

Health Clinic

Quality Products

Doorstep Delivery

Nadi Parikshan

On Call Consultation

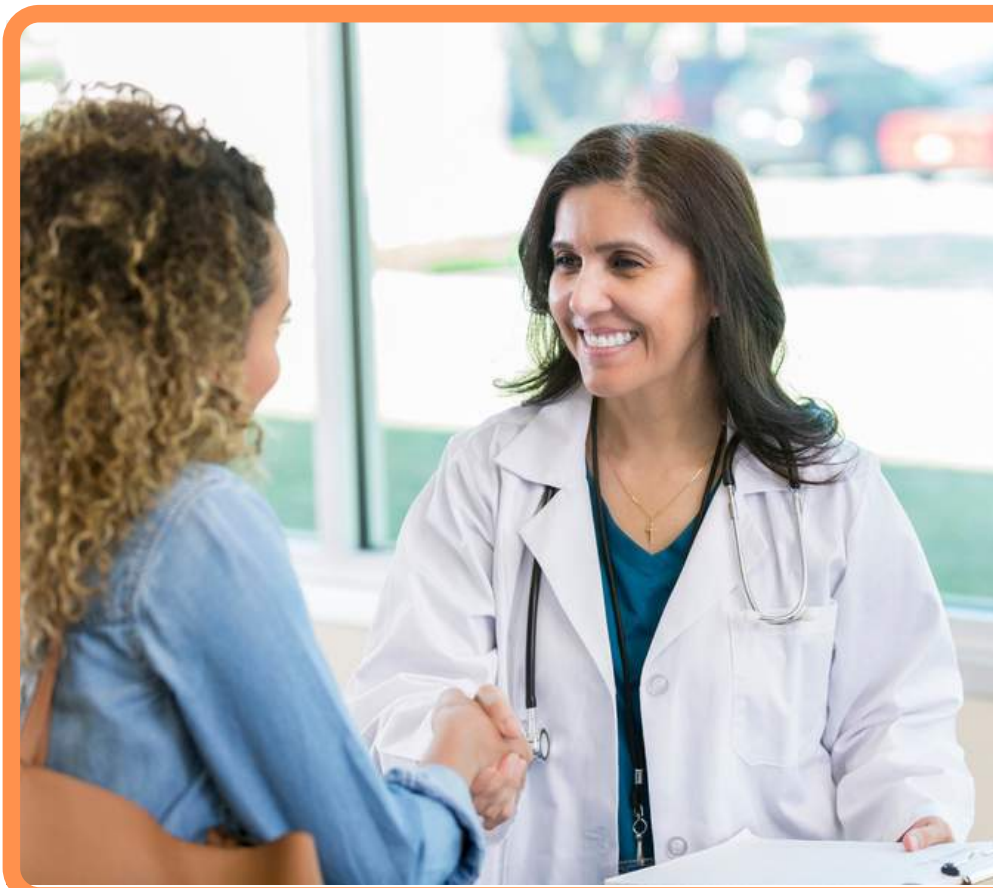
Clinic Consultation

OPD / IPD Treatment

Panchakarman



Doctors



- Nadi Parikshan
- Prakriti Analysis, BMI
- Lifestyle Management
- Customized Medicine

Products



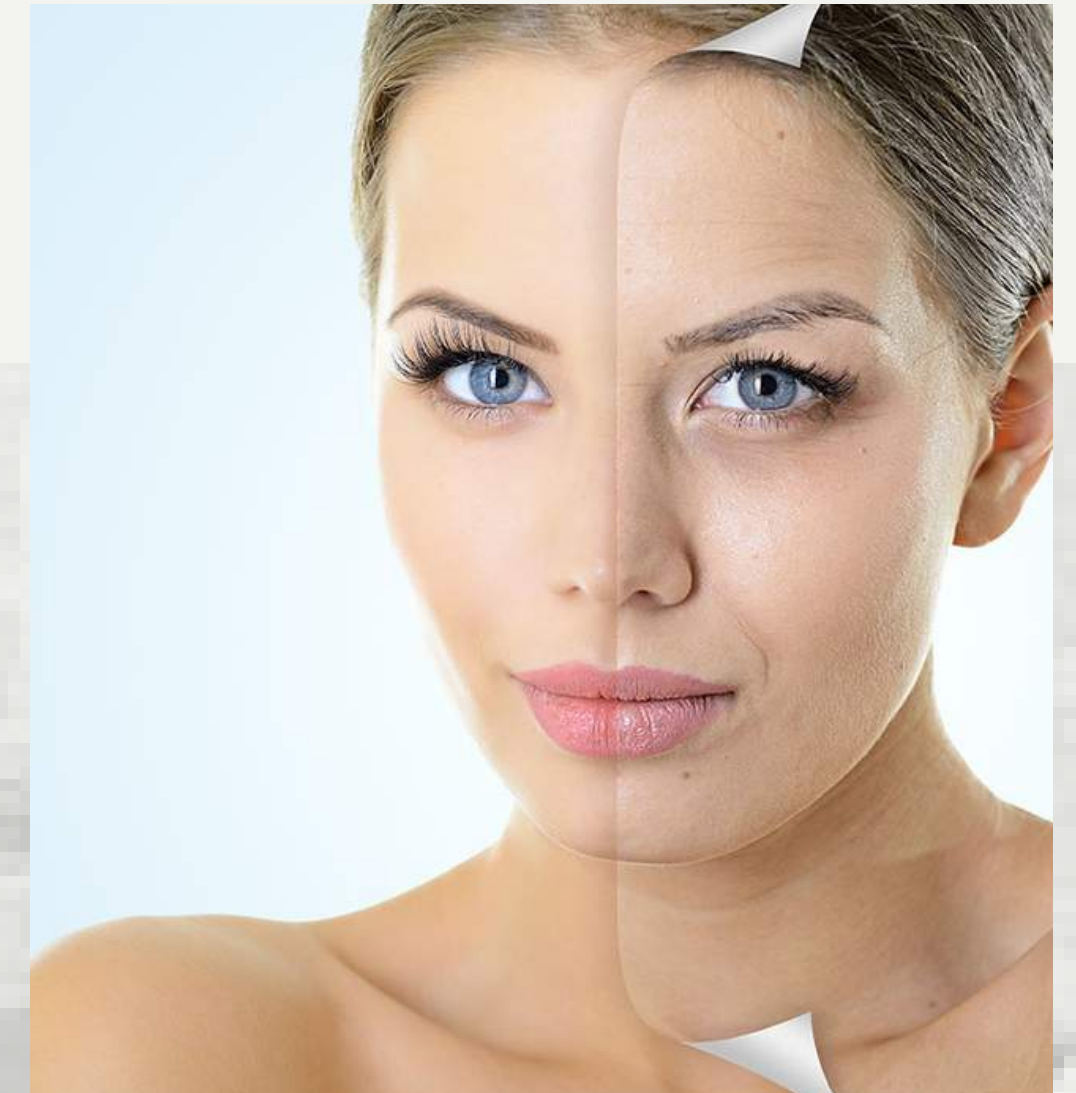
- Quality
- Assurance
- Experience

Panchakarma



- Anti Aging
- Full Detox
- Stress/Pain Relief
- Traditional Therapies

Complete Cure in Ayurveda





Our Ayurveda Treatment Plan

TEAM OF EXPERIENCED SENIOR AYURVEDA DOCTORS FROM ALL OVER INDIA



AYURVEDA VIEW

FROM THE DESK

AYURVEDIC HERBS AND AYURVEDIC TREATMENT : BY DR SHABNAM CHAUHAN

Ayurvedic Herbs Ayurveda understands health as a reflection of a man living in harmony with nature and disease arises when this harmony gets disturbed. In the ancient times, rishis and sages believed in Ayurvedic herbs as the solution to cure a number of health problems and diseases. The conducted thorough studies and experimented with these herbs before arriving at any conclusion regarding the accuracy of the medicinal values of these herbs and their effectiveness in treating various ailments and diseases. Due to their natural Ayurvedic herbs are considered to be free of any side effects and thus enjoy a global appeal.

