

## **JEEVANAM**

www.jeevanam.com

### **About Jeevanam**

'Jeevanam, a premium multi specialty ayurvedic hospital, located in the heart of the temple town of Haripad, Kerala. This hospital conforms to the "A" class certification and "Green Leaf" classification proposed by the Government of Kerala for ayurvedic centers. A peaceful heaven in the hustle and bustle, Jeevanam provides ayurvedic treatments adhering to the classics. Jeevanam at Haripad in the southern most tip of India is a handiwork of mother nature, created with excellent artistry and uniqueness. Haripad is a delicious treat; sandwiched between beaches stretched on one side and the palms groves and lush green trees spread on the other.

At Jeevanam the cool breeze flows at day break to the rooms with the mellifluous flow of bhakti music from the nearby temple. The perpetual temperate atmosphere of Kerala allows one to enjoy the goodness of ayurveda, culture and landscapes throughout the year. Nestle in the comforts of a three start accommodation in the rustic surroundings of Kerala and unleash a new breath of life.

Along with offering premium ayurvedic care Jeevanam also caters to the tourist in you. We also provide cottages amidst surrounding suitable for a very leisurely stay. We have different tailor made packages for suit your personal needs and we also conduct tours in Kerala. Come to Jeevanam for an enchanting holiday and take back with you some of the most memorable moments of your life.

### **Ayurveda**

Ayurveda originated around 4000 B. C. Ayurveda not only treats the affected part but the individual as a whole. It is propagated by mighty seers like Charaka, susruta and Vagbhata in their tireless quest to find the answer to the illness and unhappiness that tormented human kind.

'Ayur' means 'life' and 'veda' means 'knowledge' or wisdom. Along with treatment Ayurveda stresses on prevention. It is a supreme symphony of nature and knowledge. It adds value to life by deriving on the essence of nature. The enthralling world of Ayurveda remains one of the most antique and mystifying of science. Ayurveda is a way of life. It is a natural way to refresh, eliminate all toxic imbalances, from the body and thus regain good health. It is directed at getting rid of the doshas (illness) and cleaning the body.

It is directed more at prevention than at cure. Ayurveda envisages a unique system to strengthen the immune system to achieve good health and longevity. Beauty as said by Ayurveda is a result of a radiant inner self 'Ojus' (subtle quality of vigour and vitality.) Ayurvedi massages and therapies bring out the latent beauty and invigorate one in the traditional Ayurvedic way. Ayurveda maintains that the mind is also an organ in its own right. The diagnosis and healing process

in ayurveda revolve around the concept of 'Thridosha'. Illness is because of the imbalances of the humors (doshas); or the three humors of 'Vatha', 'Pitha' and 'kapha' which correspond to the elements of air, fire and water. A dynamic synchrony between the three humors endows us with good health, positive mind and soaring spirit.

It not only treats a particular disease but brings in completed harmony of body and mind. According to Ayurveda when toxic substance gets accumulated in human body, it takes a long time to manifest as some disease. And in the mean time our body and mind gets some what habituated. Fasting dieting correction and other treatments like herbal massage—according to Sanskrit text 'Astnga Hrudaya' helps cure diseases, removes harmful substances from the body and restore harmony of the body. Medicines are patient oriented.

Kerala, the land of Ayurveda Kerala, the land of Ayurveda Kerala's equable climate, natural abundance of forests (with a wealth of herbs and medicinal plants), and the cool monsoon season (June - November) are best suited for Ayurveda's curative and restorative packages. In fact, today, Kerala is the only State in India which practices this system of medicine with absolute dedication.

Monsoon, the ideal time for rejuvenation

Traditional texts reveal that the monsoon is the best season for rejuvenation programs. The atmosphere remains dust-free and cool, opening the pores of the body to the maximum, making it most receptive to herbal oils and therapy.

## **Ayurvedic Treatment Packages**

### **Pizhichil**

( 35 \$; 40 Duration : 60 to 75 minutes)

Luke warm herbal oils are poured all over the body in a special rhythmic manner continuously for about 60 to 90 minutes per day. This treatment is very effective for Rheumatic diseases like Arthritis, Paralysis, Hemiplegia Nervous weakness, Nervous disorders etc. and also rejuvenates the body

### **Kizhi**

( 20 \$; Duration: 1 hour)

Herbal leaves, Herbal powders, lime etc. are made in to a bolus (bundle) with a cotton cloth. This bolus is heated in medicated oil and applied all over the body. This is an excellent treatment for all kinds of arthritis, cervical spondylosis, lower backache etc.

