

# Kadavu Resort, Kozhikode

Kadavu Resort Kozhikode specializing in Ayurveda offers a fusion of traditional hospitality and the modern comforts. Spread over an area of nine acres, Kadavu boasts of its prime location along the palm-fringed backwaters. As you take in a wealth of experience, rejuvenate your senses with ayurveda treatment. Offering a cool respite, this Kerala ayurveda resort will bring you closer to nature and leave an everlasting impression on you.

## **Address**

N.H. 17 Kozhikode Bye Pass Road,  
Feroke College  
Kozhikode 673632

## **Accommodation**

Kadavu Resort in Kozhikode offers 17 cottages and 57 rooms or suites for comfortable accommodation. Every guest unit is fitted with modern amenities such as air-conditioning, mini bar, television, 24-hour room service and en-suite bathroom.

## **Dining**

Embark on a gastronomical journey to relish some of the finest ethnic food. Kadavu Resort in Kozhikode comes with several dining and beverage options. 'Ottupura' is a non-smoking restaurant serving delicious food. 'URU' is a multi-cuisine restaurant offering Continental, Chinese and Indian delicacies. For a true Malabar experience, step inside 'Olappura', the coffee shop. 'Kadavu Kabab Kourt' is a place where you can enjoy Tandoor gourmet. 'Oyster Bar' serves fresh juices, cocktails, mocktails and snacks. Pep up your spirits at 'Maikhana', the cocktail lounge.

## **Business and Banquet**

There are four spacious meeting venues at Kadavu Resort Kozhikode, Kerala. 'Bekal' is a well-appointed convention complex that can easily accommodate 1000 guests in theatre style. 'Chaliyar' is a perfect place where one can plan a conference, meeting or any special event for 120 people in theatre style. 'Thekkini', the boardroom, is a nice venue for small meetings. The resort also has a 'Pandal' for weddings, receptions and large gatherings.

## **Recreation**

Kadavu Resort Kozhikode is known for its ayurveda center offering ayurveda treatment and massages. Other facilities at the resort include swimming pool, fitness center, boating and fishing facility, indoor games, Yoga center, curio shop, beauty parlor, children's play area, amphitheatre,

foreign currency exchange, safe deposit lockers and travel desk.

For more information on Kerala Ayurveda Resorts, please click on the links provided below.

### [Kerala Ayurveda Resorts](#)

- [Travancore Heritage Resort, Trivandrum](#)
- [Thapovan Heritage Resort, Kovalam](#)
- [Kairali Ayurvedic Healthcare Resort](#)
- [Somatheeram Ayurvedic Health Resort](#)
- [The Marari Beach Mararikulam](#)
- [Coconut Lagoon, Kumarakom](#)
- [Isolo De Cocco, Poovar, Trivandrum](#)
- [Malabar House](#)
- [Palm Grove Lake Resort](#)
- [Kadavu Resort, Calicut](#)
- [Carmelia Havens Resort, Calicut](#)
- [Spice Village, Thekkady](#)
- [Kumarakom Lake Resort](#)
- [Golden Waters, Kumarakom](#)
- [Backwater Ripples, Kumarakom](#)
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- [Poovar Island Resort](#)
- [Punnamada Resort](#)

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## Kerala Ayurvedic Tours

**DESTINATIONS :** [Cochin - Periyar](#)

**DURATION :** [10 Nights / 11 Days](#)

### **Day 1 : Cochin - Periyar**

Arrival cochin airport on arrival meet our representative board the cab and drive to Periyar (180 kms). Upon arrival check-in at Spice Village Resort Visit the resident "Vaidya"(Ayurveda Doctor) for consultation. Overnight at hotel.

### **Day 2 - Day 8 : Ayurvedic Therapy at Spice Village**

Seven days Ayurvedic Therapy -the resident doctor after



consultation, plans your programme and will also suggest your diet and the therapy commences in right earnest. Please remember that during this period you should not exert yourself and for best result no alcohol, no tobacco and strict vegetarian diet. The therapy involves various herbal massages, steam baths and yoga. If you follow all the directions of the "VAIDYA", we can assure you that you will come out totally relaxed and a great feeling of wellness. Overnight at hotel.

### **Day 9 : Periyar**

The Rejuvenation Therapy is over, but it is best to relax and allow your body to re-adjust after one week of massage. Overnight at hotel.