DR. SHABNAM CHAUHAN

Consult
Ayubless Ayurveda
Experts

Call +91 9268 222 444

For All Your Health Issues



**250/- Rs
ONLY**



MIGRAINE

7,14,21 Days

Permanent Relief from chronic headaches and other associate symptoms by result oriented treatment protocols including customized diet, lifestyle, therapies and medicines.



WELLNESS

3,7,11,21 Days

Customised wellness Panchakarma therapies and Tridosha Checkup by eminent Ayurveda Experts. Precise care on seasonal, regional, age and medical history related issues. Personalised recommendation of Diet, Lifestyle and Medicines

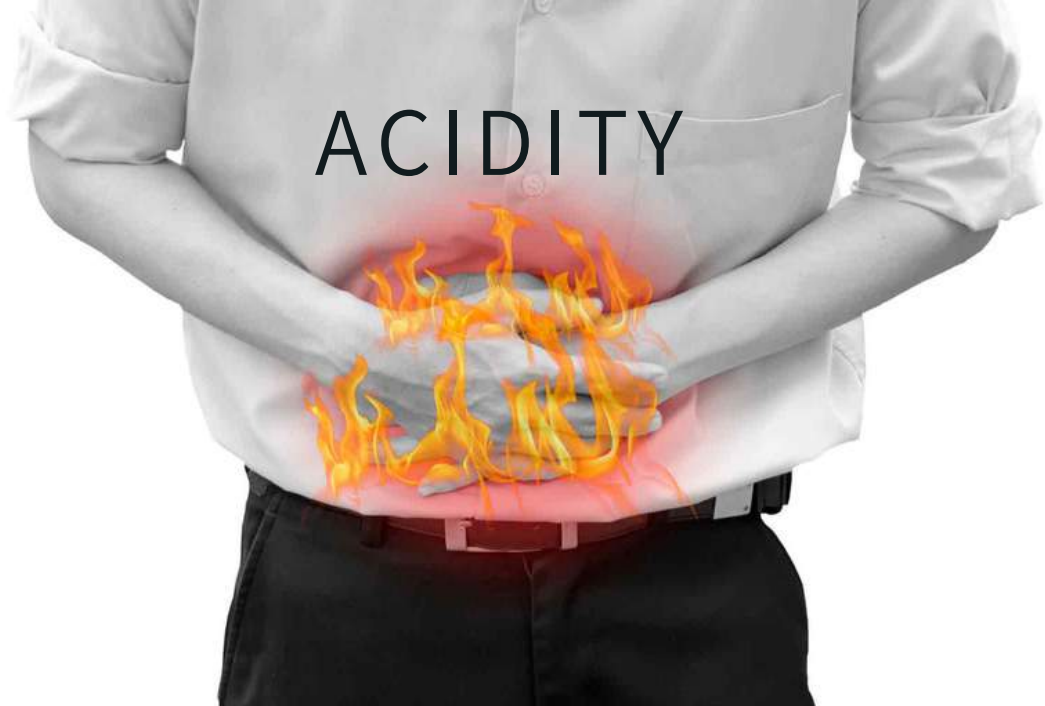


PARALYSIS

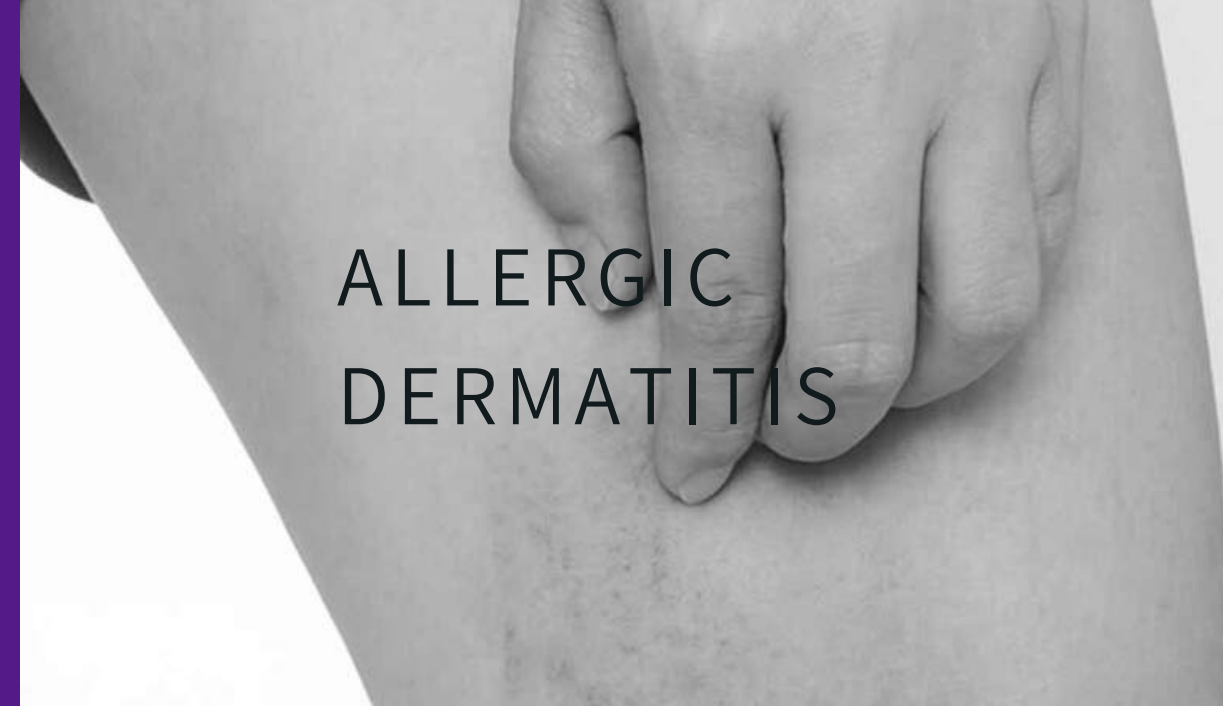
21 Days

Significant relief and improved mobility within 21 days of traditional treatment plan & Therapies and regular follow ups, with customized diet, YOGA and medicines





