



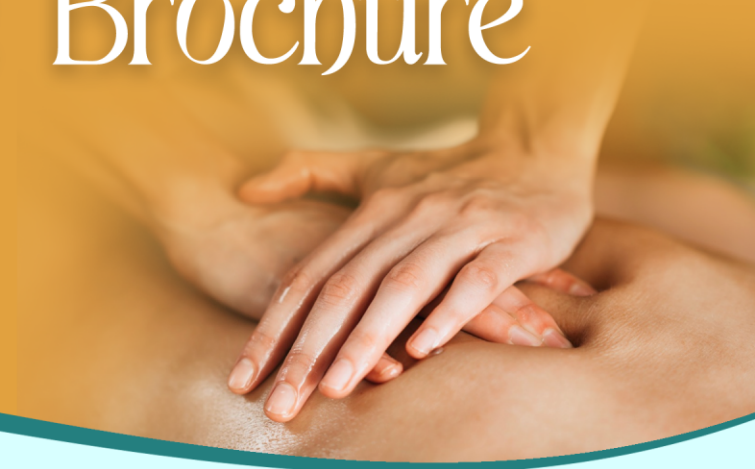
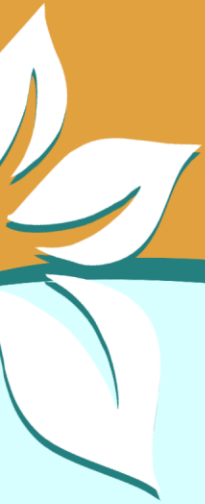
Since 2003
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Ayurveda Hospital

**Panchakarma
Speciality**

The Art of Healing through Ayurveda Concepts

Complete Ayurveda Health Care Brochure



**TIRUPATI
VISAKHAPATNAM**

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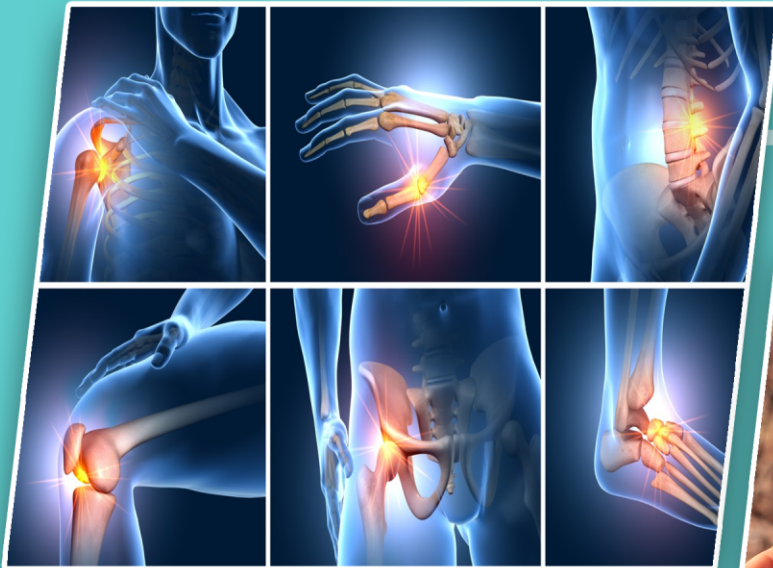
Joint Care

Aim: Reduce the pain, strengthening the Joint muscles, tendons, ligaments and improve the circulation and cartilage and fluids. Subside the disease.

Treatments: Abhynagam, Swedam, Jaanu Vasti, Matra vasti, Yoga vasti, Patra pinda swedam (Elakhizi), Kaya sekam (Phizi chil), Churna Pinda swedam, Dhanyamla dhara, Jaanu dhara, Lepam and Agni karma.

Eligible Patients: Osteoarthritis of Knee joint, Rheumatoid arthritis, Frozen Shoulder, AVN (Avascular necrosis of Hip joint), Ankle joint pain or sprain, Joint swellings, Tendo Calcaneus pain, Tennis elbow, Wrist joint problems, Post fracture care and all Asthi dhatu gata Vyadhis.

Duration: 7days / 14 days / 21 days



For Appointment

Dr. M. Trinadha Rao, M.D (Ayu)

Chief Consultant, Panchakarma Specialist
(Regd. No: 20989)

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Spinal Care

Aim: Reduce the Pain, strengthening the spinal cord muscles, nerves, vertebrae, vertebral discs, avoid the reoccurrence of the problem, Subside the disease.

