

AyurMana – Kerela Ayurveda Centre Using Ancient Remedies and Methods for Advanced Healing



Thiruvananthapuram, Kerala Apr 1, 2022 ([Issuewire.com](https://www.issuewire.com)) - AyurMana – Dharma Ayurveda is home to experienced physicians for over nine generations, offering an opportunity to explore methods of profound healing and enhance the quality of life. The series of treatments are followed by dharma healers that understand ancient methods alongside state-of-the-art techniques to harness natural healing powers to ease body, mind, and soul. It is located in the serene environment of Thiruvananthapuram, offering powerful cures, and advanced healing traditions i.e., Ayurveda and works its magic on a variety of health-related conditions. The healing methods combine proven strategies and the finest Ayurveda treatment with specialized medical practitioners to make your experience worthwhile and pleasurable. For further information, please visit: <https://www.ayurmana.in/>

Ayurveda is considered one of the oldest healing methods for mankind that focuses on balancing body, mind, and spirit. A range of ayurvedic substances is used for many reasons, such as cleansing the body, defending against health problems, and deep healing. Holistic approaches used as a part of Ayurveda include herbs, yoga, meditation, therapeutic oils, and a balanced diet. Profound healing involves taking steps to understand how to achieve a healthier state by adopting good lifestyle habits, herbal supplements, and balanced physiology, which if administered properly, can help alleviate a range of symptoms of many health issues. Hence, Ayurveda is the best approach to understanding a patient's unique dosha type and offers methods to bring dosha into balance using herbals, yoga, and lifestyle modifications.

AyurMana is a renowned [Kerela Ayurveda clinic](#) serving as a beautiful, cultivating place where people come to heal their physical health problems, navigate emotional balance, and connect to their inner spiritual being. The center had fascinating beginnings at Ayirooppara, Trivandrum – the capital city of Kerela and is still recognized as a haven for health-conscious people aiming to achieve well-being of body, mind, and spirit. With a lineage of traditional [Kerela Ayurveda](#) healing, passed down to generations, physicians treat conditions like arthritis, migraine, disc prolapse, multiple sclerosis, etc. The healing methods used in ayurvedic treatment modules include various kinds of massages, unique marma techniques, rejuvenation approaches, panchakarma, herbal formulations, diet plans, medicated oils, lifestyle changes, customized exercise regimes, yoga, and meditation.

Medicines and formulations used for treatments at Dharma Ayurveda centers are created in-house from the finest herbs, plants, and substances handpicked by talented natives from all over the state. The preparation processes rigorously adhere to original procedures of formulation that have served many royal families and cured many Dutch, Portuguese, and others affected with severe diseases. [Kerela ayurvedic center](#) expands itself to its calm and specially designed cottages, allowing one to relax in the scenic ambiance and sacred grove where you can meditate under shades of trees. Just like old days, AyurMana carries dharma family tradition and continues to make signature cures for lifestyle diseases like obesity, diabetes, stress, and panchakarma, musculoskeletal disorders, neurological diseases, and wellness and beauty.

About AyurMana:

AyurMana is a Dharma Ayurveda Centre established for advanced healing and treatment approaches for lifestyle disease, musculoskeletal disorders, migraine, stroke, skincare, rejuvenation, hair care, stress, and depression. They warmly welcome people to explore the beauty of Dharmagiri and adapt profound healing capabilities for proven ayurvedic treatments to let therapeutic powers absorb within and restore overall well-being.

Address & Contact Details:

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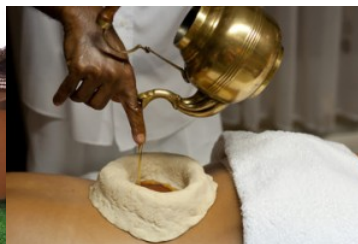
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