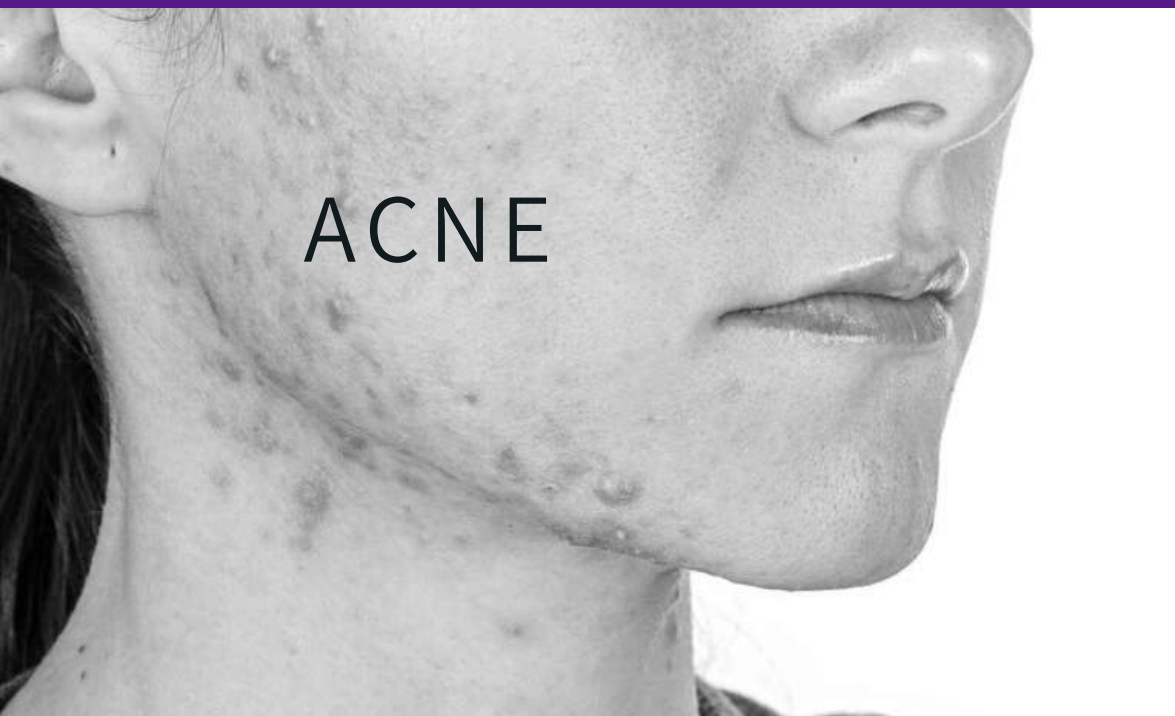
ACIDITY



ALLERGIC
DERMATITIS



ASTHMA



ACNE



Anemia



SPORTS INJURY



ALLERGIES



ARTHRITIS



BENIGN TUMORS



4

ASTHAMA

7,14 Days

Soothing and relaxation therapies with proper focus on improving lung capacity. Immunity enhancers and breathing channel cleansing techniques with effective diet plan and herbal medicines.



5

DETOX

7, 14, 21 Days

Full body detox from tissue level soothing, stress management, and channel cleansing Panchakarma therapies. Complete Body Type analysis with daily food and lifestyle management. Special focus on body cleansing and toning with Yoga.



6

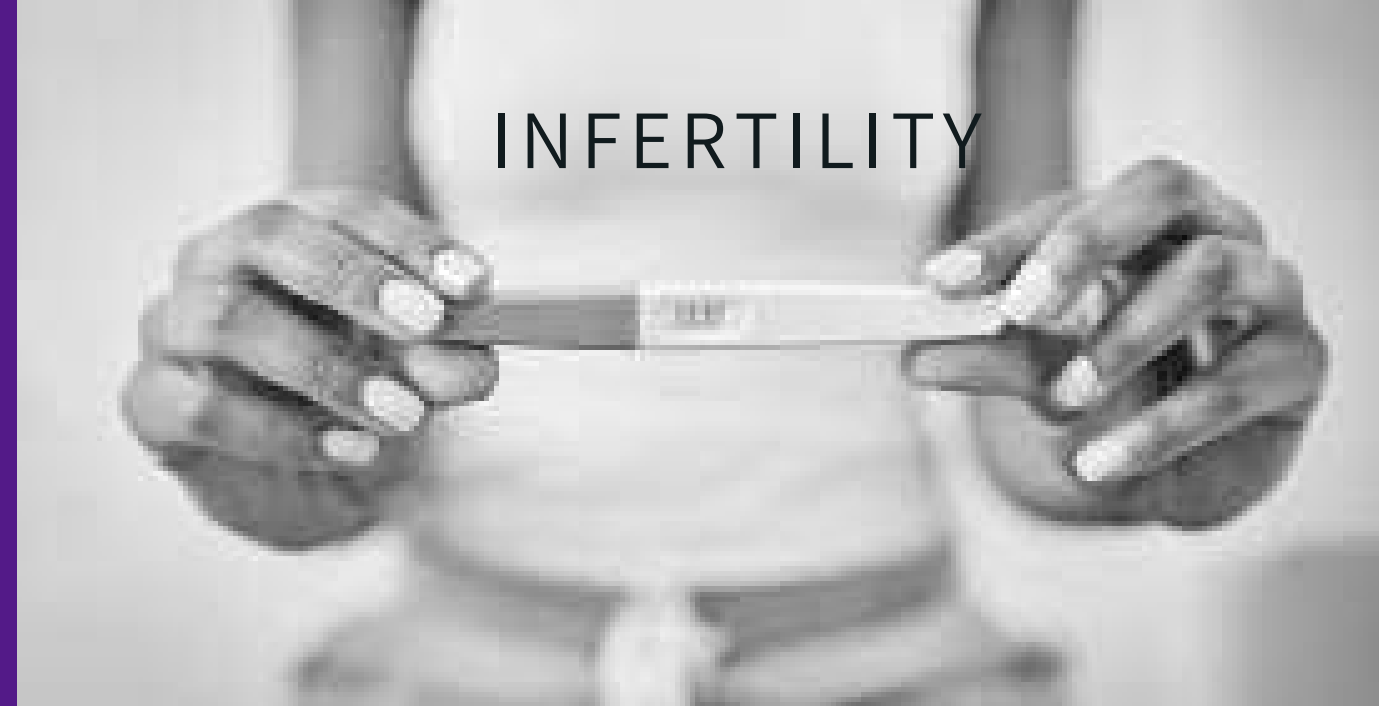
DIRGHAYU (OLD AGE CARE)

7,14,21 Days

Weak muscles, Joints, General debility, memory, depression and other age related issues managed with warmth and meticulous care by dedicated Panchakarma therapies, nutritionally balanced diet, body strengthening yog& pranayam and herbal medicines (optional).



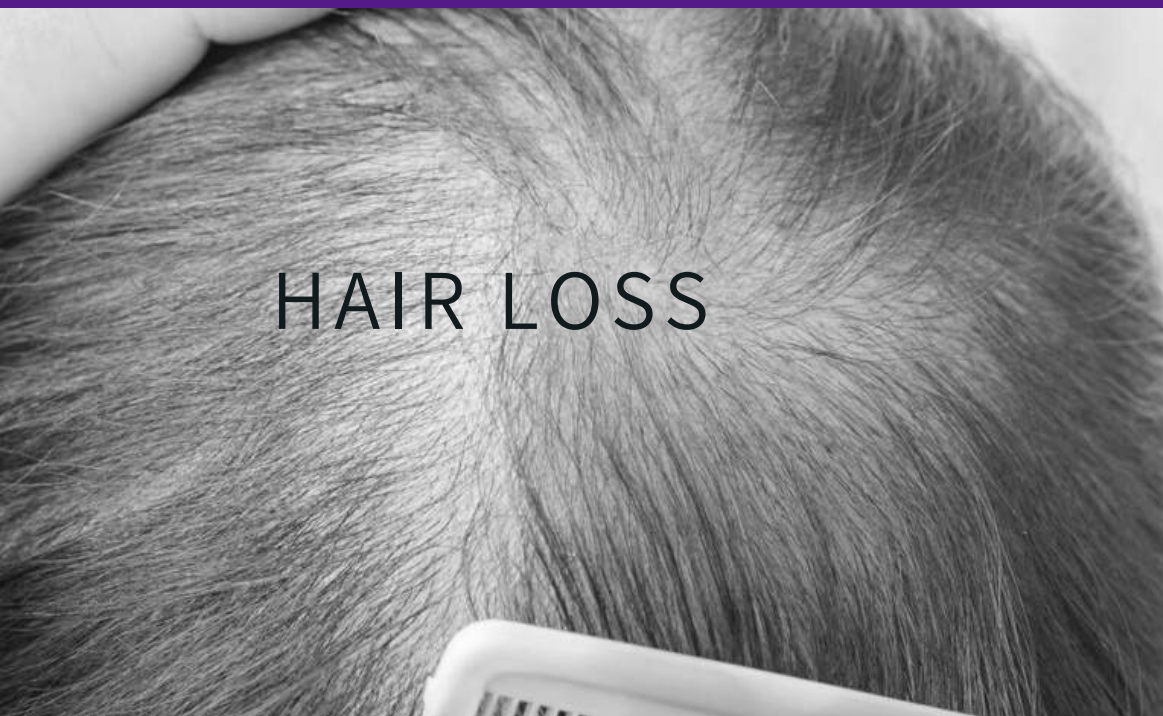
GALL STONES
(CHOLELITHIASIS)



