A GLORIOUS TRADITION OF HEALING FOR OVER 80 YEARS

ARYN Aragya Ayurvedic Hospital is a unique Holistic Healthcare Village, offering a Comprehensive and Holistic treatment approach to Healthcare management with an equal emphasis on preventive and curative healthcare by integrating the rich tradition of Ayurveda and Yoga with modern Rehabilitation therapies and other medical sciences to deliver tangible health benefits in a natural and serene atmosphere.
AVN Arogya is a unique blend comprising of a serious multi-specialty Ayurvedic hospital offering effective treatment for a whole range of chronic lifestyle and other diseases in addition to a whole range of preventive healthcare programs and a resort with a natural ambience.

We bring with us over 80 years of experience in treating patients with authentic Ayurveda.

At AVN Arogya, we embrace a holistic approach to healing and have seamlessly integrated Yoga & Meditation, Naturopathy, Acupuncture, Physiotherapy, Fitness, Diet and Counseling with authentic Ayurveda for the wellness programs and also work as a team along with Allopathic consultants in the treatment of chronic diseases.

We use traditional Ayurvedic diagnostic techniques hand-in-hand with modern clinical and imaging modalities for diagnosis and assessments.

All the Ayurvedic medicines required for the treatment are manufactured by us at our GMP certified manufacturing unit. We offer many traditional formulations in convenient tablet form.

None of our products contain Heavy metals.

We have an international standard facility with excellent infrastructure equipped with all the modern amenities required for providing comfortable accommodation, complete relaxation, total rejuvenation and effective treatment.

The hospital also boasts of a well knit Medical and Paramedical team that is trained to offer effective treatment with a high degree of care and compassion.
Preventive Healthcare Programs

AYN - "Vibrant Health" Programs
A whole range of wellness programs have been crafted to perfection by the team at Swarnyaa for your varied needs. You could ideally have a detailed consultation with our physicians who would design tailor-made programs for your special needs.

Punarvasu - The Complete Mind & Body Fitness Program
Perfect health is the harmonious blend of the mind, body & consciousness. It stems from a system that is perfectly balanced internally and is at total peace with the environment. Ayurveda emphasizes that each individual is unique. So, any preventive healthcare program has to be individually designed to be perfectly suitable. At Swarnyaa, in absolute agreement with this concept, has developed an exclusive individualized program for complete mind & body fitness. This program is charted out after a comprehensive profiling of the individual & the risk factors & a program is tailor-made to deliver absolute mind & body fitness in a natural environment perfectly suited to achieve ideal health & longevity.

Visishti - Detoxification Program
Our Visishti programs are specially designed to cleanse each & every cell of the body & regenerate the mind. The 21-day Detoxification program includes Panchakarma – the classical Ayurvedic purification procedures apart from Abhyanga & Swedana procedures to bring about complete Detoxification & Cleansing.

Vishranti - Stress Relief Program
Atth Swasthya is the perfect place for total stress relief, providing the ideal setting for relaxation along with Ayurvedic therapies, Yoga, Meditation, counseling sessions & a wholesome diet. Vishranti, our stress relief program includes special head & body massages along with Kastrike & Sriphoothi - a consistency relaxing experience to soothe the aching muscles & tense nerves and Yoga, Pranayama & meditation to bring serenity to the mind and spirit.

Ojasya - Anti-ageing Program
Atth Swasthya offers Ojasya, the perfect anti-ageing program combining Ayurvedic interventions with appropriate diet, efficient counseling & elimination of toxins to bring about absolute rejuvenation. Ojasya includes the traditional detoxification procedures like Shirodhara & Vasti along with Shirodhara & Hravardhak - specially designed to restore balance and harmony within, to profoundly influence the psyche and completely rejuvenate, decelerate the ageing process & promote longevity.
Bone, Joint & Spine Clinic
One of the most prominent of the departments of the hospital, this department specializes in offering effective treatment for a wide range of bone, joint or spine-related diseases.