Treatments: Abhynagam, Swedam, Kati Vasti, Greeva Vasti, Matra vasti, Yoga vasti, Patra pinda swedam (Elakhizi), Kaya sekam (Phizi chil), Churna pinda swedam, Navara khizi, Dhanyamla Dhara, Nasya karma, Sirodhara and Agni Karma

Eligible Patients: Cervical Spondylosis, Lumbar spondylosis, ankylosing spondylitis Disc Diseases, Disc prolapse, L3 – L4, L4 – L5 Disc compression problems, Myelopathy diseases, Canal stenosis, Sciatica and spinal Injuries.

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Neuro Care

Aim: Reduce the pain, strengthening the central and peripheral nervous system, reduce the brain and neuro lesions, improvement of neuro connectivity, release the neuro blocks, Subside the all vata disease and neuro diseases.

Treatments: Abhynagam, Swedam, Vamanam, Virechanam, Nasya karma, Siro Vasti, Sirodhara, Siro Lepam Navara Khizi (Sashtika saali pinda swedam) Matra vasti, Yoga vasti, Kaala vasti, Karma Vasti, Patra pinda swedam (Elakhizi), Kaya sekam (Phizi chil), Dhanyamla dhara and Agni Karma.

Eligible Patients: Peripheral Neuropathy, Diabetic neuropathy, Paralysis, Epilepsy, Alzheimers, Parkinsons, Migraine, Autism, insomnia, Stress, Anxiety, Depression, Schizophrenia, Bipolar disease, Cerebral Palsy, Bells palasy (Facialparalysis), GB syndrome, Phobias, Neuro Injuries.

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Muscle Care

Aim: Reduce the muscular pain, strengthening the muscles, Ligaments and tendons, improve the strength and bulk in emaciated muscles, improves the muscular function and reduce the muscle cramping issues. Reduce the swelling and drain the retain fluids in muscles.

Treatments: Abhynagam, Swedam, Virechanam, Nasya karma, Sirodhara, Navara Khizi (Sashtika saali pinda swedam) Matra vasti, Yoga vasti, Kaala vasti, Karma Vasti, Patra pinda swedam (Elakhizi), Kaya sekam (Phizi chil), Churna pinda swedam, Dhanyamla dhara, Lepam and Agni Karma.

Eligible Patients: Muscular Dystrophy, Muscles atrophy, Poly myositis, Myopathy, Myastheniagravis, Cardiomyopathy, Muscle cancers, Dermatomyositis and all Mamsa gata vyadhis.

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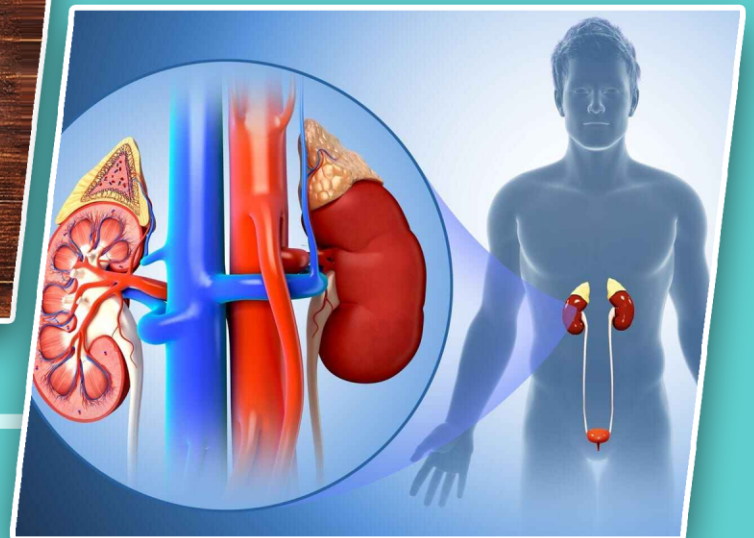
Kidney & Prostate Care

Aim: Improve the Kidney filtration function, Reduce the creatinine levels in blood and reduce the frequency of dialysis process, Proper flush out the waste deposits, subside the any kind of infections and in kidney, Ureters, bladder and urethra. Remove the stones, Improves the prostate function and any subside the hyperplasia of Prostate (BPH).

Treatments: Abhyanagam, Sweda karma, Yoga Vasti, Matra vasti, Navara khizi, Sirodhara, Kaya sekam.

Eligible Patients: Chronic kidney disease, kidney failure, Kidney stones, Serum creatinine problems, Renal Hypertension, Prostate enlargement, Urinary Tract infections, Hydro nephritis, proteinuria, BPH

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Respiratory & Allergy Care

Aim: Remove the excessive mucous from the lungs and tracts, Restore the proper function of the lungs, rejuvenate the lung tissue, Reduce the allergic levels in blood, improves the capacity of lungs.

