

FACILITIES

- 24 HOUR DOCTOR SERVICE
- ACCOMMODATION IN COTTAGE
- FULLY FURNISHED
- A/C & NON A/C COTTAGE ROOMS
- WELL MAINTAINED, NEAT AND CLEAN
- TRADITIONAL TREATMENTS
- BABY CARE
- TRAINED THERAPISTS
- MAID SERVICE
- LAUNDRY SERVICE
- WIFI CONNECTION
- TV WITH DESIRED CHANNELS
- PLAY AREA FOR KIDS

Mob: + 91 9447 83 6375 | + 91 466 222 3375 | + 91 466 222 2181 (Fax)

E-mail : kakkanatsrr@sancharnet.in | www.kakkanatayurveda.com

PARUTHIPRA | SHORANUR | PALAKKAD | KERALA - INDIA



KAKKANAT AYURVEDA
POST-NATAL CARE

75 years
since 1946



Every mother & baby deserves utmost care after pregnancy. New born mother need plenty of rest, good nutrition & help during the first few weeks (7 weeks) after delivery. In postpartum period mother may undergoes serious issues like:

- Mood swings
- Postpartum depression
- Back pain
- Migraine
- Under eye darkness
- Digestion issues

Aim of Post-natal care

- Prepare her to take care of herself and her newborn
- To restore digestion
- To restore mothers' Physiology and Psychology

Benefits

- Improves the quantity and quality of breast milk
- Improves muscle tone to prevent back-pain.
- Strengthens the lower back, ligaments, bones & muscles

Massage (Abhyanga)

Abhyanga provides relaxation to the body and tranquility to the mind. It alleviates stress, calms depression due to hormonal changes.

- Body massage
- Head massage
- Face massage

Baby Massage & Bathing

To improve the skin tone and proper growth. Medicated Bath improves the Skintone and Pain.

Ayurveda Kizhi

To achieve the muscle tone and blood circulation.

Hip Bath

It alleviates the pain of external haemorrhoid and episiotomic wound.

Yoni Pichu

To improve the healing of episiotomy.

Thalam

To relax mind and hence improve lactation.

Lepana

Treatment for Stretch marks and to restore the muscle tone to some extent.

Abdomen Bandaging

Imparts support to pelvic cage and perineal area which prevent LBA & prolapses of uterus.

Skin & Hair Care Treatments

Skin & Hair massage with medicated oils / other medicaments as per condition.

Porridges and Gruel

To restore the normal digestion
Diet for increasing BM

Duration :

- 7 days
- 14 days
- 21 days
- 28 days