



# Indimasi Healing Village

## Ancient wisdom, personalized for today's world

Doctors & Consultant Team Overview

Website URL: [www.indimasi.com](http://www.indimasi.com)



# Our Essence

## Where Nature Meets Healing

Indimasi is an NABH-certified Ayurveda & Siddha hospital rooted in respectful coexistence with Mother Nature.

Spanning 14 acres (5.6 Hectares), the campus includes treatment rooms, residential villas, organic farm & dairy, swimming pool, outdoor theatre, and Kalaripayattu school.



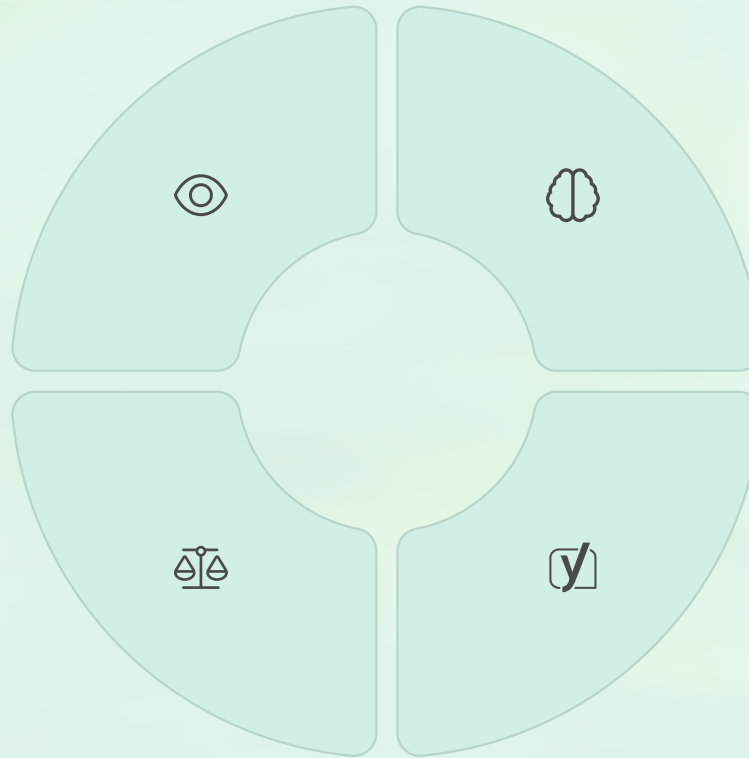
# Holistic Healing Philosophy

## Physical Healing

Ayurvedic treatments, Siddha medicine, and therapeutic interventions

## Spiritual Balance

Initiation to Srividya Upasana and Siddha Yoga practices



## Mental Wellness

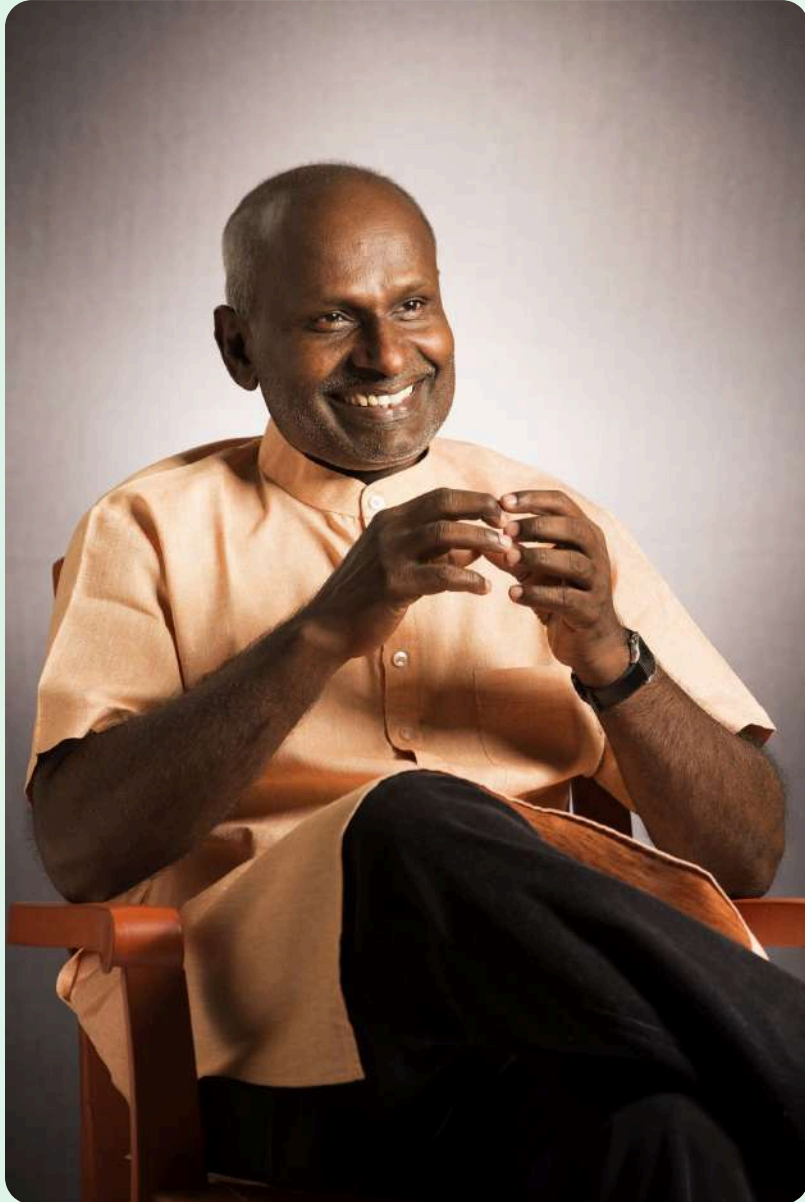
Meditation/Pranayama, counseling, hypnotherapy and inner balance practices

