

WHY CHOOSE KAYAKALPA

- Authentic ayurveda + clinical precision
- Expert guidance by Dr. Asha
- In-house herbal oils & curated therapies
- Calm, hygienic wellness environment
- Personalised treatment plans
- Long-term relief, not temporary fixes



DURATION & PACKAGES

We offer customised pain & wellness plans based on your condition:

- Single-session pain relief therapy
- 3-day targeted wellness therapy plan
- 7-day pain reduction & wellness program
- 14-day advanced healing program
- 21-day chronic pain & wellness regeneration package

Each program is personalised after assessment.

KayaKalpa Ayurveda Panchakarma
Clinic and Wellness Spa



kayakalpa_trivandrum



Contact Us



+91-80785 08884



Kayakalpaonline@gmail.com



Kayakalpa Ayurvedic Clinic,
Opp SFS Pearl, Pallimuku, Pettah,
Trivandrum



Scan Here For Website



The Art of Rejuvenation
kayakalpa
Dr. Asha's Ayurvedic
Wellness Clinic

PAIN MANAGEMENT & WELLNESS CLINIC



www.kayakalpa.co.in

INTRODUCTION

Pain affects daily movement, productivity, sleep, and overall quality of life. Kayakalpa's Pain Management & Wellness Clinic offers a holistic, natural, and clinically structured approach to identifying the root cause of pain and restoring balance through authentic Ayurvedic healing and wellness therapies.



WHAT WE TREAT

- ☐ Musculoskeletal Pain
- ☐ Muscle Strain
- ☐ Ligament Sprain
- ☐ Tendon Inflammation
- ☐ Osteoarthritis
- ☐ Frozen Shoulder
- ☐ Cervical/ Lumbar Spondylosis
- ☐ Lifestyle & Postural Pain
- ☐ Poor Posture
- ☐ Limited Mobility
- ☐ Repetitive Strain Injuries
- ☐ Neurological Pain
- ☐ Nerve Compression
- ☐ Sciatica
- ☐ Slipped Disc / Herniated Disc
- ☐ Neuropathy
- ☐ Postural Nerve Irritation
- ☐ Injuries & Trauma
- ☐ Sports Injuries
- ☐ Accidents And Falls
- ☐ Overuse Injuries

IN-HOUSE PREPARED AYURVEDIC OILS

All Ayurvedic oils used at Kayakalpa are prepared in-house under strict supervision, ensuring purity, consistency, and authentic therapeutic quality.



KAYAKALPA'S

Core Area

Stress and Strain Management

Sleep Disorders / Insomnia

Fibromyalgia

Sinusitis

Allergic Rhinitis



Lifestyle & Metabolic Concerns

- ☐ Obesity / Weight Management
- ☐ Fatigue & Low Energy
- ☐ Digestive Disturbances
- ☐ Lifestyle-Related Disorders



Women's Wellness

- ☐ Pre-Natal & Post-Natal Care
- ☐ Hormonal Imbalance
- ☐ Post-Delivery Body Pain & Weakness



Skin & Circulation Support

- ☐ Psoriasis & Chronic Skin Conditions
- ☐ Varicose Veins & Circulation Issues
- ☐ Skin Glow Facial
- ☐ Anti-Aging Facial
- ☐ Pre-Bridal Ayurveda Packages
- ☐ Scrubbing & Polishing
- ☐ Anti-Tan Treatment
- ☐ Skin Hydration Treatment



Preventive & Rejuvenation Care

- ☐ Detox & Cleansing Therapies
- ☐ Weekend Rejuvenation Programs
- ☐ Immunity & Vitality Support



WHO CAN BENEFIT



Working Professionals



Athletes



Elderly Individuals



Those with Chronic Pain



People Recovering From Injuries



Individuals with Posture-Induced Discomfort



Anyone Seeking Holistic Mind-Body Wellness

ADDITIONAL WELLNESS SERVICES

Kayakalpa also offers a wide range of healing, rejuvenation, and wellness therapies to support complete mind-body balance:

01 Panchakarma

02 Stress & Strain Management Yoga

03 Rejuvenation & Detoxification

04 One Day Wellness

05 Beauty & Eye Care

06 Therapeutic Yoga

07 Chiropractic

08 Bone Alignment

09 Weekend Rejuvenation

10 Detox Therapy

11 Aroma Therapy

These services enhance overall wellbeing and complement pain management for deeper, long-lasting results.