

# WELLNESS PANCHKARMA



**INTRODUCED BY GOVT. OF H.P. AT  
RAJIV GANDHI GOVT. P.G. AYURVEDIC  
COLLEGE AND HOSPITAL PAPROLA DISTT.  
KANGRA H.P.**

# INAUGURATION BY HONOURABLE AYUSH MINISTER HIMACHAL PRADESH







# AYUSH VIBHAG HIMACHAL PRADESH



INTRODUCING



## WELLNESS PANCHKARMA



AT

RAJIV GANDHI GOVT. POST GRADUATE  
AYURVEDIC COLLEGE & HOSPITAL PAPROLA  
DISTT. KANGRA



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LOCATION QR CODE



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AYURVEDIC COLLEGE AND HOSPITAL PAPROLA  
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AYUSH VIBHAG,  
HIMACHAL PRADESH



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wellnesspanchkarma@gmail.com



## INTRODUCTION

AyushVibhag, Himachal Pradesh, proudly introducing Wellness Panchakarma Unit at Rajiv Gandhi Govt. Post Graduate Ayurvedic College & Hospital, Paprola, Kangra, H.P. This centre offers a unique blend of traditional Ayurvedic therapies with modern healthcare facilities, ensuring a holistic and rejuvenating healing experience for patients.

## WHY CHOOSE PANCHAKARMA

### AT THIS LOCATION



**Affordable Rates** – Experience authentic Panchakarma therapies at highly subsidized govt. approved rates, making wellness accessible to all.

**Expert Care by Specialists** – Our treatments are supervised by highly professional Ayurveda specialists and certified therapists, ensuring the highest standards of care.

**Comprehensive Panchakarma Services** – From detoxification to rejuvenation, we offer a full range of therapies tailored to individual health needs.

## TOURIST ATTRACTIONS NEARBY

- **Bajinath Shiva Temple** – A magnificent 13th-century temple dedicated to Lord Shiva, known for its exquisite Nagara-style architecture and spiritual significance.
- **Tashi Jong Monastery** – A serene Tibetan Buddhist monastery offering a peaceful retreat with stunning views, vibrant prayer flags, and intricate murals.
- **Palampur Tea Gardens** – Lush green tea estates providing a refreshing experience where visitors can witness tea processing and enjoy a cup of fresh Kangra tea.
- **Andretta Artists' Village** – A cultural hub for art lovers, home to the famous Sobha Singh Art Gallery and pottery studios where visitors can try their hand at pottery.
- **Bir Billing** – A world-famous paragliding destination offering breathtaking views of the Dhauladhar ranges and an adventurous experience for thrill-seekers.
- **Sherabling Monastery** – A peaceful Buddhist monastery located in the foothills, known for its grand architecture, meditation retreats, and spiritual ambiance.



## SERVICES PROVIDED

CONSULTATION

PRAKRITI PARIKSHAN PANCHKARMA

TREATMENTS

YOGA SESSION

PHYSIOTHERAPY

DIET PLAN

LIFESTYLE MODIFICATION

(DAILY REGIMEN & SEASONAL REGIMEN)

## BENEFITS & TREATMENTS

REJUVENATION

SEASONAL PURIFICATION

REHABILITATION

LIFE STYLE DISORDERS

JOINT DISORDERS

SKIN DISORDERS NEUROLOGICAL

DISEASES GASTROINTESTINAL

DISEASES HORMONAL IMBALANCE

MENTAL WELLNESS DETOXIFICATION





## TREATMENTS CHARGES IN ₹

### Consultation Charges per sitting-500

- Ekang Abhyang-200
- Sarvang Abhyang-1000
- Snehan Nasya-800
- Pradhaman Nasya-500
- Dhum Nasya-500
- Avpeeda Nasya-500
- Ekang Dhara-500
- Sarvang Dhara with oil -1500
- Sarvang Dhara with kashaya-1000
- Ekang Potali Swedan-500
- Sarvang Potali Swedan-1000
- Sashti Shali Pinda Swedan-1500
- Annalepana-1000
- Nadi Swedan-100
- Sarvang swedan-500
- Lepa-500
- Upnaha Swedan-700
- Sauna Bath-1000
- Udwartana-1000
- Utsadana-1500
- Greeva Basti-600
- Kati Basti-600
- Janu Basti-600
- Shirobasti-1000
- Pristha Basti-800
- Pichu-500
- Cupping-500
- Agni karma -100
- Sadya Vamana-2000
- Sadya virechan-2000
- Sadya Niruha Vasti-2000
- Matra Vasti-800

Kwaath Dhaara-1000  
Shiroabhyanga-300  
Shirodhara-2000  
Ksheerdhara-1500  
Takra dhara-1500  
Talpothichil-800  
Dhumpana-500  
Kavala-200  
Gandoosha-500  
Akshi Tarpana-600  
Karan Purana-500  
Vidalaka-300  
Akshi Seka-300  
Aschyotan-100  
Jalokavcharan-150  
Siravyadhan-1000  
Wet Cupping-800

### OTHER TREATMENTS

- Infrared Therapy-100
- Tens-100
- Collaterals-200
- Wax Therapy-150
- Traction-100
- Marma Therapy-100



- PACKAGES AND INDIVIDUAL TREATMENTS ARE TO BE DECIDED BY PANCHKARMA CONSULTANTS
- MEDICINES ARE INCLUDED IN THE PACKAGE
- ONLINE BOOKING IS AVAILABLE
- 50% ADVANCE AMOUNT NEED TO BE PAID FOR ONLINE BOOKING.
- ADVANCE AMOUNT IS NOT REFUNDABLE
- FULL CHARGES ARE PAYABLE BEFORE TREATMENT STARTS
- PATIENT NEED TO BRING ID CARDS AND PREVIOUS TREATMENT RECORD WITH THEM

## PACKAGES

PROCEDURES	PRICE INR-₹
VAMANA (THERAPEUTIC EMESIS) DURATION 10-15 DAYS	10000
VIRECHAN (THERAPEUTIC PURGATION) DURATION 10-20 DAYS	10000
VASTI (THERAPEUTIC ENEMA) Including Uttar Vasti DURATION 07-25 DAYS	10000 to 20000
ABHYANGA & SWEDAN 7 SITTINGS PACKAGE	10000
ABHYANGA + SHIRODHARA + SWEDAN 7 SITTINGS PACKAGE	15000

# TREATMENT ROOMS





# THERAPIES OFFERED





# ABHYANGA



# SHIRODHARA





# VAMAN



# NASYA





# JLAUKAVCHARAN



# THERAPISTS DOING PROCEDURES





# UTTAR VASTI PROCEDURE



# SHIRODHARA PROCEDURE





# VASTI MAKING



# UDWARTANA PROCEDURE





# NETRA TARPANAM PROCEDURE



# SARVANGA SWEDANA



# DELUXE SAUNA CABIN(RUKSH SWEDANA)





# STHANIK (LOCALIZED) VASTI PROCEDURES



# KATI VASTI PROCEDURE



# RAKTAMOKSHANA THERAPY





# SHIROVASTI PROCEDURE