### **Njavarakizhi**

( 20 \$; Duration : 1 hour)

In this treatment, the bolus is made using a rice of medicinal value which has been cooked in a mixture of milk and herbal decoction. This bolus when applied all over the body, gives sensory stimulus to the paralyzed nerves. This treatment is for all types of rheumatism and nourishment the body and reduces muscle wasting, pain in joints etc

### **Dhara/Sirodhara**

( 20 \$; Duration: 1 hour)

Medicated oil is poured on to the forehead in a steady rhythmic manner from a pot. Treatment for Insomnia , Stress, Migraine, Mental tension, Anxiety etc.

### **Sirovasti**

( 18 \$; Duration : 1 hour)

Herbal oils are poured in to a cap fitted on the head. This treatment is highly effective for Facial paralysis, Chronic Headaches, Burning sensation and other Vatha originated diseases.

### **Vasti**

( 18 \$)

Herbal oils and herbal decoction are applied through the rectum. This treatment is for Arthritis, Paralysis, Gastric complaints associated with Rhumatism and constant Constipation.

### **Udvarthanam**

( 20 \$; Duration: 1 hour)]

This is a dry massage using herbal powders. This is very useful for reducing obesity and improving the complexion of the body.

### **Nasyam**

( 6\$; Duration: 30 minutes)

In this treatment medicated oil is poured on to the nasal cavity like nasal drops. This treatment is very effective for Sinusitis, Chronic head ache, Mental disorders etc.

### **Herbal Facial**

( 7\$; Duration: 45 minutes)

Ayurvedic herbal face packs are applied on the face and herbal oil massage which helps to remove wrinkles and improve complexion.

### **Medicated Steam Bath**

( 9 \$; Duration: 30 minutes)

Certain herbal leaves and herbs boiled and the steam is passed to the whole body for a certain time This treatment will helps to eliminate impurities from the body through sweat pores which reduce fat improve tone of the body and also for certain skin diseases

### **ChavuttiUzhichil**

( 40\$; Duration: 1 hour)

In this treatment, patient is massaged by a 'marma' specialist with his feet instead of hand. This massage is very hard and makes the body very supple and flexible. This form of treatment technique is very beneficial for the people who takes part in sports like Wrestling, Martial Arts, professional Dancers etc. having strong physique are recommended to undergo this treatment.

### **HEALTH CARE PACKAGES**

Rejuvenation Program

(7 to 14 days; 35 \$)

This treatment is based on Rasayana and Vaajeekarana methods mentioned in ancient Ayurvedic texts. The age advances our body cells and tissues undergo changes. So it is necessary to rejuvenate the human physique for the better harmony of Body, Mind and Soul. This package is to maintain Health, Youth and Beauty to eliminate toxins from the body. It includes Pizhichil, Uzhichil (Rejuvenation massage), Steam bath, Herbal facial and Internal medicines etc.

### **Stress Management Program**

(7 to 14 days; 35 \$)

Stress and anxiety are the two major problems that face the man in today's fast pace of life. This program has helps to relive stress and also induces sound sleep. Stress management program is a combination of Rejuvenation massages, Sirodhara, Thalam, Pizhichil, Internal medicines, Meditation and Yoga.

### **Slimming Program**

(7 to 28 days; 31 \$)

Less work and fast foods have made today's population obese and unhealthy. The Slimming program helps to reduce weight by eliminate excess fat from the body. This program consists of procedures like Udwarthanam, Medicated Steam bath, Exercise, Internal medicines, Yoga and Ayurvedic diet.

### **Spine and Neck Care Program**

(7 to 14 days; 35 \$)

Various diseases of the Spine like Cervical Spondylosis, Lumbago, Disc Prolapse, Lumbar Stenosis, Ankylosing Spondylosis etc. are treated at Jeevanam. Internal

medicines are very effective. The procedures perform in this packages are Pizhichil, Kadeevasti, Vasti, Massage, Elakizhi, Medicated Steam bath, Yoga and Meditation.

### **Psoriasis/Skin Allergy Treatment Program**

(14 to 21 days; 26 \$)

This treatment package consists of Snehapanam, Pizhichil, Special Lepamam and Internal Medicines. Procedures could change according to Doctors discretion.

### **Body Purification Program**

(14 days; 35 \$)

This is a detoxification program for the body. Various toxins and free radicals that have accumulated over years are expelled from the body. The procedures employed here are rejuvenation Massage, Vasti, Vamanam, Veerechanam, Nasyam, Medicated Steam Bath and Internal Medicines.

### **Beauty Care Program**

(7 to 14 days; 35 \$)

In this program, we use vast knowledge available in the ancient Ayurvedic text, to increase Skin tone and Complexion. We have many kinds of Herbal facial, Face massages and Oil massages for different skin types.

These are the treatments as per packages .Changes could be made by the doctors after personal evaluation.

