


MADUKKAKUZHY AYURVEDA

Kerala, India

Bad Bocklet, Germany



Authentic Ayurveda Treatment
at the Lap of Mother Nature



With God's help,
I will release all sorrows, all fears, and all insecurities
from my mind.

I believe that now my mind is free of all worries, all
fears, and all feelings of insecurities.
God is filling my heart with courage, peace, serenity,
and security.

God protect me from harm.
God protect my loved ones from harm.
God guide me to the right decision.
God will guide me through this situation.

- Dr. Joy Mathew Madukkakuzhy



EDITOR'S NOTE



Welcome to the second edition of our information booklet.

This year, we are celebrating 80 years of Ayurvedic healing. Every year we strive to give you a better experience at Madukkakuzhy. At our Parathodu Health Center, we have added a new block with three treatment rooms, three spacious rooms for stay, a Yoga studio and a Library block. We have made our campus more green by creating a butterfly garden. Be prepared to be visited by them.

I would like to thank the guests on behalf of entire Madukkakuzhy Ayurveda, India and Germany.

We look forward to seeing you hale and hearty.

Dr. Jobin J Madukkakuzhy

We are saddened by the loss of Mr. Wolfgang Back, former Mayor Bad Bocklet, Germany, in April. Mr. Back supported us in realizing the dream of spreading the benefits of Ayurveda in Germany. We also lost the loving soul of Mr. Mathew Madukkakuzhy (who authored a book on Ayurveda, a senior member of our family) in May.

Last but not least, we are a proud member of "European Ayurveda Association" and VEAT (Association of European Ayurveda Practitioners) in Germany.

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Founder VAIDYAKALANIDHI MC MATHEW (1912 - 1997)

An expert physician and eminent scholar of our time who laid the foundation of Madukkakuzhy Ayurveda in 1938. Mrs. Thresiamma Mathew joined hands with him in developing Ayurveda and preceded our medicinal preparations facility.

We, thank you both for igniting the healing light in us and guiding us. For us, the legends live in our Hearts and in our Memories.



Chief Physician and Managing Director, Madukkakuzhy Ayurveda

Dr. Joy Mathew is an expert in Keraliya Panchakarma and has been practicing Ayurveda since 1972. In 2014, Ayurveda Medical Association recognized his valuable services to Ayurveda by awarding him "Life Time Contribution to Ayurveda" award.

Mrs. Molly Joy oversees the food and ayurvedic diets at Madukkakuzhy. She has an Ayurvedic cooking book on her name, released in 2017.



Chief Physician & Head of Department Medical Yoga, Madukkakuzhy Ayurveda, India, Germany

Dr. Robin Jacob has more than 20 years of experience practicing Ayurveda. His passion for Yoga is unending and he continues his research in Medical Yoga by Training and practicing at Sivananda Yoga, Thiruvananthapuram. He holds a Postgraduate degree in Yoga Therapy and Research studies.



Medical Director, Madukkakuzhy Ayurveda, India, Germany

Dr. Jobin J Madukkakuzhy has more than 15 years of experience practicing Ayurveda. He completed his Studies from SDM Ayurveda College & from Rajiv Gandhi University of Health Sciences. Since 2006, he has been conducting international seminars on Ayurveda practices around Europe. He worked as a visiting Ayurveda faculty at ESB Physio School, Bad Neustadt, Germany from 2008-2012.



CEO, Madukkakuzhy Ayurveda Center, Germany

Ebba-Karina Sander - MBA in International Healthcare Management and Experiences joined hand with Madukkakuzhy family since 2006 bringing German patients in need to the true values of Ayurveda in Kerala. With our Medical Director, Dr. Jobin she has founded a branch of Madukkakuzhy Ayurveda in Germany in 2014 and now actively managing the center in Bad Bocklet.



Director, Finance and Marketing, Madukkakuzhy Ayurveda

Subin Jacob is the director of finance and marketing at Madukkakuzhy Ayurveda, India and International. He is responsible for the financial planning and marketing at Madukkakuzhy Ayurveda and also responsible for public relation and plays a pivotal role in establishing the reputation online and offline.