Integrative Neurology Clinic
It is a fully integrated facility with a regular weekly Panel Consultation session with a team comprising of a senior Ayurvedic Physician and a Consultant Neurologist and a team of Neuro-rehabilitation therapists comprising of Physiotherapists, Occupational Therapists, Speech Therapists and neurodevelopmental therapists. This department offers effective treatment for a wide range of chronic Neurological diseases.

Centre for Developmental Neurology
Is also an integrated clinic with allopathic and Ayurvedic physicians specializing in treating children with developmental disorders. The set-up is unique in that it provides the whole range of therapeutic interventions required to treat differently-abled children.

Women’s Health & Fertility Clinic
Is a fully integrated facility with daily Consultation services with a senior Ayurvedic Physician. This department offers effective treatment for a wide range of Women’s Health issues like Menstrual disorders, Pre & Post natal care and effective treatment for fertility related problems.

Department of Preventive Medicine
offers preventive and promotive healthcare programs individualized to the needs of each patient. Leveraging the strength of Ayurveda in helping the person retain good health and longevity, the team at the Department of Preventive medicine have crafted a number of preventive healthcare programs, integrating Ayurveda, Yoga, Naturopathy, Diet, Fitness and relaxation.

Department of General Medicine
offers consultation and effective treatment for a wide range of chronic diseases.

Department of Yoga & Naturopathy
is closely integrated with the Ayurveda departments to offer support to all in-patients. The Department focuses on Weight and Fitness management and in the management of associated problems like Diabetes, High Cholesterol, Blood pressure, PCOD, IBS, thyroidism and stress-relief and management programs.
Accommodation facilities

Deluxe Rooms
The elegantly decorated and well-furnished deluxe rooms at Brewerys are the perfect choice for the discerning guest. With attached well laid-out bathrooms, a TV with satellite connection & other amenities, these rooms are a home away from home.

Classic Villas
With all modern amenities and a private attached therapy facility, the Classic Villas provide the right ambience for two persons to completely unwind.

Deluxe Villas
Provided with a spacious living and dining room in addition to the bedroom, the Deluxe Villas offer excellent privacy and comfort. They present a cozy option for a family of up to four. The attached therapy units are also equipped with state-of-the-art steam and shower cabinets.

Executive Rooms
Standard rooms with or without air-conditioners, with a queen bed and a single bed for bystanders. These rooms are ideally suited for patients with severe diseases requiring altered sleeping positions. Rooms offer attached shower and toilet, wardrobe, luggage rack, writing table and television with satellite connections.

The Royal Villa
For those who want nothing but the best, the royal villa offers the ultimate luxury, with a spacious master bedroom and a smaller bedroom room with attached shower room, a built-in exclusive therapy unit & a private jacuzzi, the Royal Villa offers the ideal accommodation for a family of four or for a couple accompanied by a helper.

Economy rooms
Basic rooms offered at subsidised rates.

• In House Laundry • Direct Dial Telephones in all rooms • TV with Satellite Channels
  • Safe Deposit Lockers • Travel Desk & Business Centre
Other Facilities

Saffron - The Pure Veg. Restaurant
Saffron, the multi-cuisine pure vegetarian restaurant offers a wonderful dining experience. The tasty & healthy vegetarian dishes served by the expert chef are sure to tickle the taste buds of the connoisseurs.

Tamarind Tree - The Garden Restaurant
The exclusive garden restaurant offers the ideal setting for a family dine-out or private parties in complete natural ambience.

Hot Pot - The Coffee Shop
A steaming cup of coffee & a crispy munch to go along with it form the ideal way to spend a lazy afternoon. Enjoy these & many more interesting delicacies at hot pot the trendy coffee shop at swasthya.

Kayla - The Health Club & Gym
Kayla, the health club & gym could be your first but sure step towards total physical fitness - a distant dream for most. A personalized fitness regime specially designed by our fitness trainer to complement the therapy sessions is sure to tone up your muscles & help you reclaim your stamina.

Dhyana - The Yoga and Meditation Centre
Regain absolute peace & tranquility along with improved flexibility at Dhyana, the Yoga and Meditation centre where our proficient instructor guides you through the path of Yoga.

