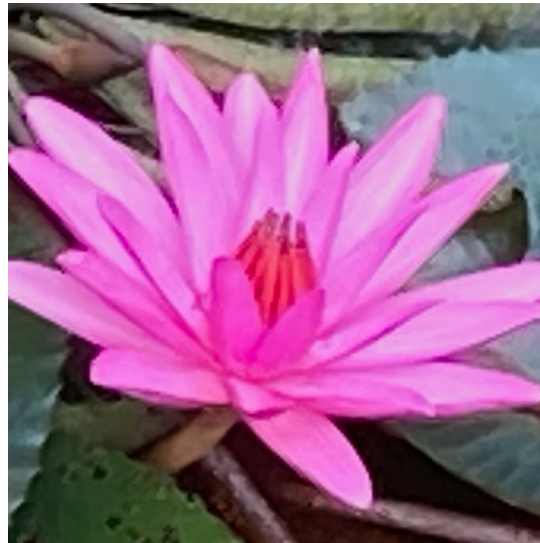


Frequently-Asked Questions (FAQs)

For how long is treatment recommended? For simple rejuvenation, we suggest 17 to 21 days of treatment. In general, for anyone with a serious disease, a minimum of 21 days is suggested. For patients who can spare the time and expense of longer treatments, especially those coming from far away, we sometimes recommend regimens of up to 41-days. For patients with chronic diseases who live closer to us, repeated 21-day courses, up to three per year, are sometimes advised. Please feel free to call Kallyani's director and chief Ayurvedic therapist, Krishna Dasan, to discuss. He's at +91 999 532 5183 (he's also on WhatsApp under this number). Please be aware of the time difference when calling. You can also reach him via email at KallyaniAyurveda@gmail.com, though phone calls are often more efficient.



Do you offer panchakarma? Panchakarma, the elaborate Ayurvedic detoxification system which includes such practices as bloodletting, medicated enemas and vomiting therapy, was made famous in the West by Dr. Deepak Chopra. Panchakarma is not part of traditional Northern Kerala (Malabar) style Ayurveda. Instead, we use milder techniques, focused on various types of massage, and find these to be as or more effective in improving health and well-being.

Do you offer shirodhara? Shirodhara is a relaxing Ayurvedic technique used in Northern India, in which warm oil is drizzled over the forehead. We do something similar but due to the warmer climate here, the traditional approach is to use cool, medicated buttermilk instead of oil, a treatment which is profoundly relaxing to the nervous system. Our patients love it!

Do you offer marma therapy? Marma points are sites of energetic (pranic) blockages. The understanding of marma points comes out of Kerala's indigenous martial art of Kalari, which Krishnadasan's teacher, the "hereditary" Vaidyar (doctor) Chandukutty, in addition to Ayurveda, was also a master of. All of the traditional massage techniques we use, whether using the

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therapists' hands or muslin sacks of herbs dipped in medicated oils, are designed to open blocked marmas. It's a big part of what makes these methods so effective!

Do you treat _____? [fill in the blank with your medical condition] In modern medicine, all treatments are based on the medical diagnosis. Ayurveda has a different approach. We look at individuals and tailor the approach to try to improve their overall balance, whether that's in their nervous systems, posture, muscle strength, flexibility, stress levels, or their doshas (vata, pitta, and kapha), which Ayurveda uses to categorize each person's biology. When we help people come into better balance, many health conditions, both physical and psychological, improve. As one example, nothing in our program is designed specifically to result in weight loss, yet when overweight people take our treatments, they typically drop a few kilos. In general, everyone who takes these treatments benefits. Exactly what form those improvements take, however, can't always be predicted. One testament to our treatments' effectiveness is the high percentage of patients who return. If you'd like to discuss our experience with patients like you, please call Krishna.



This patient, shown on Day 1 (left) and Day 25 (right) of her treatment, went from 132 to 116 lbs. during her month-long stay without dieting. Almost one year later, she's maintained the weight loss.

How expensive are treatments? The cost per day for treatments, a private room and three home-cooked vegetarian meals is \$108 US (about 9000 Indian rupees). To put this price in perspective, a five-day basic panchakarma at the Ayurvedic Institute, a well-respected clinic in the United States, costs \$3399.99, not including lodging, meals, Ayurvedic massages, shirodhara, extra medicines, etc. (www.ayurveda.com/panchakarma-fees-optional-services). Sometimes here at Kallyani, if an expensive medicine, or an additional treatment that's not part of the package price is advised, such as an herbal poultice on one or more inflamed joints, an additional fee may be required. Usually, though, this isn't necessary.

Is a deposit required? We ask for payment for the first three days of treatment on making a reservation, and request you pay the balance after you arrive. If you cancel a reservation more than one month in advance, your deposit can be applied to a future treatment. After that, the deposit is non-refundable.

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What is the best method of payment? Bank wire transfers are often best. Please call or email Krishna for details. Alternatively, the Xoom money-transfer service can be used. We also have a PayPal account, though they charge us 5.27% of the amount transferred, which we would add to your bill.

Is tipping suggested? We leave this up to each individual. If you decide to tip, you can give cash to individual staff members. Otherwise, any amount you wish to tip can be added to your bill, and will be distributed to the staff as you direct.

What if I want to combine my Ayurvedic treatments with travel in Kerala or other parts of India? Our treatments are deceptively powerful. For best results, part of every treatment plan should be a prescribed period of rest — often equal in length to the treatment taken — which can be taken here or at home once you return. For this reason, we generally recommend you do any sightseeing, attending conferences or other traveling first — and then come for treatment.

Do I need a visa for India? Visitors from most countries outside of Asia need a visa to travel to India. Please arrange this well in advance, along with your passport. A tourist visa is all that is required.

What's the best way to get here? For those coming directly here from overseas, flights into Kozhikode (Calicut), are the most convenient. For example, Qatar Airways has daily flights to Calicut from several US and European cities, with a stopover in Doha. There are also direct flights to Calicut from many Indian cities. We are located in the countryside, 20 km outside of the city. For a small additional fee, we can pick you up at the airport, and drop you off when you leave.



There is space to practice yoga on site. Shown above is Dr. Aiswarya, one of two Ayurvedic doctors in the family, doing a restorative yoga pose.