



WELCOME TO THE NATURAL
WAY OF LIVING WITH

ayurveda



Dr. Abrol Ayurvedic Clinic



ABHYANGAM

AYURVEDIC OIL MASSAGE FOR HEALTH & WELLNESS

Abhyangam is an ancient relaxing massage technique originating in Ayurveda, which utilises warm medicated oil to benefit the mind, body, spirit and the immune system. Abhyangam massage can help your body get rid of all the ama or toxins accumulated from the chaotic lifestyles of the modern world.

In the Ayurvedic Abhyangam massage, an ample amount of warm oil is applied to the entire body combined with massage strokes that follow the direction of the movement of arterial blood. As mentioned by the Brhat Trayi and Laghutrayi Ayurvedic texts, the Abhyangam massage is a part of daily practices that one should follow to maintain well-being and good health.

BENEFITS OF ABHYANGAM

- Improves blood circulation
- Reduces muscle ache and stiffness
- Reduces pain in body
- Promotes lymphatic drainage
- Regulates blood pressure
- Promotes physical strength
- Stress relief
- Increases energy and alertness within the body
- Improves vision



Recommended Sessions : 7 | Time : 60 Mins.



SWEDANAM

HERBAL STEAM BATH

To balance the doshas and ailments of a person, Swedanam or medicated herbal steam bath opens the pores, flushes and cleanses the system through the skin. It is usually very effective when taken after massage.

BENEFITS OF SWEDANAM

- Reduces pain in the body
- Eliminates toxin
- Promotes Lightness
- Beautifies the skin
- Removes Cellulite
- Reduces stiffness



Recommended Sessions : 7 | Time : 15 Mins.



SHIRODHARA

"SHIRO" (HEAD) AND "DHARA" (FLOW)

The infusion of oils or other liquids when poured onto the head and scalp produces a soothing and calming sensation on the muscles of the head, which in turn passes via the superficial peripheral nerves of the forehead to the brain. By soothing the hypothalamus, it regulates the activity of the pituitary gland. The warm herbal oils used for this process causes vasodilatation of all the blood vessels & thus improves the blood circulation in the brain. Shirodhara also reduces the level of stress hormones such as adrenaline & noradrenaline & thus relaxes the mind and thereby helps in relieving stress and tension.

(Shirodhara is one such practice, where the healer helps open one's third eye which leads to the free flow of 'prana' or 'life force'. When the prana drifts through the energy channels, also known as 'srotas', they help remove the blockages in the mind)

BENEFITS OF SHIRODHARA

- Relieves Stress
- Enhances sleep quality
- Diminishes anxiety
- Brings down the elevated serotonin levels
- Pacifies vata doshas
- Treat depression, Epilepsy, Hypertension
- Treats greying of hair and hair loss
- Strengthens sensory organs



Recommended Sessions : 7 | Time : 45 Mins.



NASYAM

SINUS CARE

NASAL DETOXIFICATION

- “Nasa Hi Shiraso Dwaram” Nasya Karma (nasal drug delivery) is a therapeutic procedure where drugs are administered through nose in a specific manner, to cure different urdhvjatrugat vikaras.
- Nose is the gateway to the consciousness and the pathway to our internal recovery. Medications that are administered via the nasal passages (nasya) treats disorders in mind, neck, nose & sinus cavity. Nasya is one of the well known purification treatment in Ayurveda. Nasyam is administered on an empty stomach.
- Nasya treatment begins with massaging the face and pressure points on the head to stimulate sense organs, and to open sinus areas. Followed by a facial steam & administering drops of medicated oil, plant juice or decoction in each nostril.

BENEFITS OF NASYAM

- Head Ache
- Migraine
- Sinusitis
- Allergies
- Nasal Polyp
- Facial Paralysis
- Tinnitus & Loss of Smell & Taste
- Falling of Hair
- Cleanses Central Nervous System & Sense Organs
- Effective For Asthma & Bronchitis
- Premature Greying of Hair

Recommended Sessions : 7 | Time : 30 Mins.



UDVARTANA

WEIGHT LOSS MASSAGE



The word “Udvartan” means rubbing the body by Churna (coarse herbal powders), so it can be understood as powder massage (Medicinal herbal powders). This unique procedure is used for various health issues as well as for slimming & cellulitis.

Rubbing the body with herbal paste (mixture of dry herbal powder and medicated oils or other liquids) is called Utsadan. patient is asked to lie down in supine position (lie on back). Then massage is started from legs, arms, chest, abdomen, back and gluteal region and it is done in upward direction means towards heart direction (against circulation) for certain time as per purpose or disease condition.

