stimulate your senses,

Relax, revive, rejuvenate the very essence of your being.

Kairali - Our Origins

"Kairali has given the holistic touch of Ayurveda boundless wings".

As the name itself implies the word Kairali is derived from the Malayalam word for Kerala and its choice gave its creators a great sense of pride and belonging, one that truly reflected their roots and homeland.

Founded in 1989, Kairali, using the ancient form of Ayurveda as its only means, established itself as the pioneer in promoting Ayurvedic Treatment Centres, Hospitals and Resorts, both in India and overseas.

Armed with an innate vision, knowledge and the expertise of their forefathers, whose work had started over half a century earlier, those committed to this noble endeavour ensured the spread and popularization of the Ayurvedic way of life and well-being, casting its spell throughout the world.

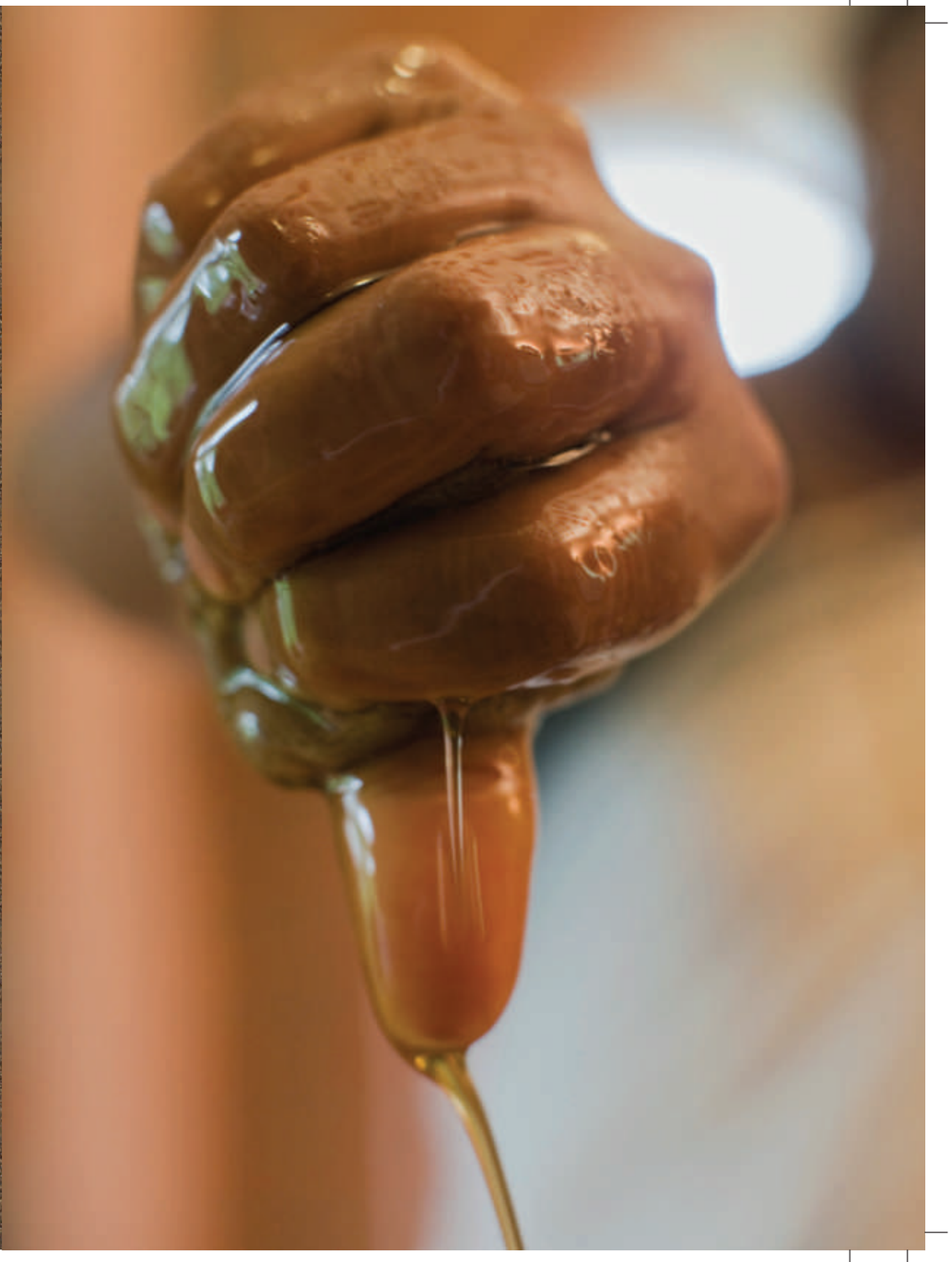
True Ayurveda, in its purest form, percolated down through generations, never for a moment losing its originality, which is often the case, with the passage of time. Kairali gave mortal shape to its own being when it set up its first Ayurvedic centre at New Delhi, in the late eighties, and has never looked back since.

Today, Kairali has established itself in three continents and nine countries and, together with over seven hundred staff, has successfully crossed all hurdles encountered, leaving in their wake the wonderful knowledge of Ayurveda.

Successfully imbibing this ancient practice, to enrich the body, mind and soul, into the everyday lives of people, and, with over eight decades of experience, Kairali has given the holistic touch of Ayurveda boundless wings, earning itself the trust, confidence and loyalty of its clients the world over.







Kairali - Our Narrative

THE KAIRALI GROUP IS HEADED BY MRS. GITA RAMESH, JOINT MANAGING DIRECTOR AND MR. K. V. RAMESH, MANAGING DIRECTOR, BOTH OF WHOM HAIL FROM A FAMILY OF TRADITIONAL AYURVEDA PHYSICIANS.

Blessed with the legacy of knowledge and expertise of such great Ayurvedic Physicians as the Late Dr. Sankunny Vaidiar (grandfather of Mr.K.V.Ramesh) and the Late Dr. K.S. Vasudevan (father of Mr. K.V. Ramesh), who had, over the previous eight decades, devoted themselves entirely to the research and development of an abundance of Ayurvedic marvels including Lipidex for Obesity, Durance for Sexual Disorders, Duravin Forte for Aphrodisiac properties and Spaliv for Liver Disorders, Kairali flourished.

Since its inception, we, at Kairali, have followed the practice and developed the infrastructure to manufacture and make available a diverse range of Ayurvedic medicines. Today our products are in great demand globally.

With Delhi as our base, Kairali has, over the years, conducted a number of workshops in Panchakarma and other Ayurvedic treatments. These workshops attracted the participation of doctors, dieticians and beauticians from all over the world. Inspired by the interest and enthusiasm shown by the delegates, the Ramesh family decided to expand their operations and develop Ayurvedic resorts. Thus was born The Kairali Ayurvedic Health Resort in Palakkad, Kerala, known today as Kairali – The Ayurvedic Healing Village.

The Kairali Ayurvedic Group continues to expand and a number of healing villages, resorts and Ayurvedic centres have been established at various locations, both in India and overseas.

Renowned for our quality and results, we perpetuate our knowledge and expertise through our own trained and qualified staff and GMP certified production centres. These centres are famous for their hygiene and high level of customer satisfaction, based on the results of treatments and services provided.

The Government of Kerala has awarded us with the Green Leaf Certification, the epitome of classification available for Ayurveda Centres. Our Spas, Training Centres, Factories and Resorts have gained not only national but, international recognition. Our Healing Village at Palakkad has been identified as the model for Ayurveda Health Resorts, by the Government.

