

Who We Are

Welcome to Ayushma Ayurveda

Welcome to our Ayurvedic and Panchkarma Center, where we offer a holistic approach to health and wellbeing. We believe that true health and wellness are achieved by addressing the mind, body, and spirit.

An Experience of Decade

Treat and Cure more than 5000+ patient. Dr. Swati Sharma is a well experienced and recognized "Vaidhya" provide personalized classes to promote relaxation, reduce stress, and improve overall health and wellbeing since past 10 years now.

In a journey of decades, She is also consulting, conducting workshop and inspiring people to use this precious knowledge of Ayurveda.

Why to choose Ayushma Ayurveda and Panchkarma Centre ?

At our center, we believe that true health and wellness are achieved by addressing the mind, body, and spirit. We offer a range of services designed to promote optimal health and prevent disease, including Ayurvedic consultations, massage therapy, herbal medicine, yoga & meditation, dietary recommendations, stress management techniques, detoxification programs, Ayurvedic dietary recommendations, Ayurvedic retreats, and Kerliya Panchakarma.



Visit us

Lakshman Jhulla, Upper Neelkanth Road, Near 13 mazil mandir, Behind Hotel Hare Rama Pauri Gharwal, Uttrakhand, ZIP - 249402 India
+91- 9027791733
ayushmaayurvedaandpanchkarma@gmail.com

We care



Scan this "QR" code with your Google Map camera and it's shows you straight direction to our Panchkarma Centre.





RAKTAMOKSHAN

VAMAN

VIRECHAN

NASYA

BASTI

TREATMENT

SIRODHARA



PADAABHYANGAM



SIROVASTHI



PADAABHYANGAM



ABHYANGAM



UDVARTANAM



Swati Sharma



Meet Dr. Swati Sharma

B.A.M.S, M.D

Rajeev Gandhi University of Health Science, Karnataka, India

She is having certified degree of Ayurveda Acharya from Rajeev Gandhi University of Health Science, Karnataka , India and finished her Masters from Chatrapati Sahuji Maharaj University, Kanpur. Dr. Swati Sharma is a well experined and recognized "Vaidhya" provide personalized classes to promote relaxation, reduce stress, and improve overall health and wellbeing since past 10 years now.



Special Care Program

Our clinic offers the post chemo rehab program available which is planned according to the ancient ayurvedic concept. These set of external treatments, internal medicines and specially prescribed food helps in remove the secondary effects that chemotherapy has on the body. This rehab program helps to detox the harmful chemicals from the body to remove the fatigue and stabilize the bone density improves blood cells and health of liver and kidney.

- **Weight management-**
- **Joints care**
- **Women's care**
- **Skin care**
- **Stress management**
- **Gastrointestinal Management**
- **Rejuvenation Programme**
- **Kidz care programme**
- **Detoxification programme**

Why to Choose Ayushma Ayurveda?

You will undergo holistically and nature based designed treatment that will bring balance in your mind, body and soul. Here you will experience how therapies restore your own immunity. In Ayushma Ayurveda we try to give treatment, which enhance your internal joy and beauty and gives you mental clarity. Ayurveda treatment is truly precious because it enhances your internal beauty and health. Gives calm state of mind.

Our Core

Authentic - We assure authentic classical ayurvedic treatment.

Personalized - Treatment program will be designed by diagnosing health condition of a patient under guidance of ayurvedic physician and trained technician.

Result - Result oriented treatment schedule (if followed by patient as prescribed by vaidya's)



**GIVE US REVIEWS,
OR JOIN OUR SOCIAL COMMUNITY.**

Ayushma Ayurveda and Panchkarma Centre offer a range of services designed to promote optimal health and prevent disease, including Ayurvedic consultations, massage therapy, herbal medicine, yoga & meditation, dietary recommendations, and stress management techniques. Join our community and share our vision of being Healthy ❤️

