



Kairali

The Ayurvedic Healing Village

Healing Secrets of “Kairali”

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“Ayurveda is a traditional system of medicine originating in India — the science of life.”



A Warm Welcome

HEALING SECRETS OF "KAIRALI"

Namaste, and a very warm welcome to Kairali — The Ayurvedic Healing Village.

This booklet is your companion as a patient at Kairali. The first part introduces the timeless principles of Ayurveda — how it understands the body, recognises imbalance, and restores lasting health. The second part is a guide to our therapies and treatment programmes, organised by health goal so you can quickly find what suits you best.

Every programme at Kairali begins with a personal consultation with our Ayurvedic physician, who assesses your unique constitution (Prakruti) and designs a plan tailored to you. The “Find Your Programme” guide in Part 3 is the easiest place to start — and our team will be glad to help you choose.





What's Inside

HEALING SECRETS OF
"KAIRALI"

Part 1 · Understanding Ayurveda

- The Meaning of Ayurveda
- Understanding Ayurveda in Brief
- The Origin of Ayurveda
- The Eight Branches of Ayurveda
- Diagnosis in Ayurveda
- Dosha, Dhātu & Mala
- The Tridosha — Vata, Pitta & Kapha
- Prakriti — Your Unique Constitution
- Treatment in Ayurveda
- Panchakarma — The Five Cleansing Therapies

Part 2 · Our Ayurvedic Therapies

- Whole-Body Oil & Massage Therapies
- Shiro (Head) & Dhara Therapies
- Kizhi (Herbal Poultice) Therapies
- Vasti (Localised Oil-Pooling) Therapies
- Eye, ENT, Oral & Facial Care

Part 3 · Treatment Programmes at Kairali

- Find Your Programme — a quick guide, then eleven themed sections

About Us

- The Ayurvedic Healing Village
- The Kairali Promise
- Our Product World
- Contacts & Our Network



PART ONE

Understanding Ayurveda

The Meaning of Ayurveda

HEALING SECRETS OF "KAIRALI"

“Ayusho Veda: Ayurveda” Ayur means Life · Veda means Knowledge. In essence, Ayurveda is ‘the knowledge — or science — of life.’

Understanding Ayurveda in Brief

Known for its restorative therapies and natural medicines, Ayurveda remains an integral part of India’s philosophy of holistic living and continues to play a significant role in healthy living today. Rooted in the principles of the Atharvaveda, Ayurveda aims to restore balance: it looks for the underlying cause of an ailment while also relieving the immediate symptoms.

According to Ayurveda, health is the balanced state of the Doshas (the three bio-energies: Vata, Pitta and Kapha), Agni (the digestive fires), the Dhatus (the seven bodily tissues) and the Malas (the body’s excretory products) — together with a contented state of the soul, senses and mind. The aim of this holistic approach is two-fold: to care for the body, and to restore harmony between mind, body and spirit.

The Origin of Ayurveda

The origins of Ayurveda are woven through history and tradition. It is held that the knowledge was passed down from Lord Brahma through a lineage of sages, and in time brought to humankind for a healthy and happy existence. In its recorded form, Ayurveda is preserved in the classical texts: the Charaka Samhita, Sushruta Samhita and Ashtanga Hridaya — together known as the Brihatrayee (the Great Triad) — and the Sharangdhara Samhita, Bhavaprakasha and Madhava Nidana — known as the Laghutrayee (the Lesser Triad). Over the centuries these works have been translated into many languages, carrying Ayurveda to the world.

The Eight Branches of Ayurveda

Classical Ayurveda is organised into eight branches, together known as Ashtanga Ayurveda.

- Kaya Chikitsa (General Medicine) — Comparable to general internal medicine, this branch treats disorders of the whole body and its systems — respiratory, digestive, nervous and more — including conditions such as asthma, bronchitis, indigestion, fever, haemorrhoids and rheumatic pain.
- Bala Chikitsa / Kaumarabhritya (Paediatrics) — The nourishment, growth and care of children.