AYURVEDA - a science of life

Ayurveda – an integral part of the Indian tradition – is a 5000-year-old healing system, the essence of which is to harmonize body, mind, and soul taking into account the physical, mental, spiritual, social and environmental constitution of a person. Spending time in restful surroundings in India, Ayurveda's home country or in the peace and quiet of historical Bad Bocklet in Bavaria, Germany will help you to relax your mind and body and achieve lasting peace and wellness.

The theoretical side of Ayurveda provides insights into how to live one's life in harmony with nature and natural laws and in rhythm. The practical side specifically gives guidelines for an intelligent, regulated diet and a daily routine. It also provides us with techniques for stress management, exercises for increased fitness and alertness and helps us to take control of our lives and develop radiant health.

The Tridosha which not prevalent to the naked eyes govern the biological, physiological and

pathological functions of the body, mind and consciousness. Thought, feelings, speech, action, metabolism, likes and dislikes of one person differ from others. This makes the individuality of a person, which is the key factor in Ayurveda. Constitutional nature of every individual is different and is predetermined at the time of conception and remains the same throughout life.

Ayurveda is recognized by the World Health Organization as Traditional Medicine.

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TREATMENT BENEFITS

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Treatment Benefits

- Rheumatism, Osteoarthritis, Joints and Muscular Pain (Fibromyalgia).
- Muscular Atrophy.
- Neurological diseases and Paralysis, Facial paralysis, post-stroke care.
- Cervical and lumbar spondylosis, PONDYLOPIS and Sciatica.
- Pain Syndrome including all types of headaches and backaches.
- Geriatric care.
- Allergies and Asthma.
- Type II diabetes.
- Skin diseases such as eczema, neurodermatitis, psoriasis etc.,.
- Digestive disorders, disorders of the gastrointestinal system.
- Problems related to stress, depression, burn-out, and other psychosomatic diseases causing sleep disorders.
- Chronic Fatigue Syndrome.
- Postmenopause Care.

Health Care Packages:

- Panchakarma – cleansing and detoxing.
- Weight reduction.
- Pre and follow-up care for orthopedic problems.
- Care before and after surgery.
- Rejuvenation Stress-management.
- Post-cancer care – physical and mental support.





AYURVEDIC THERAPY

During Ayurvedic Consultation, our physicians will draw up a treatment plan after a detailed evaluation involving examination of your eyes (iris), pulse and tongue. They will analyze the information you have provided in the medical questionnaire and decide the treatment package accordingly.

- The plan will be reviewed on a daily basis by way of an individual consultation and check-up.
- Nutritional supplements in the form of tablets/organic medicines will be prescribed and given for the duration of your treatment.
- During the treatment period, delicious vegetarian Indian Ayurvedic food according to body type and disease condition will be served to cleanse the body and to help it to recuperate.
- Yoga/Meditation and exercise are recommended according to the condition of the disease.
- After the treatment, our doctors will advise you on lifestyle modifications, exercises, and diets.

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AYURVEDIC PHARMACY

Our current manufacturing facility was established in 1938 and was renovated in the year 2013. We follow Standardized Operating Procedure for storage, manufacture, and batch identification. Our manufacturing unit is under close supervision by our team of doctors.

A wide range of the Ayurvedic medicines are prepared according to the Prakruthi of a person and the therapeutic effect needed (according to traditional recipes). Our methods are in strict adherence to Ayurvedic texts with no compromise on quality and are in line with the latest scientific developments. The natural medicines used in Ayurveda detoxify the body by eliminating chemical deposits and cleanse mind and spirit of the disturbing elements of agitation and conflict.



YOGA | MEDITATION | AYURVEDA

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Yoga | Meditation | Ayurveda

Yoga, as well as Ayurveda, has its root in the Indian philosophy. It is considered as a part of Ayurveda. During Yoga practice, the focus is to get rid of all thoughts and judgments. Another well-known definition is “comprehensive union”. Just like people differ in temperament and appearance, there are versatile possibilities to practice Yoga for every individual.

