



V A I D Y A R A T N A M



Vrindavan Ayurveda Chikitsalayam

Himachal Pradesh





## **Vaidyaratnam Vrindavan Ayurveda Chikitsalayam (VVAC)**

is a serene 25-acre wellness center, surrounded by 500 acres of lush forests, blending nature with traditional Ayurveda.

Classical Keraliya Panchakarma in the lap of Shivalik Foothills

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Highly skilled team of doctors and paramedics from Thrissur, Kerala

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North India's one of the biggest Ayurvedic wellness centers







Padma Bhushan



Padma Shri

## VAIDYARATNAM

Rich Ayurvedic Heritage

The Thaikkattu Mooss family has been practicing Ayurveda for generations, tracing its roots to the time of Lord Parasurama. This rich heritage laid the foundation of the Ashtavaidyan Ayurvedic healing system, with expertise in all the 8 branches of AYURVEDA.

Following the footsteps of the Ashtavaidyan, Vaidyaratnam E.T Narayanan Mooss, Ashtavaidyan E.T. Neelakandhan Mooss and Ashtavaidyan E.T Narayanan Mooss won several prestigious awards.

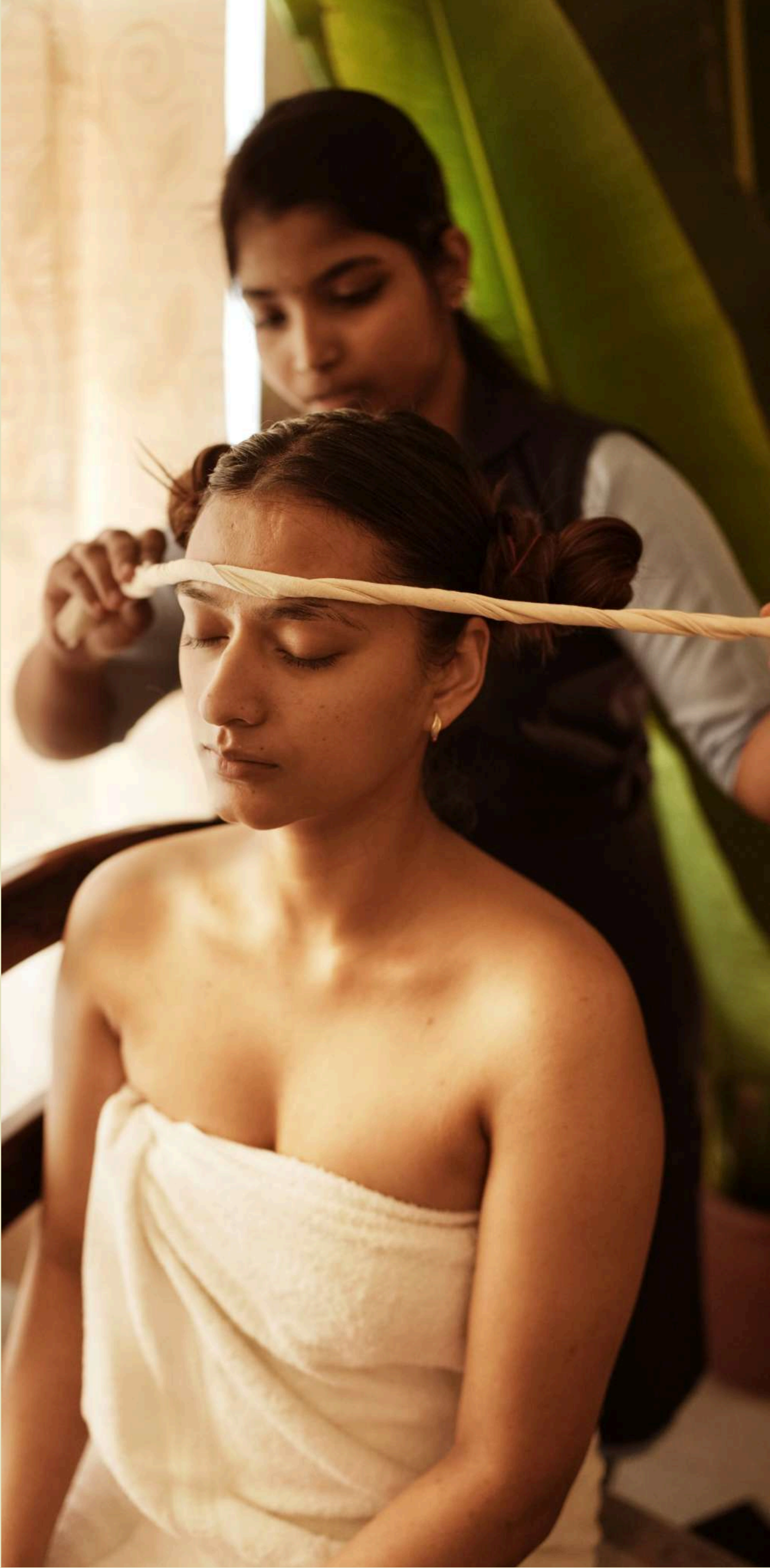




# Traditional Keraliya Panchakarma Programmes



VVAC's expert Ayurvedic doctors and therapists offer personalized care for every health seeker. We offer ailment-based effective Ayurvedic treatments, along with lifestyle correction, and wellness programs to combat modern life challenges.

