

Yoga Naturopathy Hospital



Dept. of AYUSH, Govt. of Kerala

Govt. Yoga Naturopathy Hospital is the only exclusive Nature Cure and yoga hospital in Kerala under the Dept. of Indian Systems of Medicine started in the year 1984

The centre is situated on the famous **Papanasam Varkala beach cliff** in a serene atmosphere.



Facilities

- Diet therapy
- Yoga
- Hydrotherapy
- Steam bath
- Sauna bath
- Hip bath
- Spinal bath
- Circular jet
- Acupuncture
- Colour therapy
- Sun bath
- Full wet sheet pack
- Mud therapy
- Underwater massage



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TO LEARN MORE

To know More, Visit :- www.nam.kerala.gov.in
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