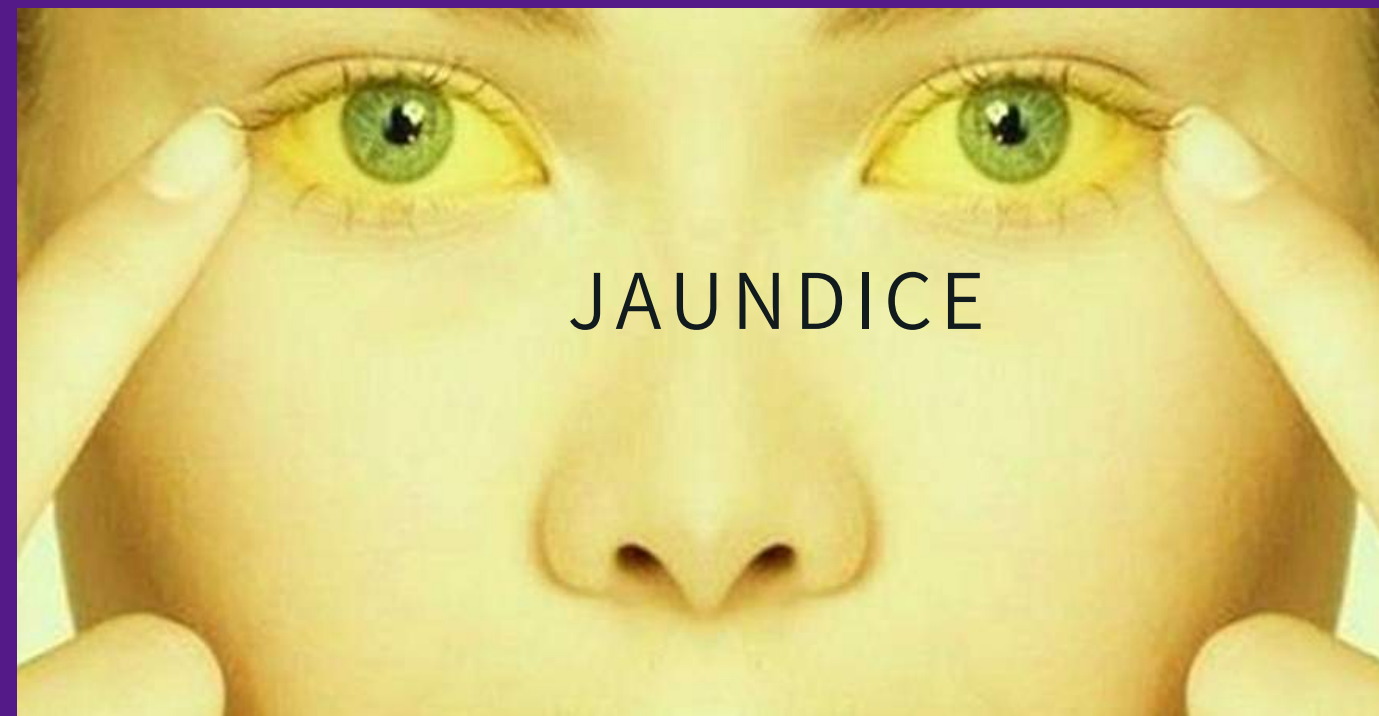
INFERTILITY



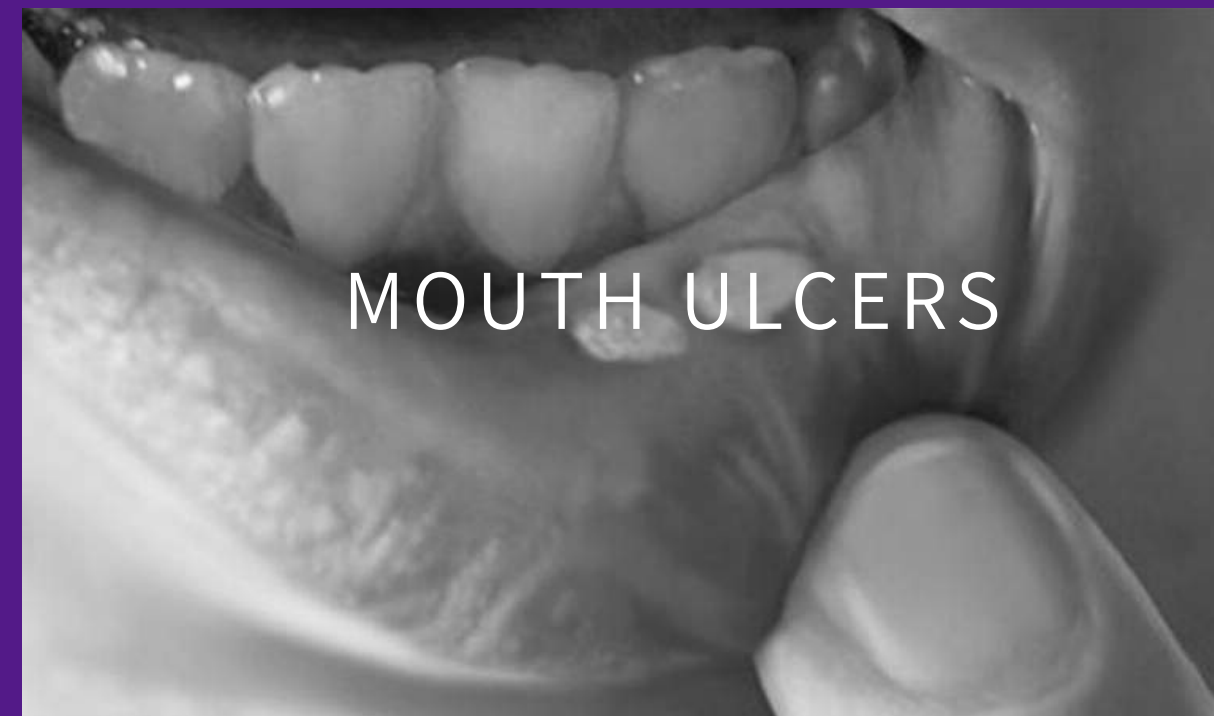
MIGRAINE



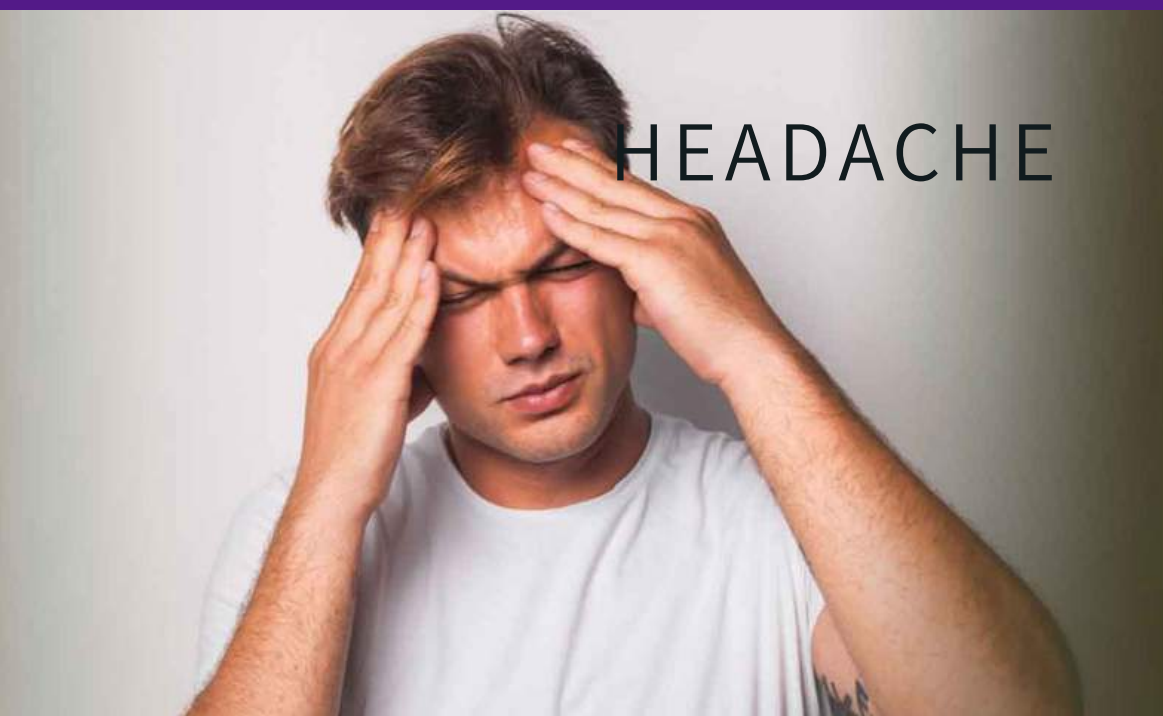
HAIR LOSS



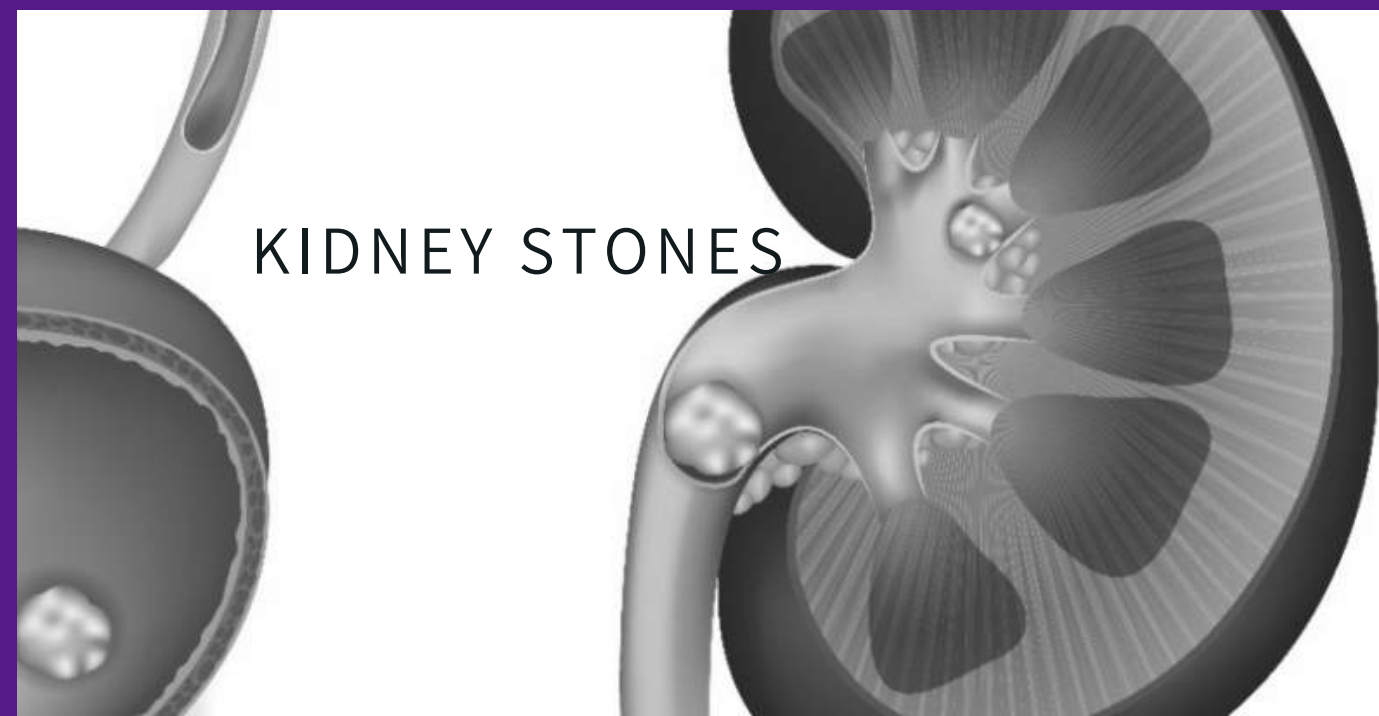
JAUNDICE



MOUTH ULCERS



HEADACHE



KIDNEY STONES



OBESITY



ULCERATIVE COLITIS

7,14,21 Days

Ulcerative, Non-Ulcerative, Bleeding and other types of Colitis are managed with scientific