



About Us

St. Mary's Ayurvedic Clinic founded in 2011 at Koothattukulam by Dr. Jasmin Sam BAMS. In 2014 a modern medical laboratory - Medicare Lab started in Koothattukulam clinic and in 2019 Homeopathy Department started to offer integrated medical facility to the patients in one place. A full fledged clinic with multi speciality and panchakarma treatment facility started at Kuravilangad in 2020.

To meet patients requirement for inpatient facility, St. Mary's Ayurveda Hospital is established at Koothattukulam in a serene environment to provide Ayurveda treatment with all facilities. St. Mary's ayurveda clinics and hospital offers medical treatments for general diseases viz:-**Arthritis, Musculoskeletal disorders, Skin ailments, Migraine, Allergy & Digestive disorders.** A team of dedicated, qualified and experienced Doctors and staff under the guidance of Dr. Jasmin administrating Ayurvedic treatments.

Specialisation

- ▶ SPINE & JOINT CARE
- ▶ DIGESTIVE DISORDERS
- ▶ GENERAL MEDICINE
- ▶ WOMEN'S HEALTH & FERTILITY
- ▶ DEGENERATIVE DISORDERS
- ▶ SKIN AND ALLERGY
- ▶ MIGRAINE & SLEEP DISORDERS

Your Trusted Ayurvedic Health Centre

Treatments

Shirovasti

(Medicated oil retained on forehead)

Benefits of Shirovasti

- Nourishes the brain
- Helps to bring mental calmness
- Nourishes the hair roots and makes the hair soft and glossy
- Helps to cure various eye disorders, Sinusitis

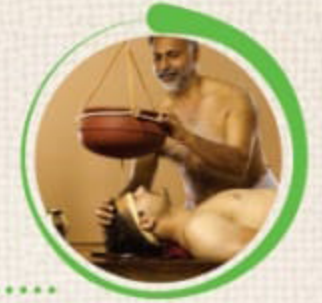


Shirodhara

(Shirodhara shows several benefits to improve mental health)

Benefits of Shirodhara

- Relaxes mind
- promotes better sleep
- reduces anxiety and scalp
- Improves concentration
- Reduces memory problems



Pizhichil

Benefits of Pizhichil

- Relieves joint and back pain
- Enhances Blood Circulation
- Builds up the Immunity of the body
- Relieves from stress and anxiety
- Helpful for nervous disorders



Abhyangam

Benefits of Abhyangam

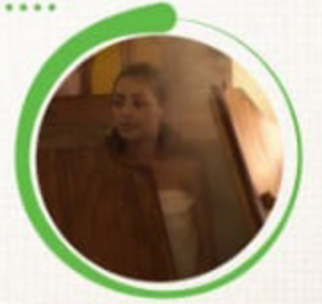
- Reduces body aches & pains
- Heals Spondylosis
- Improves Muscle Consistency
- Promotes Sound Sleep
- Improves Skin Rexture
- Increase sense of well- being & life span



Steam Bath

Benefits of Steam Bath

- Weight Loss
- Clear Congestion
- Immunity Boost



Kati Vasti

Benefits of Kati Vasti

- Reduces pain and inflammation
- Nourishes the muscles, bone and nerve
- Lubricates the lumbar and sacral bones
- Removes the rigidity of the muscles



ST.MARY'S CLINIC, KOOHATTUKULAM



Better health through Better living..



explore the beauty in nature...

ST.MARY'S CLINIC, KURAVILANGAD



OUR TEAM



Dr. JASMIN SAM
BAMS
Chief Medical Officer



Dr. AMALMARY ELIAS
BAMS



Dr. FEBY BABU
BAMS



ST.MARY'S
Ayurveda Hospital
Since : 2010

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Ayurveda Hospital
Since : 2010

Bappuji Junction, **Koothattukulam**
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Scan Here for Location



Bappuji Junction, M.C. Road, **Koothattukulam**
Tel: 0485 2251922, 9961 021 545, 85479 34300

Clinic: High School Road, **Koothattukulam** & Pallikavala, **Kuravilangadu**

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