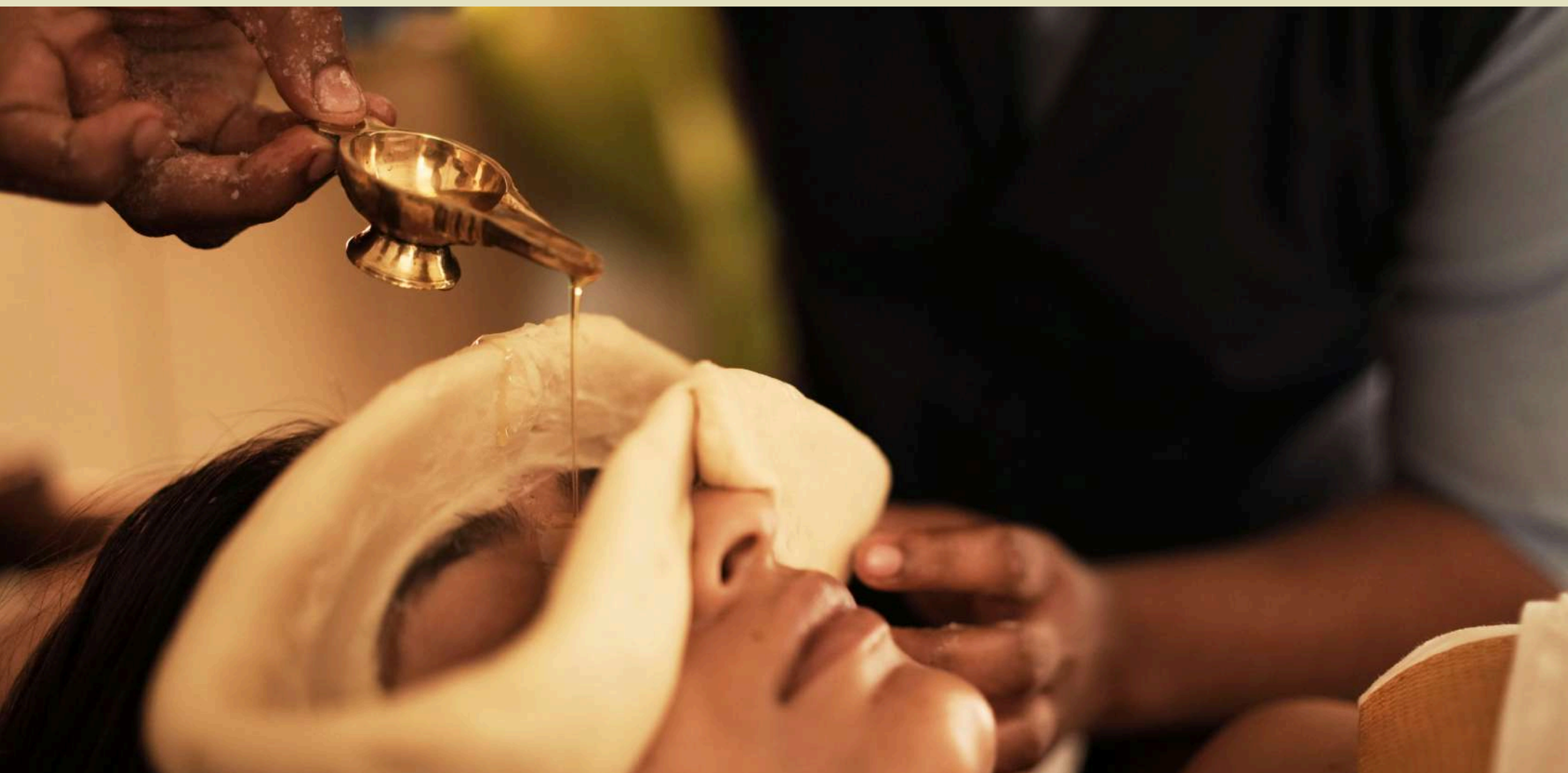


## Various Programmes at VVAC

Ailment-Based Programmes	14 to 21 Days Duration of the Treatment
Detox Programme	7 to 14 Days Duration of the Treatment
Rejuvenation Programme	3 to 7 Days Duration of the Treatment

\* Number of days is prescribed by doctor after detailed consultation.





## Why a minimum of 14 Days for ailment-based Panchakarma Treatment?

*“Ayurveda focuses on the Root Cause, not the Symptom”*

As per the Ashtavaiyan texts, Ayurvedic treatments include three stages -

- Purva Karma (pre-treatment) for detoxification
- Pradhana Karma (primary treatment) for healing
- Paschat Karma (post-treatment) for restoring

At VVAC, all the herbal decoctions for the treatment are freshly-prepared from 150 raw herbs, and over 200 medicated oils sourced from Kerala at our in-house Kashayapura.