evidence based healing therapies and medicines. Successful treatment with proper Stress management and diet planning.



- SLIP DISC

7,14,21 Days

- CERVICAL PAIN

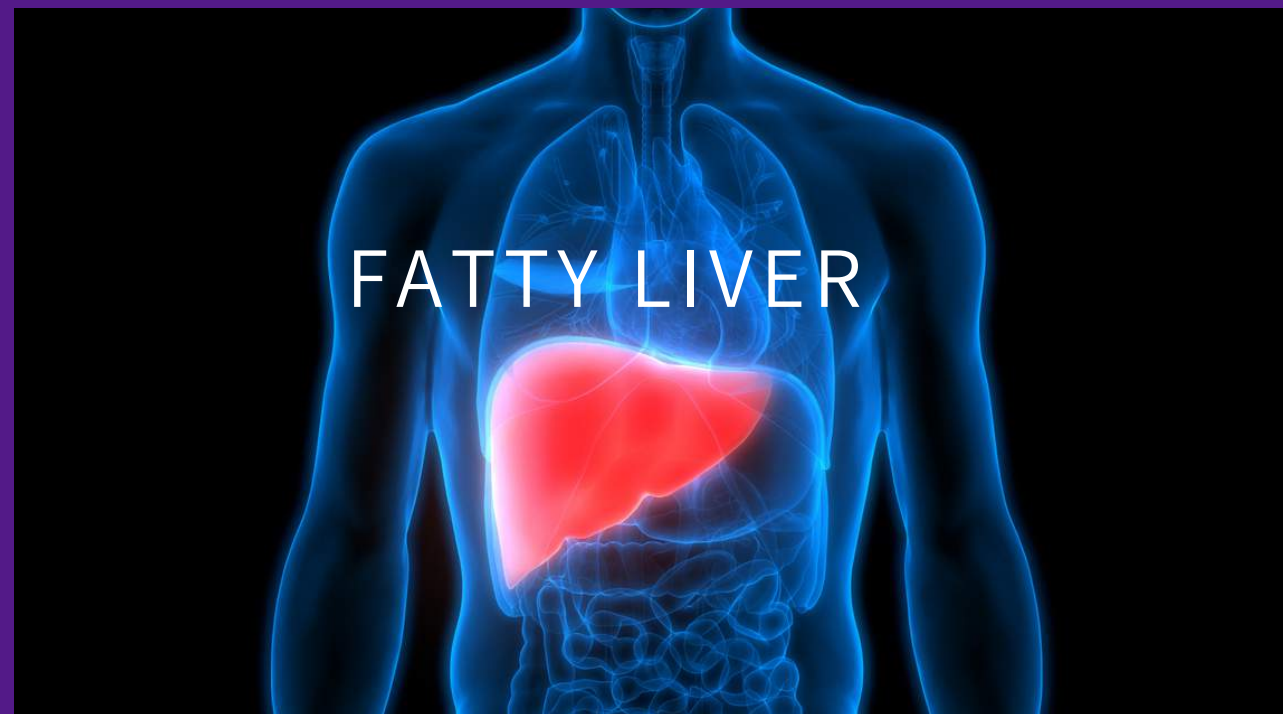
Successful pain free management and markable improvement in related symptoms with dedicated Panchakarma therapies including regular follow ups of diet, YOGA and herbal medicines.



