



Dr. K.R.SHIJITH, BA (Psy), BAMS,DYNS,MD(Acu),.

Dr.K.R.SHIJITH, an accomplished Ayurvedic Physician with a rich and varied experience spanning 18 years, with the aim of making available the wisdom of Ayurveda for modern day ailments and life style.He completed his Bachelors in Ayurvedic Medicine and Surgery from Tamilnadu Dr M.G.R. Medical University. He did his Bachelor degree in psychology from Madras university. He has completed yoga & Naturopathy and he has done doctorate in Medicine in Accupuncture.

Dr. K.R.SHIJITH,

Dr.K.R.SHIJITH is vast experienced with Ayurvedic Management of Bones and Joints complaints and spine disorders.He underwent special training in Obesity management and Hair falling.

KAHC had made achievements in treating thousands suffering from diseases like osteoarthritis, rheumatoid arthritis, osteoporosis, low back ache, cervical spondylosis, allergic respiratory disorders, multiple sclerosis, age related mental stress and rheumatic diseases.

KAHC panchakarma treatments like Vamanam, Vireechanam, Vasthi, Nasyam, Raktha Moksha and Poorvakarmas like Pizhichil, Njavarakizhi, Sirodhara, Sirovasthi, Udwarthanam, Abhyangam are executed under the strict supervision of doctors.

KAHC doctors, therapists and hospitality crew concentrate in making the patients mentally and physically fresh and fit to meet the challenges of the time.Our therapists trained from in house training centre are armed with genuine and scientific Ayurvedic applications.

Qualifications : B.A (Psy),BAMS (Bachelor of Ayurvedic Medicine and Surgery), DYNS, MD(Acu),.

Specialisation Areas : Bones , Joints & Spinal disorders, Panchakarma therapy,Obesity,Haifall Treatments .

Specialty Interest: Balachikitsa, Hair Fall,Leucoderma & All Skin Diseases with Ayurveda Treatments.

Visiting Hours : Daily 10 am to 1Pm & 6 pm to 9 pm, Sunday Holiday

Therapy Timings : 7am to 6pm

Contact : +044 45266520 / +044 32405544 **Dr. K.R.Shijith Mobile No** : +91 98402 15810

E-mail : drshijith@kahc.in / keralaayurvedichealthcenter@gmail.com



KERALA AYURVEDIC HEALTH CENTER

Kerala Ayurvedic Health Center - Way 2 healthy life



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Hollstic Health Center



Specialised Treatments Available for :-

DISC PROLAPSE (Neck & Back), OSTEO ARTHRITIS, RHEUMATOID ARTHRITIS,
HAIR FALL, MUSCULO SKELETAL DISORDERS, OBESITY, PSORIASIS,
RESPIRATORY ALLERGIC DISORDERS , LEUCODERMA & ALL SKIN DISEASES

P- 45, ASHIRWAD APARTMENTS, 6th AVENUE, 17th Street, Next to Hotel Sangeetha,
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+E : drshijith@kahc.in / keralaayurvedichealthcenter@gmail.com +w: www.kat.in



**ALL AYURVEDA MEDICINES
AVAILABLE AT OUR PHARMACY**

WHAT IS AYURVEDA?

Ayurveda is one of the great gifts of the sages of ancient India to mankind. It is one of the oldest scientific medical systems in the world, with a long record of clinical experience. However, it is not only a system of medicine in the conventional sense of curing disease. It is also a way of life that teaches us how to maintain and protect health. It shows us both how to cure disease and how to promote longevity. Ayurveda treats man as a "whole" – which is a combination of body, mind and soul. Therefore it is a truly holistic and integral medical system. Ayurveda translating from Sanskrit as 'Knowledge of Life,' is the world's oldest, most complete and time-proven healing science. It originated in India more than 5,000 years ago during the ancient Vedic culture, and is known as 'Medicine of the Gods.' Ayurveda addresses the root causes of disease (not just the symptoms) and treats without any adverse side effects.

HOW CAN AYURVEDA HELP ME TO ACHIEVE OPTIMUM HEALTH?