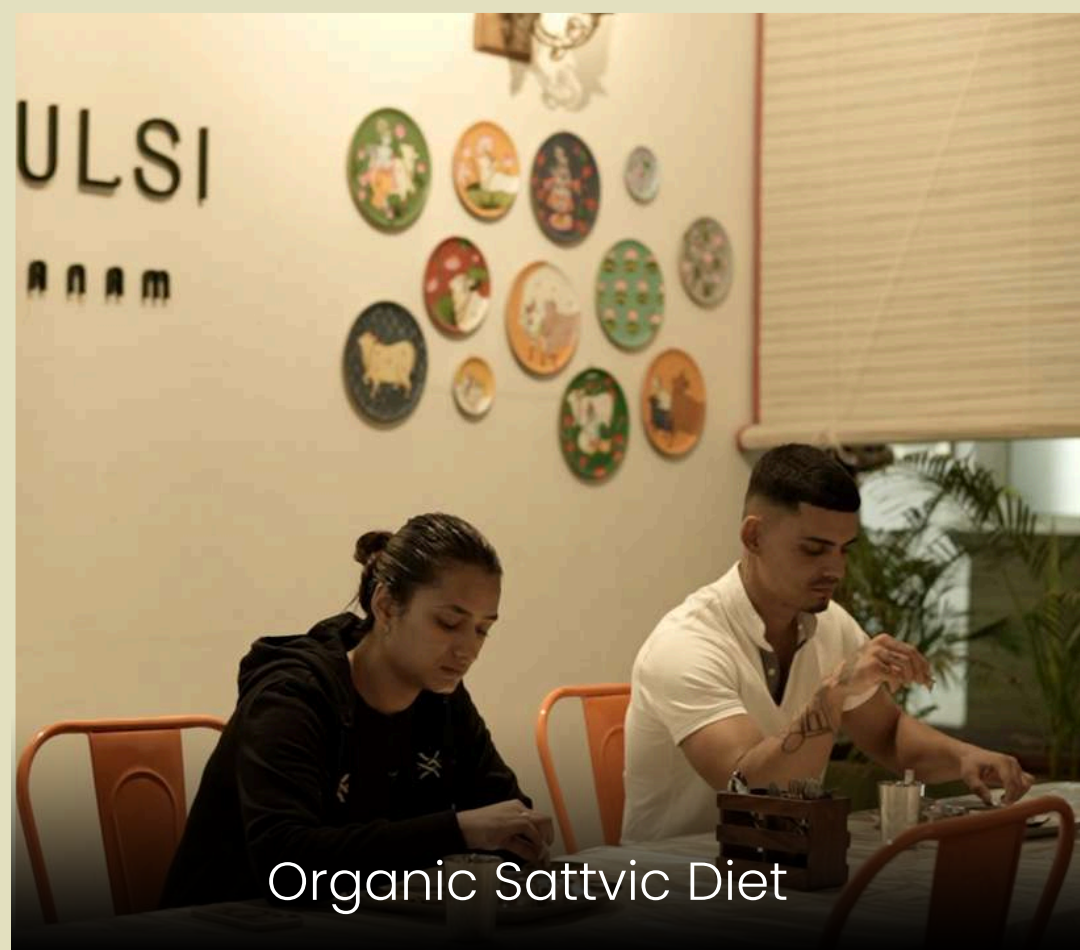
Yoga & Meditation



Physiotherapy



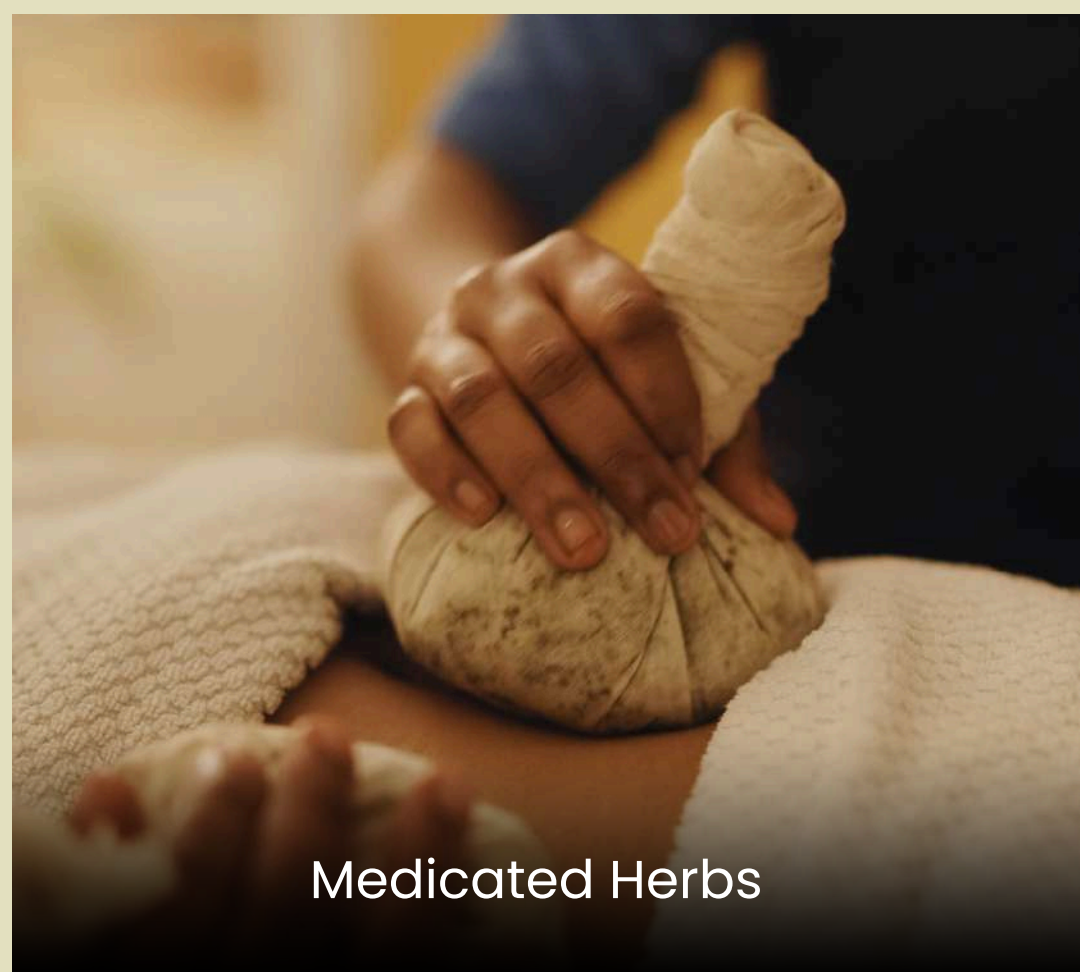
Kashayapura



Organic Sattvic Diet



Ayurvedic Pharmacy



Medicated Herbs

## Pillars of Ayurveda



At VVAC, the above facilities are prescribed after a detailed Ayurvedic checkup to ensure that a health seeker experiences balanced healing and overall healing.