ARTHRITIS

7,14,21 Days

Phenomenal pain management, joint strengthening and mobility enhancing therapies, exercises, foods and medicines exclusively designed as per body type and severity of the disorder.





10

- GALL BLADDER STONE - FATTY LIVER

11 Days

Gall Bladder and liver flushing with natural methods. Special care of food, ayurvedic diet plan. Authentic therapies and Traditional herbal medicines.



11

CANCER MANAGEMENT

21 Days

Post CT/RT, During CT/RT healthmanagement with result oriented immunomodulators and body humor balancing food, time table and herbomineral formulations. Special focus on halting the progression and avoidance of relapse.



12

PANCREATITIS

21 Days

Customised diet, lifestyle and herbomineral formulations to manage the pain and eradicate the recurrence of issue. Complete care with round the clock supervision of dedicated staff.



Treatment Process

- Detailed Consultation
 - Nadi Parikshan
- Preparing Medicines
- Panchakarma Advice
- Customised Diet Plan
 - Food Charting
 - Yoga Advice
- Regular Followups

Instant Relief in Ayurveda





Our Panchakarma Treatment Plan

Starts From 499/-

MORE THEN 25 YEARS OF EXPERIENCED
THERAPIST TEAM FROM KERALA, INDIA



13

SWEDANAM

(20 Min) (499/-Rs + Tax)

Swedanam is full body steam bath with medicated herbal oils and decoctions. It relaxes the muscles and helps in flushing out impurities through the sweat glands to increase the penetration of curative oils and herbs. Good for fatigue and efficacy of different therapies.



14

KASHAYADHARA

(40 Min) (1999/-Rs + Tax)

Kashaya Dhara is a treatment during which a continuous flow of decoction is poured on the forehead and all over on the body. It is beneficial for curing skin, hair, mind and muscle related problems



15

VIRECHANAM

(7 Days) (5,999/-Rs + Tax)

Virechanam is a type of controlled purgation for a specific amount of time to flush out body toxins. It starts with oral intake of medicines and ends with Abhyangam. Its useful for many of the digestive ailments, Ulcers, IBS, gastritis, intestinal colic, jaundice, kidney complaints, hypertension, asthma, etc.



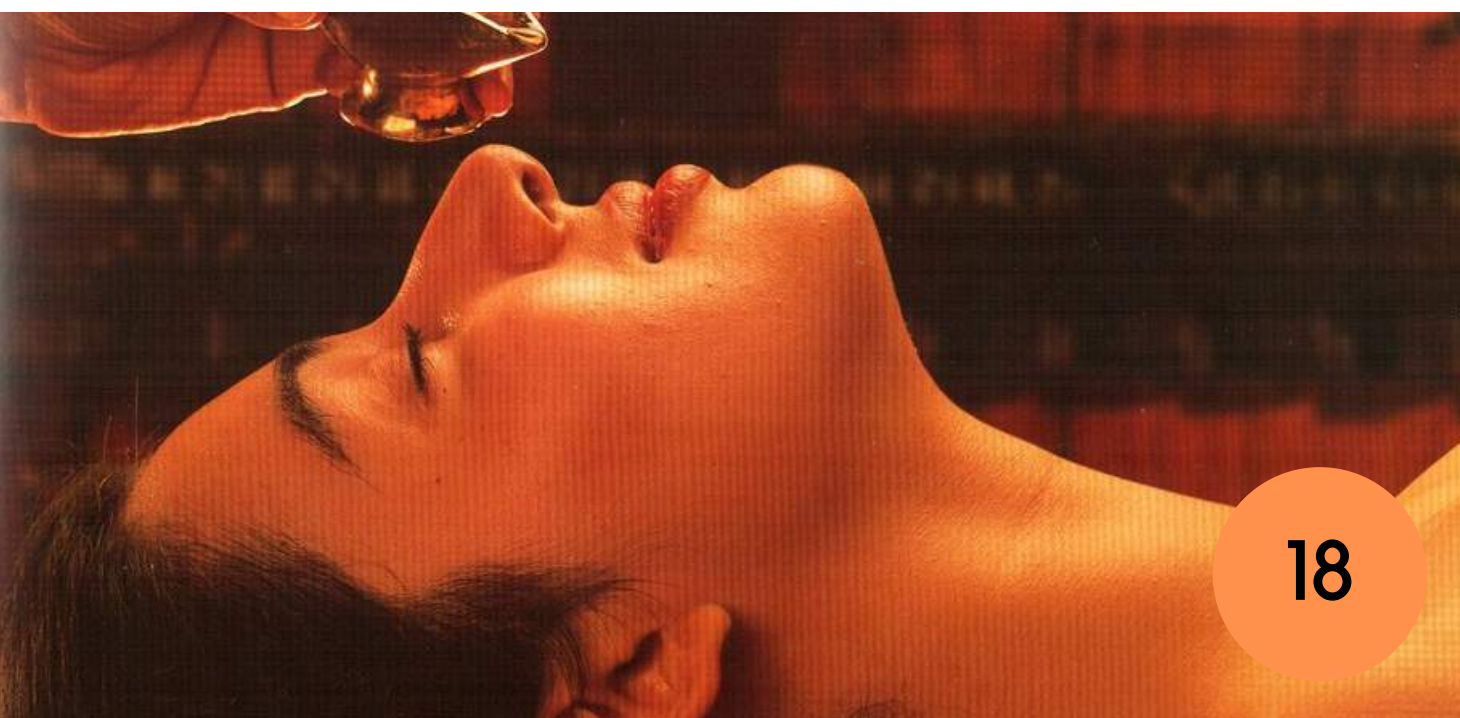
ABHYANGAM (40 Min) (999/-Rs + Tax)

A full body massage (Head to Toe) done with medicated herbal oils exclusively designed for your body type. It relieves pains and aches in the joints and muscles improving blood circulation and soothing nerve endings for a complete rejuvenation.



PADABHYANGAM (20 Min) (599/-Rs + Tax)

Herbal foot massage that focuses on essential pressure points for faster body revitalization. It helps in balancing the doshas and soothing the tired body.



NASYAM (30 Min) (599/-Rs + Tax)

It is administration of medicated herbs or oils through nose.. Medicated oils or powders enhance immunity, hair growth and stimulates centers of the brain that reduce pain perception.



19

PIZHICHIL

(40 Min) (1,999/-Rs + Tax)

Pizhichil is the squeezing of warm medicated oil onto the body of the patient from a piece of cloth that is periodically soaked in a vessel containing the medicated oil. It helps improve muscle tone and strengthen them thereby providing the much-needed support. The massage rejuvenates the tissues of body.



20

KIZHI

(40 Min) (1,199/-Rs + Tax)

Kizhi uses powders, herbs, rice, sand tied in a muslin cloth to make small potalis. These potalis are then heated and lightly pounded over the body or specific parts of the body as needed. The heat generated in Kizhi helps to pacify the aggravated vata dosha and relieves the pain immediately. It's good for body polishing too.