Treatments: Abhyanagam, Sweda karma, Vamanam, Virechanam, Kashaya Vasti, Patrpinda swedam, Choorna pinda swedam, Dhooma paanam and Nasya Karma

Eligible Patients: Asthma, Allergic Bronchitis, Pneumonia, Respiratory tract infections, Lung fibrosis, Mucous Obstruction, Sinusitis, Chronic pulmonary disease, Cough, Cold, Allergic rhinitis, Severe sneezing and Bronchitis, Lung cancer, Lung TB, and Praana vaha sroto gata Vyadi.

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Cardiac & Vascular Care

Aim: Improve the blood circulation flow, cleansing the blood vessels, Correct the lipids and cholesterol in the blood, Remove the blocks in major blood vessels, Regulates Hypertension, strengthen the Cardiac muscles, avoid the Cardiac arrest or heart stroke.

Treatments: Abhyanagam, Sweda karma, Hridaya Vasti, Matra vasti, Yoga Vasti, Udwartanam, Navara khizi, Sirodhara and Kaya sekam.

Eligible Patients: Coronary Artery Diseases, Atherosclerosis, High Cholesterol problems, Varicose veins, Hypertension, Angina and Circulation problem

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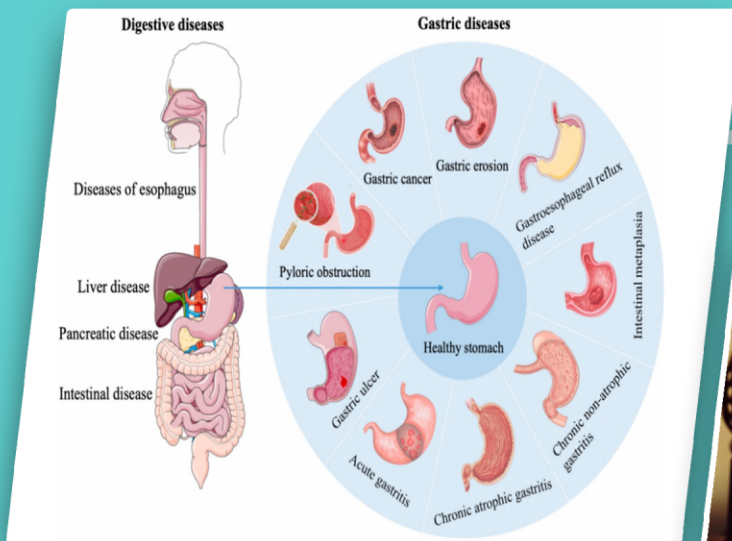
Gastro & Liver Care

Aim: Relieve the burning sensation and reflexes in gastric pipe, Relieves the colic pain, Stimulates the Liver function and Digestion, Corrects the indigestion and restore the proper appetite, relieves the constipation, relieves severe Gas formation and blotting, reduce the burping, Strengthening the stomach and gastric muscles. Stimulates Gastric hormones and enzymes properly. Reduce the more frequency of defecation and reduce intestinal ulceration and bleedings.

Treatments: Abhyanganam, Sweda karma, Vamanam, Virechanam, Piccha vasti, Ksheera vastulu, Yoga vasti, Matra vasti, Sirodhara, Takradhara and Kayasekam.

Eligible Patients: Hepatitis A, B, C, Simple Jaundice, Fatty Liver, Liver and Spleen enlargement, Liver Cancer, GRED, Hyper acidity, Reflexive esophagitis, Mouth ulcers, Abdominal colic, Indigestion, loss of appetite, IBS, Piles, Anal fissure, Duodenal ulcers, Ulcerative colitis, Pancreatitis, Constipation, Diarrhoea, Dysentery, Severe Gas formation, Intestinal lumps or Tumours and Hiatus hernia.

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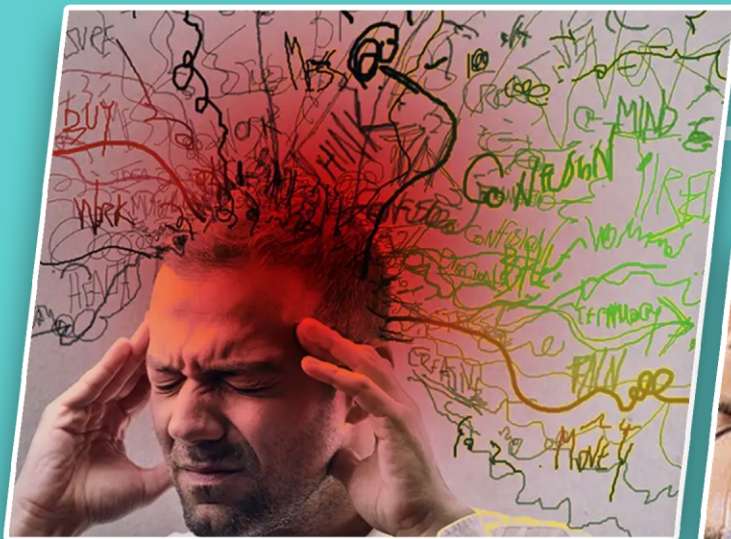
Stress Care

Aim: Relieves the Stress, Improve the brain functioning, get the strength to face pressures, Control the moods, Overcome the mental and physical stress, Restore the proper sleep, to face any challenges, positive mind and reduce the anxiety, depression and irritation.