- Graha Chikitsa (Psychiatry) — Ayurvedic psychology, addressing psychosomatic and mental conditions through a combination of diet, yoga, meditation and Mantra therapy.
- Shalakya Chikitsa (Ophthalmology & ENT) — Diseases of the eye, ear, nose, throat and head. Acharya Nimi is regarded as the father of Shalakya Tantra.
- Shalya Chikitsa (Surgery) — The management of conditions requiring surgical or para-surgical care and the removal of foreign bodies. Sushruta is revered as the father of surgery.
- Visha Chikitsa / Agada Tantra (Toxicology) — The study of natural and artificial toxins and their antidotes, including the treatment of bites and stings.
- Jara Chikitsa / Rasayana (Geriatrics & Rejuvenation) — The science of rejuvenation, using Rasayana preparations valued for their restorative, anti-ageing and anti-stress properties.
- Vrishya Chikitsa / Vajikarana (Reproductive Health) — The care of male and female reproductive health and vitality.

Diagnosis in Ayurveda 🌿



THE PHYSICIAN'S CONSULTING ROOM

Where modern medicine often addresses symptoms, Ayurveda looks to the equilibrium of the doshas — the body's fundamental energy cycles. Any disease is understood as a manifestation of imbalance among these energies, brought on by internal and external factors.

Ayurveda holds that our physical and mental functioning is governed by three doshas — Vata, Pitta and Kapha — themselves combinations of the five elements: Ether, Air, Fire, Water and Earth. When the doshas are in balance, a person enjoys calm and well-being; when disturbed — by seasonal change, sedentary lifestyle, ageing or hormonal shifts — a range of health issues can follow. In harmony, the doshas support a serene state of the Atma (soul), the Indriyas (senses) and the Manas (mind).

| Dosha, Dhatu & Mala 🌿

“Dosha-Dhatu-Mala Moolam Hi Sareeram” — The body is founded upon the three Doshas, seven Dhatus and three Malas.

Dosha — the energy that regulates our physical and psychological processes. Doshas are present in every living thing, from the simplest cell to the most complex organism; imbalance among them gives rise to ailment and disease.

Dhatu — one of the body’s structural tissues. In balance, the Dhatus support the growth and sustenance of the body.

Mala — one of the body’s waste products. The Malas support the body’s natural elimination, ensuring wastes are continually cleared and kept within healthy limits.

| The Tridosha — Vata, Pitta & Kapha 🌿

The three doshas govern the entire physiology of the body — the way you respond to the world around you.

Vata

Function: governs movement and underlies all bodily and mental processes.

When imbalanced: a raised Vata can show as discolouration of the skin, a weakened abdomen, pain and insomnia; a lowered Vata, as reduced activity and slow reflexes.

Pitta

Function: governs digestion, body temperature, vision, appetite, intellect and the health of the skin.

When imbalanced: a raised Pitta can show as excessive hunger and thirst, a burning sensation and disturbed sleep; a lowered Pitta, as poor digestion, cold extremities and dull skin.

Kapha

Function: governs stability, lubrication and the firmness of the joints.

When imbalanced: a raised Kapha can show as sluggish digestion, heaviness, excess sleep and cough; a lowered Kapha, as giddiness, palpitations, dryness of the skin and looseness of the joints.

| Prakruti — Your Unique Constitution

Prakruti is your individual constitution — the genetic, physical and mental make-up that gives each person their unique character. It is set at conception and shapes not only temperament but also physical nature and susceptibility to particular conditions. Understanding a person's Prakruti is therefore essential to diagnosing and treating illness — someone of predominantly Vata constitution, for example, may be more prone to joint complaints such as arthritis.

Ayurveda groups Prakruti into seven broad types, formed from one or more doshas:

- Vata
- Pitta
- Kapha
- Vata–Pitta
- Pitta–Kapha
- Vata–Kapha
- Tridosha (a balance of all three)

In practice, a single-dosha constitution is rare; most people are a combination of two doshas, known as Dwidoshaja Prakruti.