Yoga focuses on the human's own activeness which shall be supported by the aid of physical exercises (asanas), breathing exercises (pranayama) and Meditation. A kind of strength and control of consciousness is being developed which helps to maintain an inner order within the various influences of life. Ayurveda, as well as Yoga, considers the consciousness as primary power of life which controls everything.

At Madukkakuzhy Ayurveda, Yoga is an integral part of our treatment program. Here you have an opportunity to learn yoga under the direct supervision of Dr. Robin Jacob and Mrs. Anju Robin who is trained in Yoga at Sivananda Yoga, Trivandrum, and Dr. Jomi PJ joins hand with them and coordinates the Yoga training at our centers.

We follow the teaching methodology of Sivananda Yoga and Iyengar Yoga.



AYURVEDIC DIET

AYURVEDIC DIET

Ayurveda Diet is one of the most important building blocks in Ayurveda and Ayurveda Medicine

The right diet plays an important role in Ayurvedic medicine. Over the years Madukkakuzhy Ayurveda has been following a special ayurvedic vegetarian diet which was developed by our team of doctors based on the research with reference to old ayurvedic texts. As non-vegetarian food is a taboo during the treatment period, only vegetarian meals are prepared in our kitchen.

Spices are one of the treasures of India and it plays an important role in the preparation of Ayurvedic food, helping the healing process in general. We are happy to go along with the individual wishes of patients, as long as this does not conflict with the treatment plan. If requested, all your meals will be strictly prepared in line with your dosha type, ensuring taste and well-being.

The Kitchen is headed by Mrs. Molly Joy (wife of Dr. Joy Mathew) supported by Mrs. Anju Robin (wife of Dr. Robin Jacob) and Mrs. Meethu Jobin (wife of Dr. Jobin J Madukkakuzhy) which gives a motherly touch to the food with two special ingredients—*Love and Care*. Along with the food prepared with Ayurveda concepts, we also incorporate regional recipes and local food on our menu. The guest staying with us has a great opportunity to learn Ayurveda cooking by attending our cooking class (on demand).



GREEN CAMPUS

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GREEN CAMPUS

Madukkakuzhy Ayurveda gains a lot from mother nature as she plays an important part in our Ayurvedic healing. We are giving back to mother nature by implementing Eco-friendly concepts on our campus.

- *Butterfly Garden* – We have created a butterfly garden which in itself has created an ecosystem garden attracting birds, butterflies, and other pollinators.
- *Organic Farming* – We use 100% organic manures in our garden.
- *Rainwater harvesting* – The rainwater harvesting tank has a capacity of 275,000 ltr.
- *Ayurveda Plantation* – More than 100 varieties of Ayurveda Herbs are preserved and most of these are utilized for special preparation and treatment.
- *Biogas* – Biogas plant helps us to convert kitchen solid waste into cooking gas and the solid waste is also used as an organic fertilizer on our farm and Ayurveda plantation.
- *No to plastic* – We use paper bags, linen bags instead of plastic bags.
- *Wind Energy* – Exhaust system of our Pharmacy and Yoga hall are 100% Wind energy dependent and thus contribute to saving energy.
- *Solar Energy* – We have set a goal of converting our campus to a 100% solar powered campus by 2025.
- *Recycling* – We join the recycling community with small steps by reusing the newspaper for paper bags, envelope and by using reusable medicine bottles.



HANS (HELPING AID FOR NEEDED STUDENTS)



Helping Aid for Needed Students

"The gift of learning is everlasting"