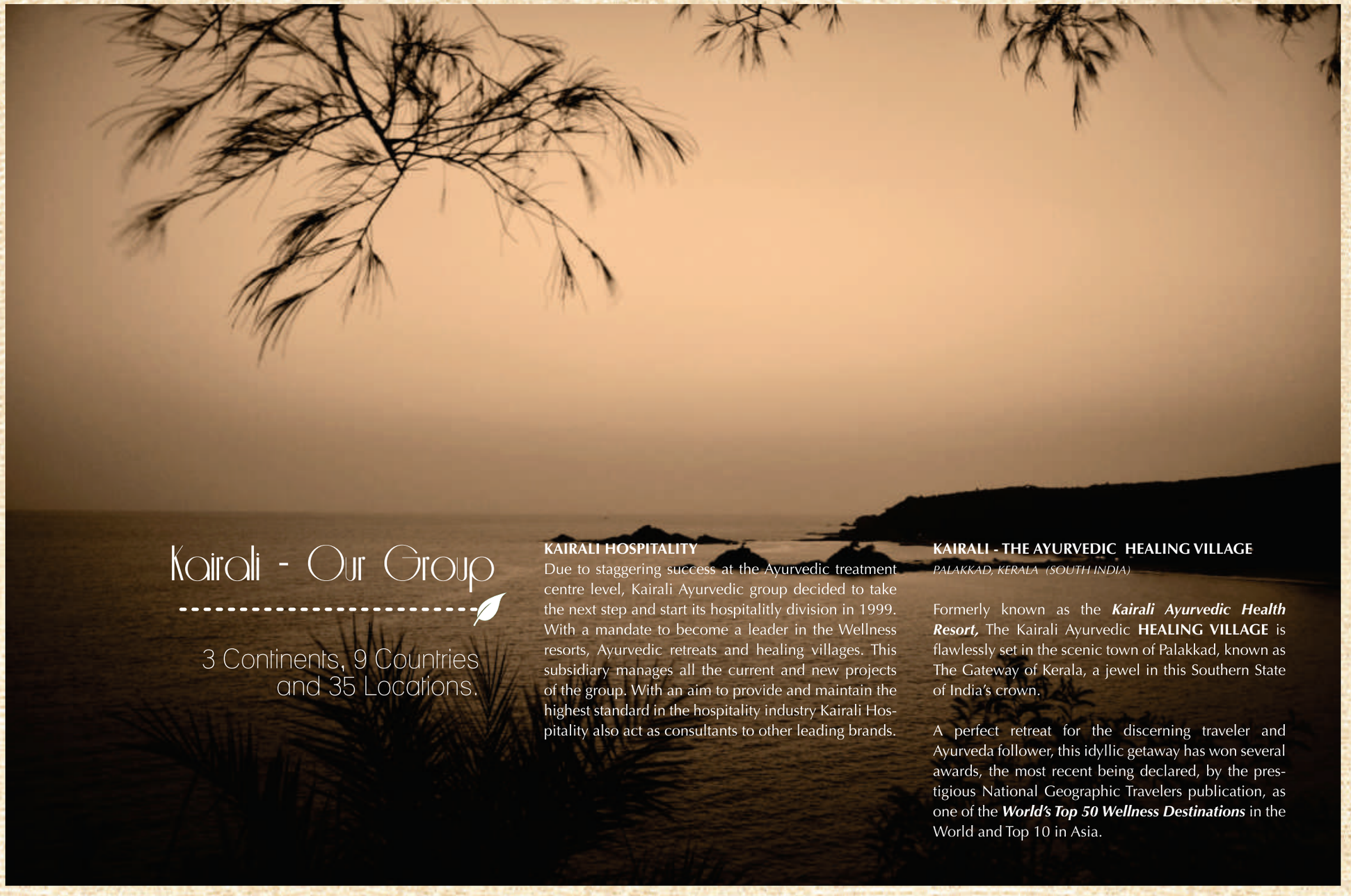
For Kairali the journey towards greater excellence in the service of health and humanity has just begun. Our continued endeavour to spread the great and immortal science of Ayurveda will persist.

Kairali - Our Mission

To treasure and perpetuate Ayurveda and, to propagate its science globally.

Kairali - Our Vision

To be acknowledged as the synonym of true Ayurveda across the globe.



Kairali - Our Group

3 Continents, 9 Countries
and 35 Locations.

KAIRALI HOSPITALITY

Due to staggering success at the Ayurvedic treatment centre level, Kairali Ayurvedic group decided to take the next step and start its hospitalitly division in 1999. With a mandate to become a leader in the Wellness resorts, Ayurvedic retreats and healing villages. This subsidiary manages all the current and new projects of the group. With an aim to provide and maintain the highest standard in the hospitality industry Kairali Hospitality also act as consultants to other leading brands.

KAIRALI - THE AYURVEDIC HEALING VILLAGE

PALAKKAD, KERALA (SOUTH INDIA)

Formerly known as the ***Kairali Ayurvedic Health Resort,*** The Kairali Ayurvedic **HEALING VILLAGE** is flawlessly set in the scenic town of Palakkad, known as The Gateway of Kerala, a jewel in this Southern State of India's crown.

A perfect retreat for the discerning traveler and Ayurveda follower, this idyllic getaway has won several awards, the most recent being declared, by the prestigious National Geographic Travelers publication, as one of the ***World's Top 50 Wellness Destinations*** in the World and Top 10 in Asia.

KAIRALI AYURVEDIC TREATMENT CENTRES AND HEALTH SPAS - EST. 1989 *(WORLDWIDE)*

Kairali Treatment Centres offer a gamut of authentic and traditional wellness treatments and experiences. At these Treatment Centres and Spas guests can enjoy discovering the nuances of natural therapy through the combination of traditional Ayurveda with more recent innovations.

KAIRALI FRANCHISE DIVISION

Having pioneered in setting up Ayurvedic Centres, Resorts and Spas in India as well as internationally, Kairali has further ventured into franchising its brand.

Committed to providing wide-ranging technical assistance and support including designing of spas, supplying equipment, oils, medicines, professionally trained therapists and Ayurvedic doctors to our franchisees, Kairali also imparts training to run the spa successfully and provide marketing support through its vast network.

It is a matter of great pride for Kairali to know that those using its brand name, both domestically and internationally, have been able to achieve their financial goals and, more importantly, earn themselves a strong reputation.

KAIRALI AYURVEDIC PRODUCTS PVT. LTD.
POLLACHI, TAMIL NADU

Committed to an extensive Research & Development *(R&D)* programme, that spans over eighty years, the pharmaceutical division of the Kairali Group strives to further-strengthen the ancient tradition of Ayurveda and its application to modern life styles.

Today, Kairali has diversified into separate units which manufacture an unique array of products for each outlet.

SPALABS PVT. LTD. *PEENYA, BANGALORE*

In the late 60's Dr. K.S. Vasudevan *(father of K.V. Ramesh)* researched and developed various drugs which are still marketed ethically. These drugs are mainly used for ailments such as obesity, weak liver, sexual disorders, mal-nutrition and they have been marketed in various states of India and are being exported to several countries globally.

KAIRALI PHARMACEUTICALS PVT. LTD.
PALAKKAD, KERALA

Concentrating mainly on the manufacture of Ayurvedic oils, the Division devotes its energy on those oils patented by Kairali or, those that strictly follow the classic formulas as recorded in earlier times. These products play a major role in massage treatments as they are formulated as per body constitution, age, nature, symptoms of ailments and prevalent climate condition. The oils prepared are 100% natural and made from herbs, flowers, fruit, the bark of trees, animal products and minerals. It does not contain any chemicals or toxic materials hence there are absolutely no side effects.

Besides oils, this Division also prepares all the herbal oral medicines such as Arishtas, Asvas, Lehyas, Choornams, Pills *(Gulikas)*, Bhasmas and Gritham. These products are over 200 in number and are available at all Kairali franchise locations.

KAIRALI HERBALS AND COSMETIC PRODUCTS
PALAKKAD, KERALA

With the trend of Herbal cosmetics gathering momentum globally, Kairali added this Division to its Pharmaceutical line in the early 90's. Since then Kairali has been seen promoting various Herbal cosmetics such as Shampoo's, Moisturizers, Body Gels, Hair Conditioners and many more throughout their vast network. Kairali is now looking into venturing with this line into a full range of Herbal toiletries, which will be provided to various other hospitality partners other than their own.

