

CITY LI

Kerala ayurveda panchakarma at Dr. Kranthi

ACCORDING to Ayurveda, our natural state is one of health, happiness and an inner sense of well-being. Health is defined as the body being clear of toxins, the mind is at peace, emotions are calm and happy, wastes are efficiently eliminated and organs are functioning normally. In a busy, stressful and toxic world, our physical and mental systems accumulate toxins causing deterioration in bodily functioning. This eventually weakens our systems, which opens the door for chronic, degenerative, and non-specific diseases to

develop. These can evolve into serious specific diseases, ultimately damaging an individual's health and wellness.

Panchakarma can help by reversing these negative effects of daily living. It can restore your natural state of health and wellness by cleansing your body of toxins, bringing balance into your systems and improving bodily function. It can also help you sustain this process by making positive changes in lifestyle.

Speciality treatments for diabetes, hypertension, allergy,

stress management, obesity, hair fall, dandruff, psychological problems, gynaec conditions etc are available here. There are also Rejuvenation, beauty and kerala massage therapies for the healthy persons, to fortify their health. These panchakarma, rejuvenation therapies are planned for the needful after a thorough examination and consultation. Those in need can contact Dr.Kranthi Vardhan, Chief Physician.

The Kerala Ayurvedic Care, Speciality Panchakarma Centre, Basheerbagh, Hyd. Tel: 92461 66636, 55101140.