Udvartan is done by two hands (One person) or by four hands (two persons) for better results in a synchronized way. Post care tips are advised by Doctor.

BENEFITS OF UDVARTANA

- Toning the skin & muscles after childbirth or weight loss
- Imparts good complexion to the skin
revitalize the sense of touch.
- Removes Kapha toxins from the body
- Removes Cellulite
- Reduces Obesity
- Weight reduction Postpartam

Recommended Sessions : 7 | Time : 60 Mins.





KARNA PURANAM EAR THERAPY

Karna Puranam is the process of healing ear problems with warm herbal oils. Bathing the ears in warm oil is calming and protective to the nervous system. Treatment begins with a vibrant head & neck massage, followed by a gentle massage to the ears.

Then the ears are gently cleaned with cotton buds and few drops of Herbal medicated Ayurvedic oil is poured into ears. Once the cavity of the ear is completely occupied with the oil, the person is requested to rest in the position to allow the oil to get absorbed.

BENEFITS OF KARNA PURANAM

- Dryness
- Excess Earwax
- Earache
- Itching
- Vertigo.
- Impaired Hearing Due To Wax Blockages
- Impurities In The Ear Canal
- Tinnitus (Ringing In The Ears)
- Neck Pain & Jaw Pain
- Frequent Ear Infections

Recommended Sessions : 7 | Time : 20 Mins.



AKSHI TARPAN

NETHRA TARPANAM

(Eye Rejuvenation therapy)

Netra Basti is the traditional Ayurvedic eye treatment that involves bathing the eyes in medicated ghee and this is one of the most nourishing and rejuvenating therapies for the eyes. The ghee is retained within a dam made of dough consisting of chickpea flower (or wheat flower) for approximately 15 minutes on each eye. This is a specialized Ayurvedic treatment for the eyes and nervous system. As the ghee is retained it oozes all around the eyeball, down the eye socket and optic nerve and penetrates deep into the nervous system and brain tissues that lie behind the eyes. Leaving a nourishing and satisfying feeling not only in the eyes, but throughout the whole body.

BENEFITS OF AKSHI TARPAN

- Helps To Eliminate Dryness, Itchiness And Irritation of The Eyes.
- Eases Wrinkles and Dark Circles Around Eyes
- Improves Vision
- Nourishes and Rejuvenates Eyes
- Enhances The Beauty of The Eyes
- Pain and Roughness Around The Eyes.
- Strengthens & Protects Eyes Against The UV Rays
- Cures Eye Disorders
- Heals Poor Vision, Eye Fatigue, Cataract and Glaucoma

Recommended Sessions : 7 | Time : 20 Mins.



NJAVARAKIZHI

NOURISHING POULTICE MASSAGE



It is a rejuvenating and nourishing treatment from Kerala. Njavara (*Oryzasativa*) a highly vitamin enriched rice from Kerala is specially cooked with medicated herbs and milk tied in a small linen bags. Then the body is vigorously massaged after dipping it into medicated warm milk until the warmth induces the skin to sweat.

This procedure is highly rejuvenating and nourishing. Strengthens the body, moisturises skin, improve over all colour & complexion .Improve muscular strength tone and immunity.

Sweating the body by applying poultice made out of special herbs and rice.

BENEFITS OF NJAVARAKIZHI

- Rectifies Peripheral Nervous System
- Promotes Circulation
- Relieves Aches
- Detoxifies Skin

INDICATIONS:

- Body Weakness
- Neurological Disorders
- Arthritis
- Skin Disorders

Recommended Sessions : 7 | Time : 20 Mins.





VASTI

DETOX ENEMA THERAPY

Vasti therapy removes deep seated toxins from colon. It also has cleansing & nourishing benefits and creates a deep physical, mental and emotional transformation.

Recommended for chronic constipation, flatulence, abdominal discomfort, stress, deep seated emotions and vata disorders (Course of treatment recommended for good results)

Actual Process:

Herbal liquids and oils Are administered through anus.

BENEFITS OF VASTI

- Pacify Vata
- Improve Digestion
- Chronic Disorders of Digestive Tract
- Resolve Gastric Problem
- Improves Metabolism
- Colitis

Recommended Sessions : 7 | Time : 30 Mins.





SHITOPCHAR

COOL TREATMENT/FRUIT MASSAGE

This treatment is done in pitt (heat) prakopak patients. As the summer heats up our body begins to suffer, not only from the obvious effects of dehydration but as our stress levels rise along with the temperature. This treatment/ massage done by fruits products.

