



ayur namas
Health and Wellbeing

Ayur Namas is a leading Ayurveda healthcare provider in Kerala with protocol driven solutions for your health concerns. Aster Medcity is the official health partner of ayur namas at Nihara resort.



About Us

A professional team of skilled doctors specialized in traditional Ayurveda healing therapies with national and international experience. Expert team of doctors and therapists trained and with experience in handling clinical conditions that require compassion and passion, observation, attention to minute details of infection control and patient safety is the core strength of ayur namas. We as a team pledge to deliver the best to our patients and guests to attain the best clinical outcome and satisfaction.

Ayurveda, the ancient healing wisdom is getting more and more national and international acceptance due to its proven health benefits. Ayurveda focuses on using herbal medicines to treat diseases.

Also it gives importance in following a healthy diet and lifestyle to cure or prevent many diseases of present age.

Ayur namas with the support of expert team of doctors and facilities from Aster Medcity has been able to win the trust and confidence of patients across the globe.

Official Health Partner

AsterMedcity
We'll Treat You Well™



Our Specialities

Ayurveda treatments
Neuro rehab
Spine care
Destress programmes
Obesity management
Healthy ageing
Wellness programmes
Mother and baby care
Beauty care
Hair and skin care

Our facilities

Ecofriendly ambience
Pollution free area
Hygienic, spacious treatment rooms
Access to water pool
Calm and peaceful
Private herbal garden
Yoga room
Boating facility
Kitchen and dining area.

Our rehab programmes help in improving the quality of life by attending to individual needs. Ayurveda massages and herbal treatments help in improving circulation, strengthen nerves and muscles, improve flexibility and movement and achieve general well being. This along with active physiotherapy from Aster Medcity help in getting better results and satisfaction.

Herbal products offer best solutions to many of your skin and hair problems. Hair fall, dandruff, thinning of hair and acne, pimples, pigmentation of skin, premature ageing etc are well addressed with hair and skin care treatments including head massages, hair packs, hair oils, herbal facials, face packs etc.

Our custom made wellness packages address your individual concerns and is planned after a consultation with our expert physicians.



For appointments
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