## Integrated Practices

Yoga, Siddha, Marma, Kalaripayattu and naturopathy



# Guiding Light – Guru Yogi Shivan



## The Soul

Founder & spiritual anchor, disciple of Siddha Yoga lineage

Leads yoga, meditation, silent retreat, and Kalaripayattu sessions to empower inner resilience.



### Meditation Guide

Facilitates deep meditative practices rooted in Kundalini yoga



### Kalaripayattu Guru

Master with 40+ years of training in Southern and Northern styles of Kalaripayattu, teaching physical and mental discipline.

# In-House Doctors



**Dr. Sandhya Nair, BAMS**

CMO, 31 yrs experience in Ayurveda,  
Women's Health, fertility &  
prenatal/postnatal care



**Dr. Praveen S.V, BAMS**

Duty Doctor/Russian Speaking (Pulse  
diagnosis, Marma therapy, Panchakarma  
Therapy )



**Dr. Amita Varghese, BAMS**

Resident Medical Officer (Oncology-  
integrated care)



**Dr. Dilna Azad, BAMS**

Resident Medical Officer (Sports injuries,  
rehab, counseling)



**Dr. Jojo Jose, BAMS**

Resident Medical Officer (Panchakarma,  
ICU experience, multilingual)




**Dr. Anushree Sivadasan,  
BSMS**

Siddha Physician & Director of Operations



# Consultants On Call & Rehab Team

## Consultants

			<b>Dr. Mohamed Mubarak</b>	Marma therapy, pain management, sports rehab, hypnotherapy, counseling
<b>Dr. Gopalakrishna Pillai, BAMS, MD</b>		Arthritis & dermatology		
<b>Dr. Krishna Prasad Kurup, MBBS, MD(Ayur), MRCP</b>		Medicine & diabetology		
<b>Dr. S. Aswathy, BNYS</b>		Naturopathy & yoga		

## Physiotherapy

<b>Dr. Sanjith G. S, BPT, MIAFT, RYT</b>	Sports & musculoskeletal rehab
<b>Nanda Gopan R, BPT, MPT</b>	Hand & shoulder rehab



# Consultation Process

## Initial Intake Form

General health history & lifestyle

## Online Video Panel Consultation

In-depth health assessment and personalized treatment plan

## In Person Consultation on Arrival

General examination & treatment

## Mind - Body Integrated Treatment

Personalized healing crafted under Guru Yogishivan's supervision



# Personalized Treatment & Diet

## On-site Care

- Panchakarma
- Marma
- Yoga
- Meditation
- Kalaripayattu
- Psychotherapy
- Physiotherapy

## Custom Diet Plans

Balanced by dosha, plus condition-specific:

- Diabetes
- Thyroid
- Anti-inflammation
- Detox
- Cancer-support
- Weight management





# What Makes Us Unique

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## Truly Integrated Approach

Ayurveda + Siddha + Marma + Kalari + Yoga + Nuturopathy



## Self-sustaining Eco-campus

Organic farm, dairy, temple arts, research & community living



## Accredited & Holistic

NABH-certified, backed by structured protocols



## Personal Empowerment

Silent retreats, yoga, Kalaripayattu, heritage walks & counselling

# Journey & Call to Action



✨ Experience a day at Indimasi: [Watch here](#)

🌐 Website: [www.indimasi.com](http://www.indimasi.com)

📺 YouTube: [Indimasi Healing Village](#)

📷 Instagram: [@indimasi.healingvillage](#)

## Begin your holistic transformation today

Book a Online Video Consultation

Contact: +91 9995240287 / +91 62386 00275 · [info@indimasi.com](mailto:info@indimasi.com) [www.indimasi.com](http://www.indimasi.com)