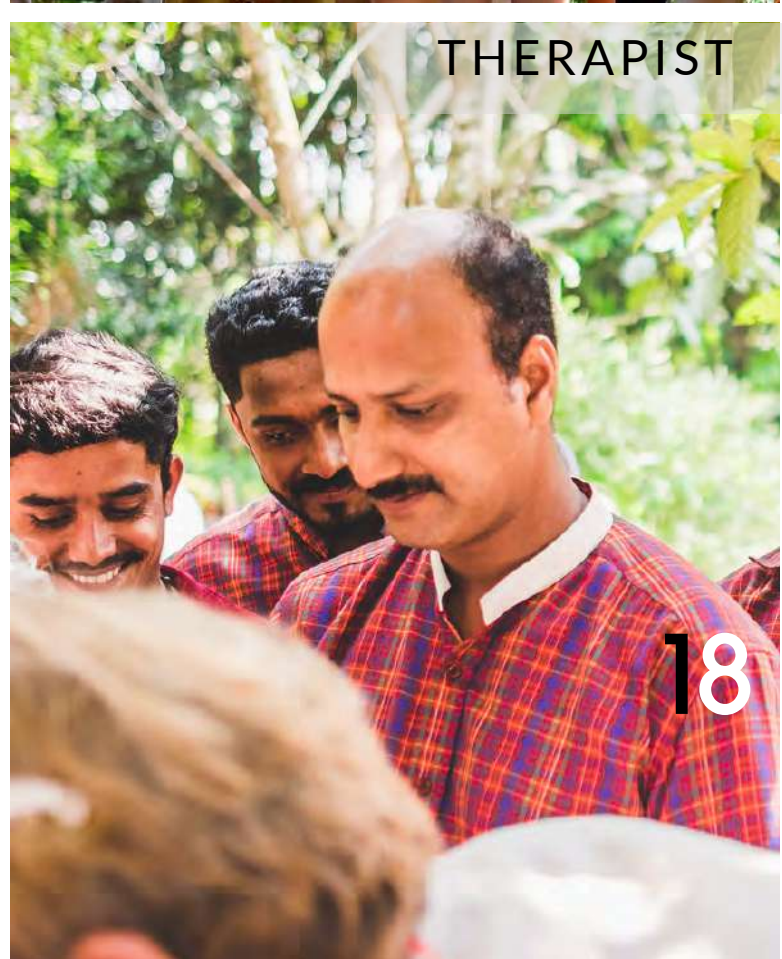
HANS Educational Trust is an initiative taken by Madukkakuzhy Ayurveda to improve the lives of children in Kerala by providing them with the financial support for education. We are also associated with "Education support for poor children in Kerala" in Bad Neustadt, Germany to reach our goal of education for all.

The guest can educate a child either by donating full expenses for education (part-time/full time) or can support by sharing the expenses with other donors. The guest can visit the child they are supporting by visiting them at his/her school.



We assure you that 100% of your contribution is reaching the children without any hidden or organizational costs. Thus your help can change the lives of children and give them a better future. We aim to significantly reduce the number of children in Kerala who are missing out the basic right to education.

For more information, please visit www.hanstrust.com.





FAMILY TRADITION

Traditional knowledge of Ayurvedic medicine has been passed on through generations in certain families in Kerala. The Madukkakuzhy family is one such family who is dedicated to the Ayurvedic tradition for the past eight generations. Our tradition is based on the rich experience and vision of Vaidyakalanidhi M.C. Mathew, who laid the foundation of Ayurvedic tradition in our family.

Our health center in India has a panel of doctors, Dr. Joy Mathew - Chief physician, Dr. Robin - Chief Physician & Head Medical Yoga, Dr. Jobin - Medical Director, Dr. Sherin Antony, Dr. Jomi PJ, Dr. Elizabeth Scaria, Dr. Febia, Dr. Aleeshya and Dr. Josephine Kalapurayil. The patient's individual body constitution type is determined and a treatment program is decided accordingly.

In our center in Bad Bocklet, Germany, Dr. Jobin and Dr. Sajan Joseph use the same approach and principles, supervised by and under the responsibility and guidance of Dr. med. Winfried Breitenbach.

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MADUKKAKUZHAY AYURVEDA

(HOME STAY & AYURVEDA)

SINCE 1938

Experience the special forms of Ayurvedic Therapy, as well as Yoga, Meditation and Indian cuisine with a family deeply united in their dedication to Ayurvedic tradition. Recognized by the Kerala Government as "A Green Leaf Certified Ayurveda Center".

