

TIGRIS
VALLEY
WELLNESS RETREAT

Markaz Knowledge City, Calicut, Kerala, India
Mob: +91 9856 040 040 | reservation@tigrisvalley.com
www.tigrisvalley.com

Post-Trauma & Rehabilitation Program

Program Overview

At Tigris Valley, we understand the challenges of recovering from trauma—whether physical, mental, or emotional. Our **Post-Trauma & Rehabilitation Program** is a transformative journey designed to restore your body, mind, and spirit. Integrating the ancient wisdom of **Ayurveda** and **Unani Medicine** with the precision of **Functional Medicine** and the tranquility of **Nature Therapy**, we create a customized path to recovery in the serene sanctuary of our mountain retreat.

Who Is This Program For?

Our program is tailored for individuals recovering from:

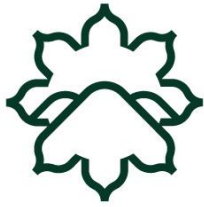
- 1. Physical Trauma:**
 - Post-surgery recovery.
 - Sports injuries or prolonged immobility.
 - Accidents causing chronic pain or restricted mobility.
 - 2. Emotional and Mental Trauma:**
 - Anxiety or PTSD from past trauma.
 - Emotional healing after significant stress.
 - 3. Health Challenges:**
 - Recovery after severe illnesses or conditions like strokes or cardiovascular incidents.
-

Why Choose Tigris Valley?

At Tigris Valley, we do more than treat — we transform. Here's how:

- 1. Integrated Healing:** A seamless combination of **Ayurvedic therapies**, **Unani herbal wisdom**, **modern Functional Medicine**, and **Nature Therapy**, creating a holistic recovery experience.
- 2. Tailored Solutions:** Every recovery plan is fully personalized to suit your medical history, recovery goals, and lifestyle preferences.
- 3. Serene Mountain Setting:** Our tranquil environment amplifies healing with breath-taking views and peaceful surroundings.
- 4. Expert Care:** An elite team of doctors, wellness experts, and therapists guide your journey at every step.





What Are the Benefits?

- **Physical Healing:**
 - Improved mobility, reduced pain, and faster tissue repair.
 - Enhanced muscle strength and flexibility.
 - **Mental Resilience:**
 - Reduced anxiety, stress, and trauma-related symptoms.
 - Improved sleep, focus, and emotional stability.
 - **Boosted Vitality:**
 - Strengthened immune function and renewed energy levels.
 - Better long-term recovery and resilience to health challenges.
 - **Self-Discovery:**
 - Connection with your inner self and improved mindfulness.
-

Program Highlights: Your Path to Recovery

1. Personalized Consultation & Assessment

- Comprehensive evaluation of your medical history and trauma type.
- Individualized recovery plan designed by a multidisciplinary team.
- Collaborative discussions to set achievable recovery goals.

2. Holistic Therapeutic Approach

Our integrative approach combines the best of ancient practices and modern medicine:

Ayurveda:

- **Abhyanga:** Herbal oil massage for pain relief and tissue repair.
- **Panchakarma:** Detoxification therapies to cleanse and rejuvenate.
- **Yoga and Meditation:** Guided sessions to restore balance and mental calmness.

Unani Medicine:

- Custom-formulated herbal oils and tonics for nerve and muscle recovery. □
Energy-enhancing therapies tailored for sustained vitality.

Functional Medicine:

- **IV Infusions:** Nutritional therapies for accelerated tissue repair and energy.
- **Physiotherapy:** Sessions designed to restore mobility and build strength.
- **Lifestyle Guidance:** Coaching for sustainable long-term recovery.

Nature Therapy:

- Hydrotherapy for improved circulation and pain relief.
- Forest bathing, mountain walks, and outdoor mindfulness practices.
- Steam and therapeutic baths to relax muscles and reduce inflammation.



3. Lifestyle Integration

We believe recovery extends beyond the program. Our lifestyle guidance equips you with:

- **Custom Diet Plans:** Crafted by nutrition experts to support sustained recovery.
- **Stress Management Techniques:** Practices for ongoing emotional resilience.
- **Daily Routines:** Simple, effective habits for better health and well-being.

How Are We Different From Hospital Treatments?

Tigris Valley	Traditional Hospital Treatments
Personalized, holistic recovery plans	Focus on disease treatment alone
Integration of ancient and modern therapies	Solely medical or surgical interventions
Serene natural setting for mental healing	Clinical, sterile environment
Comprehensive mind-body-spirit approach	Primarily focused on physical recovery
Wellness-focused lifestyle coaching	Limited emphasis on post-discharge wellness

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.

Start Your Healing Journey Today

Take the first step toward a healthier, more resilient you. Schedule a consultation call with our expert doctors and discover your personalized recovery plan.