Treatments: Abhyanagam, Sweda karma, Sirodhara, Siro Vasti, Nasya Karma, Vamanam, Virechanam, Yoga Vasti, Matra vasti, Navara khizi and Kaya sekam.

Eligible Patients: Stress and Depression, Sleep disturbance, IBS, GERD, stress induced cardiac problems, Stress induce mental health issues, stress induced Skin problems, stress induced infertility, Stress induced hormonal issues, Stress induced sexual problems, Stress induced Diabetes and Headaches.

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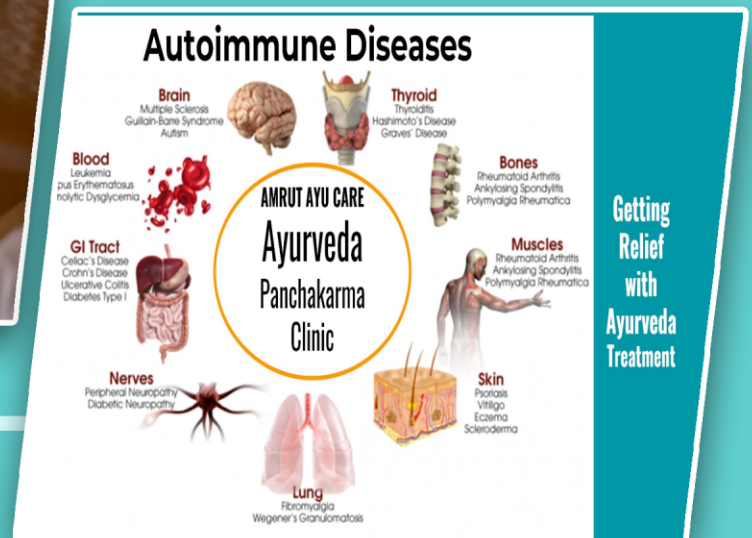
Auto Immune Disease Care

Aim: Improves the Immunity and corrects the immune system, Restore the organs and systems well-functioning, Symptomatic relief, improves the quality of life and life span.

Treatments: Abhyanagam, Sweda karma, Sirodhara, Siro Vasti, Nasya Karma, Vamanam, Virechanam, Yoga Vasti, Matra vasti, Patrapinda swedam, nasya karma, Navara khizi, Dhanyamla dhara, and Kaya sekam.

Eligible Patients: Addison's disease, celiac disease, dermatomyositis, Graves' disease, Hashimoto thyroiditis, inflammatory bowel disease, multiple sclerosis, myasthenia gravis, pernicious anaemia, Rheumatoid arthritis, Sjögren syndrome, systemic lupus erythematosus (lupus), and type 1 diabetes

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Child Care

Aim: Improves the Child Immunity and corrects the immune system, well-functioning of all systems and organs, away from children common problems, improves the child activity and memory, mind stability and decrease the hyperactivity.

Treatments: Abhyanagam, Sweda karma, Sirodhara, Siro Vasti, Nasya Karma, Vamanam, Virechanam, Yoga Vasti, Matra vasti, Patrapinda swedam, nasya karma, Navara khizi, Dhanyamla dhara, and Kaya sekam (according to their age groups- up to 16yrs)

Eligible Patients: All children age groups up to one month to 16 yrs., Cerebral palsy, Autism, Asthma, Tonsillitis, Regular fevers, infections, cold, cough and growth issues.

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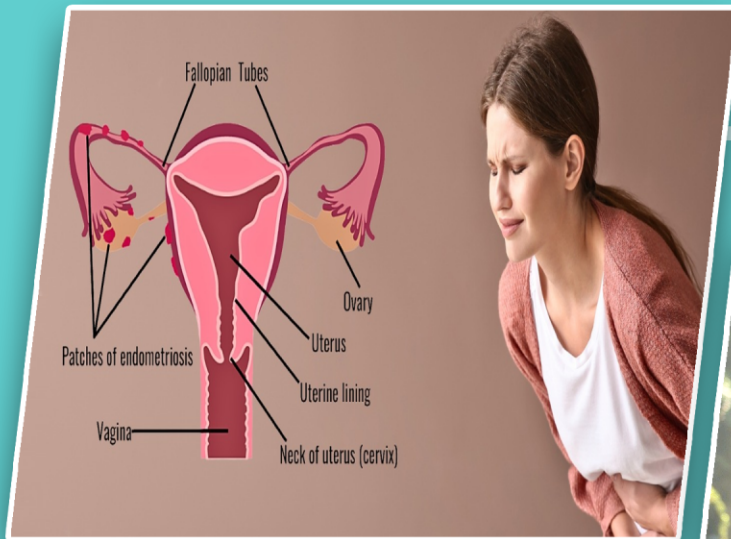
Female Care

Aim: Restore the hormonal imbalance, well function of female organs and systems, maintain the body metabolism, stop the early degeneration of tissue, solve the any fertility problems.

