



MADHAVI AYURVEDA

KERALA · SOUTH INDIA

Authentic Ayurvedic Cure

*A profound detox of body and mind, at a traditional
treatment centre in the heart of the backwaters.*

SEASON SEPTEMBER 2026 — APRIL 2027

Welcome to Kerala

Madhavi Ayurveda is delighted to welcome you for an Ayurvedic cure in Kerala, South India.

Madhavi Ayurveda (formerly Ayuryoga Academy) is an organisation founded in India in 2014, whose purpose is to promote traditional Ayurvedic medicine.

As part of its activities, the centre welcomes, in Kerala, anyone wishing to undergo an Ayurvedic cure and / or to train in Ayurveda, in an authentic and caring setting.



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ROOMS IN THE HEART OF THE
BACKWATERS



THE DESTINATION

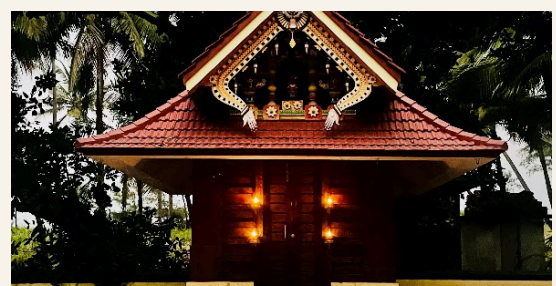
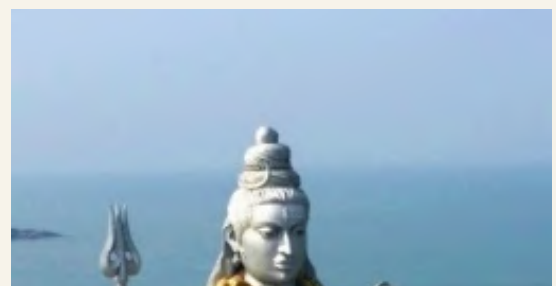
Kerala

Kerala is one of India's richest states. In Malayalam, the main language of the South, its name means :
"Land of the coconut trees."

It boasts a truly striking diversity of landscapes and an exceptionally generous nature. Within this state, different religions coexist harmoniously : in the same town, Hindu temple, mosque, church and synagogue stand side by side, their believers living in openly displayed mutual tolerance.

Kerala also means splendid beaches and the clear waters of the Arabian Sea to the south ; in the centre, green plains and hills shaped by tea plantations ; to the east, the mountains and deep valleys of the Western Ghats, with their dense forests and rivers.

Its flora and fauna are exceptionally rich — plants, spices, majestic centuries-old trees, leopards, elephants, monkeys, and a multitude of birds.



Françoise Barrios



*Clinical psychologist & Ayurvedic
medicine practitioner*

Background and training

A French-Swiss practitioner trained as a clinical psychologist, Françoise Barrios turned — after more than 20 years within Geneva psychiatric institutions — towards a holistic approach to health. She trained in depth in traditional Ayurvedic medicine in India, in Kerala, and is also a Hatha Yoga teacher.

In Geneva — Espace Thérapeutique Rousseau

Co-founder, with her husband Christophe Barrios, of the Espace Thérapeutique Rousseau (29 rue J.J. Rousseau, Geneva). Open since 2007, this multidisciplinary practice offers psychotherapy, hypnotherapy, energy healing, wellness massage and, above all, Ayurvedic medicine. There, Françoise conducts full Ayurvedic assessments and guides each person towards greater overall wellbeing.

In Kerala — Madhavi Ayurveda

In 2014, she founded a treatment centre in the backwaters region. In 2023, the centre took on new momentum with the arrival of a couple of doctors, becoming Madhavi Ayurveda — offering traditional Panchakarma cures in an authentic setting.