In brief — the three constitutional types

Vata constitution: typically a lean build, with dry skin and hair, a variable appetite and a tendency to feel the cold; often imaginative and sensitive, with lighter sleep.

Pitta constitution: typically a medium build, with smooth skin, a strong appetite and a sharp, clear memory; intolerant of heat, and often determined and quick-thinking.

Kapha constitution: typically a solid, well-built frame with a tendency to gain weight, oily skin and strong hair; calm, steady and good-natured, with sound, restful sleep.

Treatment in Ayurveda 🌿



CONSULTATION BEFORE TREATMENT

At Kairali, every condition is addressed through one or a combination of three approaches.

Swastha Chikitsa — preventive care for the healthy, designed to strengthen immunity and metabolism through therapy, diet and exercise. It is delivered chiefly through Rasayana (rejuvenation) and Vajikarana therapies.

Shamana Chikitsa — palliative care that calms a condition, typically for milder ailments. It is given through internal medicines such as tablets and kashayams (herbal decoctions), in two stages: Hetu Vipareetam, which addresses the immediate cause, and Vyadhi Vipareetam, a holistic, step-by-step recovery that begins and ends with a complete assessment of the doshas.

Shodhana Chikitsa — a purificatory treatment that addresses both the condition and its underlying imbalance, aiming to restore the balance of the Doshas, Dhatus and Malas. Its principal form is Panchakarma.

Panchakarma — The Five Cleansing Therapies 🌿



BASHPA SWEDANA — HERBAL STEAM BATH

Among the oldest treatments in Ayurveda and described in detail in the Charaka Samhita, Panchakarma is a complete purification of the body using specially prepared herbal oils and medicines. Through five natural cleansing methods that support the body's own elimination, it restores balance among Vata, Pitta and Kapha and renews both body and mind. At Kairali, Panchakarma is always preceded by preparatory therapies and guided throughout by our physicians.

- Vamanam (Therapeutic Emesis) — clears excess Kapha and accumulated mucus; helpful for respiratory congestion and Kapha conditions such as psoriasis.
- Virechanam (Purgation) — gentle, medicated cleansing of the intestines; indicated for Pitta-related conditions.
- Asthapana / Niruham Vasti (Decoction Enema) — a medicated decoction enema for Vata conditions, especially of the colon, and helpful for back pain, sciatica and joint complaints.
- Anuvasana Vasti (Oil Enema) — a medicated oil enema for Vata conditions such as arthritis and neuromuscular complaints, and supportive in constipation.
- Nasyam (Nasal Medication) — medicated oils administered through the nasal passages to clear the channels of the head and neck; indicated for sinusitis, migraine and chronic cold.



PART TWO

Our Ayurvedic Therapies

These therapies are the building blocks of our programmes. Your physician will select and combine those best suited to your constitution and goals. They are grouped here by family to make them easy to explore.

HEALING SECRETS OF "KAIRALI"

Whole-Body Oil & Massage Therapies 🌿



PIZHICHIL — WARM MEDICATED OIL

- Abhyangam — A synchronised full-body massage with warm medicated oils, performed by two therapists on the traditional wooden Droni. Often the first step in any programme, it improves circulation, sleep, vitality and skin health, and helps the body adjust to the seasons.
- Pizhichil — One of Kairali's signature rejuvenating therapies. Warm medicated oil is streamed continuously over the body and gently massaged in — traditionally valued for rheumatic complaints, joint pain and general revitalisation.
- Udwarthanam — An invigorating massage with dry herbal powders that exfoliates and tones the skin, stimulates circulation and supports the reduction of body fat.
- Udgharshanam — Similar to Udwarthanam but using a moist herbal paste; supports the breakdown of cellulite, strengthens the muscles and is helpful for some skin conditions.