### **Day 10 : Periyar - Cochin**

Last Day at periyar after morning breakfast proceed for a full day tour of Periyar wild life sanctuary evening boating at periyar lake and over night stay at hotel.

### **Day 11 : Depart Cochin Morning**

After morning breakfast Transfer to the cochin airport to board your flight to onward destination.

## **Abhyangam (14 Days)**

Special type of oil massage in which strokes are given according to the diseases for 45 minutes per day for 14 days. This treatment is very useful for Obesity, Especially for Diabetic Gangrene etc.



## **Dhanyamla Dhara (14 Days)**

Warm herbal liquid is poured all over the body in a rhythmic way through a special vessel for 45 minutes to 1 hour daily. This treatment is very effective for hemiplegia, Paralysis Rheumatic complaints etc.

## **Dhara (14 Days)**

In this process, some Herbal oils, medicated milk, medicated butter milk etc. are poured on the forehead in a special method for about 45 minutes in a day for a period of 7-21 days. This treatment is mainly for Insomnia, Vatha Predominated diseases, Mental tension and certain skin diseases.

## **Kativasthi**

In this process specially prepared warm medicated oil is kept over the lower back with herbal paste boundary, This treatment lasts for 45 minutes to 1 hour and it is good for any type of nback pain and spinal disorders.

## **Kizhi (14 Days)**

Herbal leaves and herbs or herbal powders are applied to the whole body in boluses with hot medicated oils for 45 minutes per day for a period of 7 to 14 days. This treatment is for osteoarthritis, arthritis with swelling, spondilosis, sports injuries etc.

## **Ksheeradhoomam**

This is formentation with medicated cow milk. This treatment is good for facial paralysis. Bell's palsy, speech disorders and other nervous disorders of the face.

## **Lepanam**

This is a process by which medicated herbal paste is applied on the affected part, This is useful for various types of inflammatory conditions.



## **Nasyam (14 Days)**

Herbal juices, medicated oils etc. are applied through nose for 7 to 14 day. This treatment is highly effective for certain kinds of Headaches, Paralysis, Mental disorders, some types of skin disease etc.

## **Njavarakizhi (14 Days)**

It is a process by which the whole body or any specific part thereof is made to perspire by the application of certain medical puddings externally in the form of Boluses tied up in muslin bag. This is applied by two to four therapist for about 60-90 minutes per day for a period of 14 days. This Treatment is for all types of Rheumatism, Pain in the Joints, Emaciation of limbs, High blood pressure, Cholesterol and certain kinds of skin diseases.

## **Pizhichil (14 Days)**

In this treatment, lukewarm herbal oils are applied all over the body by two to four trained therapists in a special rhythmic way continuously for about 60 to 90 minutes per day for a period of 7 to 21 days. This treatment is very useful for Rheumatic diseases like Arthritis, Paralysis, Hemiplegia, Paralysis-Agitanus, Sexual Weakness, Nervous Weakness and Nervous disorders etc.

## **Sirovasthi (14 Days)**

Certain lukewarm herbal oils are poured into a cap fitted on the head for 15 to 60 minutes per day according to the patient's conditions for a period of 7 days. This treatment is highly effective for facial paralysis, Dryness of nostrils, mouth and throat, Severe headaches, and other Vata originated diseases.

## **Snehapanam (14 Days)**

Medicated Ghee is given internally in a proportionally increased quantity for a period of 8 to 12 days. This treatment is for Osteoarthritis, Psoriasis, Leukaemia etc.

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## **Ayurveda in Kerala**



**Kerala boasts of some of the best Ayurveda Resorts in the world. [Kollam in Kerala](#) is one of the hot spots for [Ayurvedic massages and treatment](#).** Rejuvenate your body, mind and soul with Kerala Ayurveda at Kollam. This place is dotted with amazing Ayurvedic resorts offering sheer hospitality, luxurious aura and blissful [Ayurvedic therapy](#). One of the most famous resorts here is Aquaserene Ayurvedic resort. It has skilled therapist offering best of treatments for various ailments. The Ashtamudi Resort is another remarkable resort in Kollam. It boasts of its private rejuvenation island which is the venue for Ayurvedic treatments. **Other resorts worth mentioning are** Somatheeram Ayurvedic Resort in Kovalam, Keraleeyam Heritage Home and Ayurvedic Resort in alleppey and Kairali Ayurvedic Health Resort in Palakkad. Pamper yourself at a five-star Ayurveda Resort, beach Ayurveda Resort or backwater Ayurveda Resorts. Kerala offers many options.

