



**HLC** AYURVEDA &  
NATURE CURE

HOSPITAL | MED-SPA | HEALTH RESORT

## Post COVID-19 Care 7 Days -Total Rehab & Recovery Programme

### Recovery from COVID-19 is just the Beginning.

A large number of patients who have recovered from COVID-19 report Post-Covid Syndrome. The most common complaints being:

- Shortness of breath
- Chest Pain or Congestion
- Poor Control of Diabetes
- Cough
- Fatigue and weakness
- Hypertension
- Gastrointestinal problems
- Skin & Hair Conditions
- Mental health issues
- Fever Muscle & Joint pain
- Pulmonary issues
- Sleep Disorders

Even after recovering from COVID-19, scientific evidence indicates long term effects on pulmonary, neurological, autoimmune and cardiovascular functions that could lead to heart issues, multisystem inflammatory syndrome, thromboembolism, cytokine storm, loss of taste and smell. In sum, Post COVID-19 Patients may well be heading towards a poor quality of life.

### HLC | 7 Days Post COVID-19 Rehabilitation & Total Recovery Programme.

A holistic and comprehensive 7-Days residential programme based on AYUSH guidelines for complete rehabilitation, recovery and rejuvenation of patients suffering from symptoms and side-effects after recovering from Covid-19.

#### THE PROGRAMME

The intensive Ayurveda & Naturopathy treatments ensure our patients regain their health back to pre-Covid levels quickly, along with increased energy levels, overall wellness and improved quality of life.

**7 DAYS** | ₹ **35,000/-**  
Programme | All Inclusive Package

The Post COVID-19 Care programme will be hosted at our 2-acre health resort that is set in a nurturing & healing environ, where you can experience our luxurious accommodation with the best of amenities while you enjoy nutritious and delicious meals by 5 Star Chef.

#### Holistic Medical Consultation

Consultations with Doctors with Prakriti assessments and lab tests including pulmonary function with Spirometry.

#### Complete Body Detoxification

Shodhana Chikitsa to eliminate toxins and side effects of antibiotics, antivirals and steroids through

#### Enhanced Respiratory Capacity

Advanced breathing exercises, yoga, shadkriyas and pranayama to increase lung function, to combat breathlessness and labored breathing.

#### Prevention & Treatment of Blood Clots

Shamana Chikitsa to counter embolism and eventually bringing down the D-dimer value to normal.

#### Rejuvenation Therapy

Application of Brimhana which stabilises body vitals, and is proven to be a very effective treatment for fatigue and myalgia.

#### Panchakarma Therapy

Vamana, Virechana, Vasthi, Nasya, Raktamokshana, Dhoompana, Kavala and Gandoosha

#### Adjunct Therapy

Rasayana therapies for enhanced respiratory system and specially to repair scarred or fibrotic lungs.

#### Advanced Meditation

To boost mental health, regain confidence, stabilise mood, reduce anxiety, depression and for relieving stress and insomnia.

#### Complementary Plans

Health orientation, counselling, personalised diet, customised exercises, scientific schedules & daily engagements.

Note: RT-PCR Negative Report or Covid-19 Antibody IgG Report is mandatory for admission. Previous Lab and Radiological investigations, D-dimer, HRCT and Chest X-ray will be required.



To Schedule a Free Online Consultation or an Appointment:

Call **080 2975 5255** or Email **info@hlcayush.com**

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