Treatments: Abhyanagam, Sweda karma, Sirodhara, Siro Vasti, Nasya Karma, Vamanam, Virechanam, Uttara Vasti, Pischu, Kshalanam, Yoga Vasti, Matra vasti, Patrapinda swedam, nasya karma, Navara khizi, Dhanyamla dhara, and Kaya sekam.

Eligible Patients: PCOD, Thyroid problems, Menstrual cycle problems, Heavy bleeding, breast cancers, cervical cancers, uterus fibroids and cancers, Obesity, loss of libido, urinary tract infections, infertility, Endometriosis, Menopause syndrome, Excessive Hair on face and body, Genetical syndromes and Osteoarthritis and Osteoporosis.

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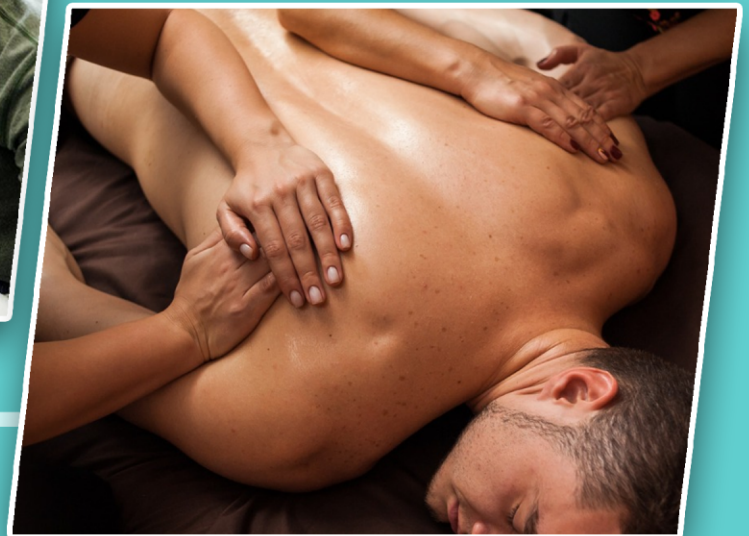
Male Care

Aim: Improves the male hormone system, correct male infertility, stop the early degeneration of age, improves the immunity and reduce the stress.

Treatments: AAbhyanagam, Sweda karma, Sirodhara, Siro Vasti, Nasya Karma, Vamanam, Virechanam, Uttara vasti, Yoga Vasti, Matra vasti, Patrapinda swedam, nasya karma, Navara khizi, Dhanyamla dhara, and Kaya sekam.

Eligible Patients: Male hormone issues, gynecomastia, Prostate cancers, Erectile dysfunction, Premature ejaculation, Male infertility, Azoospermia, Urinary tract infections, sexually transmitted diseases and loss of libido.

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Old age Care

Aim: Improves the strength of neuro, bone and circulation system, improves the functioning of sense organs, improves the mobility, Decrease the Vata in Body, Stop the frequent urination and away from the common old age problems.

Treatments: AAbhyanagam, Sweda karma, Sirodhara, Siro Vasti, Nasya Karma, Vamanam, Virechanam, Yoga Vasti, Matra vasti, Patrapinda swedam, nasya karma, Navara khizi, Dhanyamla dhara, and Kaya sekam.

Eligible Patients: Prostate problems, Alzheimer's, Memory loss, Insomnia (Sleeping issues), Confusion, Parkinson's, Neuropathy, Age Related Arthritis, Age related Brain problems, age related circulation problems and geriatric syndrome.

