

Vedamaayu Ayurveda Hospital - Pandeshwar, Mangalore

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Ayurvedic is India's traditional and natural system of medicine that has been practised for more than 5000 years. Ayurvedic emphasises prevention of diseases, rejuvenation of body, extension of life and treating illness through lifestyle interventions and natural therapies.

VEDAMAAYU is a one of its kind center for holistic health services that rejuvenates the body physically, mentally and spiritually. It is a tribute to natural living and aims to provide guidance regarding food and lifestyle, blending traditional wisdom with modern conveniences, so that healthy people can stay healthy and those with health challenges can improve their health.

At **VEDAMAAYU**, you can savor the best of Panchakarma treatments, a unique treatment protocol employed in curative and preventive aspects of human health developed by the VEDAMAAYU practitioners.

• **VEDAMAAYU** the Ayurveda Multispeciality Hospital, Mangalore in INDIA is successfully treating the patients with various customised treatments with respect to ayurvedic traditions.

Treatments for :

• **Back ache and Spinal cord disorders**

• **Knee Joint pain and Ankle Joint pain**

• **Obesity**

• **Degenerative disorders**

• **Headache, migrane, sinus problems**

• **Psychological disorders**

• **Gyanacological disorders**

• **Diabetes, hypertension**

• **Sleeping disorders**

• **Skin disorders**

• **Old age problems**

PANCHAKARMA

Ayurveda emphasizes preventative and hearing therapies along with various methods of purification. Ayurveda is more than a mere healing system. It is a science and art of appropriate living, which contributes to longevity. It can guide every individual in the prevention of diseases and long-term maintenance of health. To achieve this balanced state of body, mind and consciousness, Ayurveda prescribes the Panchakarma therapy for the cleansing of body toxins.

What is Panchakarma?

Panch in Sanskrit stands for five and Karma are the therapeutic measures. These are undertaken for the purification of the body, and ayurveda considers it necessary before the start of any other therapy.Â The Panchakarma therapy of Ayurveda is comprised of five basic types of advanced treatments for the evacuation of bodily toxins. These practices are extremely helpful in treating chronic diseases as well as for maintaining and improving physical and mental health.

WELLNESS

Wellness, as a luxury pursuit is found obviously in the more affluent societies because it involves managing the body state after the basic need of food, shelter and basic medical care have already been met. Many of the of the practices applied in the pursuit of wellness, in fact, are aimed at controlling the side effects of affluence.Â Wellness generally

used to mean a healthy balance of the mind, body and spirit that results in an overall feeling of well being.Â Hence VEDAMAAYU provides you the process of becoming aware of and making choices towards a more successful existence.

Wellness techniques of Vedam has its own concepts of restoring precious health of an individual and making him fit to be existed, includes on its own the various concepts of healing and relaxation methods for you to be treasured long lasting.

â€¢ Skin nourishment

â€¢ Sensory Bliss

â€¢ Vedam Detox

â€¢ Karkataka Chikista

â€¢ Relaxation Packages

â€¢ Travel stress

â€¢ Vedam fitness

â€¢ Vedam healing

â€¢ Nirvana

â€¢ Health Maintenance

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VISION :

• Prevent illness, heal the sick and thus preserve life •

MISSION :

• To remain committed to provide the society with fitness. •

Ayurvedic treatment & meet the patient requisites with unprecedented efficiency & in short span of time. •