**Ayurveda is synonymous with Kerala.** It is an ancient system of healing which is very popular in this state. Originated in India around 5000 years ago, Ayurveda occupies a prized place in Kerala. The state is blessed with rich flora consisting of rare herbs and natural oils. Apart from this rich flora, Kerala also has salubrious climate and great monsoon which are propitious for the practice of Ayurveda. The term “Ayurveda” is derived from two words—*ayus* meaning “life principle” and *veda* refers to a system of “knowledge”. Thus Ayurveda means the “knowledge of life”. Dhanvantari, the physician to the heavenly deities in Hindu mythology, received the knowledge of Ayurveda from Lord Brahma. The first book on Ayurveda was written by Agnivesha in Vedic times. It was named as 'Agnivesh tantra'. Later new additions were made to the text of this book by Charaka and it was renamed as Charaka Samhita. Vagbhata from 7th century is one of the most celebrated writers of Ayurveda.

People from across the globe come to Kerala for various Ayurvedic treatments. Ailments such as arthritis, paralysis, obesity, sinusitis, migraine, premature ageing and skin problems can easily cured by this ancient system of medicine.

**The eight branches of Ayurveda are:**

- Internal Medicine - Kayachikitsa
- Pediatrics - Kaumarabhritya Tantra
- Psychology/Psychiatry - Bhuta Vidya
- Ears, eyes, nose and throat - Shalakya tantra
- Surgery - Shalya Tantra
- Toxicology - Agada Tantra
- Rejuvenation - Rasayana Tantra
- Fertility Therapy - Vajikarana Tantra

Ayurveda has its own principles which are entirely different from other systems of medicine.

Ayurvedic medicines are prepared from natural herbs. Shamana and Shodhana are the two concepts of treatment in Ayurveda. Shamana means alleviation or making the disease and its symptoms less severe. Whereas Shodhana deals with complete elimination of the basic cause of disease. There are five types of Shodana popularly known as Panchakarma. Panchakarma are vamana, virechana, nasya, basti and raktha mokshana. In Shamana oral medicines are given whereas in Shodana external treatments are given. Shodana karma consists of two poorvakarma for preparing the patient's body for treatment: Snehana and Swedana.

### **Ayurveda Specialities:**

**Ayurveda and Marma Chikitsa:** It involves body massage by applying enough pressure on the marmas(key points) in human body.

**Ophthalmology in Ayurveda:** It deals with the diseases of eyes.

**Prasoothi Tantra and Ayurveda:** Prasoothi Tantra deals with the care given to pregnant women for the birth of a healthy baby.

**Salya Tantra and Ayurveda:** Salya Tantra refers to the technique of surgery in Ayurveda.

**Ashtanga and Ayurveda:** Ashtanga Ayurveda is divided into eight main classes dealing with different kinds of diseases.

**Kaya Chikitsa and Ayurveda:** Kaya means body and Chikitsa refers to treatment, thus Kaya Chikitsa deals with treatment of the diseases afflicting the body.

**Balachikitsa (pediatrics) and Ayurveda:** It deals with the care of children by preventing or treating methods.

**Damshttra Chikitsa( Toxicology):** It is one of the eight branches of Ayurveda dealing with toxins in the body.

**Shalakya Tantra:** It deals with diseases that affect eyes, nose, throat, ears and head.

### **Myths associated with Ayurveda:**

- **Ayurveda is completely herbal**  
Ayurveda involves the use of herbs but it also uses several other ingredients such as ghee, honey, self fermented alcohol in the preparation of medicines.
- **Ayurveda is vegetarian**  
Besides the liberal use of herbs, ghee, honey etc Ayurveda also uses mutton extracts and fish oil.
- **Ayurveda is not in accord with modern science**  
Ayurvedic treatments give fruitful results which shows that it is very much in tune with

modern science.

- **Ayurvedic medicines are not clinically tested**  
Ayurveda is an ancient system of medicine which got perfected through the centuries.
- **Ayurvedic medicines work at slow pace**  
The pace at which ayurvedic medicine works depends on the disease and its cause. Some treatments are fast while some are slow. Above all, ayurveda not only treats the symptoms but also eliminate the root cause of the disease.
- **Ayurvedic medicines cause no harm**  
Ayurvedic medicines should always be taken under medical supervision as even the herbs can have some side effects.