HER MISSION

*To guide people towards health through Ayurveda, with a holistic and authentic vision
— bridging the West (psychology) and the East (traditional Indian medicine).*

THE MEDICAL TEAM

Dr Shamna & Dr Prajith

Dr Prajith and Dr Shamna take full responsibility for the centre's medical care, as well as for teaching and training. Both are from the Kannur region, come from families of Ayurvedic doctors, and are graduates of the Parassinikkadavu Ayurveda Medical College.



Dr Prajith

A doctor in several public dispensaries, then head physician of the renowned Vythiri centre (Wayanad). Committed to volunteer work, he offers consultations in villages during public health campaigns and regularly supervises massage therapists. He learned directly from his father, Dr Ramdasan, even before his own studies.



Dr Shamna

Trained under Vaidyamadam Cheriya Narayanan Nambhoothiri and then at the CNS Ayurveda Research Center, she specialised in paediatrics and gynaecology. Head physician and teacher at the Anjali Centre in Kannur, it was during her studies that Françoise Barrios had the privilege of being her student. She personally oversees the composition of the Ayurvedic meals.

Deeply involved at the Madhavi centre, they lead a full team of male and female Ayurveda therapists.

THE SCIENCE OF LIFE

Ayurveda

A traditional medicine of India dating back to antiquity, Ayurveda is a holistic medicine recognised by the WHO. Natural, both preventive and curative, it aims to treat the patient rather than the disease : the physician first seeks the causes of the imbalance in order to relieve symptoms durably.

It brings together diet, herbal medicine, aromatherapy, massage, yoga, chanting, breathing and meditation.



Dhanvantari — god of Ayurveda

THE 5 ELEMENTS & THE 3 DOSHAS

Ayurveda is founded on the five elements — air, ether, fire, earth and water — and on three vital bioenergetic forces, the *doshas*. They keep the body healthy ; when unbalanced, they become the cause of illness.

Vata

AIR & ETHER

Movement, breath, circulation and the nervous system.

Pitta

FIRE & WATER

Transformation, digestion, metabolism and body heat.

Kapha

EARTH & WATER

Structure, stability, cohesion and the body's immunity.

TO LEARN MORE

[Ayurveda — The Science of Self-Healing](#) — Dr Vasant Lad

[Ayurvedic Healing](#) — Dr David Frawley

[The Book of Ayurveda](#) — Judith H. Morrison

About the cure

A profound detoxification cure for body and mind, whose benefits need no further proof : purifying, eliminating toxins, soothing and expelling unbalanced doshas.

This is an intense process that requires full commitment, both physically and psychologically. The cure is prescribed and monitored by the Ayurvedic physician, who decides on the bodily techniques, natural remedies, dietary rules and activity restrictions — as it demands a great deal of calm and rest.

This is a medical cure, not a relaxation retreat : treatments include enemas and purging procedures to thoroughly cleanse the digestive tract, the seat of disease. It is a profound experience for those who set aside Western reference points and open themselves to this ancestral, sacred medicine.



Wooden massage table for the Abhyanga, the warm-oil Ayurvedic massage

Typical day

7:00	Yoga practice Asanas, Pranayama
8:30	Breakfast
9:30	Consultations & treatments Until 12 pm
1:00 pm	Meal
2:30 pm	Treatments & rest Until 4 pm
5:00 pm	Free time
7:00 pm	Dinner



