

Specialty	Procedure	Cost Range in India (USD)*	Estimated Procedure Duration
Dhara (tranquil treatment using oil and liquids poured to forehead or other parts)	Shirodhara	30-100	55 - 60 Mins
	Kadidhara	25-40	1 sitting
	Dhanyamala Dhara	80-105	55 Mins
	Netra Dhara/ Tharpanam	45-85	30 - 50 Mins
	Takra Dhara	35-90	55 Mins
	Kshreedhara	55-70	45 Mins
Snehapanam (for digestive disorders and skin problems)	Snehapanam	20-30	1 sitting
Sirovasthi (for treatment of disorders of head, face and nerves)	Sirovasthi	45-80	30 Mins
	VERTIGO	25-40	1 sitting
Vasti (detoxing through digestive system)	Vasti	25-30	sitting
Treatment of neck, chest, spine problems, lower back etc. (with retained oil treatment)	Urovasti	65-75	30 Mins
	Janu Vasti	50-60	30 Mins
	Greeva Vasti	51-60	30 Mins
	Matra Vasti	45-55	20 Mins
	Khashaya Vasti	70-80	30 Mins
	Kativasti	50-60	30 Mins
Pizhichil (oil massage and heat treatment)	Pizhichil	45-90	55 Mins
	Kaya Seka	25-40	1 sitting
	Ksheeradhoomam	35-45	30 Mins
	Churna Pinda Swedana (bolus massage)	75-85	
Udwartanam (herbal powder massage)	Udwartanam	35-90	55 Mins
Marma Chikitsa	Rheumatic diseases – Musculo skeletal, Neurological and Auto immune diseases	75-95	1 day

Nasyam (herbal medicines through nasal tract)	Nasyam	16-45	30 Mins
	Dhoompanam	20-30	10 Mins
Karnapooranam (for ears)	Karnapooranam	14-30	1 sitting
	Ear care treatment (Karnapoornam + Dhoomam)	60-85	45 Mins
Tharpanam (treatment with warm oil for eye, musculoskeletal disorders)	Netra Dhara/ Tharpanam	45-85	30 - 50 Mins
	Revitalizing & nourishing eye treatment	35-45	30 mins
	Akshi Tarpana/ Putapaka/ Seka	18-40	1 sitting
Njavarakizhi (poultice / pouch massage)	Rheumatic diseases – Musculo skeletal, Neurological and Auto immune diseases	75-95	1 day
	Ayurvedic management in bone,spine related disorders	100-120	1 day
	CERVICAL SPONDYLOSIS	30-40	1 sitting
	BACK PAIN	30-40	1 sitting
	Treatment for IVDP	30-40	1 sitting
Kizhi (herbal pouch based massage)	Elakizhi	35-75	55 Mins
	Podikizhi	40-75	55 Mins
	Navarakizhi	40-90	55 Mins
	Manjal kizhi	75-85	55 Mins
	Kadikizhi	75-85	55 Mins
	Naranga kizhi	75-85	55 Mins
	Muttakizhi	70-95	55 Mins
	Manal Kizhi	65-85	55 Mins
Kashayadhara	Kashaya Dhara	80-100	1 sitting
Others	Virechanam (purification purgative treatment)	17-25	1 sitting
	Thalapothishil (for head and neck problems with medicated paste applied on head)	75-85	45 Mins
	Agni Karma	25-30	1 sitting
	Steaming	15-25	1 sitting
	Preventive dental care treatment (Kavala graham + Gandoosham)	60-85	30 Mins

THERAPEUTIC (PACKAGES - LONG TERM TREATMENT)	Shirodhara	110-135 (Per day)	5, 7 days
	Varicose Vein Treatment	110-460 (Per day)	7, 14, 21 days
	Diabetes care packages	210-335 (Per day)	7, 14, 21 days
	Eye treatment: Aschodanam, tharpanam, anjanam, putapakam, netra dhara	110-235 (Per day)	5, 7, 14 days
	Njavara theppe	110-210 (Per day)	7 - 14 days
	Snehapanam +oil application + steam bath + lepanam + siro dhara + Body kashayadhara + siro thakradhara	300-410 (Per day)	7, 14, 21 days