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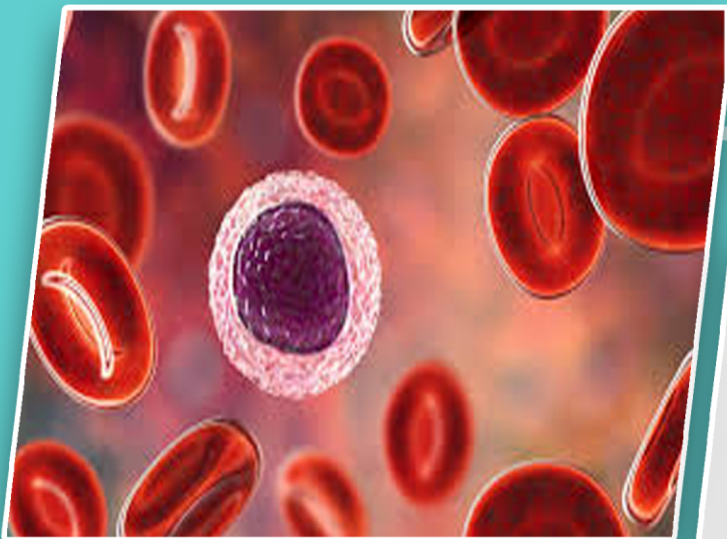
Cancer Care

Aim: Minimise the risk factors, stop the growth and metastasis, preventive care, post-surgical care, avoid the side effects of the chemo and radio therapies, enhance the immunity, increase the life span and treat the symptoms.

Treatments: Snehapana, Abhyanga, Sweda karma, Vamana, Virechanam, Asthapana Vasti, Anuvasana Vasti, Nasya Karma, Matra vasti, Samsrajan Kramam (Diet), Elakhizi, Navara khizi, Sirodhara, Kaya sekam, Dhanyamla Dhara and Siro Vasti.

Eligible Patients: All Cancer Patients, Post-surgical patients, Under Chemo and radio therapy Patients, All healthy individuals for preventive aspect.

Duration: 14 days / 21 days



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Obesity Care

Aim: Reduce weight, Well function of organs and systems, skin toning, More healthiness.

Treatments: Abhaynagm, Swedam, Virechanam, Udwratanam, Navarakhizi, Lekhana Vasti(Enema).

Eligible Patients: Obesity patients, Over weight Patients, Child Obesity, Obesity due to Hormones issues or life style issues, Lipid profile diseases and All Medho dhatu gata rogas

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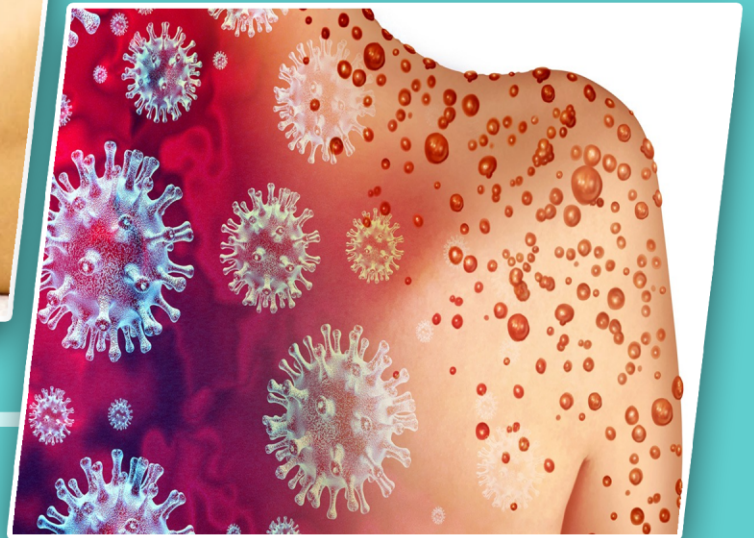
Skin Care

Aim: Reduce the skin inflammation, infections, itching, allergic reactions , healing the wounds and cuts. Reduce the rashes, redness, bumps, dryness, skin peeling, ulcers, sores, over pigmentation, any colour disorders and Rasa Dhatu , rakta dhatu gata vyadhis.

Treatments: Abhyangam, swedam, Vamanam, Virechanam, Rakta mokshanam, Sira vyadhanam, Takra dhara, Taila dhara, Matra vasti, Yoga Vasti and lepanam.

Eligible Patients: Psoriasis, Dermatitis, Eczema, Over pigmentation, Leuco derma or vitiligo, Acne, Dry skin, melisma face, Alopecia, Urticaria, skin allergies and all Twak gata vyadhi.