BENEFITS OF SHITOPCHAR

- Rejuvenates the whole body
- Rebeautifies the skin
- Antiaging
- Helps sleep better
- Promotes vitality
- Reduces Dosha imbalance
- Removes Stress and toxins
- Revitalizes Sapt Dhatu



Recommended Sessions : 3 | Time : 75 Mins.



AYURVEDIC BODY POLISHING & BODY WRAP

- A body polish is popular body treatment that exfoliates & hydrates your skin, leaving it smooth & soft.
- It is done with salt, sugar, coffee ground, ricebran, herbs mixed with medicated oils.
- The exfoliations is usually followed by a shower and an applications of ayurvedic lotions.
- Polishing is done using natural herbs and oils to stimulate the senses.

BENIFITS OF AYURVEDIC BODY POLISHING & BODY WRAP

- This treatment exfoliates the skin
- Smoothing out dry & rough Skin
- Improves circulation



Recommended Sessions : 3 | Time : 90 Mins.



SIROVASTI

Certain lukewarm herbal oil are poured into a cap fitted on the head and held for 30 to 45 minutes per day according to the patient's conditions for period of 7 days.

BENEFITS OF SIROVASTI

- Facial Paralysis
- Dryness in Nostrils
Mouth & Throat
- Severe Headaches
- Relieves Anxiety
- Reduces hair fall



Recommended Sessions : 7 | Time : 45 Mins.



PIZHICHIL

Lukewarm herbal oil are applied all over the body by two trained therapists in a special rhythmic way continuously for about 60-90 minutes. It is extremely soothing & Relaxing.

BENEFITS OF PIZHICHIL

- Paralysis
- Hemiplegia
- Sexual Weakness
- Rheumatic Diseases like Arthritis
- To get rid of the Blockages in channels and nerves.

Recommended Sessions : 14 | Time : 90 Mins.





ELAKIZHI / PUDIKIZHI

PATRA PINDA SWEDA

A highly rejuvenating treatment in which several herbal ingredients which are tied and dipped into warm medicated oil and simultaneously massage by therapists all over the body for 1 hour.

BENEFITS OF ELAKIZHI

- Chronic back pain
- Loss of function of a part or whole limbs
- Joint stiffness and swellings
- Muscular pain
- Antiaging
- Rejuvenating Sciatica
- Spondylosis
- Sprains and cramps.

Recommended Sessions : 7 | Time : 60 Mins.



JANU BASTI

The knee joint is called Janu Sandhi in Sanskrit; hence the name Janu Basti is given to the procedure done on knee joints. In this the knee joint is bathed with warm medicated oil or freshly prepared herbal decoction. Depending on the condition it can be practiced over both the knee joints or on one knee joint. Knee joints are considered as Sandhi Marma in Ayurveda

BENEFITS OF JANU BASTI

- Pacifies aggravated Vata dosha in the knee region
- Restores the lubricating fluid (Grease) in the joint
- Heals knee ligament tears (ACL,MCL,PCL&LCL)
- Removes stiffness and pain in Knee joint
- Protects knee joints from age related changes
- Increases blood circulation; thus strengthens & nourishes the knee joints
- Improves the mobility of the knee joints (knee flexion and knee extension)

Recommended Sessions : 7 | Time : 45 Mins.



KATI BASTI

- Kati Basti is a musculoskeletal treatment for disorders that involve muscle (mamsa), ligaments, bones (ashti), vertebrae and nerves (majja).
- A well made of dough from black lentil flour, is placed over the problem area and filled with medicated oil heated to a specific temperature and held at this temperature for a specific period of time. This helps to soften the rigid, tight and hard tissue which results in easing pain and increasing mobility of the affected area.
- Once the dam is removed a back massage is given followed by a herbal steam treatment to help deepen the overall effect of the treatment.
- Benefits of this treatment are many, the use of heat, the oil and the specific technique used result in a profound Healing process, as the treatment not only repairs the damaged tissue but also rejuvenates the area.
- The benefits of the warm medicated oil work to soften and loosen dry and tight muscles decrease stiffness, create elasticity in the muscle & surrounding tissue, ease muscle spasm and increase range of motion

BENEFITS OF KATI BASTI

- Chronic and acute backache
- Sciatica
- Osteoporosis
- Dilate local blood vessels to increase blood flow
- Increase in blood flow can reduce pain
- Prolapsed disc
- Lumbar spondylosis
- Nerve Compression

Recommended Sessions : 7 | Time : 45 Mins.





GREEVA BASTI

- Greeva Basti is bathing the neck region with medicated oil or freshly prepared herbal decoction.
- The procedure does oleation and sudation around the neck region simultaneously.