Shiro (Head) & Dhara Therapies 🌿



SHIRODHARA

- Sirodhara — A continuous, rhythmic stream of warm medicated oil poured over the forehead while the therapist works the pressure points. Deeply calming — traditionally valued for stress, sleep and mental clarity.
- Takradhara — A Dhara therapy using medicated buttermilk, valued for stress, anxiety, scalp and skin complaints, and restful sleep.
- Dhanyamala Dhara — A warming, full-body stream of fermented herbal liquid, traditionally used for stiffness, aches and heaviness.
- Thalapotichil — A cooling herbal paste applied across the scalp beneath a cloth wrap, traditionally used for sleeplessness, stress, and hair and scalp health.

- Sirovasti — Warm medicated oil retained on the head within a fitted cap for a set time — a classical therapy for the nervous system, traditionally used for migraine, facial complaints and chronic conditions of the head.
- Thalam — A medicated paste held at the crown of the head, traditionally used for sleep, headache and conditions of the head and senses.

Kizhi (Herbal Poultice) Therapies 🌿



PINDA SWEDA — HERBAL BOLUS THERAPY

Kizhi (pronounced 'kee-zhi') are warm herbal poultices applied across the body. Different fillings suit different needs.

- Elakizhi (Patra Pinda Sweda) — Poultices of medicinal leaves warmed in oil; supports circulation and eases stiffness while cleansing and toning the skin.
- Podikizhi — Poultices of herbal powders, valued for muscular spasm and stiffness of the muscles and joints.
- Manjalkizhi — Poultices of turmeric and herbs, traditionally used to ease inflammation and joint discomfort.
- Narangakizhi — Poultices of lemon, herbs and oil, traditionally used for stiffness, frozen shoulder and various aches and pains.
- Muttakizhi — Poultices prepared with egg, traditionally used for muscle weakness and certain neuromuscular complaints.
- Manalkizhi — Warmed poultices of clean sand and rock salt, traditionally used for stiffness, swelling and rheumatic discomfort.
- Kadikizhi — A steamed herbal poultice therapy, traditionally used for stiffness and weight concerns.
- Navarakizhi — Poultices of Navara rice cooked in herbal milk — nourishing to the muscles and skin and prized as a rejuvenating therapy.

Vasti (Localised Oil-Pooling) Therapies 🌿



KATI VASTI — LOWER BACK

In these therapies, warm medicated oil is pooled within a dam of herbal dough over a specific area for a set time, or administered as a medicated enema.

- Kativasti — For the lower back; traditionally used for stiffness, disc complaints and sciatica.
- Greevavasti — For the neck and cervical region; traditionally used for cervical stiffness, spasm and desk-related strain.
- Januvasti — For the knees; traditionally used for osteoarthritis and knee complaints.
- Urovasti — For the chest; traditionally used to support the heart and lungs and ease respiratory discomfort.

- Matravasti — A gentle medicated-oil enema to pacify Vata; suitable across all ages and helpful for back discomfort.
- Kashayavasti — A medicated decoction enema and a core Panchakarma procedure; traditionally used for neuromuscular conditions.

Eye, ENT, Oral & Facial Care 🌿



MUKHA ABHYANGA — FACIAL THERAPY

- Netradhara — A cleansing eye-wash with medicated liquids; soothing for tired, strained eyes.
- Netratharpanam — Medicated ghee pooled around the eyes within a herbal dam — a nourishing therapy traditionally used to strengthen the eyes and support vision.
- Karnapoornam — Warm medicated drops retained in the ear; traditionally used for ear health and related complaints.

- Nasyam — Medicated oils or powders administered through the nasal passages, with massage of the head, neck and shoulders; traditionally used for sinusitis, migraine and chronic cold.
- Dhoompanam — Therapeutic inhalation of medicated smoke — a cleansing step that often concludes Nasyam.
- Kavalagraham & Gandoosham — Therapeutic oil-gargling and oil-holding for oral health; traditionally used to strengthen the teeth and gums and freshen the mouth.
- Mukhalepam — A herbal face pack that cleanses, brightens and rejuvenates the skin.
- Lepam — Medicated herbal packs applied to a specific area to relieve discomfort or restore the skin's glow.



