



The Kairali Ayurvedic Healing Village is a fine example of how you can rejuvenate and relax at the same time. By Bindu Gopal Rao

NESTLED IN 60 ACRES OF DENSE greenery in the foothills of the Western Ghats is a unique getaway in God's own country Kerala. Located in Pallakad the Kairali Ayurvedic Healing Village is a fine example how you can rejuvenate and relax at the same time. The certified Ayurveda hospital here offers an array of Ayurvedic treatments for a variety of health issues. The 30 villas on the property are interesting named after celestial birth stars and come in four categories. In fact if you book in advance you can actually stay in the room that matches your birth star! The rooms itself are adequately furnished and make for a comfortable stay.

The interesting part is that every room has a special shell in a glass case. When I asked what it was I was explained that this was a rare shell and was specifically placed facing the direction it was to

ensure that the room has positive energy. There are two suites on the property that come with a separate living and bedroom space. Interestingly most villas have a tulsi or holy basil plant in front of them, much like traditional homes in South India.

While you at Kairali health matters most and you are usually asked to first have a consultation with the doctors on the site who after making general enquiries on your health suggest appropriate treatments. I met senior doctor T.R. Chandrashekar who has been with Kairali since its inception who explained that what makes this place different is that the focus on the treatments was towards preventive cure using hereditary methods. If you are a serious health seeker packages start from 14 days and can actually go up to 3 months for chronic problems.