KAIRALI AYURVEDIC EQUIPMENTS
PALAKKAD, KERALA

This Division caters to all the internal requirements of the ever expanding Franchise Division and Ayurvedic Treatment Centre subsidiary of the Kairali Ayurvedic Group. Kairali Ayurvedic Equipments manufacture the famed Ayurvedic treatment bed *(Dhroni)*, Dhara stands, steam baths and all the other accessories required to setup an Ayurvedic Centre or Spa.

KAIRALI INSTITUTE FOR TRAINING AND WORKSHOP

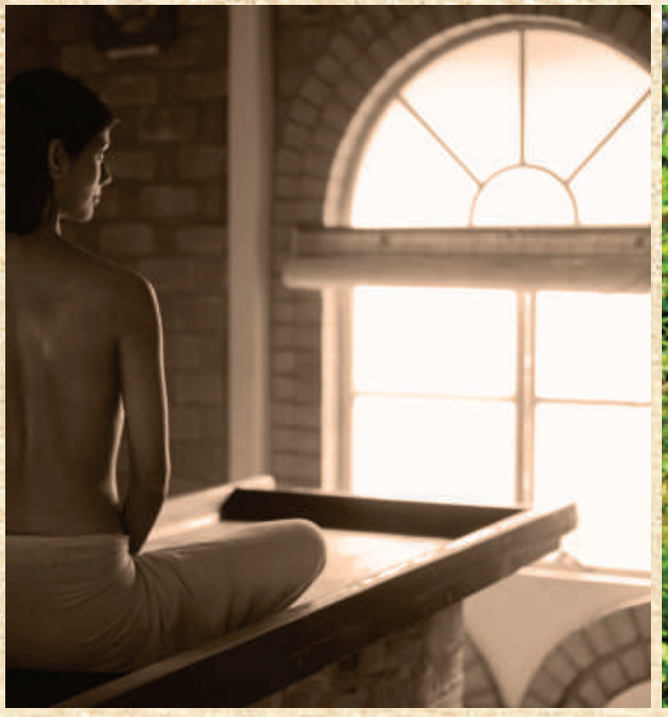
In the year 2009 Kairali embarked on a new venture - providing quality training to Pachakarma Therapists. Since then, Kairali has trained scores of individuals, from different parts of the world, like Germany, Japan, Spain, France and Australia - at The Ayurvedic Healing Village, Palakkad Kerala and at their Ayurveda Centre, in Delhi.

The enormous success of this venture has played a very important role in providing highly-trained individuals to meet the ever increasing demand for quality therapists. not only worldwide but within the organisation too! With Kairali's decision to take things to the next level, by having their very own Training Academy, they have ensured the 'global' requirement for trained individuals is successfully met and, further assured the consumer by providing each therapist with a Diploma.

Previously, Kairali only provided a brief introduction training programme that catered to the individual interested in learning the very basics about Ayurveda.

These courses are still available at
"The Ayurvedic Healing Village".










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Corporate Social Responsibility (CSR)

The group has selected CSR initiatives that go along with the essence of Ayurveda - the intent of helping others and ensuring the spiritual, emotional and physical well-being of all.

Awards and Achievements

- We are proud to announce that our Ayurvedic healing village has been awarded "India's Leading Spa Resort", by **World Travel Awards in 2015**, which has further strengthened Kairali's position as a market leader worldover."

- We are proud to announce that our Ayurvedic Healing Village *(formerly known as Kairali Ayurvedic Health Resort)*, in Palakkad, Kerala *(India)* was selected as one, among the top 10 in Asia, and one among the top 50 in the World, by **National Geographic Traveler** - after investigating hundreads of places to create their list of the best Wellness Mecca's in the world.

- The Government of Kerala, India has awarded Kairali, with the prestigious **Green Leaf Certification** *(The highest level of classification for Ayurveda Centres)*. The Government of Kerala also considers the Ayurvedic Healing Village to be a model for all Ayurveda Health Resorts to follow.

- We are proud to inform you that Kairali has been honoured with the **2005 Spa Asia Crystal Award** for the best Ayurvedic Centre in Palakkad, Kerala.

- More recently, Kairali been awarded the prestigious **PATWA Award** *(Pacific Area Travel Writers Association Award)* for pioneering and promoting Ayurveda at the ITB, 2007 in Berlin, Germany.

- Kairali - The Ayurvedic Healing Village has added one more feather in its cap by receiving **"Best Luxury Destination Spa"** by World Luxury Spa Award 2012.

- Kairali - The Ayurvedic Healing Village has been featured as **"No. 1 Hip Getaway"** in Elle magazine's February 2012 issue

- Kairali – The Ayurvedic Healing Village has been featured in Elle Decoration issue as **"Our Favourites-2011-2012"**

- Kairali - The Ayurvedic Healing Village is among **"Top 5 Health Resorts in India"** by India Today Magazine dated October 1, 2012)

- Kairali - The Ayurvedic Healing Village has been awarded **"Health & Wellness Award 2012"** by FIT Reisen at ITB, Berlin, Germany.





Ancient History

Ayurveda: "The science of Life"

(Ayur means life and Veda means science).

Picture the magnificence of the great Himalayas, timeless in its form, providing inspiration and succor to one of the greatest Indian sages, Sri Maharishi Vyasa. From here, over five thousand years ago, the sacred Vedas were transcribed, one branch of which was Ayurveda – literally translated as ***"the science of life"*** – ***'Ayur'*** = Life and ***'Veda'*** = Science.

Whilst the original findings included in these ancient texts were never altered, they were, over centuries, studied and further expanded and developed by other great sages and their disciples. Translated into the popular vernaculars, Sanskrit, copies were placed in various temples and libraries throughout India.

The Vedic sages took excerpts from the Vedic scriptures and compiled manuscripts dealing only with Ayurveda. One of these books, Charaka Samhita, is the oldest book on medicine in the world!

Timeline



Understanding Ayurveda

Ayurvedic therapies are based on the fundamental principles of nature.

The basic principles of Ayurveda deals with the natural way of living a healthy life. Every human being is a unique combination of the five elements - earth, water, fire, air and space and there are three vital forces of life - they are ***"Vata"*** meaning ether and air, ***"Pita"*** meaning fire and ***"Kapha"*** meaning water & earth. Maintaining a balance of these forces assures one of a prolonged and healthy existence.

The balance of all these forces is said to be the answer to keeping one self fit and healthy!

KAIRALI'S TREATMENTS AND MEDICINES

Ayurvedic treatments are the perfect remedy for modern day maladies, which are mostly lifestyle related.

Ayurveda, in its application, has great relevance today as the change in eating habits and modern life styles have made even the very young prone to ailments like Obesity, Spondylitis, Diabetes, Arthritis, and Premature Ageing, to name a few. *Ayurvedic treatment relaxes, revives and rejuvenates by detoxifying the body.*

Ayurvedic beauty care packages are also by far the best way to acquire a perfect complexion and to enjoy a firm and healthy body. It is not surprising that women are increasingly relying on Ayurveda to maintain and enhance their looks.

Regular treatments have been known to result in both the physiological and psychological well being of the individual. The natural ingredients used in the treatments also multiply the body's immunity by tenfold. Our Ayurvedic therapies are based on the traditional, fundamental principles of nature and the Ayurvedic medicines and oils. All products used for the therapies are 100% natural and are prepared from herbs, flowers, fruits, bark of trees and minerals.

Kairali's Ayurvedic products do not contain chemicals or toxic materials hence they are without any side effects.





Preventive and Curative Aspect

A perfect synergy of these vital forces of life results in the healthy state of the human body which constitutes the mind body and soul.

Ayurveda propagates a two way healing process i.e. preventive and curative.

The preventive aspect of Ayurveda works towards raising the immune system efficiency in the body. Within this vertical ***'panchkarma'*** is the therapy for overall prevention and fitness. It fine-tunes the body and its organs, the mind and its thoughts, the respiratory and nervous systems and purifies the blood. This ultimately results in the human body being free from all possible ailments.

The Curative component of Ayurveda successfully eliminates any ailment. The rejuvenation & detoxification programmes fall into this process. In addition, it also deals with ***'sweda karma'*** which comprises of varied massages with chosen herbal oils, herbal powders and culminates in the medicated steam's cleansing experience.