PART THREE

Treatment Programmes at Kairali

Our programmes bring these therapies together into structured, doctor-led plans. Each begins with a physician consultation and includes a personalised diet and daily yoga and meditation. A minimum stay of seven nights is recommended for therapeutic programmes; your plan, therapies and duration may be adjusted on arrival to suit your health.

HEALING SECRETS OF
"KAIRALI"

Find Your Programme



THAKARADHARA

Not sure where to begin? Find your goal below, then turn to the matching section.

IF YOU WANT TO...	PROGRAMME · SECTION
Rejuvenation and detox (or not sure where to start)	Personalized & Customized Healing; Complete Rejuvenation & Detoxification § 1
A classical Panchakarma programme	Ayurvedic Panchakarma Detoxification § 1
Immunity support / executive health check	Immunity Enhancement & Executive Health Assessment § 1

IF YOU WANT TO...	PROGRAMME · SECTION
Support for weight & metabolism	Weight Management & Metabolism § 2
Support for diabetes & blood-sugar balance	Diabetes & Metabolic Balance § 2
Support for digestion & gut health	Digestive Wellness & Gut Health Yoga § 2
Support for heart health / blood pressure	Cardiovascular Health & Blood Pressure § 2
Support for arthritis or joint pain	Joint Rehabilitation & Arthritis § 3
Support for slip disc / sciatica / nerve pain	Spinal Disc & Nerve Restoration § 3
Care for spondylitis / overall spine health	Spine Care & Spondylitis § 3
Support for chronic back pain	Chronic Back Pain Relief § 3
Support for neck / cervical / upper-back pain	Neck & Upper Back Rehabilitation § 3
Support for stress, anxiety or burnout	Comprehensive Stress Relief & Mental Wellness § 4
Support for sleep / insomnia	Sleep Restoration § 4

IF YOU WANT TO...	PROGRAMME · SECTION
Explore support for stroke rehabilitation / neuro conditions	Neurological Wellness; Paralysis Recovery § 5
Support for facial palsy	Facial Paralysis & Nerve Rehabilitation § 5
Care for skin vitality	Skin Vitality Revival § 6
Support for psoriasis / chronic skin conditions	Psoriasis & Chronic Skin § 6
Support for sinusitis or migraine	Sinus & Migraine Relief § 7
Support asthma / bronchitis / breathing	Breath Enhancement & Respiratory Health § 7
Care for tired eyes / vision	Vision Health & Eye Rejuvenation § 7
Support for hormonal balance (women)	Women's Hormonal Balance & Endocrine § 8
Postnatal care after childbirth	Postpartum Rejuvenation § 8
Supportive care during cancer treatment	Supportive Care for Cancer Patients § 9
Support for recovery from addiction or dependence	Addiction Recovery & Behavioral Health § 9
Deepen yoga & meditation practice	Kairali's Yoga & Meditation Package § 10
Learn Ayurveda / train professionally	Ayurveda Training Programs § 11

1 · Detox, Rejuvenation & Preventive Care

The heart of the Ayurvedic experience — cleanse, restore and protect your health.

Kairali's Personalized & Customized Healing Program

Swasthya Anukūla Chikitsa

If you are unsure where to begin, start here: a fully bespoke plan built around your consultation and personal goals.

Complete Rejuvenation & Detoxification Therapy

Shodhanam Karma

Restores and repairs the body's tissues, improves circulation and renews energy and skin — a complete reset.

Ayurvedic Panchakarma Detoxification Therapy

Pañchakarma

The classical five-fold purification for deep cleansing and rebalancing of the doshas.

Preventive Health & Regenerative Ayurvedic Detox Program

Swasthya Rakshana Chikitsa

A gentler, preventive detox to maintain long-term health and vitality.

Immunity Enhancement & Executive Health Assessment Therapy

Ojasvardhana Chikitsa

Strengthens immunity and metabolism alongside a health assessment — ideal for busy professionals.

2 · Weight, Metabolic, Digestive & Heart Health



Lifestyle-focused programmes for weight, metabolism, digestion and cardiovascular wellbeing.