21

GREEVA BASTI

(30 Min) (599/-Rs + Tax)

In Greeva Basti specially prepared warm herbal oil is poured over the neck and retained on the affected area. It is used in the treatment of neck and upper back conditions like cervical spondylosis, stiff neck and pain due to muscular strain.



KATI BASTI

(30 Min) (599/-Rs + Tax)

In Kati Basti specially prepared warm herbal oil is poured over the lower back and retained in well created using black gram paste or whole wheat flour. It is helpful in lower back conditions like lumbar spondylosis, inter-vertebral disc prolapses, lumbago (a low backache), and sciatica.



JANU BASTI

(30 Min) (599/-Rs + Tax)

In Janu Basti specially prepared warm herbal oil is poured over the knee and retained over the knee. It is very beneficial in the treatment of osteoArthritis of knee joints, osteoporosis, and Arthritis of knee joints and chronic pain of the knee joints.



SPINE BASTI

(40 Min) (799/-Rs + Tax)

In Spine Basti specially prepared warm herbal oil is poured over the spinal cord and the spine is massaged well with herbal pottalis to revitalize the nerves. Spine Basti is used in the treatment of spine stiffness, insomnia, chronic pains and inter-vertebral disc prolapses.



UPANAHAM

(30 Min) (599/-Rs + Tax)

In Upanaham medicinal leaves or paste of those leaves and herbs is applied over the affected area covered with herbal leaves for a specific amount of time as per the body's requirement. It helps relieve pain and swelling by nourishing the tissues.



SNEHA BASTI

(20 Min) (599/-Rs + Tax)

Sneha Basti involves enema using medicated oil. It is used to treat lower backache, gout, and rheumatism.



KASHAYA BASTI

(20 Min) (599/-Rs + Tax)

Kashaya Basti involves enema using medicated decoction. It is used to treat lower backache, gout, rheumatism, obesity, chronic constipation and



28

UDVARTANAM

(40 Min) (1,199/-Rs + Tax)

It is a unique whole-body therapy that uses herbal powder mixed with warm oil. The herbal paste is spread in a synchronized way to give a whole-body massage, with special attention to areas of increased fat deposits.



29

MUKHA LEPAM

(40 Min) (699/-Rs + Tax)

The medicated creams and navara rice used for scrubbing exfoliates the skin and facilitate removal of dead skin. The massage procedure improves blood circulation and the herbal mask absorbs excess oil to make the skin glow and appear youthful.



30

UBTAN

(60 Min) (1499/-Rs + Tax)

Ayurvedic ubtan is a mixture of different herbal powders mixed with yogurt, herbal extract or other natural potions to get a creamy paste that is applied all over body. The rejuvenating, antibacterial or antifungal properties heal the skin, detan and makes it soft, fresh and glowing.



31

THALAPOTHICHIL (INCLUDES HAIR SPA)

(30 Min) (899/-Rs + Tax)

Thalapothichil includes head massage, steam and application of Ayurvedic paste containing some herbs. The paste is kept on the head for 60 minutes. The herbal constituents present in the paste calm down the nerves, relieve mental tension, and improve sleep pattern.



32

KSHEERDHARA (INCLUDES SHIROABHYANGA)

(40 Min) (1499/-Rs + Tax)

Ksheerdhara treatment refers to flow of herbal milk instead poured over head and body. It has cooling and beautifying effects on body it is more suited for the summer months or conditions that needs cooling or relaxing effects. Its famously known s Cleopatra Milk Massage.



33

TAKRADHARA

(40 Min) (999/-Rs + Tax)

Takradhara is a special Ayurvedic treatment that uses medicated buttermilk. This treatment is effective in insomnia, chronic headaches like migraine, ear-nose diseases, neuropathy and spondylitis.



34

NETRA TARPANAM

(30 Min) (599/-Rs + Tax)

This is a special treatment that reduces eye strain caused due to stress or regular use of digital devices. Netra Tarpanam is useful in treatment of computer vision syndrome and dry eyes. It also helpful in reducing the itching or irritation caused to eyes.



35

SHIRODHARA

(40 Min) (1499/-Rs + Tax)

This healing massage involves the continuous pouring of medicated oil on the forehead for a specific period of time. Shirodhara boosts the immune system and improves the blood circulation around the head and face to effectively treat Hypertension, Insomnia, Depression, and Jetlag.



36

SARVANGDHARA

(60 Min) (2199/-Rs + Tax)

(INCLUDES ABHYANGAM)

Sarvangadhara is same as Pizhichil but here its mentioned separately as we have included full body massage in it. It is helpful in Paralysis, arthritis, hemiplegia, paralysis-agitanus, sexual weakness, nervous weakness, nervous disorders etc



37

KARNAPOORNAM (30 Min) (599/-Rs + Tax)

This is a special treatment for ears in which the purified liquid or oil is gently poured in the ear facing up after gentle ear massage. It is very helpful in ear ache, Tinnitus, hearing loss and other ear disorders.



38

SHIROABHYANGAM (30 Min) (599/-Rs + Tax)

It is a rejuvenating energy boosting head massage with medicated oils. Improves and rejuvenates central nervous system health. it improves vision, eye refraction errors, and eye strain, Relieves pain, headaches, migraines, stress, and insomnia.



39

NAVARAKIZHI (60 Min) (2499/-Rs + Tax)

Navarakizhi is done by potali made of warm medicated rice go into the application on affected areas or whole body, by way of stroke-massage. It is helpful in metabolic disorders, high grade pain management and skin beautification



SHIROVASTI

(30 Min) (1199/-Rs + Tax)

Shirobasti is a therapy in which the medicated oil is kept over the head with the help of a cap fixed for a prescribed period of time. It is specially helpful for Anxiety, Facial paralysis, Insomnia, Stress.



UROVASTHI

(30 Min) (599/-Rs + Tax)

This healing therapy is performed on chest to relieve congestion and breathlessness. It is done in the 'uras' or chest region. This treatment is offered against asthma, chest congestion, chest-pain, respiratory problems etc.



KAVAL/GANDHUSH

(30 Min) (599/-Rs + Tax)

Kaval/Gandush is a 15-20 Minutes Retaining of medicated liquids/solids in oral cavity Beneficial to both healthy as well as diseased persons. It Strengthen the jaw, teeth, melodious voice, lips cracking, dryness of throat, dental carries, Ulceration in oral cavity, teeth ache etc.

Pre Planned Health Packages

Health Packages

- Hygiene Therapy Room
- Nadi Parikshan
- Dr. Consultation
- Customised Medicine
- Panchakarma Therapies





43

Sthaulya Package

WEIGHT LOSS PACKAGE

Udwartanam Massages (11 X 3 Monthly), Dr Consultation, Diet Chart, Ayurvedic Medications for six months.



44

Peedantak Package

PAIN MANAGEMENT

Include : 4 Abhyangam, 5 Kizhi, 3 Janu basti, 3 Kati basti, 3 Greeva basti, Dr Consultation Diet Chart and Ayurveda medicines for 4 months.



45

Queen Package

BEAUTY & FITNESS

Include : 8 Mukhalepam, 8 Thalapothichil, 8 NavaraKizhi, Dr Consultation, Diet Chart and 4 month Ayurveda medicines for herbal detox.



46

DeerghAyu Package

ELDERLY CARE

Include : 11 Abhyangam, 11 Janu/Greeva/Kati Basti, 11 Nasyam/Netra Tarpanam/Karnapoornam, Dr Consultation, Diet Chart and Ayurveda Medicines for 4 months.



47

Saundarya Package

PRE BRIDAL PACKAGE

Include : Mukhalepam, Thalapothichil, NavaraKizhi, Ubtan, Dr Consultation, Diet Chart & Ayurveda Detox Medicnes for 4 months.