BENEFITS OF GREEVA BASTI

- Cervical spondylitis
- Cervical disc lesion
- Vertigo
- Tingling
- Disc Protusion
- Numbness of the hands
- Compression fractures
- Chronic pain in neck region
- Frozen shoulder
- Stiffness in Neck



Recommended Sessions : 7 | Time : 40 Mins.

THALAPOTHICHIL

In South India, thalapothishil is a very popular and widely used treatment. 'Thala' means 'head' and 'pothishil' means 'covering'. In this form of treatment, a medicated paste is applied on the patient's head. This application is unique, prepared specifically to suit the case at hand and can provide significant relief from many physical and psychological diseases

BENEFITS OF THALAPOTHICHIL

- Corrects Imbalance of pitta Dosha.
- Relaxes and calms down the mind
- Soothing effect on the body.
- Stabilizes the nervous system
- Activates the Marma (vital areas) points
- Relieves stress, tension, heaviness of the head
- Improves smoothness and lusture of hair

Recommended Sessions : 7 | Time : 40 Mins.





KAYAKALPAM

AYURVEDIC FACE TREATMENT

It is a special treatment for Blemishes and sun tan. In it face is massaged with special herbal creams and oils and steam with medicated milk is given followed by massage with special rice (In Ayurveda known as Raktha Shali) boluses is given for about 20 minutes. Depending on area of pigmentation, the treatment courses will vary from 3-10 sittings

BENEFITS OF KAYAKALPAM

- Prevents sagging of the skin
- Removes facial toxins & retains overall youth & vitality of the facial tissues
- Improves the eyesight and functioning of the sense organs
- Energizes the nervous system
- Keeps the face clean, healthy and glowing
- Nourishes and improves skin complexion



Recommended Sessions : 7 | Time : 60 Mins.

DETOX WITH AYURVEDA

RESTORE YOUR IMMUNITY IN 10 DAYS

DAYS	TREATMENT
1st	Shiroabhyangam (Hair detox)
2nd	Nasyam (ENT Detox)
3rd	Akshi Tarpan (Eye Detox)
4th	Tarpanam (Deep Tissue Nourishment)
5th	Sapt Dhatu Vardhak (Rejuvenation Massage)
6th	Udvartan(Fat Loss Treatment)
7th	Abhyangam with Swednam(Body Massage With Steam)
8th	Potli Massage (Skin Detox)
9th	Shirodhara (Head Detox)
10th	Kayakalpam (Face Detox)

BENEFITS

- Weight loss
- Toxin removal or detox
- Balancing the PH of the body
- Better digestive health
- Boosting immune function
- Improving mood
- Increasing energy levels
- Improving complexion
- Increase metabolism
- Eliminate toxins from your body n improve health

10 DAYS



OXYGENATION THERAPY

With Hydra Therapy, Complete Skin Rejuvenation

- DULLNESS ON FACE
- ECZEMA
- WRINKLE
- PIGMENTATION
- HIVES
- DOUBLE CHIN
- BLEMISHES
- SUNBURN
- FACE LIFTING
- ACNE
- DERMITITIS
- FACIAL HAIR

Let your skin breath from within
to be purified, refreshed and ready for the world

GET INSTANT RESULTS!

- Delivers an abundance of pure oxygen gas, vitamins & minerals to the skin at cellular level.
- Boosts collagen formation.
- Rebuilds skin from inside out.
- Immediately smoother, hydrated & plump skin.
- Fine lines, wrinkles & expression lines disappear.



SARVANG DHARA

In this warm medicated oil is systematically massaged on all parts of the body as the patient lies on a Droni (Ayurvedic therapy table)

BENEFITS SARVANG DHARA

- Balances the body doshas
- Rejuvenating
- Increases circulation
- Heals body pains this procedure induces a relaxed state of awareness that results in a dynamic psycho-somatic balance.
- Improves circulation to the skin
- Reduces skin inflammation
- Reduces skin dryness
- Reduces fatigue and initiates a soothing effect on our brain cells.
- Provides strength to the tissues, mainly muscle tissue
- Rejuvenates and energizes the body
- Prevents wasting of muscles and degeneration of joints and soft tissues
- Relieves pain, stiffness and swelling associated with arthritis and other painful conditions mentioned above
- Pacifies the morbidity of vata, pitta and rakta in the skin, afflicted joints, muscles & soft tissues

Recommended Sessions : 7 | Time : 60 Mins.





UTTAR BASTI

What is uttar basti? In Uttar Basti sterilized specific medicated oil, ghee or decoction is used to administer into the uterus or urethra of both according to purpose. It takes about 15 – 20 minutes to be done it safely.

