNTAINS
KUDAYATHOOR KERALA

To serve all our dearest guests in the tradition and well known quality of Madukkakkuzhy Ayurveda, we have opened a second centre with a new offer truly blending Ayurveda and Yoga with the healing nature.
LIKE A PARADISE

It is a heavenly place where

- the harmony of nature - LAKE & MOUNTAINS
- the harmony of health - YOGA & AYURVEDA
- the harmony of religion – CHURCH, TEMPLE & MOSQUE

blend together at simplicity and innocence of a true Kerala Village just 55 km (1 hour drive) away from Cochin International Airport. The new centre “The Lake and Mountains” is under the direct supervision of the parent firm in Parathodu with its experienced excellent doctors and therapists.
ENJOY...
The delicious vegetarian Ayurvedic food
The relaxing treatments by our loving therapists
The warm-hearted care of our physicians

HEAR...
The music of early morning prayers from the temple, mosque and church
The soft murmurs of birds that echoes in the silence of nature

EXPERIENCE...
The enchanting nature
The warm hospitality of Team Madukkakuzhy
The freshness of the natural lake and clean water
ACCOMMODATION

Our Cottages are located at the pollution free Kudayathoor village, right in the lap of nature facing the Malankara lake. The idea of designing these lake-view cottages is to bring our guests close to nature to enjoy semicircular mountain slopes, a breath-taking view of thousands of acres of exotic tropical greenery, the rolling hills and the lake.

Prices all inclusive per apartment per day
- Comfortable modern apartments with shower/WC and balcony optional with air conditioning
- Daily consultation with the doctor
- At least two Ayurvedic treatments per day
- Internal medications during therapy
- Freshly prepared vegetarian meals according to the dosha types
- Yoga and walking

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<th>Room Category</th>
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<td>October to April</td>
<td>May to September</td>
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<tr>
<td>Single Room</td>
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<tr>
<td>Double Room</td>
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<tr>
<td>King Size Bed sharing</td>
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<td>165 $</td>
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<td>Double Large room</td>
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<td>Extra space</td>
<td>220 $</td>
<td>210 $</td>
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<tr>
<td>Additional Bed</td>
<td></td>
<td></td>
</tr>
<tr>
<td>(Price for 3 persons)</td>
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AYURVEDA IN KUNZMANN’S HOTEL – GERMANY

Patients who do not want to undertake the long journey to India can experience the well-known Madukkakuzhy Ayurveda in the Bavarian Rhön in the middle of Germany, at Kunzmann’s Hotel/Medical Care. www.kunzmanns.de This hotel has a long tradition as a health centre and is thus the ideal partner for the endeavour.

Kunzmann’s Hotel is a pioneer in unique health concepts and healing methods in line with traditional Eastern and Indian philosophy – which aim at achieving a long and healthy life in mind and body with modern ambience.

This four-star hotel has been in family hands for four generations. Snuggling in the lovely hills of the Bavarian Rhoen it has an idyllic location right on the edge of Bad Bocklet’s spa gardens. Experience the historical backdrop amidst picturesque surroundings and enjoy the magical outlook and new impressions.
GET TO KNOW AYURVEDA

AYURVEDA – FOUNTAIN OF YOUTH

4 days of treatment / 5 nights

The permanent stress of our hectic life leads to early ageing.
Dive into our Ayurvedic fountain of youth which will let you slow down,
refresh and rejuvenate.