Almost all known diseases have been successfully treated, especially paralysis, spondylitis, arthritis, rheumatism, bone and joint disorders, slipped discs, nervous disorders and their related problems, diabetes, hypertension, cardiac related disorders, sinusitis, migraine and many more. It also offers a very effective, weight reduction programme that is diet and exercise free.

In most of these cases there is an improvement, of almost 80%, after Kairali's Ayurvedic treatments were administered. If treated in the initial stage, in almost all cases, 100% permanent cure is possible.

Ayurveda's Prakruti

– UNDERSTANDING INDIVIDUALITY

It is common knowledge that no two people are alike, therefore it would be irresponsible to believe that the same problem affecting two individuals can be solved with just one answer!

Ayurveda's primary function is to perceive each individual as unique and delve deep into its library of personalized analysis and careful physical examination, done meticulously by observation, touch and consultation (Darsana, sparsana & prashna) to ascertain one's true nature and presiding imbalances.

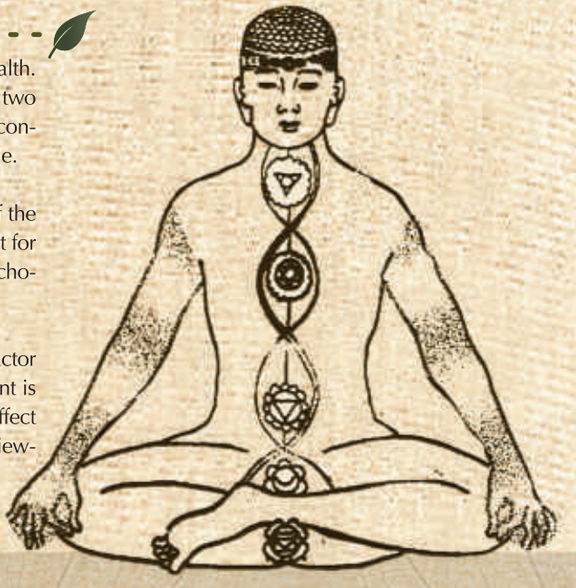
An Ayurvedic prakruti analysis is the first step of a diagnosis and treatment of an individual. It is believed that prakruti of an individual never changes throughout their lives. If it does so it is seen as some mis-fortune that may be faced later in life.

The Five Great Elements

According to Ayurveda, digestion is the foremost component of health. The body thrives when it is nurtured with the correct manna. There are two facets to food and nutrition in Ayurveda. One is the physical food we consume, digest, and absorb. In this, our digestive organs play a major role.

The second is what we take-in through our senses, in the presence of the mind. What we see, hear, taste, smell, feel, and think are all-important for our well-being and overall health. Stress is a major player in the psychological area.

The environment and its impact on our health is another key factor acknowledged in Ayurveda. It believes, everything in our environment is composed of doshas that interact with our own doshas. The ripple effect is Universal. Ayurveda looks at the *'big picture'* and offers a 'holistic viewpoint' to deal with each individuals' needs.



Ayurveda defines a human being as the vessel made up of the five great elements plus the 'Inner Self'.

AYURVEDA & DISCOVERING THE SELF

Ayurveda determines the Self as the inner sanctum of every individual; the core of each one of us, controlling our very being – our thoughts, feelings, actions, character, in the midst of our often tumultuous lives. The all-important ability to look within influences not only our behaviour but augments our relationships allowing us the freedom to indulge with clarity and deviate away from negativity.

To discover the Self one must use only truth and honesty – the rewards are bountiful – a generous supply of peace, happiness, sensibility, maturity and love. The effect on our lives is immeasurable.

Agni: Our Digestive Fire

Agni translates as fire in Sanskrit. Agni is the digestive and metabolic force that stimulates various tissues of the body to produce secretions, metabolic reactions, and other processes needed to release energy and maintain and repair the body. Agni is in perpetual evidence, its function allows us greater immunity, efficient digestive powers and a disease-free existence. Well-balanced Agni is a pre-requisite to form Ojas from the food we consume.

Ojas: The Substance That Maintains Life

Ojas is the outcome of successful bodily processes. It is the cream of all metabolic activity and life force in the body which aids in binding together the body, mind and spirit. The presence of Ojas augurs well for a healthy mind and body. When Agni is unbalanced, Ojas falls short in making. This leads to the creation of harmful Ama.

Ama: Toxins

Ama is resultant of an imbalanced digestive system or body metabolism; harmful particles arrest the proper functioning of not only the physical aspect of the human body but also negatively impacts the all-important flow of life energy. Ama seeks out any weakness in the body causing ill-health and disease. Lethargy is a symptom that indicates of Ama. Ayurveda offers Panchakarma as a method of perfect cleansing of the toxins.

Malas: Bodily Secretions

Malas constitutes the body's waste materials - urine, feces, mucus, and sweat. The systemic elimination of waste is paramount to a person's well-being. Dosha imbalances are known to stifle the flow of the malas, creating a toxic internal environment. This translates into the formation of Ama and thus forming a complete vicious circle. Ayurvedic therapies eliminate these toxins from your body.

Prana: The Life Force

Ayurveda prescribes to the theory that at birth, a cosmic life force enters the body and remains till it leaves the body at the time of death. This life force is called Prana. Prana is the supreme and sublime part of one's existence – it assures us of life. The lung and the large intestine have direct link with energizing the pranic force of the body. Ayurveda recognizes the significance of the large intestine and lungs and accords successful therapies to deal with any malfunctioning of these vital organs of the human body.


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The Ayurvedic Healing Village

Palakkad, Kerala, India

Voted One of the Top 50 Wellness Destinations of the World by
NATIONAL GEOGRAPHIC TRAVELER

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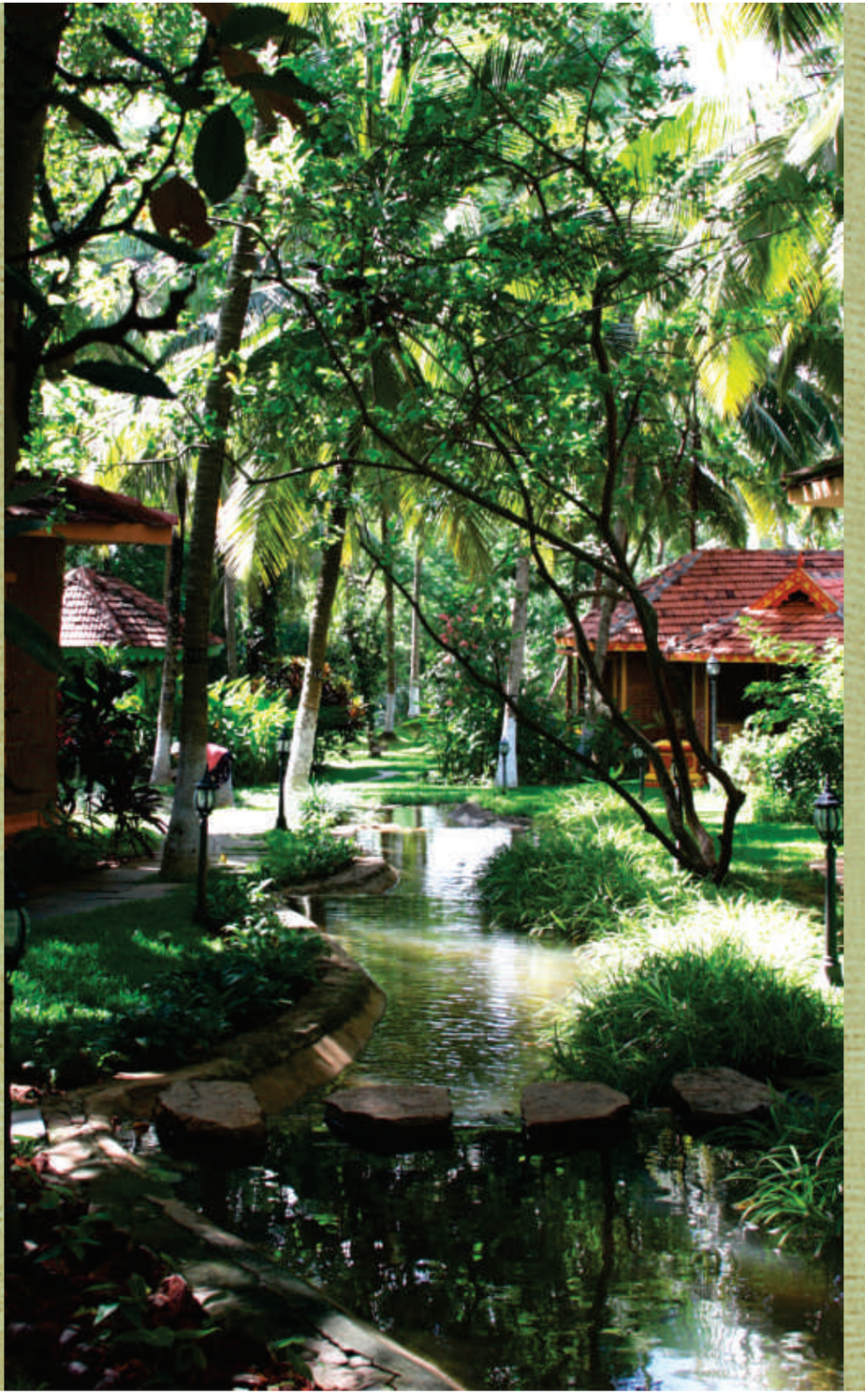
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www.kairali.com

