



AVN AROGYA HEALTHCARE LTD.

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Nature & Science ...Together in Healing



**AVN Arogya
Ayurvedic Hospital**



A GLORIOUS TRADITION OF HEALING FOR OVER 80 YEARS

AVN Arogya 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.

Special Features of AVN Arogya



- 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 formulae 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.

A man is lying on a massage table, receiving a massage from a therapist. The therapist is wearing a light-colored shirt and dark pants. The room has a white wall with two framed pictures and a decorative border. The lighting is warm and relaxing.

Preventive Healthcare Programs

AVN - " Vibrant Health" Programs

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

Punarbhava - 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 devised to be perfectly suitable. AVN Swasthya, in absolute agreement with this concept, has developed an exclusive individualized program for complete mind & body fitness. This program is charted out after a complete 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.

Visudhi - Detoxification Program

Our Visudhi programs are specially designed to cleanse each & every cell of the body & invigorate 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

AVN Swasthya is the perfect place for total stress relief, providing the idyllic 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 Kayaseka & Sirodhara - a completely 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

AVN 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 Virechanam & Vasti along with Sirodhara & Njavarakizhi - specially designed to restore balance and harmony within, to profoundly influence the psyche and completely rejuvenate, decelerate the ageing process & promote longevity.

Nirmala

Detoxification & Rejuvenation Program

Hrudya

Program for Cardiac Health

Lavanya

Skin & Beauty Care Program

Amala

Women's Health Program

Jeevani

Rejuvenation Program





Speciality Departments

Bone, Joint & Spine Clinic

One of the most prominent of the departments of the hospital, this department specialises in offering effective treatment for a whole range of bone, joint or spine related diseases.

Integrated Neurology Clinic

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 whole range of chronic Neurological diseases.

Centre for Developmental Neurology

is also an integrated clinic with allopathic and Ayurvedic physicians specialising 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 whole 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 individualised to the needs of each patient. Leverging 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 whole 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 menagement of associated problems like Diabetes, High Cholesterol, Blood pressure, PCOD, Hypo thyroidism and stress-relief and management programs.





Accommodation facilities



Deluxe Rooms

The elegantly decorated and well-facilitated deluxe rooms at Swasthya 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 & 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 cabins.

Executive Rooms

Standard rooms with or without air-conditioners, with a patient 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 with attached shower rooms, 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.

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- 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.

Kaya - The Health Club & Gym

Kaya, 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.

Sabha - The Board Room

Indraprastha - The Conference Hall

• Out-door Games • Trekking • City Tours • Out-door Parties



TOUR PACKAGES

LOCAL SIGHT-SEEING

Meenakshi Temple - Madurai

A visit to Madurai is incomplete without a visit to the famous Meenakshi temple which is just 7 kms away from here. The temple complex is a massive structure measuring 254 by 237 meters. The temple is surrounded by 12 towers, the tallest of which, the famous Southern tower, rises to over 170 ft (52 m) high. All the towers are elaborately sculpted & painted. The exquisite architectural wonders are a treat to the eyes.

Thirupparankunram Murugan Temple

One of the Arupadaiveedu, the six main abodes of Lord Muruga, the temple at Tiruparankunram offers a mystic beauty. It is carved in rock and the rock cut portions of this hill temple and the life sized sculptures in the mandapams are reminiscent of the glorious past. Trekking to the top of the rock is an interesting activity. This temple is just a 10 minute drive from here.

Thirumalai Naicker Palace

The Thirumalai Naicker Palace was built in 1636 A.D. By King Thirumalai Naick. It is considered as the most splendid secular building in South India. Tradition says that Thirumalai Naick had the help of Italian Architect in designing this building. The palace is a blend of Italian, Islamic, European and Drav'tdian style of architecture. While the domes and arches signify the Islamic touch, the huge and tall white columns speak for the Italian style. The palace is about 8 kms away.

Village Tour

A visit to an indigenous doll making unit at the nearby village of Vilacheri adds the complete local flavour to the trip to AVN Swasthya.

Weather	Dry & Hot with rains during October - December		
	Summer Temperature : Max: 40.0 Deg. C. Min: 26.3 Deg. C.	Winter Temperature : Max: 29.6 Deg. C. Min: 20.9 Deg. C.	Average Rainfall: 85 cms
Location	Swasthya is located in the outskirts of the temple city of maduria about 7 km away from the Madurai city railway junction and about 16 Km from Madurai airport		

OTHER TRIPS

Kodaikanal

The name Kodaikanal means the "gift of the forest". With its intoxicating air, breathtaking scenery and serenity that you can hardly find in any other hill station, Kodaikanal is an idea; summer resort for the travel buffs of southern India. It is 120km – a four hour drive away from Madurai.

Munnar

One of the most popular hill stations in India, Munnar, a quiet and restful resort at an altitude of 1524 meters, lies snuggled in the green and serene Kannan Devan Hills. It is famous for its lush green surroundings, lakes, reservoirs, forests and tea estates. The quiet environs of Munnar attract the travelers to relax in the lap of Mother Nature. Situated at a distance of 162 kms from Madurai, it is a 5 hour drive by road.

Periyar sanctuary-Thekkady

The pride of Kerala and a testimony to nature's splendour and human innovation the Periyar Wildlife Sanctuary is situated on the banks of the Periyar lake - an artificial lake, at Thekkady. Here the high ranges of the Western Ghats are clothed in dense evergreen, moist deciduous forests and savannah grass lands. In addition to elephant rides, cruises on the lake and treks, this sanctuary offers the unique opportunity to watch and photograph wild elephants at close quarters. Thekkady is about 137 kms from Madurai - a 3 hour drive.

Rameswaram

One of the major pilgrim centers and holy cities of South India. The holy island of Rameswaram is known for one of India's most venerated and most visited Shiva shrines, dedicated to Sri Ramanathaswamy. This temple is also well known for the longest corridor built. It is situated about 173 kms from Madurai & is a drive of about 4 hours.

Kanyakurnari

Located in the state of Tamil Nadu, it is the southern most point of the Indian peninsula. The enchanting natural beauty of this place attracts hordes of tourists from all over the world. The sea shore of Kanyakurnari is well-known for exquisite sunset and sunrise. The other attractions in Kanyakurnari include the Vivekananda Memorial, The Thiruvalluvar statue and the Kanyakurnari Temple. It is about 242 kms, a 5 hours drive from here.