The best quality of sperm and ovum can be achieved with Ayurveda and Panchakarma.

Uttarbasti is one such type of therapy being indicated for infertility. It helps in detoxification of reproductive tract like uterus and fallopian tube. Uttarbasti helps in balancing Vata Dosha and thus helps in retaining Garbha.

BENEFITS UTTAR BASTI

- Infertility
- Tube Blockage
- Pcod
- Fibroids
- Endometriosis
- Low Amh
- Low Endometrial Thickness
- Improves Functioning Of Reproductive System
- Insure Or Restore Proper Blood Supply To Uterus to Boost Fertility.
- Nourishes Rejuvenates Uterus Health.
- Cures Recurrent Urinary Tract Infection
- Std
- Cysts

6 days for Consecutive 3 months | Time : 20 Mins



OUR APPROACH TO YOUR PACKAGE

AYURVEDIC DIAGNOSIS

OUR APPROACH TO YOUR PACKAGE

The first step for all of our packages is a holistic assessment across your health by our doctor. She will look at the whole picture of your health and try to achieve a full understanding of you as a person. To do this, they will determine your constitution, appraise the balance of your doshas, the health of your dhatus (tissues), the strength of your agni (digestive fire) as well as your ojas (immunity) and sattva (mental harmony). This will involve asking you questions on topics such as your lifestyle, diet, personal and professional life, as well as your medical history and any current problems. Knowing your level of ojas and state of mind will influence your ability to recover well, while knowing your constitution will provide insight into which of your doshas are most likely to be in excess and which therapies or treatment plan suits you best.

BODY THERAPIES & TREATMENT PLAN

During your Ayurvedic diagnosis, the doctor will recommend a number of treatments that aim to pacify your doshas and strengthen your dhatus (tissues). They require the application of therapeutic substances – such as oils or powders – directly onto the body. The doctor will choose specific herbs and oils that pacify your relevant dosha

AYURVEDIC CUISINE

Nutrition is called “the great medicine” in Ayurveda – a wholesome, well-balanced diet is the foundation of health, strength & happiness for both mind and body. At Dr Abrol panchakarma center we create personalised diet as a part of your package that keep in mind the 8 guiding principles that ensure the food that you eat has the power of healing – ORIGIN (regional foods that are fresh and ripe, rather than imported food), TIMING (the seasons and time of day i.e. rich, nourishing meals during winter, light, cool meals during summer and making lunch your biggest meal), QUALITY (organic, freshly made without any processed foods), COMBINATION (avoiding incompatible foods such as ghee and honey), QUANTITY (not too much, and not too little), PREPARATION (ideally, heated and cooked food which is easiest to absorb), YOUR SURROUNDINGS (eating in a place area meant for meals) and last, but not least, YOU (pace your eating – the healthiest food can become poison if you are in a hurry or stressed)

AYURVEDA & THE MIND

Most importantly our entire aim through each of the ayurveda packages is to ultimately bring peace and balance to your mind. The mind is a subtle energy field and is continuously reacting to the information we receive from our physical senses. The three gunas – Satta, Rajas and Tamas – are the three energies of the mind. We imbibe positive thinking into a part of your healing journey.

AYURVEDIC TREATMENTS

RATE LIST

Sr. No.	TREATMENT	TIME	RATE
1	ABHYANGAM	60 Min.	2499
2	SWEDANAM	15 Min.	500
3	SHIRODHARA	45 Min.	2500
4	NASYAM	30 Min.	750
5	UDVARTAN	60 Min.	2999
6	KARNA PURANAM	20 Min.	550
7	AKSHI TARPAN	20 Min.	1199
8	NJAVARA KIZHI	60 Min.	4999
9	VASTI	30 Min.	1299
10	SHITOPCHAR	75 Min.	3999
11	AYUREDIC BODY POLISHING	90 Min.	7500
12	SIROVASTI	45 Min.	4500
13	PIZHICHIL	90 Min.	5500/-
14	ELAKIZHI / PUDIKIZHI	60 Min.	2999/-
15	JANU BASTI	45 Min.	2100/-
16	KATI BASTI	45 Min.	2100/-
17	GREEVA BASTI	40 Min.	2100/-
18	THALAPOTHICHIL	40 Min.	2100/-
19	KAYAKALPAM	60 Min.	2500/-
20	FULL BODY DETOX	10 DAYS	21000/-
21	SARVANG DHARA	60 Min	11000/-
22	UTTARBASTI	6 Days	7200/-



DR. ABROL AYURVEDIC CLINIC

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