Kairali - The Ayurvedic Healing Village

'The World's First Ayurvedic Health Farm for Perfect Health.'

The overwhelming response to the Kairali Ayurvedic Centre, at Delhi prompted Mr. K. V. Ramesh and Mrs. Gita Ramesh to start one uncompromised Ayurvedic Health Farm in a bigger and more elaborate way, at Palakkad, Kerala, (South India) the nursery of Ayurveda, and take people even closer to nature and natural medicine. The intention was to create a place where one can actually recuperate from stress and strain, undergo treatment for one's ailments, all while being on holiday. It is no wonder then, that it is considered to be the World's first Ayurvedic Health Farm for perfect health!







An Overview

Kairali – The Ayurvedic Healing Village is situated at Palakkad, a land of palm trees and paddy fields. It's known to be rich in flora and fauna. Etymologically Palakkad is derived from the words ***Pala*** and ***Kadu***. ***Pala*** *(Alstonia Scholaris)*, a tree with sweet scented flowers and ***Kadu*** meaning forest. Palakkad has probably the biggest mountain pass in the world *(30-40 kms)* separating the two folds of the Western Ghats on the border of Kerala with Tamil Nadu. It is the chief granary of Kerala, often called the Gateway of Kerala. Palakkad lies at the foot of the gigantic Western Ghats, on the border of Kerala. Palakkad is known for its historical background. This district with its mountains, forests and fertile valleys, rivers and mountain streams is rich in natural vegetation.

The surroundings can best be described as a 'Return To Nature'.



CLIMATE:

Temperature in Summer ranges between *20°C* and *36°C* and during the Winter it ranges between *16°C* to *32°C*. Almost throughout the year one can enjoy visiting Palakkad, Kerala. **The best season is from September to April.** But the most effective season to undergo Ayurvedic treatments is during the monssons from July to September.

HOW TO GET THERE:

By Air: The Nearest Airport is ***Coimbatore, 60 kms away.*** To the south is Cochin Airport, 120 kms away.

By Rail: There are two Railway Stations here. The Main one is the ***Palakkad Junction Station situated 5 kms*** from the City and other is in the Town.

By Road: Palakkad is well connected by good moterable roads with the major cities of Kerala and Tamil Nadu. The Resort is ***12 Kms from the city centre.***



Indulge in Healthy Living

With it's thirty exclusive villas conforming to the principles laid down of ***"VAASTU SHASTRA"***, Kairali's Ayurvedic Healing Village has a distinctive design that beautifully merges unobtrusively with its surrounding flowers and trees, that charges the atmosphere with an immense curative and restorative power.

From the moment you arrive, this unique paradise will have you yearning to visit year after year. Designed to be first of its kind in the world, this resort combines a healthy orientation of healing through Ayurvedic & Fitness programmes that help you rejuvenate and restore vigour & vitality to your life.

The spacious tranquil villas surrounded by lush foliage are allocated to you on the basis of your birth sign, thus we offer you the opportunity to peek into your future with our resident Astrologer and Palmist!

Moreover, our Resort offers an invigorating, pollution-free environment where vegetarian food and abstinence from alcohol and smoking is propagated.

The Resort facilities also offer many modern day necessities such as a library, cyber centre for e-mail, internet, recreation facilities for children – games including chess, monopoly, carom, billiards, a swimming pool, badminton & tennis courts, an amphitheatre for cultural programmes, conference hall and exclusive travel desk to specially arrange cultural & sight-seeing tours on request.

Painstakingly landscaped by Dr. G.S. Randhawa, The Kairali Healing Village overflows with exotically designed gardens and strategically located paths.



Set amidst 50 acres of lush greenery, this unique paradise blends all the comforts of a luxury holiday along with a total health oriented experience.

Kairali - The Ayurvedic Healing Village Fact File:

- *Villas designed according to the Zodiac Signs.*
- *A rare Valambari Conch is placed in each Villa to give positive vibrations to the body.*
- *Red Oxide is used in the flooring of all the Villas. This has natural cooling properties and follows the traditional Ayurvedic principles.*
- *A gentle water body flows by the side of each room, bringing solace and peace to one's mind.*
- *Yoga & Meditation are an essential part of the Ayurvedic way of life. Private & Group classes can be availed*
- *Our Ayurvedic Doctors are experienced, highly qualified (Bachelors in Ayurvedic Medicine & Surgery) individuals, from reputed Institutes. Our masseurs and therapists are from the land of Ayurveda and Ayurvedic massages are their area of expertise. Each are subjected to rigorous training at our own Training Centres, prior to joining.*
- *Ayurvedic Products & Herbal Oils used in our Spa's are original and free from harmful chemicals. These are carefully prepared at our own manufacturing units, closely governed by Ayurvedic principles.*
- *Astrology & Palmistry is available to all guests on request.*
- *A personal priest performs agnihotra and special prayers (poojas) like Ganapathi Homam, Sudarsana Homam for spiritual rejuvenation, on request.*
- *600 Coconut, 200 Teak and 20 Mango trees have been planted in and around the Village to create a lush and serene ambience.*
- *The Village offers complimentary Workshops on Panchkarma, Yoga & Meditation and local cuisine Cooking classes.*



Vastu - Indian Feng Shui

Vastu is a holistic concept of architecture and interior design, whose principles are partially utilized in Feng Shui. It is based on the ancient Indian science of construction and placement according to nature's laws. The eternal principles of Vastu are equally as relevant and effective today as they were in ancient times, and when utilized properly, they promise to improve the quality of your living experience both at home and in your working life.







Vastu, Yoga, and Ayurveda all share the same goal: to increase our physical, emotional, and spiritual well-being. While yoga and Ayurveda focus on our body to achieve this objective, vastu focuses on our surrounding environments. Vastu is yoga for the home; but Vastu is also applied to all our created environments, including companies, hospitals and hotels.

Kairali - The Ayurvedic Healing Village Accommodation

MAHARAJA SUITE



Maharaja in English means ***"Emperor"***. As the name itself implies, it is a Villa of supreme standard. *A notch above the Royal Villa, in a* ***Maharaja Suite****, one feels like an Emperor.* It comprises of two separate rooms, one fitted with a king-size bed. Built solely with luxury in mind, every little detail of these rooms, from the bed linen to the beautiful sit-out on the Lawn around the Pool or River, has been carefully planned. Each Suite is conveniently located next to all the Resort facilities and, each room comes replete with beautifully packaged Ayurvedic wonders including soaps, shampoos and other cosmetics, for your personal use. Electronic devices including an entertainment system, refrigerator, hair dryer and coffee maker all contribute to ones creature comforts.