### **Facilities**

At Jeevanam treatment is done strictly according to classical text. The treatments are provided both internally and externally. Ayurvedic medicines for the treatment are brought from branded companies

Jeevanam provides ayurvedic treatments strictly adhere to the ayurvedic system of medicine. The treatment programs include rejuvenation therapy, various clinical treatments and beauty care, ranging from one day to 28 days. The treatment is administered by well versed masseurs and is personally supervised by well qualified doctors. The treatment rooms have all the modern and traditional faculties to make the treatment a holistic one.

The diet is customized by the doctor based on the daily routine, constitution and food habits. In addition, moderate physical exercise and regular practice of Yoga will rejuvenate you more.

### **Chettikulangara Temple**

Many followers of the theory of Kerala's genesis by Parasurama firmly believe that he had established 108 Durga temples, 108 Siva temples, numerous Sasthatemples, besides 108 Kalaris (place to learn traditional martial arts in front of the deity), Sakthi Kendras etc. Besides he had established five Ambalayams. Jagadambika of Chettikulangara, the Goddess of Oodanadu, is among the five Ambalayams. Though enough historical evidences and authentic study materials are not available to support, it is believed that this temple dates back to more than 1200 years.

According to one version, this temple was consecrated by Padmapadacharyar (a leading disciple of Adi Shankara) on the Uthrittathi day of Makara month in A.D. 823. There is a firm argument that the goddess here was a family deity, and later emerged as the village and regional deity. Local historians oppose the argument that the temple is not as ancient as the nearby Kandiyoor Mahadeva temple or Mavelikara Krishna Swamy temple as it had not been mentioned in Unnuneeli Sandesam written in the 14th century. According to late Kandiyoor Mahadeva Shastri, Samudra Bandhan – a leading courtier of Ravi Varman, an ancient King of Venad had visited this temple and wrote poems on Bhagavathi. Similarly Aadithya Kulasekharan, the King of Venad (1374 A.D. to 1389 A.D.) also had visited the Chettikulangara temple, argues them.

However, it is to be said that the present Sreekoil of the temple is only 450-480 years old, and the Chuttambalam is not more than two centuries old. Local historians say that the temple infrastructure and the surroundings were developed by various local chieftains from time to time. The present Sreekoil was revamped during A.D.1540. Because of a small fire at this temple, the Chuttambalam was slightly modified during the Malayalam year 1002.

### **Chettikulangara Kettukazhcha**

Chettikulangara Kettukazhcha, conducted every year on the Bharani Nakshathram of Malayalam month 'Kumbham' - It is probably the most amazing cultural visual spectacle in Kerala, similar to the Thrissur Pooram.

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The event is an offering of the people of Chettikulangara to their beloved deity known for her spontaneous blessings on true devotees as a mark of gratitude, devotion, unflinching faith, and for showering prosperity and protection to their lives. 'Kettukazhcha' displays deftly sculpted and decorated forms of 'six temple

cars known as 'Kuthiras', five Therus' (Chariots ) and icons of Bhima and Hanuman. All the temple cars, chariots and the icons are all incredibly gigantic in size and are many times larger than any other similar Kuthiras and Therus built during the festivities at other temples in the Central Travancore region.

On the move, these out of the world sky scrapping colorful decorations are electrifying, and will create an unforgettable artistic impression in union, especially during the night in the back drop of illuminated lights. Chettikulangara Kettukazhcha heralds the architectural and aesthetic acumen of the ancient people of Chettikulangara, who could convert an improbable out of the world concept to an enormous artistic reality, achieved by collective hardships and will power.

### **Edathua Church**

It is believed that prayers and offerings at this church help to heal all mental disorders and other ailments. During the annual feast (5th, 6th and 7th of May) pilgrims from all parts of South India, irrespective of caste and creed, visit the church and seek the blessings of the saint. Built in This church was established in 1810 and is dedicated to St. George. The Edathua Church, a massive shrine on the banks of the river Pamba, is dedicated to St. George.

During the feast, the statue of St. George, decked in gold, is carried out in procession and placed on the dais at the centre of the Basilica. Processions were held everyday, and dazzling fireworks display highlighted in the initial as well as concluding day's rituals.

Devotees from all parts of the State attended the feast. As in all other festivals typical of Kerala, the church ground swarmed with vendors and stalls selling all kinds of things from food to utensils to jewellery. There were cultural performances every evening.

The Edathua feast is held from April 27 to May 7 every year.

### **Mannarassala Sree Nagaraja Temple**

Mannarassala Sree Nagaraja Temple is a very ancient and internationally-known centre of pilgrimage for the devotees of serpent gods. The temple is located about three kilometers to the south-east of the bus station in N.H.47 at Haripad, in Alleppey district of Kerala. Haripad, a culturally renowned ancient town with prominent role in the history of Central Travancore, is rich with its exquisite green paddy fields, towering coconut palms and serene atmosphere of the adjacent hamlets. Now Haripad is a well-developed town with enough civic infrastructures like shopping complexes, hotels & lodges, educational institutions and hospitals.

