



POONTHOTTAM AYURVEDASRAM

GUIDELINES & SUGGESTIONS

Please read the following guidelines and suggestions for your duration of stay at Poonthottam Ayurvedasram:

i) Clothing: There is no strict dress code to be maintained at the asram. Modest attire is generally worn in Kerala. Loose cotton clothes that cover your body aid in avoiding the sun and heat. Sunglasses and hats will be very useful. Shorts, T-shirts, sarongs or wraps, loose shirts, kaftans, loose pants, etc., are recommended. During the rainy season and cooler months (Oct – Dec) light sweaters are recommended. Sandals, summer shoes, chappals or open-toe slip-ons, flip flops, etc., are suggested footwear for within the campus.

ii) Currency: US / AU / Singapore / NZ dollars, Euro or British Pounds etc. are easy to convert at the International airports or locally. Almost all local shops deal in Indian rupees only.

iii) Essentials: We provide toilet paper, towel, natural soap, toothpaste, shampoo, bed linens, blankets, curtains, candles, incense sticks and holder, matches, and tissues.

Please bring your own:

Tooth brushes, feminine hygiene products, cotton buds, nail clippers, shaving essentials, hair creams, grooming combs and brushes, other personal accessories, natural mosquito repellent, tea tree oil, and other daily essentials.

iv) Recreational Extras: Please bring books, CDs /DVDs and player, craft and hobby items, board and other similar games, etc. Please make sure to abide by the serene environment and maintain a low volume to avoid disturbing other recoveries.

v) Interaction with Poonthottam Staff: Gratuity, **tips and gifts of any kind** being given to any staff of the asram **are strongly discouraged**. The management will be happy to facilitate your gratitude by distributing sweets to the staff on your behalf. If however, guests desire to do more in supporting the staff, then the desired amount can be given to the chief doctor directly, and it will be distributed equally amongst all the asram staff. Unwanted or discarded clothes may also be given to the management for distribution. Money should not be paid to anyone individually (even for minor purchases of items from the market). This should be done only through the office.

vi) Treatments: Treatments are conducted in the mornings or afternoons. Therapy can take anywhere between 40 minutes to 2-1/2 hours depending on the treatment. For females, there is no treatment during the monthly menstrual cycle.

In order to derive full benefits from the very carefully designed treatments, and to not counteract the efforts of the vaidyas, all are advised to follow supportive lifestyles and behaviors. This is a very precious opportunity to overcome suffering and should be taken seriously. Rests are prescribed after treatments and during the day. For optimal benefits, we need to conserve energy during the treatment process and channel the energy to optimize and accelerate the healing process.

- Minimise strenuous activities such as travel, sex, jerky movements and physical work. Avoid sitting for extended periods of over an hour and take short walks and stretch yourself. Reduce energy drain by avoiding excessive or intense discussions, study, watching television, internet use, reading, writing or thinking.
- Sleep at regular times and preferably between 9:00 pm and 6:00 am.
- Avoid day sleep, except for a short nap of about 20 minutes and after a gap of about 3 hours after lunch.
- Food should be consumed as prescribed by the physician at the asram. Avoid overeating and eating before the previous meal has been digested, as well as avoid eating too quickly and swallowing without chewing. Strictly avoid from eating any food from outside the asram.
- Food items to avoid include alcohol, fermented or carbonated drinks, meat, eggs, processed grains, preservatives, additives, artificial coloring, junk foods like pizza and hamburgers etc, fried food and excessive oil.
- Attend to all natural urges without any delay. These include yawning, sneezing, burping, passing flatus, thirst, crying, and evacuation of the bowels and bladder.

- A peaceful and positive mindset is required to get the full benefit of the treatments. This can be accomplished by suitable practices and counseling from the practitioner.
- Avoid subjects, topics, activities and thoughts or situations that may contribute to provocation of emotional outbursts and folks getting upset.
- Surround yourself with supportive and loving people.
- Read books and see movies that make you happy and hopeful.
- Minimise exposure to extreme heat, cold water, sun and wind.
- In consideration of other patients please always keep noise to a minimum, especially during treatment times ((6 am - 10 am), (4.00 pm - 6.30 pm)).
- Please don't hesitate to contact us with your queries and for further information. Since all of us at the asram are very busy, there may be some delay in acknowledging emails. In the event of urgency please telephone and speak briefly to our Ayurvedacharya, Dr Ravi. He is reachable on most evenings after 7:00 pm on +91 466 2285 934, or +91 466 2285 935 or mobile +91 98479 5934.
- Tobacco and alcohol are strictly prohibited in the campus.

vii) Food: We serve healthy vegetarian Kerala cuisine, specially designed to rest the digestive system and to compliment and accelerate the healing process. The patient's diet will be adjusted by the doctor to suit the body's needs. Meals can be had either in the dining area, the canteen or in the guest rooms at the times mentioned below.

Breakfast

8:30 am to 11:00 am - depending on the treatment time. Breakfast is selected from a range of South Indian delicacies such as idli, upma, appam, rice noodles and rice soup and is served with coconut chutney. Herbal tea, with or without jaggery and milk, is generally served along with the breakfast.

Lunch

1:00 pm to 2:00 pm. Lunch includes boiled rice with rasam (mildly spiced vegetable soup), dal, a vegetable curry, buttermilk and lemon or Amla pickle.

Evening

4:00 pm. We have a variety of fruit in Kerala round the year. A selection of fruit, apple, orange, pineapple, banana, etc., is served for the afternoon snack. Herbal tea is also served in the afternoon.

Dinner

6:30 pm to 7:30 pm. Dinner is light and consists of rice or chapatti made from whole wheat grain along with a vegetable curry.

Water

For drinking during the day, herbal tea or medicinal water is supplied daily to all guests in their rooms. Hot water is also provided to mix with the medicinal water for a balanced drink. Coffee and tea are discouraged. Tap and piped water is for external use such as brushing teeth and showering etc. **PLEASE DO NOT DRINK TAP WATER.**

viii) Telephone Facilities: All the guest rooms, office, treatment rooms, doctor's residences, canteen etc., are connected by an intercom telephone system. The telephone numbers for these locations are tagged on the telephone itself as well as given at the end of this guide. Guests can make calls outside the campus, both domestic as well as international from their room by contacting the office with a request to connect them to a particular number. The office will connect the number and then connect your room. Please note that these calls carry a charge which will be billed to the guest. These days guests bring their own mobile phones. A number of Indian service providers provide coverage over the campus.

During Emergencies:

During any emergency, please call the office on the intercom for assistance. After 10.00 pm please call the doctor's residence numbers for assistance.

ix) Internet Facilities:

Broadband wireless, Wi-Fi, internet connectivity is provided in the office area, in the canteen area and in all the rooms.

x) Electricity: We are located in a remote village away from the city and in a developing country with power shortage. While the power supply is interrupted frequently, it is restored rather quickly. The asram has its own back-up power generator. This generator starts up if the power is not restored soon. It takes a few minutes to start up the generator and provide power. We appreciate your understanding and patience as some of these issues are not entirely within our control.

xi) Library Rules: There is a library in the Yogamandapam. Guests can borrow books from the library for reading in the afternoons. Please contact the office for any clarifications. Books are available on various subjects including fiction. Those who are interested in Ayurveda and Yoga can read and learn basic fundamentals and even advanced knowledge. Please feel free to donate books to the library at time of leaving the asram after treatment. This will be a great support to the institution and the gesture will be appreciated.

We hope you can abide by these guidelines, and have found the above suggestions useful. They were made to help you get the maximum out of your journey towards a balanced healthy living at Poonthottam Ayurvedasram.

Thank you.