

Treatment Packages

1. Rejuvenation Program



Life has become unbearably fast, which leads to an internal imbalance making us victim to innumerable lifestyle aches. To add on, factors like seasonal imbalances, accumulated emotions, erratic eating habit, poor diet, and holding on to natural urges further deteriorates the situation. On the word of Ayurveda, its main objective is to maintain health and to cure disease. Rejuvenation treatment will help release the piled up toxins in your body, guarding you from falling victim to

varied diseases through herbal oil massage, steam therapy, special herbs, Ayurvedic diet and other therapeutic cleansing techniques. It will augment your recovery from imbalanced doshas that are responsible for a healthy body and will get you rid of impurities and fatigue, will enhance energy, and restore vitality.

Dr Hassan's Ayurvedic therapies will help you rejuvenate and de-stress with varied curative therapies like Vasti, Pizhichil, Shirodhara and Abhyanga. The therapies will be administered during your stay under the guidance of our Specialists and only after the consultation, and determining the need of your body. Under this treatment, you will enjoy the unique amalgamation of Yoga, Meditation and Ayurveda while realizing your real self in the arms of nature. The treatment will focus on revitalizing your senses, retrieving your youthfulness, and restoring the balance of body, mind and soul. You will get to enjoy personalized session in yoga and meditation as well.

2. Joint Care Program



The ancient medical system of Ayurveda has been providing effective treatment for joint pain. According to Ayurveda the root cause for joint pain is 'Ama' which can be visible when the individual has a digestion problem or shows lack of interest to take food. Joint problems can also occur due to; ageing, wearing out of the joint, certain conditions such as rheumatoid, gout or any other non-specific reason. Dr Hassan Ayurveda Super Specialty Hospital offers treatment for joint pains

includes lifestyle management and massages therapies with various specific herbal medicated oils, steam with various herbal preparation boluses. We aim to provide the best relief in most of the joint problems and disorders of the body. Our doctor's techniques can assist patients with the rediscovery of health and wellness that had been previously known but long lost.

3. Spine Care Program



Ayurveda categorized spine related problems as one of the diseases caused by vitiation Vata, responsible for the movement and functionality of the body. The strength of Ayurveda in the area of spinal ailments is globally accepted and appreciated. Since it addresses the root cause of the issue, the results are better than surgical procedures. Dr Hassan Ayurveda Super Specialty Hospital is committed to providing the highest quality spine care with cutting edge pain treatments

and precise diagnostic tests. We believe that the treatment options for spine pain are limitless but the key is finding the most appropriate and least interventional therapy on an individualized basis. Our goal is to educate and help you understand your pain, so as to enable you to make an informed decision on your treatment. In fact, our treatments are so effective in removing our patient's pain and providing lasting results, those surgeons are sending their patients to our Hospital before recommending surgery. Ayurvedic medications, herbal massages as Abhyanga and Vasti will prove to be very beneficial in offering you the much-needed relief. Meditation and Yoga further enhance the regeneration of tissues to strengthen your bones and muscles.

4. Elderly Care Program



Elderliness is a natural phenomenon and an inborn feature of life. As we grow old, we are sensible that we have no power actively to pursue our ideals any longer and our body undergoes several physiological changes. Increasing age is associated with various illnesses including high blood pressure, diabetes, heart diseases, respiratory diseases, bone diseases, memory problems, etc. Geriatric also tend to show poor mental health which is of great concern. Disturbed mental

health along with memory problems also increases with risk of falls and injuries. Geriatrics in Ayurveda focuses on medical management of elderly people. It aims to promote health by preventing and treating diseases and disabilities in older adults. Since ageing also reduces the strength of bone and makes them brittle, fractures at an old age are more difficult to treat.

Ayurvedic Classics believe that human body is meant to live for a century, one who follows the right daily regimens including Ayurvedic Body Massage, Diet and exercise. Failure to follow a healthy lifestyle leads to development of lifestyle disorders, the risk of which increases with age. Ayurveda has effective care and medication for all the age related disorders. Dr Hassan Ayurveda Super Specialty Hospital provides Ayurvedic therapies like Abhyanga, Padhabyanga, Nasyam, Greeva Vasti, Kati Vasti, Spine Vasti, Jaanu vasti etc. for maintaining good health among elderly and manages all age associated illnesses.

5. Weight Management Program



According to Ayurveda, being overweight or underweight is due to an imbalance in the bodily humors that make up one's constitution. The Weight Management Program offers tailored weight management plans including weight loss practices, dietary plans, exercise programs and aversion therapy as well as support groups and educational lectures. This Ayurvedic treatment for weight management works by sprouting metabolism, which will help in consuming the fat

and increasing the body's vitality so that less fat is accumulated in the body. It is essentially about purification of the body by eliminating excess cellulite deposits and preventing the body from disease. The Ayurvedic approach to gaining your ideal weight is based on taking a realistic glance at your physique and building up the entire digestive and metabolic processes. Only after analyzing the body type, different oils and powders are used ensuring exclusive and personalized experience. Balanced yoga and a low calorie diet are also essential throughout this process.

Dr Hassan's Ayurvedic Weight loss program includes herb-enriched steam baths to stimulate the body's circulatory system, preventing further deposit of fat. The personalized treatment is combined with yoga and meditation to give a holistic treatment. Research has shown that combining a variety of weight loss and management techniques increases a person's chance

of long-term success in weight management. Our goal is to help you adapt to and maintain a healthy lifestyle. Our doctors collaborate as needed with other medical specialists to design the most effect plan for each patient.

6. Stress Management Program



Stress diminishes the energy resources of body and blows our body constantly to a condition of strain. Since, stress and strain can adversely affect every aspect of one's life, it is highly obligatory to rehabilitate, retain and restrain the balance. According to Ayurveda, our inability to deal with stress is due to an imbalance, or lack of coordination of the mental functions like Dhi, Dhriti and Smriti. The best possible way is to resort to Dr Hassan's Ayurveda, yoga and meditation as they treat you

internally keeping in mind your external factors too. To re-establish the lost equilibrium and de-stress your body in the most natural and safest way, specialized Ayurvedic therapies like Shirodhara, Sarvanga Pizhichil and Abhyanga are included in our program that will facilitate the much-needed relaxation to your body and stressed nerves. The treatments would decrease your muscular pain and will revivify your body, mind and soul. Our Stress Management Program is aimed at relieving the stress accumulated over the years, and increasing the body's level of Ojas by achieving proper hormonal balance and reinforcing mental potency to better cope with stress in the future. The emphasis is on supporting and empowering everyone to regain control of their life and stop the patterns of damaging behaviors by using our practical tools and methodology. If your behavior is not serving you, then we can help you to change it.

7. Detoxification Program



According to Ayurveda, the detoxification of the body is essential before undergoing any other major treatment. Even for healthy people, it is recommended to undergo detoxification treatment once every five years to rid the body of all the impurities and chemical toxins it accumulates over the years. Dr Hassan's detoxification program removes toxins from the digestive system, bowels, lungs, blood vessels and nervous system. It strengthens the muscles and joints and helps in the

hormone secretion of all glands. It improves the appetite, sleep quality, sexuality, concentration and memory. No wonder many people feel like they have a new body after this treatment.