



KERALA FACT FILE

Location : Southwestern Tip Of India
 Capital : Thiruvananthapuram (Trivandrum)
 Language : Malayalam, English Is Widely Spoken
 Time : GMT+5:30
 Currency : Indian Rupee
 Climate : Tropical
 Average Summer : February - May (24° - 34° Celsius)

Temperature

Summer Temperature : February - May (22° - 33° Celsius)
 Winter : October - January (22° - 34° Celsius)
 Monsoon : June - September (22° - 28° Celsius)

MAIN HUB

Airports
 Cochin international airport - 53 kms away

Railway stations
 Cherthala - 15 km away
 Turavur - 5 km away
 Ernakulam south - 25 km away
 Ernakulam north - 29 km away

Bus Stations Near
 Vyttila Hub - 25 km away
 Fortkochi - 22 km away
 Cherthala - 18 km away
 Eramalloor - 05 km away
 Turavur - 05 km away

Ayurveda Treatment

Matt India Medical Centre

KERALA



Matt India Medical Centre
 Ezhupinna South, Alappuzha, Kerala, India, Pincode: 688537
 Ph: +91 9072344343 +91 9072309043



www.mattindia.com

jothattumkal@gmail.com

AYURVEDA

Ayurveda, the ancient system of medicine originated from the Vedic culture of India about 5000 years ago. The treatment revolves around Doshas and their action in the body, and methods bring them in equilibrium. When it comes to Ayurvedic treatment, Kerala is the ideal place for people across the world because of its holistic approach and still having retained the original and unabridged essence of Ayurveda.

Matt India was founded in 1993 with a mission to promote holistic wellness and keeping intact the authentic therapies of Kerala. At Matt India, we utilize the natural healing methods adopted from the Ayurvedic texts. Each individual is given attention according to his/her Prakriti (nature), based on which the treatment is suggested.

MATT INDIA'S PACKAGE

Our treatments are generally designed for duration of 3 days | 5 days | 7 days | 14 days | 21 days but they can be varied according to the specific requirements of an individual. For a best result you need 14 to 21 days of Panchakarma treatment. Our tariff is Rs. 3600 per day per person.

SPECIAL OFFER

10 % Discount On Tariff From [April - September]

OUR DAILY PACKAGE INCLUDED:



3 Meals



Meditation



Doctor's Consultation



2 Ayurvedic Therapies



Yoga

Your treatment program will be scheduled after consultation with our senior doctor.

Duration of each main therapy will vary from 35 min to 45 min (Depending on the therapy kind, Individual needs or health of patient).

Internal Medicines are of Herbal/Ayurvedic traditional prescriptions, generally of plant origin, non toxic, non alcoholic or dependency forming. Internal medicines, discharge medicines and accommodation will be charged extra.

AYURVEDIC THERAPIES AT MATT INDIA

MAIN THERAPIES (Included In The Package)

Abhyangam (General Body Massage)	Dhanyamladhara
Shirodhara	Pizhichil (oil Bath)
Udvarthanam (Herbal Powder Massage)	Thakradhara
Virechanam (Medicated Purgation Therapy)	
Kizhi (Herbal Pottali Swedanam)	
Muthira Kizhi Ela Kizhi Lemon Kizhi Gothampuzha Kizhi Njavara Kizhi	

SHORT THERAPIES (Optional and Extra Chargeable)

Leach Therapy	Rs. 600	Prachanam (Blood Letting Therapy)	Rs. 600
Nasyam (Nasal Cleansing)	Rs. 500	Tharpanam (Eye Therapy)	Rs. 600
Vasthi	Rs. 500	Karnadhoopanam (Ear Therapy)	Rs. 300
Thalapothichil (Shirolepam)	Rs. 600	Greeva Vasthi	Rs. 500
Marmma Lepam (Pattu)	Rs. 300	Shiro Abhyangam (Head Massage)	Rs. 300
Mukha Lepam	Rs. 300	Vamanam	Rs. 1100
Traditional Herbal Facial	Rs. 300		
Kadi Vasthi	Rs. 600		

OUR SPECIALTIES

Spinal diseases – Pain Neck | Numbed hands | Cervical Spondylitis | Spondylosis | Discal Bulging & Herniations | Lower Back Pain | Lumbar Spondylitis | Sciatica | Scoliosis | Joint Pains | Gout | Rheumatoid Arthritis | Tennis Elbow | Rheumatic Diseases | Hemiplegia | Quadriplegia | Paraplegia | Stress related - Anxiety & Depression | Insomnia | Obesity & Overweight | Thyroid diseases | Skin diseases – Psoriasis | PCOD | Menstrual Irregularities | Digestive Disorders | Hemorrhoids | Infertility | Prasava Raksha (Post Natal Care) | Restless Leg | Migraine or sinusitis | Post Covid19 care | Rejuvenation Therapies | Immunity Boosting Therapies