Temperatures in Kerala vary between 26 °C and 32 °C, and the best time to visit Kerala is from September to April.

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MADUKKAKUZHY AYURVEDA HEALTH CENTER

PARATHODU, KERALA

Prices all inclusive per apartment per day

- Friendly, modern apartments with shower/WC and balcony optional with air conditioning.
- Daily consultation with the doctor.
- At least two Ayurvedic treatments per day.
- Internal medications during therapy.
- Freshly prepared vegetarian Ayurvedic meals according to the dosha types.
- Yoga/walking.

Rooms	* May-Sep	Oct-April
Single Room-Non AC	€90	€95
Single Room-AC	€110	€115
Double Room-Non AC	€120	€125
Double Room-AC	€140	€145
Kerala House-Non AC-Single	€95	€100
Kerala House-Non AC-Double	€130	€140
Premium Cottage-Non AC-single	€100	€100
Premium Cottage-Non AC-double	€135	€150
Premium Cottage-AC-single	€110	€120
Premium Cottage-AC-double	€145	€160

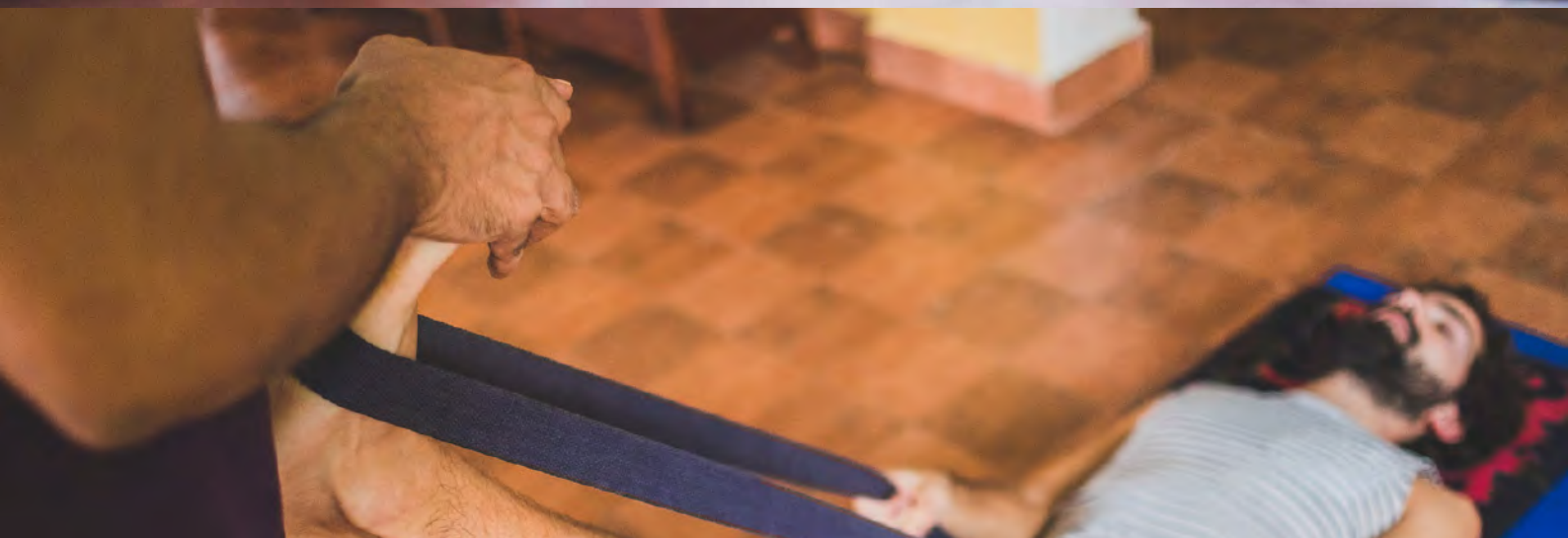
* Off Season

Prices effective from Jan 2019.