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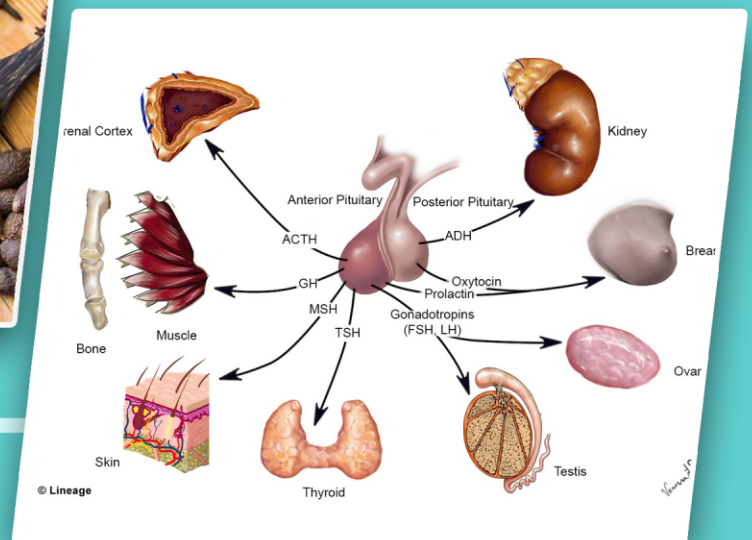
Hormones Care

Aim: Balance the hormones and stimulates the organs to produce the balanced hormones, avoid the complications of imbalanced hormones.

Treatments: Abhyanagam, Sweda karma, Udwaratnam, Virechanam, Vamanam, Nasya karma, Yoga Vasti, Matra Vasti, Sirodhara, Kayasekam, and Dhanymla Dhara, Agni Karma.

Eligible Patients: Thyroid problems, PCOD, Diabetes Mellitus, Liver Hormones and enzymes problems, Renal Hormones, Female Hormone (Oestrogen, Progesterone, Prolactin) issues, Male hormone (Testosterone) issues, Dopamine issues, Obesity patients.

Duration: 7days / 14 days / 21 days



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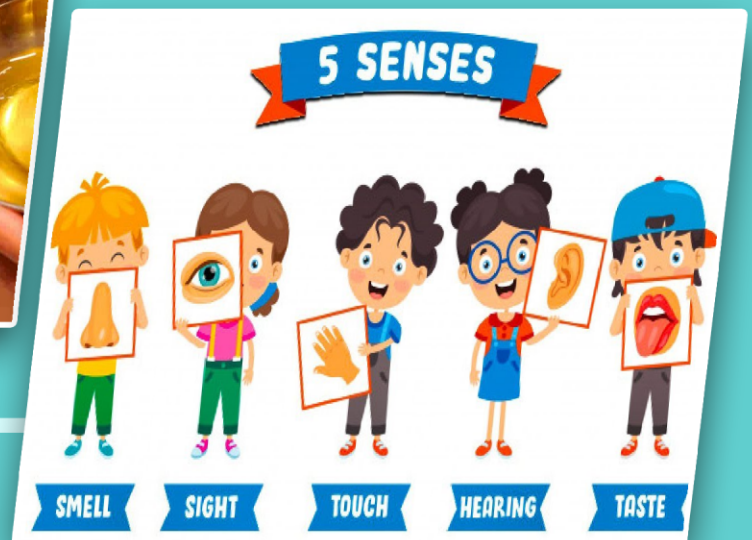
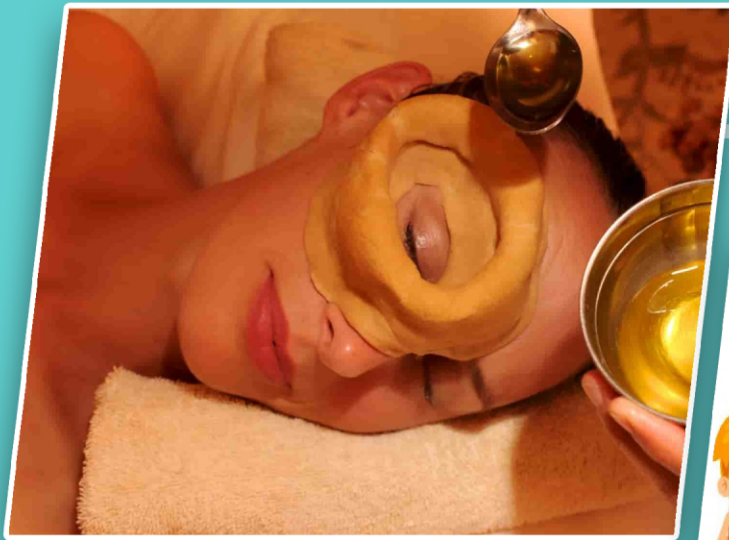
Sense Organs Care

Aim: Restore of any disability or inefficiency of sense organs (Eye, Ear, Nose, Tongue and Skin), reduce the dryness, improve the quality of sense organs to perfect functioning, smoothening the sense organs and Rejuvenate the sense organs.

Treatments: Abhyhanagam, Sweda karma, Akshi Trapanam, Anjanam, Achotanam, Karnapoornam, Nasy karma, Kabalam, Gandoosham, Udwaratnam, Lepamam, Shiro Abhangam, Mukha abhyangam, Sirodhara and Dhooma paanam.