■ 1 x Ayurvedic diagnosis, determination of body type, review of the
  personal medical chart with recommendation of individual treatments,
  individual nutrition and change of lifestyle
■ 4 x personal consultation with the Ayurveda specialists; daily
  recommendations for the treatment according to the patient’s needs
■ 1 x Synchronized full-body-massage (approx. 50 min)
■ 3 x Milk bath with Ayurvedic herbal secret for rejuvenation (approx. 50 min)
■ 4 x Ayurvedic herbal face pack and face massage (approx. 30 min)
■ Daily administration of the individually prescribed natural medicine and nutritional supplements
■ Guided Yoga every day (approx. 50 min)

Ayurveda package € 640,- plus Kunzmann’s ayurvedic full board
(see page 18)

For more information: Ms. Ebba-Karina Sander –MBA- Phone +49 170 1144094
(reservierung@ayurveda4u.de) or at www.ayurveda4u.de. It is possible for private patients to receive
a bill of the medical and therapeutic services according to GOÄ if wanted; in addition, the expenses
are tax-deductible under certain circumstances.
AYURVEDA – REGENERATIVE CURE

6 days of treatment / 7 nights

Stress and denatured nutrition lead to deposits of toxins in our body. They lead to diseases of mind and body. Treat yourself with a deeply effective regeneration...

- 1 x Ayurvedic diagnosis, determination of body type, review of the personal medical chart with recommendation of individual treatments, individual nutrition and change of lifestyle
- 6 x Personal consultation with the Ayurveda specialists; daily recommendation for the treatment according to the patient’s needs
- 6 x Synchronized full-body-massage according to your personal Dosha (approx. 50 min)
- 6 x Padabhyanga (Ayurvedic foot massage) or Svedana (herbal steam bath) or Mukhabhyanga (Facial massage with mask)
- Daily administration of the individually prescribed natural medicines and nutritional supplements
- Guided Yoga every day (approx. 50 min)

Ayurveda package € 960,- plus Kunzmann’s ayurvedic full board

KUNZMANN’S AYURVEDIC FULL BOARD

Nutrition is an important part of the treatment in the Ayurvedic medicine. All meals are prepared individually according to your state of health.

- Overnight stay in the selected room category, please ask for current prices in Kunzmann’s Hotel, at phone +49 9708 780 or willkommen@kunzmanns.de
- Ayurvedic full board: breakfast, lunch and dinner according to your disease conditions
- Available all day: Hot water for drinking, Ginger water, selection of teas and the mineral spring of Bad Bocklet
- Free use of the 1,000 m² wellness spa with ozone indoor pool, hot whirlpool, Finnish Kelo outdoor sauna, organic sauna, infrared cabin, steam bath, spacious rest zone bathed in light
- Fluffy wellness towels, cozy bathrobe (lent for the time of your stay) ...
- ... as well as further Kunzmann’s pampering services.
PANCHAKARMA
ROYAL DETOXIFICATION

13 days of treatment / 14 nights

“Panchakarma” – a deep process of detoxification, cleaning and regeneration under the supervision of an experienced Ayurveda specialist who plans and observes the measures individually.

- 1 x Ayurvedic diagnosis, determination of body type, review of the personal medical chart with recommendation of individual treatments, individual nutrition and change of lifestyle
- 13 x Personal consultation with the Ayurveda specialists; daily recommendations for the treatment according to the patient’s needs
- 13 x Padabhyanga (Ayurvedic foot massage) or Swedana (herbal steam bath) or Mukhabhyanga (facial massage with mask)
- Daily administration of the individually prescribed natural medicine and nutritional supplements
- Guided Yoga every day (approx. 50 min)

Ayurveda treatments related to dosha types and complaints
- Synchronous full-body-massage (approx. 50 min)
- Vasthy (cleaning and nourishing bowel treatment)
- Nasyam (nasal cleansing treatment with head and facial massage)
- Podikkizhy (warm herbal stamp massage)

The Ayurveda specialist makes the final decision about the treatment options in accordance with the patient’s conditions

Ayurveda package € 1,980,- plus Kunzmann’s ayurvedic full board

In case of deviations from the described packages, we charge for our Ayurveda services €169,-/day up to 7 days and €159,-/day for at least 8 days stay. Every guest has approx. 150 min of medical-therapeutical contact every day. The Ayurveda packages can only be booked in combination with Kunzmann’s ayurvedic full board.