



Sarathy Ayurvedic Hospital

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Ayur Village Retreat by Sarathy Ayurveda

Ayurveda Holistic Healing



# About Us

**Sarathy Ayurvedic Hospital:** Sarathy Ayurvedic Hospital, led by the accomplished Ayurvedic Physician Dr. P K Lathika, boasts NABH accreditation and a rich history in Ayurveda and Panchakarma Healthcare since its establishment in 2004. With over 30 years of clinical expertise, Dr. P K Lathika also serves as the Authorised Medical Officer for the Indian Space Research Organisation-ISRO. The hospital holds CGHS empanelment, ISO 9001:2015 certification for quality, Ayur Diamond recognition from the Government of Kerala's Department of Tourism, and the prestigious National Accreditation Board for Healthcare Institutions (NABH) accreditation.

**Ayur Village Retreat:** While a new endeavour by Dr. P K Lathika, Ayur Village Retreat provides the same services as Sarathy, with the added allure of a natural setting and enhanced ambiance. Nestled on the banks of the Periyar River, this Ayurvedic Hospital offers a healing environment that embodies the essence of traditional Indian medicine.

**Janani By Sarathy:** Founded by Dr. Gayathri S, a specialist in women's health, Janani By Sarathy envisions expanding the horizons of Ayurveda for women. Their focus lies in pre-conception care, antenatal care, Garbhasanskara, post-natal care, and comprehensive gynecological solutions, including fertility medicine.






## Sarathy Ayurvedic Hospital

- Patient Counseling
- Personalized Care
- Experienced doctors
- Kerala Ayurveda Panchakarma
- NABH accredited Ayurveda Hospital
- Ayurdiamond classified Ayurveda facility
- Operating since 2004
- Kerala Ayurveda Panchakarma wellness and treatment centre
- ISO Certified Ayurveda Hospital
- 30 beds with suite, AC Deluxe, AC Standard and non-AC Standard rooms
- Personalized Care
- Yoga, meditation and physiotherapy services
- Skilled staff
- Patient Counseling
- Healthy lifestyle education
- Experienced doctors
- Healthy vegetarian Ayurveda diet
- Homely ambience and hospitality
- Amenities like Breastfeeding Area, Children Play Area, Prayer Room
- Patient Safety Devices and Emergency Management trained staff

## Ayur Village Retreat by Sarathy Ayurveda

- Green surroundings
  - Homely ambience and hospitality
  - Traditional Kerala Ayurveda food
  - Free bicycling
  - Healthy vegetarian Ayurveda diet
  - River side sunning area and hammocks
  - Bathrooms with Jacuzzi
  - Healthy lifestyle education
  - Village walk through paddy fields and farms
  - River side property on the banks of Periyar river
  - 8 spacious river facing rooms with all modern amenities and 24X7 front desk and security
  - River facing rooms with free Wi-Fi and smart TV
  - Kerala Ayurveda Panchakarma wellness and treatment centre
  - Spacious hygienic Ayurveda Therapy rooms
  - Yoga, meditation and physiotherapy services
  - Ayurveda Consultation and Therapy with 24X7 doctors and nursing staff attention
  - Amenities like Business Centre, Meeting Room, Breastfeeding Area, Play Area, Prayer Room
  - Patient Safety Devices and Emergency Management trained staff
  - Airport Pick Up, Drop Off, Travel Desk, Currency Exchange
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# Diseases Treated



- **General Medicine and Lifestyle Diseases:** Obesity, Weight Loss, Diabetes, Rheumatism, Gastric Disorders, Hormone Problems, Heart Problems, Vitamin Deficiencies, Anemia, Liver Diseases, Cancer, Eye Diseases, Headache, Migraine, Stress, Anxiety, Panic Attacks, Mental Disorders, Allergy, Asthma, Skin Diseases, Psoriasis, Eczema
- **Spine and Joint Orthopedics:** Arthritis, Rheumatoid Arthritis, Gout, Systemic lupus erythematosus-SLE, Osteoporosis, Osteoarthritis, Knee Joint Pain, Shoulder Joint Pain, Frozen Shoulder, Low back Pain, Cervical and Lumbar Spondylosis, Cervical Spondylitis, Lumbar Spondylitis, IVDP-Intervertebral Disc Prolapse, Multiple Joint Pain
- **Neurology:** Neuropathy, Carpal Tunnel Syndrome, Cerebral Palsy, Multiple Sclerosis, Syringomyelia, Transverse Myelitis, Cerebral Atrophy, Guillain-Barre Syndrome, Multiple Sclerosis, Muscular Dystrophy, MND, Parkinson's Disease, Alzheimer's Disease, Senile Dementia
- **Ortho-Neuro-Musculo Rehabilitation:** Sports Injuries, Brain and Spinal Cord Injury, Paralysis, Stroke Rehabilitation, Accident Rehabilitation, Stress Injuries, Achilles Tendon Injury, Ligament Injury, Tennis Elbow, Golfer's Elbow, Plantar Fasciitis
- **Pediatrics:** Autism Spectrum Disorders, Learning Disabilities, Developmental Disorders, Cerebral Palsy, Children Health Problems, Type 1 Diabetes, Obesity, Vision Problems in children
- **Women Health:** Menstrual problems, Painful Periods, Dysmenorrhoea, Low Menstrual Flow, Excessive Menstrual Bleeding, Uterine Bleeding, Leucorrhoea, Vaginal Discharges Irregular Menstrual Cycles, PCOS, Uterine Fibroid, Endometriosis, Uterine-Ovarian-Cervical Cancers
- **Female Sexual Problems and Fertility:** Primary and secondary Infertility, PCOS, Ovum Disorders, Endometriosis, Endometrial Thinness, Habitual Abortion, Cervix Insufficiency, Low Libido, Vaginal Dryness, Painful Intercourse