Eligible Patients: Dry eyes, Dry Nose, Tinnitus, Dry Skin, Anosmia (No smelling), Diabetic Retinopathy, Tasteless tongue, Dry and coated tongue, Excessive sweating, skin sensitivity diseases.

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Infertility Care

Aim: Regulate the Male and female hormone system and improve the female egg cell and male sperm cell to get fertilization.

Treatments: Abhyyanagam, Sweda karma, Uttara Vasti, Yoni Pichu, Yoni prakshalana.

Eligible Patients: Male infertility and Female infertility

Duration: 7days- immediately after the Menstrual cycle for females and any time for Males.



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Sexual Debility Care

Aim: Improves the erection of male organ and stop the premature ejaculation. Improves the male or female Libido.

Treatments: Abhyanagam, Sweda karma, Uttara Vasti, Kati Abhaynaga, Matra vasti, Navara khizi, Sirodhara and Kaya sekam.

Eligible Patients: Erectile Dysfunction, Premature ejaculation, loss of libido of male or female.

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Beauty Care

Aim: Improves the Skin glow, facial glow, corrects skin pigmentation problems, improves skin moisture and subside the dry skin, Improves the skin texture, reduce the skin wrinkles, delay the skin degeneration and stop ageing process. Good hair density on scalp, stop the hair fall and grey hair. Improves the bright looking and features and maintain the body shape.

Treatments: Abhyanagam, Sweda karma, Udwartanam, Navara Khizi, Navara facials, Ayurvea facials, Natural body scrubs, Matra vasti, Nasyakarma, Tala podichil and Hair packs

Eligible Patients: Over pigmentation on face, Melisma, Tan problems, wrinkled skin, overweight, Alopecia, pimples, dry skin problems, hair loss, grey hair, Dark circles, Excess oil on face and body, Rough texture, Dull face, low weight personalities, Dark patches on fore head and body.

Duration: 7days / 14 days / 21 days



For Appointment

Dr. M. Trinadha Rao, M.D (Ayu)

Chief Consultant, Panchakarma Specialist
(Regd. No: 20989)

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TIRUPATI

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VIZAG

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Swarna bindu praasana for Child immunity

Aim: Improves the child immunity and memory power and reduce the hyperactivity

Treatments: Swarnabindu Prashana involves the administration of small quantities of gold ash mixed with honey or ghee (clarified butter) to children orally. It's a unique method of immunization which helps the children to boost up Immunity system and the usage of brain capacity.

Eligible Patients: One-month baby to 12 yrs. Children

Duration: On Pusyhami Nakshtra day of every month



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Total Panchakarma

(Detoxification with Rejuvenation)

Aim: Eliminates the accumulated toxins (Doshas) from organs, tissues and body, Regeneration of the new cells and stop degeneration of cells, Prevent the diseases, strengthening all systems and organs, Improves the immunity, balance the body and mind.

Treatments: Snehapaanm, Abhyanagam, Sweda karma, Vamanam, Virechanam, Asthapana Vasti, Anuvasana Vasti, Nasya Karma, Matra vasti, Samsrajan Kramam (Diet), Elakhizi, Navara khizi, Sirodhara, Kaya sekam, Dhanyamla Dhara and Siro Vasti.

Eligible Patients: : All Patients, All healthy individuals for preventive aspect,

Duration: 28 days



For Appointment

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About Ayurqr Ayurveda Specialty Hospital

Since 2003

Praana
ayurqr
Ayurveda Hospital



Ayurqr Ayurveda Specialty hospital with over 20yrs experience in the Ayurveda health care services in Tirupati and Viskhapatnam. We specialize in providing our patients with pure Ayurveda health services like consultations, Panchakarma, Kerala therapies, Ayurveda medicines, Natural beauty treatments, Proper diet advice and counseling for all ailments. Our staffs have been well trained in all treatments and procedures.

Dr. M. Trinadha Rao MD (Ayu) is a founder and chief consultant of Ayurqr Ayurveda Hospital. He did the Master degree i.e. MD in Ayurveda from NTR health university in 2003 and also did "Yoga Shiromani" Teacher training course (TTC 2000 batch) at SHIVANANADA INTERNATIONAL YOGA TRAINING CENTER, NEYYARDAM, TRIVENDRUM.

He has been practicing pure Ayurveda Health System for 22yrs and given very satisfactory results in more than 20000 of cases. He worked for Ultimate Ayurveda, Auckland, New Zealand in period of 2007 to 2009. Having very good experience in treating Neuro, Ortho, Spine, Skin, Cardiac, Cancer, Autoimmune diseases, chronic kidney diseases, Liver infections, pneumonia, and allergic problems.



TIRUPATI

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