



Ayurveda Health Home

Dhapasi City Center

Experience Calmness and Serenity
in the Commotion of the City



Dhapasi center was established on 2001. We provide all our services (except accommodation) in this city clinic. The center is open from 7am to 7pm, all days of the week. You are most welcome to enjoy our services in our Dhapasi Center.



Ayurveda Retreat at Nagarjuna



Nurture yourself in Nature



Our Nagarjuna Center is located in the terrains of exotic landscape. The center is built in accordance with vastu orientation. The area provides healthy healing in the silence of woods, cool breeze of wind, songs of birds and in nature.

The additional attractions introduced in our new center under our ancient healing modalities are -

- Jalauka karma (Leech Therapy)
- Agni Karma
- Uttar Basti
- Healing with potent medicines from forest



Attractions:

- Luxurious Stay and Personalized Ayurvedic Organic Food.
- Highly qualified Doctors and therapists.
- Encompassed by a luscious green forest.
- Near Kathmandu City (10KM far from Heart of the city-Thamel).
- Herbal garden with wide variety of medicinal plants.

Panchakarma - Purification of the Body, Mind, Senses and Soul



Epitome of Ayurveda treatment modality consisting five major procedures (Karma)

- Vamana
- Virechana
- Asthapana Basti
- Anuvasana Basti
- Siro Virechana



Experience Classical Pancakarma, along with Ayurveda Diet, Yoga, Lifestyle Management Counseling.

Doctors will recommend Packages based on the Bodily Constitution (Sharirik Prakriti), Mental Constitution (Manasik prakriti), Imbalances (Vikriti), Toxins (Ama), Age, Status of Immune System, Existing Health Conditions & after consideration of other associated factors as well.



28 DAYS:
5 Karmas

21 DAYS:
4 Karmas

14 DAYS:
3 Karmas

10 DAYS:
2 Karmas

7 DAYS:
1 Karmas

Benefits of Panchakarma :



- Physical, Sensorial, Mental, and Spiritual healing through detoxification.
- Enhancement of immunity and rejuvenation.
- Healthier life.
- Promotes feelings of lightness of the body and clarity of thoughts.
- Harmonizes and balances the doshas in the body.
- Restoration of natural functioning of hunger, sleep, bowel habits and urges.

Ayurveda Wellness Packages



1 Hour Head & Foot Program - Balancing Polar Energy

1 Hour Spinal Program - Improves flow of Prana energy and strength

3 Hours Ayurveda Program - Achieve the state relaxation and tranquil

1 day Ayurveda Program - Relaxation and detachment from routine stress

2 days Ayurveda Program - A step closer to serenity

3-14 days Ayurveda Packages Program - Deep relaxation and recreation

*Personalized Ayurveda Program
1-30 days - Sit with our doctors
and experience the best for
yourself*



Other Packages :



- Anti Aging
- Stress Management
- Immune Boosting
- Detoxification
- Yogic Package
- Weight Management
- Mental Health Management
- Post Covid Care Package
- Chakra Regulation
- Saundarya (Beauty Care) Package

Special Therapy Package :



Treatment for frozen shoulder, osteoarthritis, lower back pain, cervical spondilitis, ankylosing spondilitis, migraine, we specialize in musculo - skeletal disorders, mental-psychological disorders, gastro-intestinal disorders and other chronic conditions as well.

We offer services for various Anorectal Problems like



- Haemorrhoids
- Pilonidal sinus
- Perianal Abscess
- Anal Fissure
- Fistula In Ano

First Step Toward Serenity



Consultation & Counseling



Relaxation Abhyanga -

Sense the state of total relaxation and harmony

Cleansing Abhyanga (2 or 4 hands) -

Facilitate Body Cleansing and Circulation

Spinal Abhyanga -

Facilitate the flow of chakra through the main pathway for energy

Ubtan Abhyanga -

(Herbal Powder Scrub and Massage to improve the complexion of the body)



Facial Beauty Package -

Glowing your face with herbs and smooth Touch

Head and Foot Abhyanga -

Release of Blocked energy through either poles of the body & experience Tranquility

Relaxation Abhyanga for children up to 11 years



Herbal Steam Bath (Sarvanga Sveda) -

Removal of toxins by digestion and expulsion of Ama

Pinda Sveda -

Revitalization and Restoration of strength and energy



Herbal Tub Bath (Avagahana Sveda) -

Subtly remove toxins and achieve relaxation at the same time

Siro Dhara -

Achieve Total Sense of balance with the flow of herbal/ medicinal oil on forehead (sixth chakra)

Chakra Basti -

Nourishment of Chakras

Picu -

Improves the circulation , flexibility and restores the movement of muscles & Joints.



Pranayam & Neti -

Facilitate the flow of prana by achieving control over breathing

Yoga -

Achieve Self transformation and connect with the universal energy

Meditation -

Experience the state of completeness



Other Services we offer

Conference & Seminar | Executives meeting Hall

Group Recreational Program

We do not accommodate emergency cases and cases of communicable diseases.



Ayurveda a Science of Life



Ayurveda is the most ancient, complete and authentically recorded health system in history predating the known modern civilization. It is now becoming popular all over the world and Nepal is one its places of origin. This Science harnesses a culture of self-healing and promotes connection with the universe by being in oneness with the nature. The Ayurveda therapies have culturally evolved through generation to generation in this country, carrying on the ancient wisdom in the current practices as well. Health in Ayurveda is four dimensional - Physical, Sensorial, Mental and Spiritual, only after achieving harmony in all of these, the complete state of health is achieved . However, life is in a constant dynamic transformation process, where the struggle to achieve complete health is a constant process just as life is. It is ever-changing like the flow of a river or a breeze of the wind but with a hint of sentience and inner joyfulness.

Ayurveda Health Home (AHH) is the pioneer Panchakarma Center of Nepal operated under German quality management since 2001. The Founders are Late Dr. Rishi Ram Koirala, Mr. Badri Koirala and Ms. Marlies Foerster.



Late Dr. Rishi Ram Koirala



Ms. Marlies Foerster



Mr. Badri Koirala

The main aim of this Center is to provide Promotive, Preventive and Curative health care services. AHH provides a wide range of Ayurveda Therapy Services and guidance. All of these Services are based on original/classical Ayurveda Scriptures. The therapies are given by professionally trained and skilled therapists under the guidance of highly skilled team of Doctors. Since 2001 guests from more than 122 countries around the world have visited Ayurveda Health Home to seek a connection with the nature, the universe and for an authentic Ayurveda healing experience.

Nearby Attractions



Accredited by,
Department of Ayurveda, Ministry of Health & Population
for its Quality Services.

Facilitated by,
Nepal Tourism Board & Spa & Wellness Association of Nepal As a National Living Treasures of Indigenous Healing
Therapies for contribution to the preservation of
Indigenous Healing Knowledge.



प्रकृतिस्थापनः *Together in healing journey*
Nepal-German Joint Venture - Pioneer Panchakarma Center

NAGARJUN CENTER (MAIN CENTER)

Tel: +977-9802304441 / 9802304442

Tarakeshwar -3, Dadagaun, Kathmandu

(Trishuli Highway, 8km ahead from Ring Road (Machapokhari))

Locate us on Google Maps: Q797+XX Kathmandu

AHH CITY CENTER, DHAPASI

Tel: +977-1-4955144 / 4980457 / 4958761

Tokha -7 Dhapasi, Tilingatar (Near Ram Mandir)

Locate us on Google Maps: P8RG+RC Kathmandu

Email: info@ayurveda.com.np / sattva@ayurveda.com.np

Website: www.ayurveda.com.np

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