

India's first  
**post covid**  
rejuvenation centre



Recover, Revive & Rejuvenate in the  
Lap of Mother Nature



**Aster** WAYANAD  
**SPECIALITY HOSPITAL**  
We'll Treat You Well

[www.asterwayanad.com/rejuve](http://www.asterwayanad.com/rejuve)  
Call: +91 7591 966 333





# beyond the pandemic

Every aspect of our lives has been affected by COVID-19. From how we live and interact with our loved ones to the ways we travel, eat and communicate. Our battle against the disease has so far been focused on preventing the disease from affecting more and more individuals, to save as many precious lives as we can. Amidst this chaos one important category of people have fallen out of our purview, the survivors of the pandemic who are continually haunted by the long term sequelae of COVID-19.

Though the disease primarily affects the lungs, it also has a considerable impact on the heart, brain and other internal organs, thus contributing to possible long-term health issues including depression. For most patients with severe illness requiring hospitalization, COVID-19 has been a frightening and life-changing experience.

Realizing the need for a comprehensive health care package to address the issues of COVID-19 aftercare, Aster Wayanad has conceptualized Rejuve, India's first Rejuvenation Package combining Ayurveda and Modern Medicine, to facilitate fruitful recovery and rehabilitation of the patients who survived COVID-19.







An aerial photograph of a dense, lush green forest. The forest is composed of various types of trees, including many palm trees in the lower half. A river or stream is visible at the bottom left, with white water rapids. The overall scene is vibrant and verdant.

we welcome  
you to Rejuve  
@  
Aster  
Wayanad



# healing at the heart of nature

Nature has always been at the centre of our country's great healing traditions. Living in close proximity to nature can create a better foundation for physical and mental recovery.

Aster Wayanad Speciality Hospital, located in the enchanting hill district, Wayanad has emerged as an important tertiary healthcare institution. The Hospital's identity is intrinsically linked to the pleasant climate and the misty hill terrain of the region where its rooted. Wayanad's incomparable nature undoubtedly strengthens our vision. There is much to explore and experience in Wayanad, from its magnificent lakes, waterfalls, virgin forests and plantations, to the tribal art forms and authentic cuisine, but more notably the landscape forms an excellent backdrop for recovery and rejuvenation.





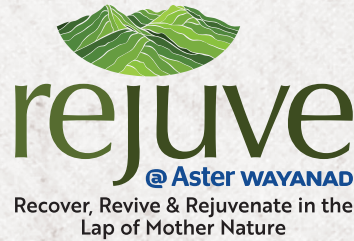




the road to  
recovery  
*and* rebirth







Our objective is to provide a steady and sustainable recovery of health among the patients. In this context, extensive expert consultations helped us envisage this amalgamation of Modern Medicine and Ayurveda.

The definition of health as “a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity”, forms the core of Rejuve. The treatment plan adopts a multi-pronged approach. Our diverse and experience team of clinical specialists will administer early diagnosis and prompt medical solutions for the potential short and long-term effects of COVID-19. From the patient’s diet plan to sleep pattern will be carefully monitored and supervised. Furthermore, the patient will undergo a variety of Ayurvedic Rejuvenation treatments. The package will also incorporate Yoga as well as other recreational activities, since the emphasis is on holistic care and wellness.





when we  
have each other,  
*we have*  
everything.

COVID-19 merely doesn't affect an individual.

It affects families and communities. Your loved ones were there with you, throughout this difficult journey. The disease took its toll on them as well, both physically and emotionally.

They need a break as much as you do.

And Rejuve is designed in such a way that it will benefit both you and your family. The family package includes Cosmetology treatments, Skin rejuvenation interventions, entertainment packages and guided visits to Wayanad's alluring tourist destinations. In essence, Rejuve will redefine medical hospitality while laying the foundation for a better and healthier tomorrow.











# rejuve

@ Aster WAYANAD

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# yoga

*(with focus on pulmonary  
rehabilitation)*

Yoga focuses on bringing harmony between mind and body. It is an effective practice for the prevention and post recovery management of COVID-19. Pranayama has been known to improve lung function. Meditation can alleviate stress and anxiety and also strengthen the immune system.





# panchakarma

Panchakarma is a curative line of treatment that functions in the principles of sodhana chikitsa (purification process) to bring about equilibrium in the body. Panchakarma therapy consists of five forms of advanced treatment to cleanse the body of toxic substances.













# master health check

*(Pulmonology, Cardiology, Neurology)*

The master health check-up will evaluate the health of your vital organs and metabolism to identify any early symptoms of diseases and help manage individual health better.





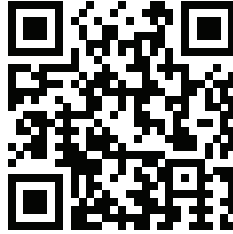




A scenic view of a lake and mountains, framed by a dark, textured border. The image has a vintage, slightly grainy quality. The text is centered over the middle of the image.

explore  
*the* pristine  
paradise





Scan for more



# **Aster** WAYANAD **SPECIALITY HOSPITAL**

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