

# About Drs. Reddy

Dr. Kumuda Reddy has developed a very informative website called [www.allhealthyfamily.com](http://www.allhealthyfamily.com) which is dedicated to bringing out the knowledge of the unlimited scope of Ayurvedic medicine. Dr. Reddy completed her residency and fellowship at Mt. Sinai Hospital, New York. She was the Medical Director of Maharishi Vedic Center in Bethesda, Maryland and a former faculty member of Albany Medical College. Dr. Reddy has been practicing Ayurveda since the 1980's, conventional medicine since '72.

Dr. Reddy, through her practice, books and lectures, conveys this simple message, "we are one with nature." Because of our intimate connection to nature and the entire cosmos, we need natural and holistic medicine. It is the need of our time. No other medicine has proven to be as natural, comprehensive, time-tested and holistic as Ayurveda. It is compatible and complementary with conventional medicine. Dr. Reddy believes that the best way to avoid suffering and ill health is to "avert the danger which has not yet come." This is the basic principle of prevention from the ancient Vedic tradition of health care. The earlier we start, the better.

Taking this to heart, Dr. Reddy has authored several books which can be ordered through her website. She has appeared on several radio and TV shows.



Dr. Reddy is accompanied in her practice by her husband, Dr. Janardhan Reddy. Together they have the experience to properly diagnose, spirit to care and love, skill to treat and heal, mission to empower one and all. Currently based in Thailand, this devoted team has touched and transforming the hearts and lives of many people.

Relax, Rekindle, Revitalize Your Mind, Body and Spirit at The Amaravati Spa

**Physician Supervised**

**Hill Top Retreat with Majestic, Misty Mountain Views**

## Amaravati Ayurveda Spa

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**Dr. Budhacharan, Founder**

One Visit is All You Need at



Experience the essence with  
**Dr. Kumuda Reddy**



**Authentic Ayurvedic & Conventional Medicine Expert, Author and Speaker**

*Maharishi Approved, Powerful Rejuvenation Programs for Health and Longevity*

*Effective, time-tested,  
& natural programs*

*Purifying, Balancing, Rejuvenating*

*Feast For All Your Senses*

## Message from Dr. Kumuda Reddy

Total rejuvenation begins with an ayurvedic physician consultation. Your doctor will prescribe for you a customized treatment program known as Panchakarma. Herbal preparations are given to correct any imbalances and to rejuvenate your whole body. Comfortable accommodations, specially prepared organic, ayurvedic and vegetarian meals and supervised treatments from highly trained technicians set the stage for a unique and blissful experience.

## Duration of Treatment

The ideal treatment length is from two to four weeks. This will allow your body and mind to gradually and sequentially be transformed. Ofcourse, you can have Panchakarma for just one week...or even one day. But, when you have traveled so far to come here, why not maximize the benefits to your health by having treatment for the ideal period you need.

## Benefits You Can See

Postive improvements in health are usually seen quite quickly. Ayurvedic treatments eliminate stress and improve chronic conditions such as anxiety, arthritis, back pain, depression, diabetes, fatigue, hypertension, and insomnia and many more... These treatments are also designed to dramatically strengthen your body's natural ability to care for itself. So, when you return home, you will be less susceptible to relapse and other illness.

## Awakening Inner Intelligence

Your body, mind and emotions experience various imbalances due to stress, poor diet, and an unnatural life style.

The Experience at Amaravati will remove deep rooted toxins that accumulate on subtle levels. The Rejuvenation programs bring back the memory of proper functioning to each and every cell in your physiology. Once the toxins are eliminated, the flow of intelligence is re-established in each cell. This brings total balance back to your physiology and result in more energy and stronger immune system. And, when when the body is more in tune with natural law, a feeling of peace, calmness, happiness and contentment are naturally experienced by the mind and emotions. Purifying the physiology and refining the nervous system leads to the experience of higher states of Consciousness, which is the birth right of every human being.

For the maximum experience of perfect health and the fastest path to full enlightenment, we recommend that you visit us twice a year for two to four weeks at a time... or as your budget will permit.

## Treatments Offered

Programs offered at other ayurvedic centers give you very limited, expensive treatments. We pride ourselves on our affordable, extended treatment programs. For about one fourth the price of what you would pay at a center in the United States or Europe, you will receive at the Amaravati about four times more treatments per day.

Normal USA and European treatments are given two hours per day. Our treatments run about eight hours per day. Treatments, doctor visits, room and board go for \$800 to \$1,000 per day at comparable facilities in the USA and Europe. Similar services at Amaravati will cost \$200 to \$300 per day.

## Your Physician supervised morning treatments include:

**Abhyanga:** oil application and treatment of the head and body in concert by two technicians

**Patra Potli:** heat treatment to muscles, and joints to remove body and muscle pain

**Takradhara:** herbalized liquid poured on the forehead

**Nasya** treatment to rejuvenate nose and sinuses

## afternoon treatments include:

**Kati basti:** herbalized oil treatment for lower back

**Greeva basti:** herbalized oil treatment for upper back

**Chakravarti basti:** herbalized oil treatment for navel area

**Hrid basti:** herbalized oil treatment for heart area

**Netra tarpana:** rejuvenation treatment for the eyes

**Karna pooran:** rejuvenation treatment for the ears

Plus, a special anti-aging rejuvenation treatment for the face and neck

## evening and night treatments include:

**Paada abhyanga:** herbalized oil treatment for the feet

**Shiropichu:** herbalized oil treatment to the head (crown)

**Internal Basti:** herbalized enemas to remove toxins from colon and other tissues

**Note:** The cost of physician consultations and rejuvenation programs may be claimed by health saving/flex accounts and certain insurance policies.



*Unique All Day Programs — You Deserve Nothing Less*