

Ayursh Gives Traditional Post-Pregnancy Care by Offering Prasoothika Charya Massage in Jayanagar

The company states that they will offer doorstep Prasoothika Charya Post Pregnancy Massage in Jayanagar



Bengaluru, Karnataka Jun 18, 2022 ([Issuewire.com](https://www.issuewire.com)) - Ayursh, one of the leading online platforms for Ayurvedic therapy in Bangalore, is currently offering **Prasoothika charya massage in Jayanagar**. The company has stated that massage therapy will help new mothers to cope with post-pregnancy effects on their bodies. Customers in Jayanagar would be able to book the massage therapy through their website or through their Android and iOS app and get the treatment at their homes.

Speaking at an event, the spokesperson of the company said “New mothers often experience a lot of physical changes right after parturition. These might include stretch marks and enlarged belly as well as hormonal imbalances, stress, and weight gain. Medication might offer temporary relief but it comes with its own share of risks. This is why we are returning to our traditional roots by offering Prasoothika charya post-pregnancy massage in Jayanagar which helps to address all these problems in a safe and effective way”

Ayursh has developed their [Prasoothika charya therapy in Jayanagar](#) based on the ancient Ayurvedic texts. The therapy is imparted in three parts:

- **Prasoothika Abhyanga** - At this stage, a traditional Ayurvedic oil massage is applied, using medicinal herbs and specific strokes, as prescribed in Ayurveda. This helps in soothing tired muscles and gets rid of stress. It is also highly effective in bringing the uterus to its pre-pregnancy state.
- **Prasoothika Snana** – Following the oil massage, the therapists bathe the patient in decoctions of powerful herbs, which calm the body and mind, and restore balance to the bodily functions.
- **Medication** – To speed up the healing process, the team of Ayurvedic doctors at Ayursh might prescribe certain internal medicines.

According to experts, this combination of different therapies would have a host of benefits. Professor B.K Cherian, a professor of Ayurveda from Kerala said, “This therapy would be highly effective in helping with common post-pregnancy issues like puffiness caused by water retention, stretch marks, weight gain, etc. At the same time, it will also boost the production of breast milk and also give a natural glow to the mother’s skin”. Professor Cherian was present at the meet as a representative of academia and is not associated with Ayursh.

Ayursh has said that patients looking to book [prasoothika charya post-pregnancy massage in Jayanagar](#) can book single or multiple sessions through their website or app. However, before getting the treatment it is recommended to consult with trained and experienced Ayurvedic doctors to get proper advice on choosing the right treatment.

Meena. K, a resident of 4 th Block, Jayanagar, was one of the satisfied patients who were also present at the event. “I delivered twins in April and was gaining weight rapidly. My doctor prescribed certain medicines, but they were having limited effect. I booked multiple sessions of Prasoothika Charya massage in Jayanagar, through Ayursh. After just a few sessions, I gained control of my stress levels and my weight was also being reduced. I am really happy with the results and have already recommended their therapies to many of my friends who are expecting”

Customers can visit www.ayursh.com for more information on the therapy and explore other treatments offered by Ayursh.



Ayursh

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