ROYAL VILLA



Considering its professional and detailed designed interiors, quality construction, high-class facilities and comfort-laden amenities, the ***Royal Villa*** comes at a surprisingly affordable price. A ***Royal Villa*** is, as its name suggests, sets out a truly royal experience. The plush interiors, high-quality facilities and array of amenities all contribute towards a lifetime experience. In reality it fully satisfies the inherent desire of every person to indulge their physical being and heightened senses in a ***'royal'*** style of living!

CLASSIC VILLA



Occupying a slightly larger space, these Villas are located around the stream that flows within the Resort, providing a backdrop of tranquility and calm, quite literally in the lap of nature. The constant murmur of the flowing water helps one to relax and, the well-planned amenities of a ***Classic Villa*** augur well for an exceptional experience. As it is larger, it has the added luxury of a small seating area within the room, which allows you to sit back and absorb the natural beauty of the immediate surroundings.

DELUXE VILLA



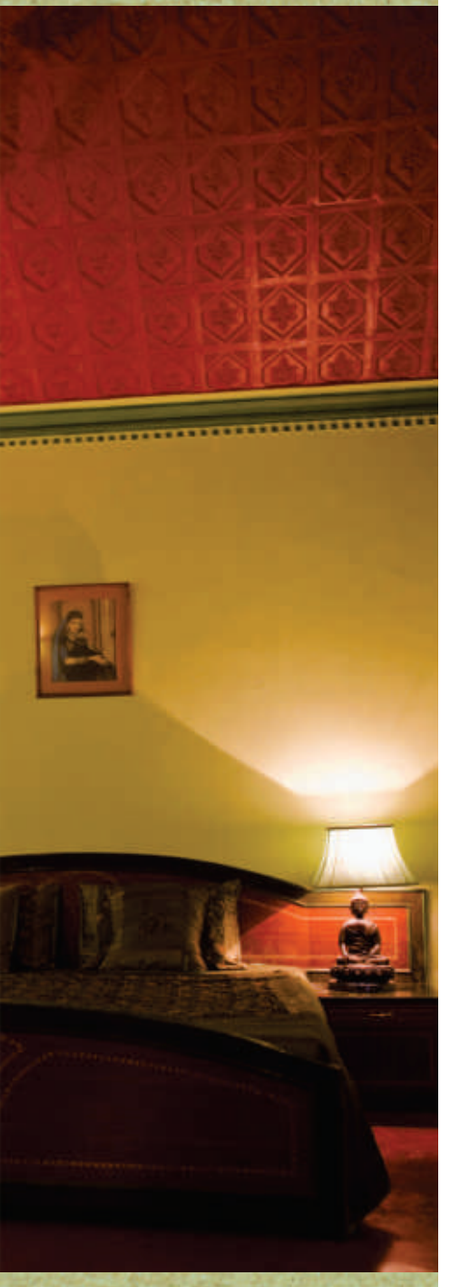
A Villa set serenely amongst the Resorts grounds, the simplicity of this type of accommodation allows you to surrender yourself entirely to the warmth and natural beauty of the existent habitat. Each of our ***Deluxe Villas*** include air-conditioning, television, telephone, bath & shower facilities with 24 hour hot and cold running water. Our ***Deluxe Villas*** truly enhance the peaceful and rejuvenating experience a Resort such as this provides.











Treatments Explained

This ancient science of life ***'Ayurveda'*** the secret of positive health and fitness, a legacy that has been passed through centuries, which we proudly consider as a special wealth of India is practiced at ***'Kairali'***. Kairali is designed to retain old traditional values yet is contemporary enough to fit with your lifestyle of today.

Purification of the body at Kairali is done by eliminating morbid doshas by ***Panchakarma***.

KAIRALI'S SPECIAL PANCHAKARMA THERAPY

"Panchkarma" a branch of ***"Ayurveda"***, deals with the restoration of youth with the help of medicated oils. This special treatment of oil massages prescribed in the ancient Indian medical lore have been practiced in Kerala for many centuries, practiced in accordance with great works of ***"Charaka Samhita"***.

THE PANCHAKARMA ASPECTS ARE:

Vamanam *(Emesis Therapy or vomiting)*:
Congestion in the lungs causes repeated attacks of bronchitis, colds and coughs. ***Vamanam*** is administrated to eliminate the Kapha that causes the excess mucus. All Kapha related diseases are cured by this therapy. This process requires good attention and skilled assistance. In chronic skin diseases like Psoriasis also vamanam is used.

Virechanam *(Purgation)*: Elimination of toxic or waste matter from the intestine by administrating therapeutic purgation or a therapeutic laxative. In cases of jaundice, piles virechanam is prescribed.

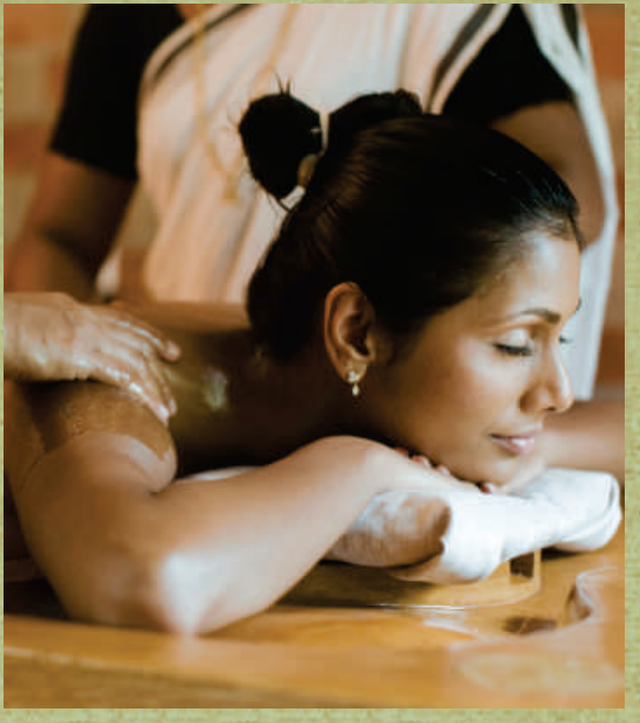
Aasthaapana or Niruham: The enema with quath or Kashaya Vasti is for combating vata and vata dominant diseases. Vata is predominant in the colon. Vasti involves the introduction of herbal concoction into the rectum. It relieves constipation, kidney stones, backaches, sciatica and all types of joint pains.

Anuvaasan: Enema with oil: This is given to patients suffering from diabetes, anemia, and obesity. All vata aggravated diseases like joint disorders, paralysis, constipation, arthritis, urinary and reproductive disorders anuvaasan is given.

Nasyam: Inhalation of medicated oil through the nose is called nasyam. An excess of humours accumulated in sinus, throat, nose or head areas is eliminated by ***Nasyam***. From the shoulders up the patients body is massaged causing it to perspire. The medicine in exact dose is measured and poured into the nostrils, as the patient inhales.

During the process, the area around the nose, neck, shoulders, palms & feet are rubbed. This is very effective in ailments such as sinusitis, migraine, chronic cold and chest congestion. In case of hemiplegia, facial paralysis also nasyam is given.

Diet is very important during and after Panchakarma. After the purification process, when the patient feels hungry at that time he can have Kitchari (mix veg meal). The patient should have it for three to four days with slowly increasing the quantity of intake with other item like ginger, pepper, salt green gram soup and other pulse soups gradually adding to the diet and increasing the quantity gradually.