The Courtyard - The Open-to-Sky Amphitheater
Talks on Ayurveda, classes on healthy diet and cooking or a variety of cultural programs specially organized for the patrons can be enjoyed at The Courtyard, the open-to-sky amphitheater.

Vilasa - The Indoor Game Zone
Guests can rekindle their sportive spirit with an afternoon of indoor games at Vilasa, our indoor game zone.

Apanika - The Gift & Amenity Shop
Apanika, our conveniently located Gift & Amenity shop helps one to choose that ideal take away in memory of your visit to Swasthya.

Bodhini - The Library & Internet Cafe
Bodhini, our well-stocked library, caters to the diverse interests of our guests. Stay connected using the services of our internet cafe.

Sahba - The Board Room
Indraprastha - The Conference Hall

* Out-door Games  * Trekking  * City Tours  * Out-door Parties
TOUR PACKAGES

LOCAL SIGHTS & SEENING

Meenakshi Temple - Madurai
A visit to Madurai is incomplete without a visit to the famous Meenakshi temple which is just 7 km away from here. The temple complex is a massive structure measuring 254 by 237 metres. The temple is surrounded by 12 towers, the tallest of which, the famous Southern tower, rises to over 80 m (262 ft). All the towers are elaborately sculpted & painted. The exquisite architectural wonders are a treat to the eye.

Thirupparamkunram Murugan Temple
One of the Ashtapadis, the six main abodes of Lord Murugan, the temple at Thirupparamkunram offers a mystic beauty. It is revered in Hinduism and the temple is an important pilgrimage site for Murugan temples in the state. The temple is said to be the birthplace of Lord Murugan and his powers are said to be invoked in this temple.

Thirumala Nakkal Palace
The Thirumala Nakkal Palace was built in 1868 A.D. King Thirumalai Nayak. It is considered as the most splendid secular building in South India. Tradition says that Thirumala Nakkal had the help of Italian Architect in designing this building. The palace is a blend of Tamil, Italian, European and Italian style architecture. The designs and arches signify the Islamic influence, the modern and classic elements of the palace.

Village Tour
A visit to an indigenous doll making area at the nearby Village of Vavathur adds the complete local flavour to the trip to South India.

OTHER TRIPS

Rajabond
The name Rajabond means the ‘gift of the forest’. With its interesting air, breathtaking scenery and scenery that you can hardly find in any other hill station, Rajabond is an idea summer resort for the travel buffs of southern India. It is 232 km – a four hour drive away from Madurai.

Munnar
One of the most popular hill stations in India, Munnar, a quiet and rural resort at an altitude of 1224 meters, lies snuggled in the green and serene Kerala hills. It is famous for its lush green surroundings, lakes, reservoirs, forests and estates. The quaint environs of Munnar attract the travelers to relax in the lap of mountain nature. Situated at a distance of 364 km from Madurai, it is a 6 hour drive by road.

Periyar sanctuary Thekkady
The Periyar Wildlife Sanctuary is a wildlife sanctuary and forest reserve in Kerala; it derives its name from the Periyar River which flows through the sanctuary. The sanctuary is home to a rich diversity of flora and fauna, with several species being found only in this sanctuary. Thekkady is about 167 km from Munnar & a 3 hour drive.

Ramanathapuram
One of the major pilgrimage centers and holy cities of South India, the holy town of Ramanathapuram is known for one of India's largest monoliths and is most visited by Hindu devotees. It is situated about 371 km from Madurai & a drive of about 4 hours.

Kanyakumari
Located at the state of Tamil Nadu, it is the southernmost point of the Indian Peninsula. The embracing natural beauty of this place attracts hordes of tourists from all over the world. The seascape of Kanyakumari is well-known for exquisite sunset and sunrises. The other attractions in Kanyakumari include the Vivekananda memorial, the Thiruvalluvar statues and the Kanyakumari temple. It is about 262 kms, a 4 hours drive from Madurai.

Dry & hot with rains during October - December

Summer Temperature +21° C (min) – 30° C (max)

Dry season from November to February

Monsoon season from June to September

Weather is volatile in the monsoon period of the temple city. It rains about 75 mm away from the Madurai city, every monsoon and about 150 mm from Madurai airport.