Weight Management & Metabolism Therapy *Sthoulyaghna Chikitsa*

A tailored plan of diet, yoga and therapies to support healthy weight management and metabolism.

Diabetes & Metabolic Balance Therapy *Madhumeha Chikitsa*

Supports healthy blood-sugar balance and metabolic function through Ayurvedic therapy and lifestyle.

Digestive Wellness & Gut Health Yoga Therapy *Agni Dīpanam Yoga Chikitsa*

Restores digestive strength (Agni) and gut health through therapy, diet and yoga.

Cardiovascular Health & Blood Pressure Treatment *Rakta Samadama Chikitsa*

Supports heart health and healthy blood pressure through Ayurvedic therapy and lifestyle guidance.

3 · Joints, Spine & Back Care 🌿



JANU VASTI — KNEE

Targeted relief and rehabilitation for joints, spine and back.

Joint Rehabilitation & Arthritis Treatment

Sandhivātam Chikitsa

For osteoarthritis, rheumatoid arthritis and joint pain; combines herbal oil therapies with internal medicine and guided movement to support mobility.

Spinal Disc & Nerve Restoration Treatment

Snāyu Bala Chikitsa

For disc complaints and nerve compression, such as slip disc and sciatica.

Spine Care & Spondylitis Treatment

Merudaṇḍa Chikitsa

Focused care for spondylitis and related spine conditions.

Chronic Back Pain Relief Treatment

Kaṭi Shūla Chikitsa

A focused programme to relieve long-standing back pain and rebuild strength.

Neck & Upper Back Rehabilitation Treatment

Manyastambha Chikitsa

For cervical spondylosis, neck stiffness and desk-related strain.

4 · Stress, Sleep & Mental Wellness 🌿



SHIRO ABHYANGA — HEAD THERAPY

Restore calm, focus and restful sleep.

Comprehensive Stress Relief & Mental Wellness Program

Manas Shān̥thi Chikitsa

Ayurvedic therapy, yoga, meditation and breathing techniques to ease stress and build resilience you can carry home.

Sleep Restoration Therapy

Nidrā Chikitsa

A dedicated programme to support deep, natural sleep.

Yoga-Based Stress & Energy Reset Program

Prāna Sāmya Yoga Chikitsa

~~A yoga-centred programme to rebalance energy, calm the nervous system,~~

5 · Neurological Care & Paralysis Rehabilitation 🌿

Rehabilitative, supportive care for the nervous system.

Neurological Wellness & Function Therapy *Majjā Poshanam Chikitsa*

Supportive care for neurological and neuromuscular conditions; nourishes the nervous system (majja dhatu).

Paralysis Recovery & Rehabilitation Therapy *Pakshāghāta Chikitsa*

A structured rehabilitation programme to support recovery and mobility.

Facial Paralysis & Nerve Rehabilitation Therapy *Ardita Chikitsa*

Focused care for facial palsy and related nerve conditions.

6 · Skin Health 🌿



UDWARTHANAM — HERBAL POWDER THERAPY

For healthy, radiant skin — from everyday vitality to chronic concerns.

Ayurveda Skin Vitality Revival Treatment *Tvachā Navīkarana Chikitsa*
Rejuvenates and brightens the skin and supports a natural glow.

Psoriasis & Chronic Skin Treatment *Kushṭham Shamana Chikitsa*
Dedicated, longer-term care for psoriasis and other chronic skin conditions.

7 · Respiratory, Sinus & Eye Care 🌿



NASYAM — NASAL THERAPY

Relief for the head, breath and senses.

Sinus & Migraine Relief Treatment *Nasyam Chikitsa*
Combines Nasyam and related therapies for sinusitis and migraine, from mild to chronic cases.

Breath Enhancement & Respiratory Health Therapy *Shwasa Roga Chikitsa*
Supportive care for asthma, bronchitis and overall respiratory wellbeing.

Vision Health & Eye Rejuvenation Therapy

Netram Chikitsa

Soothes tired eyes and supports eye health with Netradhara, Netratharpanam and related therapies.