Ayurveda creates vibrant health and longevity through satvic (pure) foods, herbs, massage, body treatments, yoga, deep pranic breathing, and a consistent daily routine that is in keeping with our unique constitution or dosha (vata, pitta, kapha). These tools help us to release toxins accumulated in the body that lead to the dis-ease most of us suffer in today's world.

HOW CAN AYURVEDA LEAD ME TOWARD INNER PEACE AND TRUE HAPPINESS?

Rooted in the spiritual tradition of the Vedas, Ayurveda's ultimate goal is to help us achieve self-enlightenment or true happiness, only possible through a healthy body and sound mind. Meditation, chanting of mantras or prayers, and ceremonial pujas bring inner peace and reflection, allowing us to release patterns that cause anxiety and block us from lasting happiness. By keeping us physically healthy and emotionally stable, an Ayurvedic Lifestyle allows us to focus our time and energies on enjoying this gift of life.

**Get your appointment
Call us for your Treatments
+044 4526 6520 / +044 3240 5544**

AYURVEDIC THERAPIES

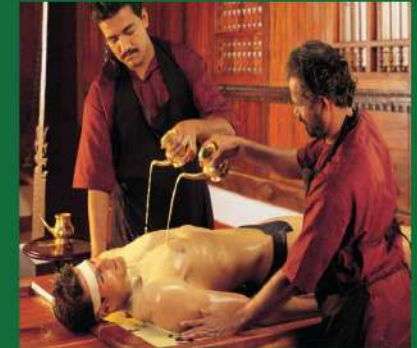
- Snehapanam
- Pizhichil
- Njavarakizhi
- Podikizhi
- Thaila Dhara
- Kadivasthi
- Shiro Dhara
- Ksheeradhara
- Avagaha Swedam
- Greevavasthi
- Panchakarma
- Vamanam
- Virechanam
- Vasthi
- Nasyam
- Rakthamohshanam
- Netrakarmas
- Akshi Tarpan

Enquire for your treatment at our center.

WHAT WE TREAT :-

- DISC PROLAPSE
- Cervical Spondylosis
- Lumbar Spondylosis
- Spondylolisthesis
- Inter Vertebral Disc
- Rheumatic Disorders
- Polymyalgia Rheumatica
- Tenosynovitis
- Capsulitis
- Bursitis
- Allergic Disorders
- Obesity
- Psoriasis
- Osteoporosis
- Arthritis
- Osteo Arthritis
- Musculo Skeletal Disorders
- LEUCODERMA & All Skin Diseases

KATC had made achievements in treating thousands suffering from diseases like osteoarthritis, rheumatoid arthritis, osteoporosis, low back ache, cervical spondylosis, allergic respiratory disorders, multiple sclerosis, age related mental stress and rheumatic diseases





KERALA AYURVEDIC TREATMENT CENTER

P-45, AASHIRWAD APARTMENTS, 6th AVENUE, 17th Street, Anna Nagar West, Chennai - 600 040.
Next to Akshaya fFine Dine,(Near K4 Police Station) Ph : +044 26223852 / 32405544 / Dr.K.R. Shijith - 9840215810
E-mail - drshijith@klahc.in / keralaayurvedichealthcenter@gmail.com

KIND ATTENTION TO PATIENTS

Please observe COVID19 appropriate procedures as per Govt Norms

OUR CLINIC TIMINGS

DOCTOR CONSULTATION

Morning : 12.00 pm to 4.00 pm

Evening : 7pm to 9 pm

MEDICINE SALES (PHARMACY): 10 am to 9 pm

THERAPY TIMINGS : 7am to 5 pm

SUNDAY HOLIDAY- (Dr Consultation, Pharmacy and Treatment)

KOLATHUR CLINIC TIMINGS : Morning 10.30 am to 12.00 pm

DR.K.R.SHIJITH

Phone & Whatsapp Number

98402 15810

By Order

Kerala Ayurvedic Treatment Center

Dr. K. R. SHIJITH