SPECIAL HERBAL OIL MASSAGE THERAPY:
Seated on a Droni *(special medicated herbal bed)* two masseurs stand on either side and apply herbal oil on the head while massaging gently. The massage is continued on the neck, ear, shoulders, chest and back. The person then turns on their back and the massage is continued from shoulder to toe. During the course of the massage the person lies on the right side, left side stomach and again on the back and finally in the sitting position. Massaging has been found very effective for improving eyesight, longevity, sound sleep, rheumatism, vitality and glowing skin. ***These massages rejuvenate the body and help maintain the physique.***

SPECIAL HOLISTIC TREATMENT FOR REJUVENATION & DETOXIFICATION:
A special program to help restore and repair worn out tissues, improve blood circulation, stop premature ageing, to rid the system of toxins and gives one a glowing wrinkle free skin.

SPECIAL TREATMENT FOR SINUSITIS & MIGRAINE:
A combination of various treatments such as ***Nasyam***, ***Dhara*** and many more is ancient and proven treatment to effectively treat mild to severe cases.

POST PREGNANCY HEALTH PROGRAMME:
Massages with specially prepared medicated oils bring your body back to it's perfect shape, and help to strengthen sagging abdominals and weak back muscles.

SPECIAL BEAUTY CARE & EYE CARE:
Beauty therapy takes care of pimples, wrinkles, acne, sagging of the skin and hair fall. The oil nourishes and cleanses the tissues to provide a glowing complexion, a youthful radiance and wrinkle free skin. The eye care treatment helps in relieving tension in the eyes which causes poor eye sight, pain, fatigue; it brings lustre to the eyes and smooths away those wrinkles.

KAIRALI'S SPECIAL TREATMENT TO REMOVE STRESS & STRAIN:
One of the major causes of ailments is Stress and Strain on the body as well as the mind. We at Kairali have a tailor made package with a combinations of various Ayurvedic Treatments, Yoga and meditation routines which helps the person undergoing the treatment to unwind.

KAIRALI'S SPECIAL WEIGHT LOSS PROGRAMME:
A unique health program with herbal oil massages and Ayurvedic Medicines to help you loose excess weight and streamline one's body. A Natural way to completely transform yourself without exercising or dieting.

KAIRALI'S SPECIAL TREATMENT FOR ARTHIRITIS & SPONDYLITIS:
A combination of various treatments and internal medication helps regain lost mobility and subsides pain thus assisting one to live a pain free life once again.



Attractions in and around Palakkad

Nelliyampathy ***(60 km from our Healing Village):*** Nestled atop the colossal Western Ghats, with a beauty of its own, are the cool hills of Nelliampathy. Beautiful misty mountains gives Nelliampathy the name ***'Queen of the Palakkad Hills'***. These hills comprise a chain of ridges that are interspersed with valleys of orange plantations and evergreen forests. A dozen hair pin bends, bordered with numerous waterfalls by the roadside, provide you an unforgettable experience. Nelliampathy is well-known for its tea and coffee plantations and the excellent weather conditions. The revitalizing climate and emerald magic of nature presents an exhilarating experience to every tourist who visits the place. This fascinating hill country is any trekker's favourite destination.

Parambikulam Wild Life Sanctuary ***(110 km from our Healing Village):*** Spread over an area of 285 square kilometers of lush green Anna Malai Hills. The undulating landscape of the Sanctuary provides the perfect setting for wildlife to thrive in its fullest form. Several rivers drain the rocky terrain also lending a mystical touch to the Sanctuary. With thick covers of Bamboo, Rosewood and Sandalwood trees, comes varied wildlife that include leopards, wild dogs, sloths, crocodiles, civet cats, tigers, elephants, wild boars, barking deer, spotted deer, monkeys, langurs, porcupines and macaques, thus giving the area the complete essence of a ***`natural'*** forest.

Silent Valley National Park ***(100 km from our Healing Village):*** The 89.52 sq. km National Park is believed to be the sole surviving piece of evergreen forests in the Sahya Ranges. The peculiarity of the Silent Valley forest is that it is devoid even of the chirping of cicadas. Vehicular transport is possible only up to Mukkali, nearly 24 km from the Park. The rest of the way has to be covered on foot up to the source of Kunthipuzha river which flows through the valley before merging into the Bharathapuzha (Nila).

The abstract of the census of wild life conducted in 1993:
Loin tailed Macaque: 1,960 | Bonnet Macaque: 4,860 | Nilgiri Langur: 2,987 | Common Langur: 4,296 | Elephant: 175 | Sambar: 10,665 |Spotted deer: 6,259 | Barking Deer: 1,025 | Mouse Deer: 550 | Wild Boar: 40,963 | Malabar Squirrel: 1,384 | Nilgiri Thar: 1,075 | Giant Squirrel: 75 | Porcupines: 695 | Bear: 420 | Tiger: 76 | Leopard: 16 | Wild Dog: 358.

Meenvallam ***(30 km from our Healing Village):*** Comprising of a combination of enchanting beauty & scenic splendour, with ten different levels of waterfalls, out of which eight are located in the upper hills inside the dense forest and two below.

Tippu's Fort ***(12 km from our Healing Village):*** Situated in the heart of town, this well preserved Fort, which dates back to 1766 A.D., was built by Haider Ali of Mysore and renovated by Tippu Sultan. The oldest Hanuman Temple is also situated in the same compound.

Malampuzha (The Reservoir) ***(15 Km from our Healing Village):*** Offers both boating and fishing facilities, a well maintained swimming pool, a fish-filled aquarium, a Snake Park and a Children's Park. Just 15 Km from our Resort is the first of its kind in South India: A Passenger Ropeway. This runs above the Malampuzha Garden of which you will have a stunning view of its immediate surroundings.

Rock Garden ***(15 Km from our Healing Village):*** This houses a unique style of sculptures created using a variety of rocks. Designed by the world famous folk artist, ***Sir Nek Chand Saini of Chandigadh,*** the Rock Garden in Kerala is a place of beauty, with paths, mosaics, and sculptures – all made of recycled materials, such as broken crockery, glass and stone.

Kalpathy Heritage Village & Shiva temple (15 Km from our *Healing Village*): Kalpathy is one of the ancient 'Brahmin Agraharams' in Kerala, located in the heart of the town. Declared by the Government as a protected ancient village it is preserved in its original form. 'Ratholsavam' is held during the middle of November, a famous festival of Palakkad where a wooden chariot is pulled through the streets of the village.

Pothundy ***(45 Km from our Healing Village):*** Situated on the way to Nelliampathy. The place is famous for a dam and park named Pothundy Dam, an ideal spot for one-day trips and picnics.

Attappadi (Mountain Valley)*(80 km from our Resort):* Attappati is an extensive mountain valley at the mouth of the Bhavani River nestled below the Nilgiri Hills of the Western Ghats. It is bordered to the east by Coimbatore district in Tamilnadu, to the north by the Nilgiris, in the south by the Palghat taluk and on the west by Karimba, Pottassery and Mannarghat revenue villages of Mannarghat taluk of the Palghat District and Ernad taluk of the Malappuram district.

MUDUGAR INDIGENOUS people live in the Attappadi valley in Palghat district of Kerala, South India. Some also live in Cuddalore, Nilgiri and Dharmapuri District of Tamilnadu.

For them Marriage is normal at age 12 to 14 years and includes many rituals and ceremonies. It is normal and acceptable for an adolescent to marry their first or second cousin or even the second spouse of a parent. Occurrence of in-breeding is up to 80%, resulting in a significantly high combined in utero , infant and child mortality rate of 38%. Before the birth of a child the woman is kept in a separate specially made hut near her house. When birth contractions begin, a mid wife who has mastery over sorcery, accompanies her. After delivery the women and the baby are declared unclean for six months. She leads a peaceful life without domestic work for three months, with the husband doing her usual tasks.

When a person dies, couriers travel through out the hamlets, chanting the name of the dead. The relatives and the neighbors sprinkle coriander mixed with water on the dead body and a coin is pasted on the forehead. The dead body is completely covered with a white cloth and placed in a bamboo cot. The people who come for the burial service resolve any problems they had with the dead person and thus he is expected to be completely freed for his eternal journey.

A whole day is spent dancing and singing, thanking god for letting the person live as long as they did. In that dance they show symbols that God gave and God took. Mudugar people do not cry when somebody dies. When the father dies, his first born son shaves his head and when the mother dies the second son shaves his head. If there are no males in the family girls do so instead.

