

TIGRIS
VALLEY
WELLNESS RETREAT

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Chronic Pain & Inflammation Management Program

Program Overview

Chronic pain and inflammation can significantly impact your daily life, affecting your mobility, productivity, and emotional well-being. At **Tigris Valley**, we provide an integrative, customized program that addresses the root causes of pain and inflammation. Combining the ancient wisdom of **Ayurveda**, **Unani Medicine**, and **Functional Medicine**, along with the healing power of **Nature Therapy**, we aim to offer sustainable relief tailored to your unique needs.

Who Is This Program For?

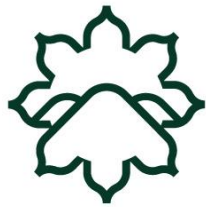
This program is ideal for individuals dealing with:

- **Chronic Pain Conditions:**
 - Arthritis (Osteoarthritis, Rheumatoid Arthritis).
 - Back pain, neck pain, and joint pain.
 - Fibromyalgia.
 - **Inflammatory Disorders:**
 - Autoimmune-related inflammation.
 - Chronic conditions like gastritis or colitis.
 - **Post-Injury Pain:**
 - Lingering pain or inflammation after injuries or surgeries.
 - **Unresolved Pain Syndromes:**
 - Persistent pain with limited results from conventional treatments.
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Why Choose Tigris Valley?

1. **Holistic Healing:** A personalized approach integrating **Ayurveda**, **Unani Medicine**, **Functional Medicine**, and **Nature Therapy**.
 2. **Custom Plans:** Tailored solutions based on your pain triggers, medical history, and overall health.
 3. **Expert Care:** A team of renowned doctors and wellness specialists leads your journey.
 4. **Serene Location:** A tranquil mountain retreat amplifies the healing experience.
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What Are the Benefits?

- **Pain Reduction:** Targeted therapies alleviate chronic pain and improve mobility.
- **Reduced Inflammation:** Holistic treatments to manage and lower systemic inflammation.
- **Improved Quality of Life:** Reclaim your physical, emotional, and mental well-being.
- **Long-Term Relief:** Strategies for sustained healing and prevention of pain recurrence.
- **Natural Approach:** Minimally invasive treatments with little to no side effects.

Program Highlights: Your Path to Healing 1. Personalized Consultation & Diagnostic Assessment

- Comprehensive medical history review and analysis.
- Detailed consultation to identify pain and inflammation triggers.
- Advanced diagnostic testing, including inflammation markers and functional assessments.
- Development of a **customized diet** plan aligned with your healing journey.

2. Holistic Therapeutic Approach

A combination of ancient healing wisdom and modern science:

Ayurveda:

- **Abhyanga (Therapeutic Oil Massage):** Eases pain, improves circulation, and promotes relaxation.
- **Panchakarma Detox:** Eliminates toxins to restore balance and reduce inflammation.
- **Customized Herbal Formulations:** Unique blends to target inflammation and pain management.

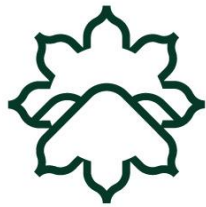
Unani Medicine:

- **Specialized Herbal Medicines:** Based on centuries-old traditions to alleviate pain and reduce inflammation.
- **Cupping Therapy:** Improves circulation and addresses localized pain.
- **Customized Diet Plans:** Anti-inflammatory foods tailored to your constitution.

Functional Medicine:

- **IV Nutritional Therapy:** Infusions to address inflammation and enhance cellular recovery.
- **Targeted Supplements:** Omega-3s, antioxidants, and other compounds for pain and inflammation management.
- **Physical Therapy Guidance:** Customized exercises to restore strength and mobility.





Nature Therapy:

- **Hydrotherapy:** Steam baths and warm water treatments to relax muscles and ease pain.
- **Forest Bathing:** Immersion in natural settings to calm the mind and reduce stress-induced inflammation.
- **Outdoor Yoga and Meditation:** Practices to build resilience and balance the mind-body connection.

3. Customized Diet & Nutritional Plans

Diet plays a critical role in managing chronic pain and inflammation. Our approach includes:

- **Anti-Inflammatory Meal Plans:** Designed by experts using seasonal, organic ingredients.
- **Herbal Infusions & Teas:** Supportive beverages to reduce inflammation and promote healing.
- **Personalized Dietary Adjustments:** Tailored to your preferences and therapeutic needs.

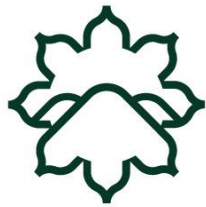
4. Emotional & Mental Wellness Support

- **Guided Meditation:** Techniques to reduce stress and enhance emotional resilience.
- **Cognitive Behavioral Therapy (CBT):** Strategies to manage chronic pain and reframe negative thoughts.
- **Breathwork:** Relaxation techniques to calm the nervous system and improve overall well-being.

How Are We Different From Hospital Treatments?

Tigris Valley	Traditional Hospital Treatments
Personalized, integrative recovery plans	Generalized, symptom-focused protocols
Combination of ancient and modern therapies	Heavy reliance on pharmaceuticals
Serene natural environment	Clinical, hospital settings
Mind-body-spirit connection	Focus on physical symptoms only
Long-term wellness education	Minimal post-treatment lifestyle guidance





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Additional Amenities

Our serene mountain retreat is equipped with state-of-the-art facilities to ensure comfort and relaxation:

- ✓ **Luxury Accommodations** – Private rooms with scenic views for a tranquil stay.
 - ✓ **On-Site Spa** – Ayurvedic therapies, steam baths, and aromatherapy.
 - ✓ **Therapeutic Spaces** – Wellness lounges, forest bathing zones, and meditation gardens.
 - ✓ **Holistic Treatments** – Massages, spa therapies, and nature-based healing.
 - ✓ **Recreational Activities** – Nature trails, outdoor yoga, and mindfulness workshops.
 - ✓ **Nutritional Wellness** – Chef-curated, health-focused meals.
 - ✓ **24/7 Medical Assistance** – Continuous care and support.
 - ✓ **Dental Clinic** – Comprehensive oral health services.
 - ✓ **Laundry Services** – Hassle-free
 - ✓ **Ruhe Café** – A serene space for relaxation and healthy dining.
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Your Journey to a Pain-Free Life Begins Here

Experience a holistic transformation and take control of your chronic pain and inflammation. Schedule your consultation call with our expert team today to embark on your personalized healing journey.