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SIVANANDA YOGA



MADUKKAKUZHY AYURVEDA

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IYENGAR YOGA



LAKE & MOUNTAINS

(MADUKKAKUZHAY AYURVEDA @ KUDAYATHOOR)

To serve all our dearest guests in the tradition and well known quality of Madukkakkuzhy Ayurveda, we have opened a second centre with a new offer truly blending Ayurveda and Yoga with the healing nature.



LAKE AND MOUNTAINS

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LAKE & MOUNTAINS

KUDAYATHOOR, KERALA

Our cottages are located at the pollution free Kudayathoor village, right in the lap of nature facing the Malankara lake. The idea of designing these lake-view cottages is to bring our guests closer to nature to enjoy the semicircular mountain slopes, a breath-taking view of thousands of acres of exotic tropical greenery, the rolling hills, and the lake.

ACCOMMODATION

Prices all inclusive per apartment per day

- Comfortable modern apartments with shower/WC and balcony optional with air conditioning.
- Daily consultation with the doctor.
- At least two Ayurvedic treatments per day.
- Internal medications during therapy.
- Freshly prepared vegetarian Ayurvedic meals according to the dosha types.
- Yoga/walking.

Rooms

	* May-Sep	Oct-April
Single Room	€100	€110
Double Room (King size bed)	€135	€145
Double Large Room Extra Space	€155	€165
Additional Bedroom (Price for 3 persons)	€200	€220

* Off Season

Prices effective from Jan 2019.

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AYURVEDA IN GERMANY

(MADUKKAKUZHAY AYURVEDA @ KUNZMANN'S HOTEL)

Ayurveda Tradition of Madukkakuzhy Ayurveda, Health Care management experience of Ms. Ebba Karina Sander MBA (CEO, Madukkakuzhy Ayurveda Centre, Germany) and Hospitality Tradition of Kunzmann family have combined to bring you the natural way of healing to Germany.

Patients who do not want to undertake the long journey to India can experience the well-known Madukkakuzhy Ayurveda at Kunzmann's.



MADUKKAKUZHY AYURVEDA IN KUNZMANN'S HOTEL

Kunzmann's Hotel is a pioneer in unique health concepts and healing methods in line with traditional Eastern and Indian philosophy with modern ambiance. This four-star hotel has been in family hands for four generations. Snuggling in the lovely hills of the Bavarian Rhoen it has an idyllic location right on the edge of Bad Bocklet's spa gardens.

- Overnight stay in the selected room category, please ask for current prices in Kunzmann's Hotel, at phone +49 9708 780 or willkommen@kunzmanns.de.
- Ayurvedic full board: breakfast, lunch and dinner according to your disease conditions.
- Available all day: Hot water for drinking, Ginger water, selection of teas and the mineral spring of Bad Bocklet.
- Free use of the 1,000 m² wellness spa with ozone indoor pool, hot whirlpool, Finnish Kelo outdoor sauna, organic sauna, infrared cabin, steam bath, spacious rest zone bathed in light.
- Fluffy wellness towels, cozy bathrobe (lent for the time of your stay) as well as further Kunzmann's pampering services.



Gregor Kunzmann Ebba Karina Sander Jobin J Madukkakuzhy

Madukkakuzhy Ayurveda
Parathodu P.O., Kanjirappally,
Kottayam – 686 512, Kerala, India.

Lake & Mountains
Kudayathoor, Thodupuzha,
Idukki, Kerala, India.

Connect With Us:

For Guest Relation:

Email: welcome@ayurveda-kerala.org.

Web: www.ayurveda-kerala.org,

Fb: [@madukkakuzhy.ayurveda](https://www.facebook.com/madukkakuzhy.ayurveda)

Information/Reservations:

India:

Help Desk: +91-99466 68086,

Mob: +91-94471 73757, +91-94953 12769,

Email: info@ayurveda-kerala.org.

For Booking Cure In India from Germany:

Reisebureau "Reisefibel" in Leipzig,

Frau Kathrin Weckwert,

Tel: +49-(0) 341 2158713,

Email: info@reisefibel.de.

For Booking Cure In Bad Bocklet, Germany:

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SINCE 1938



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