Kanjirapuzha Dam & Garden *(40 km from our Resort):* Kanjirapuzha Dam is situated in Palakkad District of Kerala. This fascinating dam, surrounded by hills, constitutes a water spread that lies in a single stretch.

Thiruvalathoor *(5 km from our Resort):* A place of historical importance. The area houses an ancient temple. The carvings made on the wood and the sculptural works of stone are noted for their antiquity.

Dhoni *(15 km from our Resort):* A hilly place ideal for trekking covered with thick reserve forest and splendid waterfalls. Dhoni, is famous for farmhouses that shelter hundreds of Swiss cattle.

Lakkidi *(30 km from our Resort):* Killikkurissimangalam at Lakkidi is the birth place of Kunchan Nambiar, the 18th century satirist and exponent of the Tullal *(Classical art form)*. The Sri Vilwadrinatha Temple (at Tiruvilvarnala), while located in the neighbouring Thrissur Disttict, is just on the other side of the river.

Ottappalam *(35 km from our Resort):* This town is famous for numerous festivals including the Ottapalam Nercha festival, celebrated in memory of the death of Saint Uthaman Auliya.

Thrithala *(75 km from our Resort):* Known for its monuments and the historic ruins of the mud fort near Thrithala on the Chalissery road. The Kattilmadam Temple, a small granite Buddhist monument on the Pattambl Guruvayoor Road, is believed to date back to 9th/10th century AD. The Paakkanaar memorial, honouring the Pariah saint, stands near the Thrithala Koottanad Road. This is also the native place of renowned writer and social reformer, V. T. Bhattathiripad.

Thenari *(10 Km from our Resort):* Is a natural spring in front of the old Shri Ram Temple in Palakkad.

The water is as pure and sacred as the holy River Ganges. Tradition recounts that in exile, Lord Ram and Sita were at this place. Sita felt thirsty and there was no water nearby; seeing this Ram shot an arrow into the ground, from where a spring rose to quench Sita's thirst.

Mayiladumpara: *(40 Km from our Resort):* This grove takes its name from the large number of peacocks (mayli) found here.An ornithologist's favorite and



India's National Bird, now has a sanctuary for itself, at a Government sanctuary 'Choolanoor'. The sanctuary is located about 30 kms from Palakkad Town, accessible by road and a trek by foot of about one hour.

Chittur Gurumadam *(Thekkagramam near Arikkode):* Located on the banks of the River Sokanasini (the Destroyer of Sorrows), this is a memorial to Thunchath Ezhuthachan, the author of Adhyatma Ramayana, who spent his last days here. A srichakra, some of the idols worshipped by him, a stylus, wooden slippers and a few old manuscripts are exhibited here.

Jain Temple of Jainimedu *(10 Km from our Resort):* Built by one Sutar (head of the Jains), who came here from Mysore during the invasion of Tippu Sultan. Dating back 500 years, situated on the western suburbs of Palakkad town, not far from the Railway Station, is a historic 32 feet long, 20 ft. wide granite Temple. The region around the Temple, known as Jainimedu, is one of the few places in Kerala where the vestiges of Jainism have survived.



Festivals

Trichur Pooram *(At Trichur):* At the beginning of *April* the people of Kerala begin their search for the best elephants in the state. Each temple in Kerala sends a procession of decorated elephants to Trichur to participate in the Pooram festival. Started in the 18th century by the royal family Cochin, this festival requires great effort and time. The jewellery of elephants specially designed. On the forehead is the triangular netti pattom. There is also a jewelled frame for the idol of Shiva, an ornamental silk umbrella, a peacock feather fan, a metal bell necklace and anklets. The decorated elephant groups face each other while drums and nadaswarams create a crescendo of music. The festival which honours Vadakkuntha Shiva ends with a spectacular display of fireworks.

Onam: is the state festival of Kerala. It is celebrated in honour of Mahabali, the mythical Asura king of ancient Kerala. Malayalees believe that on Onam day Bali visits his subjects. This harvest festival falls in *August - September*

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Pattambi Nercha: Strong believers from all corners of the State attend this festival, which is held in memory of Aiuor Valiya Pookunjkoya Thangal – a Muslim saint of South Malabar *(January – February)*. The town is illuminated brilliantly and a pageant replete with traditional musical ensembles like *'Panchavadyam'* and *'Thayambaka'* is taken out in the night. Various art forms get under way on the banks of the river Bharathappuzha.

Konganpada of Chittur: Konganpada is a grand festival of great historical significance celebrated in the Bhagvathy temple at chittur 10 Kms from Palakkad town. A unique festival held every year on the first Monday after dark lunar night in Kumbham *(February – March)* to commemorate the victory of Nairs of Chittur over the militia of Konganadu (Coimbatore), led by the Chola King Rajadhi Raja.

Nenmara Vallengi Vela: An annual festival at Nellikulangara Bhagavathy temple in Palakkad is held on the Pooram day of the Malayalam month of Meenam *(February – March)*. The festival is celebrated by the Bhagavathy temple and Vallangi Shiva temple.The opening of the festival sees the traditional Kodiyettam *(Flag hosting)* and concludes with Vela, during which 30 costumed elephants line up under lavishly decorated canopies.

Kalpathi Ratholsavam *(10 Km from our Resort):* Kalpathi also known as Dakshin Kasi or the Varanasi of the south is an early Tamil Brahmin settlement in Palakkad District of Kerala state, South India. Kalpathi is very famous for Kalpathi Ratholsavam, festival held annually *(November)* at the Sree Viswanatha Swamy Temple where the deity is Lord Siva *(Lord Viswanatha)*. It is one of the most remarkable festivals of kerala.



Guest Comments

"Kerala has given a magnificent gift to India and world and that is Kairali Ayurvedic Health Resort. Ayurveda is a great contribution from India to the whole mankind. KAHR is sincerely working for Ayurveda, which is really helpful for everybody. My stay here was very useful for me, I am confident I will be able to work 18 hours a day happily."
-Sharad Pawar *(Cabinet Minister for Agriculture)*

"Paradise on Earth in the God's own Country, perfect place for rejuvenation, mentally, physically and spiritually."
- Late Pramod Mahajan *(Former Cabinet Minister for Information Technology)*

"I really felt the difference of the city life and the life in the Resort which is free from pollution and the area is beautifully cultivated with vegetables and fruits. I am sure, Ayurvedic Treatments can do a world of good for those who need timely rejuvenation for us who live in the city which is full of stress and tensions."
- Chaggan Bhujbal *(Dy. Chief Minister, Maharashtra)*

"Going back to London feeling relaxed, healthy and well, I will remember our three week stay here with fond memories. We look forward to returning soon in the near future."
- Mrs. & Mr. Ajitabh Bachhan *(From London)*

"I have enjoyed my stay here very much, I leave feeling full of energy and vitality. The treatments were excellent, although I am not suffering from any serious ailment I feel a lot better. My skin feels marvelous…"
- Mrs. Lulu Guiness – *(Famous Designer from England)*

"I enjoyed staying here. The facilities are world class. The service has been excellent. I wish this enterprise the very best in future."
-Mr. Naresh Narad – *(Secretary to Govt. of India Ministry of Heavy Industries And Public Enterprises, New Delhi)*

"This is my first visit. I have heard a lot about this place but I found it more heavenly than. It is really very good place. Every busy person should visit and stay here for a week."
- Ms. Sumita Mahajan – *(Indore (MP)*

Training and Workshops

A unique surrounding in which to learn under expert guidance, traditional Kerala arts, culture and martial arts along with Ayurveda, Yoga and Meditation. Kairali - The Ayurvedic Healing Village is the world's first Ayurvedic health farm for perfect health. The course is designed for Health Care professionals, Aesthetic students and Massage Therapists, who could use Ayurvedic methods of application in modern health situations and for more technical Ayurvedic Therapeutic approaches. The courses are taught by our qualified Ayurvedic Doctors and Yoga gurus.





Palakkad, Kerala, India