Temples



Recreation Activities



Gaushala



Yagyas

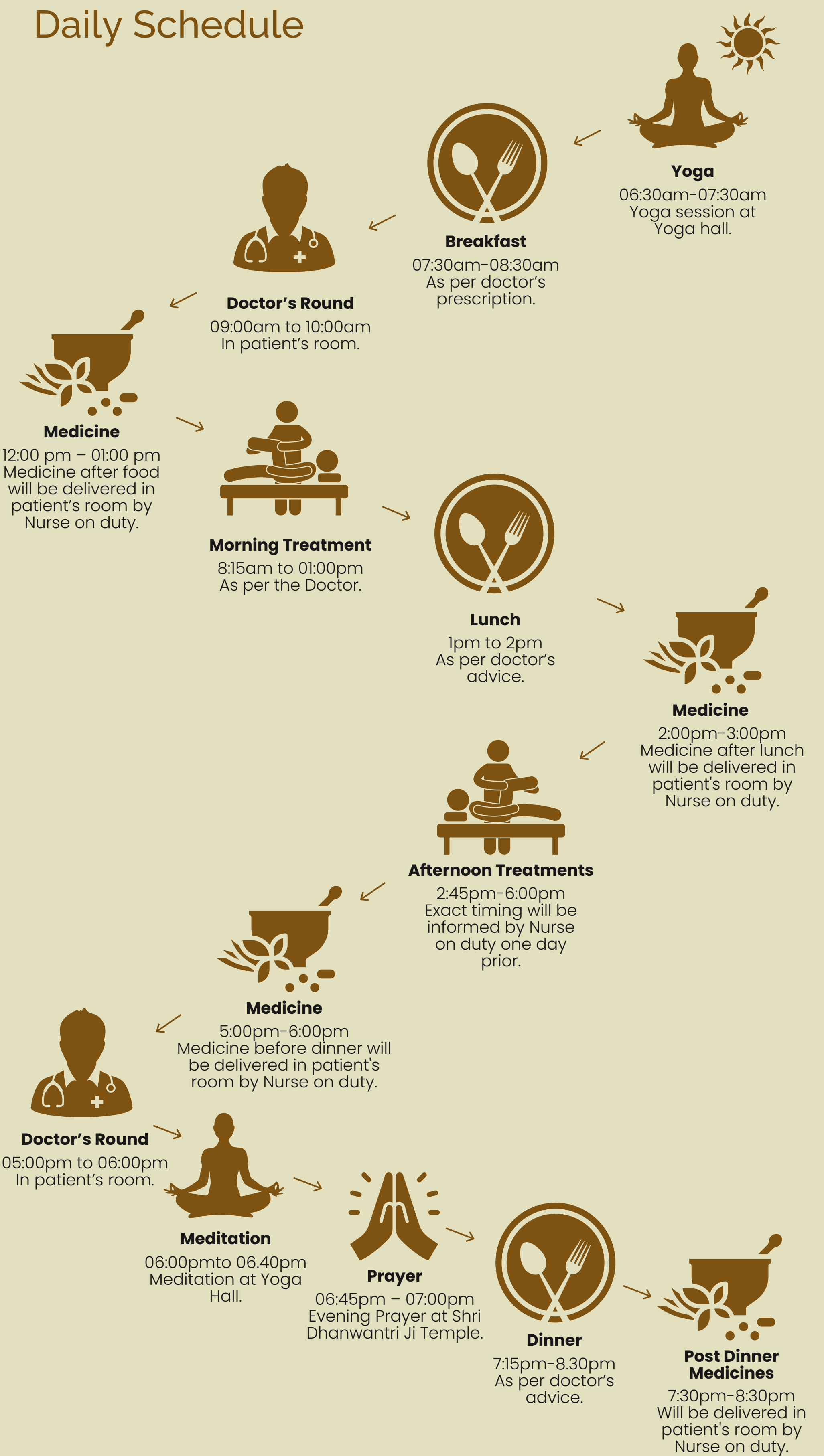


Organic Farming

Therapeutic Comforts at VVAC



# Daily Schedule





# Accommodation



**VVAC offers a “Home Away from Home”**  
experience with comfortable, fully furnished  
accommodations as per your requirements.

Type of Accommodation	Occupancy	Facilities Available	Price Per Day
Studio Room	Single Occupancy	1 SingleBed, AC, Attached Washroom	₹7,800/-
Standard Room	Double Occupancy	1 Bedroom with 2 Single Beds, AC, Attached Washroom, Drawing Room	₹14,400/-
Premium Room	Suitable for 4 People	2 Bedrooms with Attached Washrooms, Drawing Room, Dining Area, Kitchen, AC	₹28,600/-



## Inclusions

- Accommodation
- Doctor Consultations
- Panchakarma Therapy  
(Oils, Herbs, Internal Medicine Charges)
- Sattvic Meals
- Yoga & Meditation
- Nursing
- Recreational Activities





