



NATIONAL AYUSH MISSION KERALA

Sports Ayurveda

Taking Indian Sports to New Heights



www.nam.kerala.gov.in



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Sports Ayurveda

*Taking Indian Sports
to New Heights*

-  *Sports Ayurveda provides safe and effective management of sports injuries with minimal surgical intervention.*
-  *Full functional recovery from sports injuries with minimal scars.*
-  *Even in surgical conditions, patients regain complete functional activity after treatment.*

OUR STARS



C V Pappachan
Former Indian football team captain



**Olympian
M R Poovamma**
Arjuna award winner



**Olympian
Muhammed Anas Yahiya**
Arjuna award winner



**Olympian
Sajan Prakash**
Tokyo Olympics

Sports Ayurveda

*Taking Indian Sports
to New Heights*



Sports Ayurveda offers a natural and comprehensive approach to support athletes in achieving their peak performance

Sports Ayurveda deals with preventive, curative and rehabilitative aspects of sports injury

Sports Ayurveda employs a holistic approach that encompasses personalized diet and nutrition, specific medicines, specialized massage techniques, event based panchakarma therapies and targeted rehabilitation strategies to prevent injuries and optimize athletic performance.

Many national and international players from various parts of the country are approaching and seeking Sports Ayurveda medical care

Accompanying Kerala state school team in national events from 2016 onwards.

Effective Ayurvedic sports injury management in last Commonwealth games and National games 2015.

Extending service to Kerala Official sports team in various national events.

Performance escalation for renowned sports personnels

Ayurvedic health care at the doorsteps of sports personnels especially at sports schools and SAI centres.





NATIONAL AYUSH MISSION KERALA



KERALA INSTITUTE OF SPORTS AYURVEDA & RESEARCH (KISAR)

THRISSUR, KERALA

World's first & finest Sports Ayurveda Super Speciality Hospital
Unit of Sports Ayurveda Research Coll, Dept. of ISM, Govt. of Kerala



Speciality Treatments

- Bandaging with special medicines
- Marma therapy
- Taping
- Agnikarma
- Raktamoksha
- Panchakarma therapy, Stress counselling and Yoga therapy

Speciality managements

- Enhance the endurance & strength of sports Personnel
- Pre-Event & Post-Event conditioning & Injury Prevention
- Event based Conditioning
- On Field Management
- Injury management
 - Knee Joint Injuries
 - Ankle Joint Injuries
 - Elbow Joint Injuries
 - Low back and shoulder Joint Injuries
 - Other Injuries

Sport Ayurveda Centers

- Govt. Ayurveda Marma Hospital**
Kanjirankulam, Trivandrum
- District Ayurveda Hospital**
Asramam, Kollam
- District Ayurveda Hospital**
Kacheripody Junction, Ernakulam
- District Ayurveda Hospital**
Paremavu, Idukki
- KISAR (Kerala Institute of Sports Ayurveda & Research)**
Patturaikkal, Thrissur

