



Ayurveda - Contradiction

Ayurvedic retreats are a traditional Indian healing method that combines physical, mental and spiritual aspects. These retreats are beneficial, but there are certain situations and conditions where there may be complications and limitations to taking Ayurvedic retreats. It is important to consult a professional or Ayurvedic doctor or Ayurvedic manager before deciding to take such a retreat, always do so if you have any of the following health problems and complications:

Pregnancy: Ayurvedic retreats are inappropriate during pregnancy.

Breastfeeding: It is advisable to consult an Ayurvedic physician or Ayurvedic manager to determine whether a stay during breastfeeding is appropriate.

Acute infectious diseases: If you have an acute infectious skin disease e.g. skin rashes, fungal infections, inform the Ayurvedic manager who will select appropriate treatments based on the medical report in consultation with the Ayurvedic doctor.

Infectious skin diseases: If you have an acute infectious skin disease, e.g. skin rashes, fungal infections, inform the Ayurvedic manager who will select appropriate treatments based on the medical report in consultation with the Ayurvedic doctor.

Acute skin inflammations: Acute skin inflammations e.g. eczema, psoriasis, may be aggravated by certain therapeutic oils. Skin conditions may react adversely to certain Ayurvedic therapies, so please send a medical report and consult your medical condition with an Ayurvedic physician at your initial consultation before your appointment.

Serious Chronic Diseases: Acute kidney or liver disease: persons with these problems should consider contraindications and consult their current condition with a medical professional. Subsequently, send a medical report for professional assessment by an Ayurvedic physician.

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Surgery and Recovery: Please consult with the Ayurvedic Manager about the appropriate choice for your program, who will then ask you to send in medical reports for further consultation with an Ayurvedic physician, if necessary.

Surgery and recovery: If you have had surgery or an injury, consult your medical professional to see if an Ayurvedic recovery stay is suitable for you. Then consult with the Ayurvedic manager about the appropriate choice for your program, who will then ask you to send in medical reports for further consultation with an Ayurvedic physician, if necessary.

Allergies and intolerances: If you have any allergies to foods, herbs or oils, please inform the Ayurvedic manager and the Ayurvedic doctor during the initial examination.

Migraine and Menstrual Pain: Always consult with an Ayurvedic physician for these complaints so that your current health condition is taken into consideration.

This information is crucial to the successful completion of any Ayurvedic program. We ask for your cooperation in sending the required documents in a way where medical confidentiality and GDPR is strictly observed.