48

Rejuvina Package

ANTI AGING

Include : 4 Abhyangam, 2 Kizhi, 2 Udwartanam, 1 Ubtan, 2 Janu basti, 2 Kati basti, 2 Greeva basti, 1 Nasyam, 1 Netratarpanam, 1 Karnapoornam, Dr Consultation, Diet Chart and Ayurveda detox medicines for 4 months.



49

Shodhan Package

DETOXIFICATION

Include : Virechanam, 2 Abhyangam, 2 Mukhalepam, Dr Consultation, Diet Chart and Ayurveda detox medicines for 4 months.



50

Destress Package

STRESS AND MIGRAINE RELIEF

Include : 4 Abhyangam, 5 Kizhi, 3 Shirodhara, 3 Shiobasti, 3 Greeva basti, 3 Nasyam, Dr Consultation, Diet Chart and Ayurveda detox medicines for 6 months.



51

Wellness Package

REGULAR FITNESS

Include/week : 4 Abhyangam, 3 Kizhi, 2 Shirodhara, 2 Greeva basti, 2 Kati Basti, 1 Janu basti, 2 Nasyam, 1 Karnapoornam, 2 Netra Tarpanam, 1 Potali Facial, 1 Kawal, Dr Consultation & Diet Chart medicines for 1 months



52

Cleanse Package

SEASONAL DETOX

Includes : Virechanam, 2 Abhyangam 1 Spine Basti, 1 Janu basti, 1 Nasyam, 1 Karnapoornam, 1 Netra Tarpanam, 1 Potali Facial , Dr Consultation, Diet Chart & one month detox Medicine.



53

One Day Detox

FULL BODY MARATHON DETOX

Includes : ABHYANGAM, NETRATARPANAM, KARNAPOORNAM, NASYAM, THALAPOTHICHIL, MUKHALEPAM, SHIROABHYANGAM



54


Refresh Package

JETLAG/TRAVEL/ REFRESH

Includes : Abhyangam, Spine Basti, Shirodhara




1000+REVIEWS

 **Aditi Banerjee**
7 reviews


★★★★★ 3 months ago

The ambience is good and seamless... you can book an appointment via call or what's app. Very nominal charges for doctor and the treatments are mostly aayurvedic messages.
Take all modes of payment digital and cash.
Receptionist is well versed and can help you with the query,(non-treatment) if any.
It is closed on Mondays

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7 reviews

★★★★★ 3 months ago

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It is closed on Mondays


 **Sunil Kumar**
1 review

★★★★★ a year ago

They have a fabulous staff, who are well trained, always willing to help.
Neat and clean facility and thank-full for the wonderful support rendered to me to cure my lower back pain.

This place has quality **treatment** at a great value.
I Strongly recommend

Thank you Team Ayubless Ayurveda.

 **Sajid atif khan khan**
1 review


★★★★★ 11 months ago

I had neck and back pain for some months. Though I was undergoing physiotherapy, the pain had not fully subsided and I was looking for a good massage place which can cure this pain. Tried many places. Now I don't need to look further.

Dr. Shabnam is a very good doc, identified the issues quickly and gave me medicines which work effectively.


Jolly mam is a fantastic resource, very good and experienced hand, knows the pain points and how to cure the pain. I have done 3 massage sessions so far and am already feeling much better. Hope to feel perfectly fine after my 7 sessions.

Thanks for helping patients with honesty and sincerity.

 **Hrutik Mhatre**
26 reviews


★★★★★ 7 months ago

I had an excellent facial at here. The lady there was skilled, thorough and very pleasant. The treatment left on my face whilst I relaxed (and fell asleep!) was fabulous. I ended up buying two products, including a full body massage. I highly recommend it.

 **Shafiul Islam**
4 reviews

★★★★★ 7 months ago

Fantastic place, Outstanding, excellent customer service and massage like pure authentic Ayurveda treatments given by Very Professional therapist and experienced staff. I felt very relaxed and energized afterwards. I will be sure to visit again and would definitely recommend this place!👍👍

 **Kamal Jan**
2 reviews

★★★★★ a year ago

Ayubless Ayurveda is a centre I would recommend to all my friends and colleagues because of my experience. I was asked by Many doctors to have a surgery done for my shoulder, but Dr Shabnam Chauhan in Ayubless branch reviewed my case and treated me. I am perfectly fine today and no surgery required. The centre regularly follows up with me if I am ok and needs no any further treatment. I am very happy and satisfied and would highly recommend **AYUBLESS AYURVEDA.**

 **Ram jeet**
1 review

★★★★★ a year ago

I am a 26years old boy. I was suffering from hairfall since past 2 years. The doctor examined and assured me full recovery. Though I doubted initially as they said it will take an year to recover but since I already tried many doctors and considering it a last try I started the medicine, diet and time table given by the doctor. To my surprise new hairs started coming within three months of treatment. This is really a very happy feeling. Happiness is Ayubless!

 **Ram jeet**
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 **Rajneesh kumar**
Local Guide · 21 reviews

★★★★★ a year ago

We met Dr. Dr Shabnam for our medical Issues. Very detailed and good explanation about the **treatment** Good Open communication. Very supportive during the entire **treatment.**



STORE PRODUCT REVIEWS



O Omar k. ★★★★★
Excellent tablet
 Excellent quality Ashwagandha tablets, very effective for strength and increase the immunity.

Share |

S Suhani s. ★★★★★
very Good Ayubless Debuslin
 Very good ayurvedic product for diabetes. My fasting numbers have gone down. No side effects. Good health improvements also! Must try!!

Share |

M MUKESH R. ★★★★★
Very very effective especially for older people.
 Gives good immunity. Although it's a very good product

Share |

A Artisha ★★★★★
Must buy this product
 People of India are blessed with Ayurvedic knowledge and this aybless ayurveda product works. 👍

Share |

H Hitesh K. ★★★★★
VERY GOOD
 I have been using from last one month and its really effective must buy.

Share |

19/07/21 👍 0 👎 0

M Mukhraj H. ★★★★★
Good product
 Good result.i am a patient for 2 years and i have eaten very medicines but anything dosent help me but when i eat this medicine it really effect me and their are no side effects must buy.

Share |

B Bhavna s. ★★★★★
Best product available
 Best product available .best remedy for platelets and general detox of your liver and body altogether.

A Anurag s. ★★★★★
Highly recommendable.
 Those who actually suffers from jaundice can take it to improve there platelets. It worked for my daughter. Highly recommendable.

J JUDY ★★★★★
Works well 👍
 Triphala is very good for stomach and eyes.I like this product

Share |

18/07/21 👍 1 👎 0

S SANTOSH K. ★★★★★
BEST FOR CONSTIPATION
 THIS PRODUCT IS BEST FOR CONSTIPATION BECAUSE OF THE GOOD QUALITY OF TRIPHLA.

Share |

D DEV P. ★★★★★
EXCELLENT
 REALLY EFFECTIVE.I use this product only 1 month and it worked really well

Share |

30/07/21 👍 0 👎 0

A Artisha ★★★★★
Must buy this product
 People of India are blessed with Ayurvedic knowledge and this aybless ayurveda product works. 👍

Share |

25/07/21 👍 0 👎 0

Youtube Presence

AYUBLESS AYURVEDA

WE ARE NOW ON



YouTube

Ayubless continuously makes way to reach and facilitate its followers with certified senior Ayubless Ayurveda Doctors to provide free home remedies and help our followers to take care of themselves at home.



INTRODUCING...



AYUBLESS
HERBAL &
UNANI CLINIC



AYUBLESS
YOGA CENTER



AYUBLESS
LADY CARE



AYUBLESS
DENTAL CARE
CLINIC

Charity Begins At Home

1% of Our Each Sale goes to "
HAQ Foundation "

- Initiative By Ayubless Ayurveda





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Page**



**Online
Shop**



**Clinic
Location**



**Clinic
Appointment**



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