# Studio Room



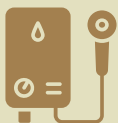
Single Occupancy



Single Bed



Attached Washroom



Heater



TV



AC



Wifi

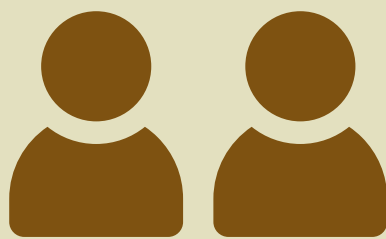


Lobby





## Standard Room



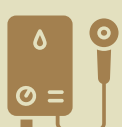
Double Occupancy



Double Bed



Attached  
Washroom



Heater



TV



AC

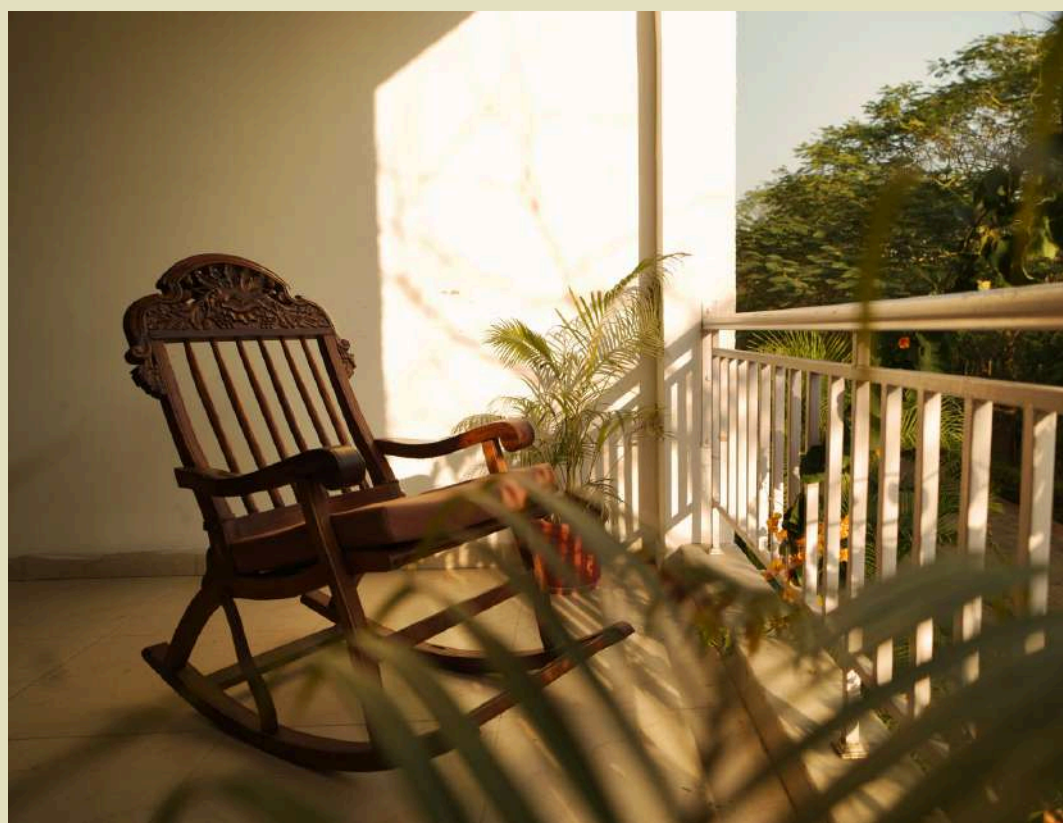
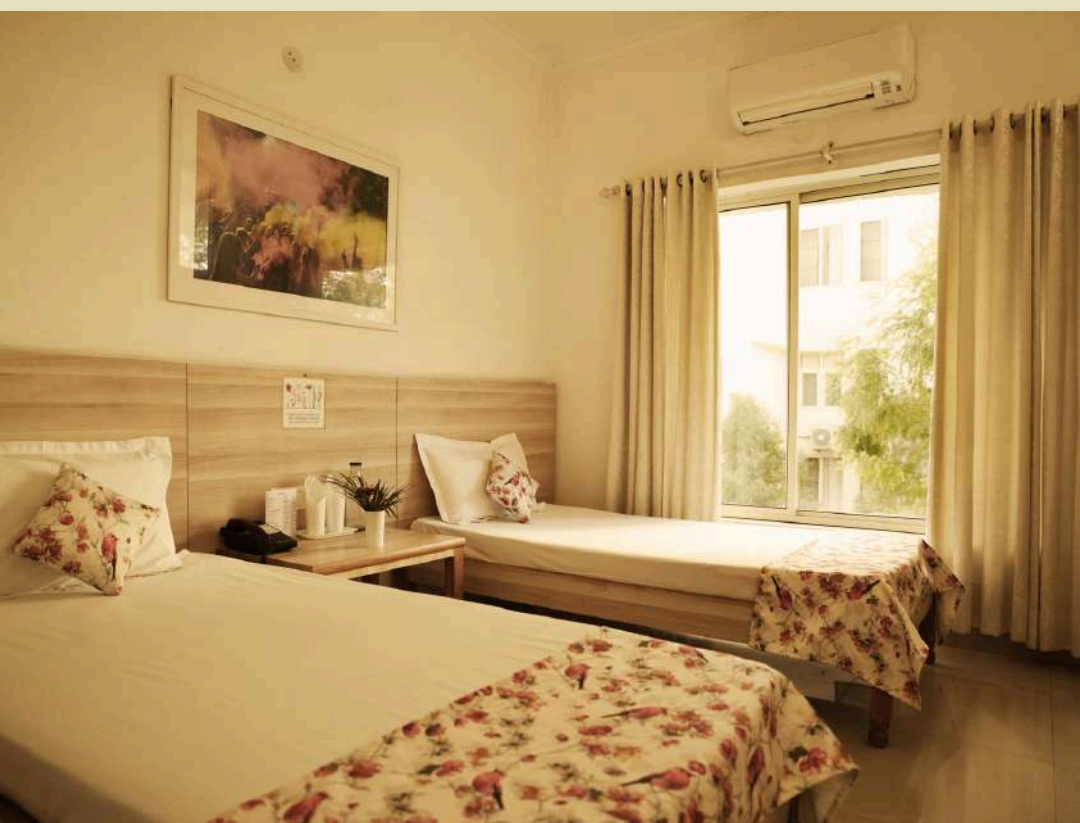