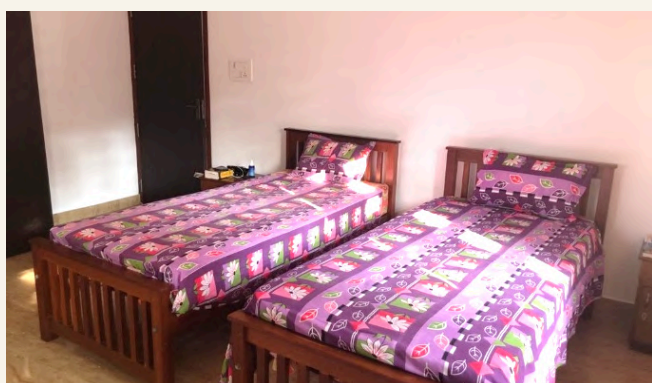
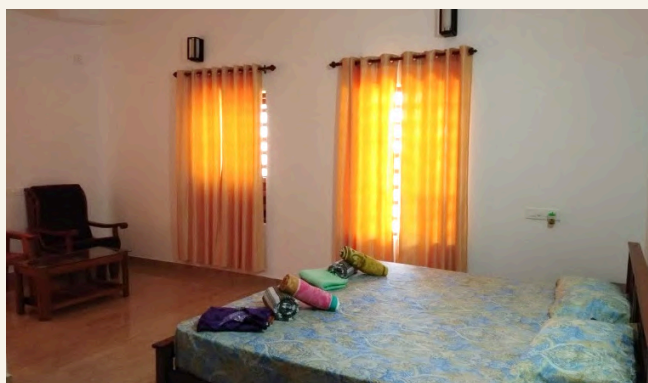
Shiro Dhara treatment

*Days shaped by treatment, yoga and
rest — for a deep regeneration.*

Accommodation

The centre comprises 9 rooms typical of Kerala — 4 singles and 5 doubles — both minimalist and refined, showcasing the splendid natural surroundings. Fully equipped, they feature toilet / shower / sink, fans and air conditioning (mosquito net on request).

There are also 4 treatment rooms, a dining hall and a dedicated meditation room.



9
ROOMS

4
TREATMENT ROOMS

I
MEDITATION ROOM

Rates

SINGLE ROOM · A/C

€140 / day / pers.

Weekly rate

DOUBLE ROOM

€160–180

/ day / pers. — 15 % discount when sharing

PRICE INCLUDES

- ✓ Full-board accommodation
- ✓ South Indian vegetarian cuisine, in line with the doctor's prescription
- ✓ Ayurvedic treatments and consultations with the doctor
- ✓ Ayurvedic remedies prescribed during the cure
- ✓ Yoga practice
- ✓ Local stay tax (10 %) and wifi access

PRICE DOES NOT INCLUDE

- Transport from the airport — return transfer : Kannur +€80 / Calicut +€150 / Mangalore + €110 (1 to 2 pers.)
- Additional medical exams proposed by the doctor (blood tests, X-rays, ultrasounds, MRI...)
- Optional post-cure treatments
- Excursions
- Tips, at your discretion

Formalities, visa & insurance

O1 Tourist visa required

The e-visa is accepted for Mangalore, Calicut and Kannur. Swiss nationals : in.vfsglobal.ch/Geneva.
French nationals : lyonvisa.com or action-visas.com.

O2 Flight ticket & assistance

To have a professional arrange your flight ticket and visa, contact Ms Marine Durot, Annecy Travel agency : +33 4 50 57 11 14.

O3 e-Arrival Card

Since 1 November 2025, India has introduced an electronic arrival form to be completed online within 72 hours before your arrival.

O4 Insurance

It is your responsibility to take out trip-cancellation insurance for your ticket, as well as travel and medical repatriation insurance. No vaccination is required to travel to Kerala.



Booking process

To confirm your cure, a 30 % deposit must be paid no later than 30 days after receiving your quote.

Once payment has been made by bank transfer or card, you will receive :

- ✓ A payment confirmation
- ✓ A confirmation of your cure booking
- ✓ A medical questionnaire to complete and return to our on-site doctor
- ✓ An information document to help prepare your stay

The balance of the cure is due **1 month before your arrival.**



Theyyam — sacred ritual of Kerala



CONTACT US

We look forward to welcoming you

*For any question or request for further information, please feel free
to write to us.*

GENEVA

espacetherapeutiquerousseau.ch

THE CENTRE

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WHATSAPP

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OUR LOCAL TEAM