

COPD Ayurvedic Wellness Program

A Journey to Serenity by the Ganges Where Solitude Meets the Soul

Pricing: Depends on the room type and stay duration, please contact reservations.

Ekaanta Ayurveda Wellness Retreat: COPD Program

Welcome to the Ekaanta Ayurveda Retreat, a sanctuary where the ancient wisdom of Ayurveda meets modern understanding of wellness. This retreat is specially curated for those seeking harmony between mind and body while enhancing respiratory health. Immerse yourself in practices like yoga, meditation, and Ayurvedic therapies, all while embracing the serenity of the Ganges.

AYURVEDIC THERAPIES

- 1. VASTI:** This involves administering medicated enema to cleanse the colon and balance the Vata dosha, which is often associated with respiratory disorders.
- 2. NASYA:** A practice where medicated oils are administered through the nostrils to cleanse the head and neck areas, potentially improving respiratory function and reducing inflammation.
- 3. ABHYANGA AND SWEDANA:** Body massages with medicated oils followed by steam therapy aim to enhance circulation, reduce stress, and improve respiratory health.
- 4. HERBAL INHALATION:** Inhalation of steam infused with Ayurvedic herbs helps clear the respiratory passages and improve lung function.
- 5. KAVALA AND GANDUSHA:** Oil pulling and gargling with medicated oils help in cleansing the throat and improving respiratory health.
- 6. DIETARY ADJUSTMENTS:** Incorporating anti-inflammatory foods and respiratory-supporting herbs like turmeric, ginger, and tulsi. Cooking methods that favor steaming and boiling which will support respiratory health.

Pranayama and Meditation for Respiratory Health

- **Anulom Vilom Pranayama:** Helps in balancing the breath and improving lung capacity.
- **Bhramari Pranayama:** Calms the mind and reduces stress, which can positively impact respiratory health.
- **Ujjayi Pranayama:** Enhances oxygenation and clears the respiratory passages.

Nature Walks and Outdoor Guided Meditation

- **Activities :** Guided walks in natural settings, forest bathing.
- **Benefits :** Boosts mood, reduces stress hormones, and connects with nature.

Accommodation and Wellness

1. **ACCOMMODATION:** Luxurious and serene accommodations to ensure a peaceful stay.
2. **WELLNESS MEALS:** Nutritious and balanced meals, tailored to support respiratory health and detoxification.
3. **PERSONALIZED WELLNESS CONSULTATION:** Initial consultation with wellness experts to tailor your program.
4. **AYURVEDIC THERAPIES:** A range of Ayurvedic treatments including massages and body therapies.
5. **YOGA AND MEDITATION SESSIONS:** Daily sessions to enhance physical flexibility respiratory health.
6. **MINDFULNESS ACTIVITIES:** Workshops and activities focused on stress relief and mental well-being.
7. **NATURE WALKS AND OUTDOOR ACTIVITIES:** Guided walks and activities in the serene natural surroundings of Ekaanta.
8. **HEALTH WORKSHOPS:** Educational sessions on nutrition, lifestyle, and wellness.
9. **PERSONALIZED DETOX PLAN:** A detox plan designed specifically for your body type and wellness goals.
10. **POST-PROGRAM SUPPORT:** Guidance and tips for maintaining a healthy lifestyle post-retreat.

Benefits of the Program:

The Ayurvedic program for COPD focuses on holistic treatments that reduce symptoms and improve the quality of life for individuals experiencing respiratory disorders. By addressing the underlying causes related to the Vata dosha and improving overall well-being through diet, lifestyle adjustments, and specific therapies like Nasya and Vasti, individuals may find significant relief from respiratory symptoms. These approaches aim to detoxify the body, enhance circulation, reduce inflammation, and balance mind-body energies, contributing to better respiratory health and overall well-being.

CONTACT INFORMATION:

For more details and bookings, call +919936294022

The combination of these diverse yet complementary elements in Ekaanta's program ensures a holistic approach to health. Participants can expect not just temporary relief from everyday stresses but a profound transformation in their approach to health and well-being. The serene environment, expert guidance, and carefully curated activities make Ekaanta's program an ideal choice for those seeking a meaningful and effective way to rejuvenate and detoxify both body and mind.