Wifi

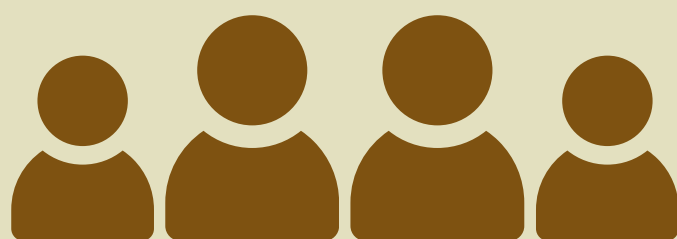


Lobby





## Premium Room



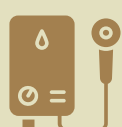
Suitable for 4 people



Double Bed



Attached  
Washroom



Heater



TV



AC



Wifi



Lobby



# Health Insurance



Take it easy!



VVAC is empanelled with several leading private health insurance companies offering cashless and reimbursement options for Panchakarma treatments to our health seekers.

# Empanelment



We are also empanelled with CAPF, CGHS, and Haryana Government, making classical Ayurveda accessible for the above-mentioned beneficiaries.



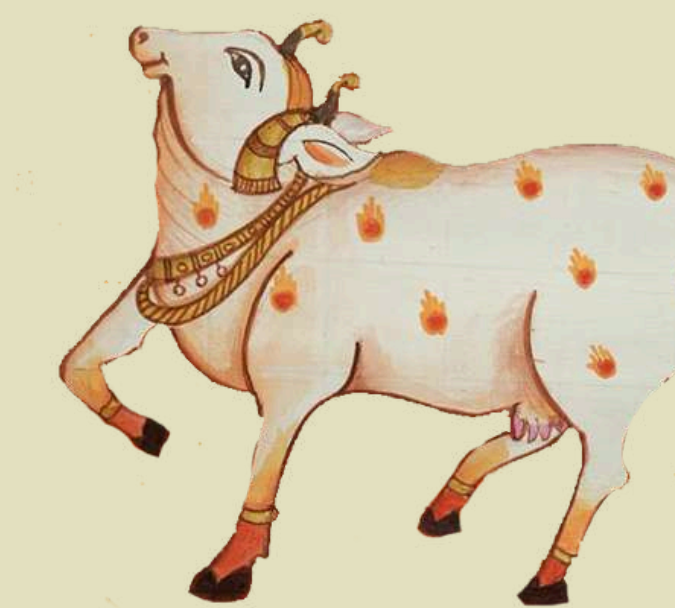
VVAC is NABH accredited, ensuring the highest standards of Ayurvedic care.



# RECREATIONAL ACTIVITIES AT VVAC



1. Croquet
2. Darts
3. Archery
4. Badminton
5. Pottery
6. Herbal garden tour
7. Vegetable harvesting
8. Kite flying
9. Library and meditative colouring books for kids and adults
10. Doctor interaction session
11. Personal Yoga session
12. Board games: Chess, Ludo, Scrabble, Carrom Board
13. Gau shala tour and cow feeding





# How to Reach Vaidyaratnam Vrindavan Ayurveda Chikitsalayam



Paid pick-and-drop facility available to and from Chandigarh for a hassle-free journey.



Shivalik Foothills, Vill. Thana EPIP-2, Baddi Himachal Pradesh

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