The ancient Subrahmanya Swamy Temple in Haripad, which is one of the renowned Subrahmanya temples of Kerala and a testimonial to the glory of the great Kerala temple architecture, is located on the way to the Mannarassala temple.

Proper signboards are available from the N.H.47 to the temple. Since the temple is very renowned, accessibility to the temple may not be a problem for the devotees. Various cabs and auto rickshaws are available near the Haripad bus station and Railway station to reach Mannarassala at nominal fare. Since located near the highway almost equidistant between the cities of Thiruvananthapuram and Kochi (approx.113 km. and 103 km. respectively), it is easy to reach Haripad via bus and train.

### **Parumala Church**

Parumala is a small stretch of land on the shores of the river Pampa. In the days of old, many brahmin families were living on this island which has an area of about 4 square miles. For various reasons, in course of time these families left the place. However, as relics, we can still see the broken down basements of buildings, disused ponds etc. with the departure of the Brahmins, the place became almost wild, desolate area.

The famous 'Panayannar Kav'u' was situated north of the present site of the Parumala Church. The place was rather notorious for blood-curdling sheep-slaughter and man-slaughter ostensibly in connection with black art. The horrifying atmosphere of the island was further strengthened by the hear-say that a dreaded 'Yakshi' (Witch) who slipped away from the hands of the priest-magician Kadamattathu Kathanar had settled there.

In those days, Rama Rayar, Peshkar (District Collector) of Quilon registered a big plot of land near panayannar kavu in his brother-in-law's name. Sri Korula Mathen of Arikupurathu Family, A well-known resident of Pavukara was given permission to cultivate this land after registering necessary documents. In course of time, the entire stretch of land became the property of Arikupurathu family as per the 'Vila Adharam' (Registered Document).

The leadership of the Malankara Orthodox Church was very particular that the new church at Parumala should be designed and constructed in consideration of the antiquity of the Orthodox Church and the basic customs and traditions of the people of Kerala.

Then there arose the question as to whether the old church building should be completely demolished or whether the new church should be built very close to the old one, there by retaining the old church intact. After prolonged discussions and deliberations, it was decided to retain the Holy Altar (Sanctum Sanctorum) and the room where the mortal remains of Parumala Thirumeni are entombed (Kabar Muri) and to construct the entire church a new.

### **Niranam Church**

Niranam Church has a rich history of being the symbol of Christian faith in Kerala and a citadel of Orthodox Christianity since its inception in AD 54 by St Thomas, one of the twelve apostles of Jesus Christ. St Thomas reached Kerala in



AD 52 and started preaching the gospel. He founded 8 churches, which are called 'Ezhara Pallikal', meaning seven and half churches. These were at Kodungallur, Kollam, Niranam, Nilackal (Chayal), Kokkamangalam, Kottakkayal (Paravoor), Palayoor (Chattukulangara) and Thiruvithamkode (the half church). St. Thomas who had great respect for the Holy Virgin, named all these churches after St. Mary. At Niranam, St. Thomas baptized many people and ordained people with social eminence as priests, to administer the church

The church founded by St Thomas at Niranam was adjacent to Sri Thrikpaleswara Hindu Temple of Lord Shiva. Some adversaries of the new faith later took out the cross, founded by the Apostle and threw it into the neighboring river. When St Thomas returned to Niranam after two years (AD 54) he heard about this and went in search of the cross. He found it at a place in the down stream and again founded the church at that place, which is believed to be the present location of the church. According to the available records, the present building is the fourth, which was built in 1912. The third building was built in 1259.

St. Thomas was the apostle who chose to travel to the farthest and remotest areas for his missionary works. He was speared on December 19 (AD 72) and he entered martyrdom on December 21.

**Chakulathu Kavu (12km.)**

This religious shrines is known as the 'Sabarimala of Women is famous for its Pongala. Thousands of women devotees line up on both sides of the street, cooking rice with jiggery in a earthen pot. For giving the offering, the queue extents for nearly 20 kms.

**Krishnapuram Palace (15 km.)** This 18th century palace, noted for its typical Kerala architecture, is a museum of antique sculptures, paintings and bronze articles.

**Amritapuri (16 km.)** the abode of Mata Amritandamai, is the realization of the ancient Indian ideal "the whole world is one family".

**Nehru Trophy Boat Races (30 km.)** World famous backwater boat races are held during the month of August-September.

**Kumarakom Bird Sanctuary (35 km.)** Migratory birds like Siberian stork, egret, darter heron and teal visit here. A cruise through the Vembanad Lake will be an exhilarating experience in watching the birds as well as to enjoy the scenic sight of the island pathriamanal.