8 · Women's Health 🌿



THALAPOTHICHIL — HERBAL HEAD PACK

Care designed around women's wellbeing.

Women's Hormonal Balance & Endocrine Therapy

Strī Swāस्थ्यam Rakshana

Supports hormonal and endocrine balance through Ayurvedic therapy, diet and lifestyle.

Postpartum Rejuvenation Therapy

Sutikā Paricharya

Restorative care after childbirth to tone and strengthen the body, with guided diet and regimen.

9 · Specialised & Supportive Care

Specialised, structured care for complex and sensitive conditions.

Addiction Recovery & Behavioral Health Therapy

Madātyaya Chikitsa

A structured, medically supervised programme combining detoxification, yoga, counselling and lifestyle guidance to support recovery from dependence.

Supportive Care Therapy for Cancer Patients

Karkaroga Sahāyam Chikitsa

Gentle Ayurvedic supportive care intended to help with comfort, strength and quality of life. It is complementary care: it is not a cure for cancer and does not replace oncology treatment, and it is designed to work alongside the care of your treating oncology team.

10 · Yoga & Meditation Programs

Yoga- and meditation-centred programmes that can be paired with therapies or taken on their own. Group yoga each morning and guided meditation each evening accompany every treatment programme; weekly Ayurveda and yoga workshops and Ayurvedic cooking classes are open to all patients.

Kairali's Yoga & Meditation Package

Dhyāna-Yoga Shibiram

A curated immersion in yoga, pranayama and meditation — private sunrise yoga and private guided mindfulness, with one Ayurvedic therapy each day, in a medically supervised setting.

See also, within the treatment sections: Digestive Wellness & Gut Health Yoga Therapy (Section 2) and the Yoga-Based Stress & Energy Reset Program (Section 4).

11 · Ayurveda Training Programs

Education-oriented programmes for aspiring learners and wellness professionals, with course certificates issued by the Kairali Institute of Panchakarma Therapies. Classes run Monday to Friday.

One Day Ayurveda Program

Ayurveda Bodha

An introductory workshop with core theory, video demonstration and a 45-minute Abhyangam — ideal for beginners seeking Ayurveda awareness.

Three-Day Ayurveda Program

Ayurveda Sadhana

An immersive short programme with daily theory, guided self-practice and one premium therapy per day — for personal rejuvenation and deeper understanding.

One Week Ayurveda Program

Praveena

A professional skills course introducing five core therapies — designed for practising therapists, wellness practitioners and serious learners.

Advanced Ayurveda Training Program Level I

Ayurveda Visheshagya Prathama

Intensive training covering applied anatomy, six therapies and basic consultation skills, for wellness professionals who wish to learn foundational Ayurvedic guidance.

Advanced Ayurveda Lifestyle Consultant Therapist Program Level 2

Ayurveda Paramarshaka Dwitiya

Comprehensive training in Panchakarma principles, herbology, Prakriti analysis and lifestyle management, leading to a course certificate issued by the Kairali Institute of Panchakarma Therapies. The certificate is not a professional licence or a recognised professional qualification outside the institute.

Course details and admissions: www.kairali.guru or info@kairali.com.

All treatments are delivered by Ayurvedic physicians (BAMS, India) and trained therapists, and every programme begins with a physician consultation on arrival, at which your physician confirms the most suitable programme, therapies and duration for your health. As with any treatment, outcomes vary from patient to patient. Download the current rate list — in INR, USD or EURO — at ktahv.com, or ask our reservations team.





The Ayurvedic Healing Village, Palakkad

HEALING SECRETS OF
"KAIRALI"

Set across 65 acres of lush greenery in Palakkad, Kerala, at the foot of the Western Ghats, Kairali — The Ayurvedic Healing Village is the flagship of the Kairali Ayurvedic Group. A NABH-accredited Ayurvedic hospital, it is home to 30 individually designed villas built according to the principles of Vaastu, where classical Ayurveda is practised.

Here, traditional oils and medicines are prepared and administered by skilled physicians and therapists from a family lineage devoted to Ayurveda — to leave you relaxed, revived and rejuvenated.



