



V. I. VARGHESE VAIDYAN'S
KAYALVARATH®
AYURVEDA HOSPITAL

YOUR PATH TO WELLNESS BEGINS HERE!

This welcome guide provides a glimpse into your upcoming Ayurvedic journey at Kayalvarath. Within its pages, you will discover the services we offer, what to expect during your stay, and valuable tips to prepare for your arrival.



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Kayalvarath Ayurveda Hospital, Panayam P.O, Perinad, Kollam, Kerala



www.kayalvarath.com

WELCOME, DEAR GUEST!

A warm welcome to Kayalvarath Ayurveda Hospital, a haven for authentic Ayurvedic healing since 1929. We are a team of experienced and dedicated Ayurvedic physicians committed to providing holistic wellness through traditional practices and modern expertise.

In this serene setting, embark on a personalized journey of rejuvenation tailored to your unique needs. We look forward to guiding you towards a healthier and happier you.

SEE YOU SOON!

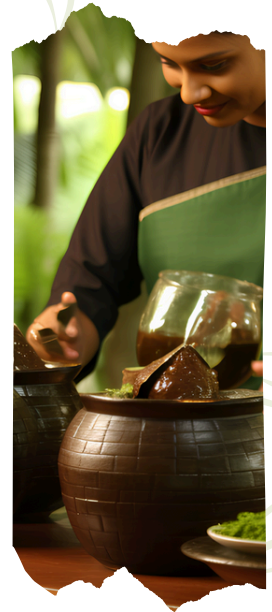
Dr. George Varghese and the
Kayalvarath Doctors Panel



WHAT TO EXPECT

✓ ARRIVAL & CONSULTATION

- Upon arrival at the hospital, our staff will warmly greet you and help you settle in. **At this stage, please mention any insurance coverage you have to facilitate claim processing.**
- **Doctor Consultation (Morning/Afternoon):** The doctor will conduct an in-depth consultation to understand your health history, specific needs, and create a personalized treatment plan.
- **Room Check-In (if applicable):** If arriving outside consultation hours, you'll be escorted to your comfortable room for relaxation until your consultation the following morning. A light meal can be provided on request.



✓ DAILY SCHEDULE & TREATMENT WALKTHROUGH

Following your consultation, our medical team will:

- Collect your details for your case file.
- Walk you through a typical daily schedule.
- Explain your treatment plan, medications and answer any questions you may have.



✓ ROOM CHECK-IN & MEALS

While settling you in, the staff will inquire about any food restrictions you may have. We cater to a wide variety of dietary needs, including diabetic, Jain, or other preferences. Our in-house chefs prepare **three nutritious, low-oil vegetarian meals daily** featuring organic vegetables grown in our very own campus gardens!

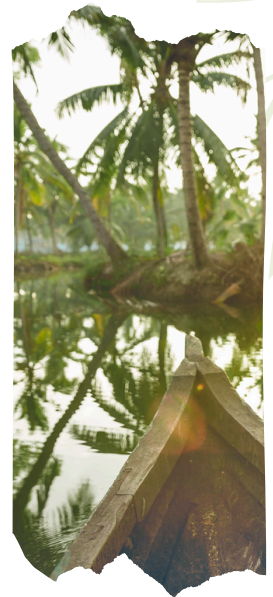
Start your day with invigorating tea, and enjoy additional servings with breakfast and at tea times. We also provide boiled drinking water and bottled mineral water for your convenience.



WHAT TO EXPECT

✓ ADDITIONAL SERVICES & ACTIVITIES

- **Transportation Assistance:** Our trusted drivers can provide taxi services if your doctor recommends a visit to an allopathic hospital. Airport pickup upon arrival can also be arranged for a smooth transition.
- **Explore Our Grounds:** Immerse yourself in the beauty of nature with a walk through our lush 5-acre campus. Explore our farm, herbal gardens, and even witness traditional medicine-making facilities firsthand!
- **Ashtamudi Kayal at Your Doorstep:** Take a rejuvenating stroll to the enchanting Ashtamudi Lake, Kerala's famous backwater paradise, located just a short walk away from our hospital.



✓ DOCTOR FOLLOW-UP VISITS

To ensure optimal progress, doctor follow-up visits are conducted both mornings and evenings by different members of our experienced doctor panel. They will monitor your response to the treatment and adjust the plan as needed. Feel free to ask any questions or share any concerns you may have during these visits.

✓ DEPARTURE

Prior to your departure, the doctor will conduct a final consultation to discuss your progress. We will also provide a post-treatment plan, suggested food regimen and discharge medication to help you maintain your newfound wellness journey at home. We will also provide you with any necessary discharge information.

NOTES FOR YOU

WHAT TO BRING

- ✓ At least 3 big, lightweight thorthu towels (Kerala-style cotton towels can be purchased at our shop)
- ✓ Comfortable clothing for the duration of your stay (typically 7, 14, or 21 days)
- ✓ Soap, shampoo and toiletries
- ✓ Hair clip or band
- ✓ Reusable water bottle & a flask for tea
- ✓ Slippers
- ✓ A book or light reading material
- ✓ Any medications you are currently taking (doctor's advice recommended)
- ✓ If you're menstruating, pack disposable underwear and period essentials

**For any follow-ups, you may visit any of our branches at Kundara, Karunagapally or Ramankulangara Junction.*

FAQS

Do you offer Wi-Fi?

We offer complimentary Wi-Fi access in all rooms and common areas.

Can I customize my treatment plan?

We encourage open communication with your doctor to personalize your treatment plan based on your needs and preferences.

What are the visiting hours?

Visitors are welcome from 4 PM to 6 PM daily.

Do you have a airport pick-up and drop services?

Yes, we offer taxi services with our trusted drivers.

What's the location?

Kayalvarath Ayurveda Hospital,
Panayam P.O, Near Perinad
Railway Station, Kollam, Kerala.

Link: <https://g.co/kgs/9M58n7a>