- **Post Natal Care:** After Normal Child Birth, After Caesarian Section, Stretch Marks, Loose Tummy, Skin Sagging, Tears, Pelvic Issues, Muscle Tone Issues, Back Pain, Breastfeeding Issues, Post Natal Depression, Mood Swings
- **Male Sexual Diseases:** Infertility Treatment, Male Infertility, Varicocele, Low Sperm Count, Sperm Disorders, Erectile Dysfunction, premature ejaculation, Low Libido
- **Veins and Ano-rectal Diseases:** Diseases: Piles, Fissure, Fistula, Varicose Veins, Varicose Ulcers
- **Cosmetology: Hair Care:** Hair loss, Frizzy Hair, Dandruff, Split Ends, Dull Hair, Damaged Hair, Receding Hairline, Baldness, Greying, Thinning, Ingrown Hair, Facial Hair
- **Cosmetology: Skin and Face Care:** Dry skin, Oily Skin, Pigmentation, Blemishes, Skin Tan, Dark Circles, Wrinkles, Sagging Skin, Ageing Skin, Dull Skin, Acne, Black Heads, White Heads, Stretch Marks, Dry and Chapped Lips
- **Yoga and Meditation:** Wellness Yoga, Daily Yoga, Clinical Yoga, Disease based Yoga Therapy, Personalized Yoga Training, Hatha Yoga, Power Yoga, Pranayama, Breathing Exercises, Pranayama Therapy, Meditation, Auto-Suggestion Therapy
- **Diet and Nutrition:** Wellness Diet, Ayurveda Diet, Diet Counselling, Diet Consultation, Ayurveda Cookery Classes, Ayurveda Cooking Demonstration, Disease based Personalized Diet Charts, Prakruthi based Diet Charts
- **Patient Counselling:** Professional Stress, Domestic Stress, Phobia, Marital Problems, Sexual Problems, Learning Problems, Unexplained Stress, Panic Disorders





# Doctors and Specialties

- Dr. Lathika PK BAMS MDHA Experience of 35 years Specialist in Stroke Rehabilitation, Ayurveda Cancer Care ,Kerala Ayurveda Panchakarma
- Dr. Valsaladevi K BAMS FAGE MBA CNAD CAAM YIC Experience of 30 years Specialist in Kerala Ayurveda Panchakarma, Child Health, Autism, Ayurveda Diet, Yoga Therapy
- Dr Gayathri S BAMS MS( Ayurveda Gynecology and Obstetrics), founder Janani by sarathy, garbhasanskara coach, women health specialist - pregnancy and post pregnancy care, garbhasanskara, fertility treatment and hormonal imbalances
- Dr. Karthik Nandakumar BAMS MS (Ayurveda Surgery), YIC, MA (DM) Experience of 12 years Specialist in Ano-rectal Diseases, Piles, Fissure, Fistula, Orthopedics, Marma, Varicose Veins
- Resident Medical Officer - Specialist in Kerala Ayurveda Panchakarma



## Sarathy Ayurvedic Hospital

Elookkara Muppathadam PO Aluva,  
Kochi, Kerala, India

PIN 683110, Ph: 0484-2605309

+91-9895142321, +91-9895767321

## Ayur Village Retreat

Karumalloor Aluva, Kochi, Kerala, India

PIN 683110, Ph: 0484-2605309

+91-828 13 4 1321, +91-9895767321

Email: mails2sarathy@gmail.com

Email: drlathika@yahoo.co.uk

Web : www.sarathyayurveda.com

Web : www.ayurvillageretreat.com

Dr Lathika - Ph: +91-9847997321, Dr. Karthik - Ph: +91 - 9961419947, Dr. Gayathri - Ph: +91 - 9400199947

## Clinic

VII/ 104, Opp. Palace, Palace Road, Aluva - 683101

Tel : + 91- 484 3294132, 2628516

## Our Accreditation