Classic Villa

Deluxe Villa

Royal Villa

Maharaja Suite

Recognition: TripAdvisor Travellers' Choice Award 2026; National Geographic Traveller (UK) Spa & Wellness Collection 2026; PATWA International Travel Award 2026 (ITB Berlin): Best Retreat Wellness (India); Haute Grandeur Global Excellence Awards 2026: Best Wellness Retreat India and Best Ayurveda Retreat India.

Your Days at Kairali 🌿



GREEVA PICHU — NECK

Beyond your therapies, complimentary daily experiences help you live Ayurveda. A typical week includes:

DAY	COMPLIMENTARY EXPERIENCE
Monday	Farm visit
Tuesday	Basic principles of Ayurveda, with a doctor
Wednesday	Cooking demonstration, with our chef
Thursday	Lecture on yoga, with a yoga teacher (and herbal-garden visit)
Friday	Daily regimens in Ayurveda, with a doctor

Saturday

Cooking demonstration, with our chef

Sunday

Do's and don'ts of Ayurveda, with a doctor

Guided meditation (17:15–17:45): Mindful Breathing on Monday, Walking Meditation on Wednesday and Om Chanting on Friday. A visit to our manufacturing facility can also be arranged — please ask at Reception.





The Kairali Promise

HEALING SECRETS OF
"KAIRALI"

At Kairali, we believe good health begins when body, mind and spirit are at peace and in harmony. This conviction is the founding principle of every treatment offered at the Healing Village. Guided by knowledge passed down through generations of our Ayurvedic family, and by oils and formulations refined over years of practice, we look beyond the immediate symptom, with therapies that aim to rejuvenate and detoxify the body and address imbalance at its source.

For us, wellness is more than physical health — it is reflected in your emotions and in your zeal to live life to the fullest.

“Kairali — health through Ayurveda since 1908.”



Our Product World

HEALING SECRETS OF
"KAIRALI"

Beyond the Healing Village, Kairali brings Ayurveda into everyday life.

- Traditional Ayurveda — a traditional system of medicine originating in India.
- Ayurvedic Proprietary Medicines — Kairali's own Ayurvedic formulations.
- Ayurvedic Proprietary Organics — Kairali's range of Ayurvedic formulations.
- Ayurvedic Herbal Infusions — a herbal alternative for healthier living.
- Kair by Kairali — Ayurveda-inspired herbal cosmetics.
- Books — over a century of heritage and tradition, simplified.

Shop online at kairaliproducts.com.



Contacts & Our Network

HEALING SECRETS OF "KAIRALI"

The Healing Village

Kairali — The Ayurvedic Healing Village

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Corporate Office

Kairali Ayurvedic Group

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Our Network

From its first treatment centre, opened in Delhi in 1989, Kairali's own Ayurvedic centres today span five countries, alongside the flagship hospital here in Kerala.

In India: New Delhi (Mehrauli and Siri Fort), Gurgaon, Faridabad, Patna, Guwahati, Raipur and Vadodara.

Internationally: Japan (Yokohama, and Seijyo and Minamiaoyama in Tokyo), Mauritius (Phoenix), the Czech Republic (Prague) and Kuwait.

Find your nearest centre at kairalicenters.com.

The Kairali Group Online

- kairali.com — Group website — our genesis and divisions
- ayurvedichealingvillage.com — The Healing Village — our flagship Ayurvedic hospital
- kairalicenters.com — Ayurvedic day-care centres
- ayurvedafranchise.com — Franchise opportunities worldwide
- kairaliproductions.com — The complete Ayurvedic product range
- kairbykairali.com — Herbal cosmetics
- kairalitea.com — Ayurvedic infusions & teas
- kairaliorganic.com — Ayurvedic formulations
- kairali.guru — Ayurvedic training courses
- whyayurveda.org — The Kairali Ayurveda blog

ayurvedichealingvillage.com

Programmes, physicians and how to reach us.

Healing Secrets of "Kairali" · Edition 2.0 · July 2026

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