



PUNARJANI
AYURVEDIC CLINIC



A distinguished haven for holistic well-being nestled in the heart of Oud Metha, Dubai.



All major insurance covered



Free Parking available



About Punarjani Ayurvedic Clinic

At Punarjani, we embody the ancient wisdom of Ayurveda, seamlessly blending traditional healing practices with modern wellness approaches. Our clinic stands as a testament to a commitment to fostering health, harmony, and rejuvenation.



Mission

Our mission is to be a beacon of authentic Ayurvedic care in Dubai, providing personalized and comprehensive wellness solutions. We aim to revive the age-old knowledge of Ayurveda and guide our clients on a transformative journey towards optimal health.



Services

Traditional Ayurvedic Treatments

Experience the healing touch of ancient therapies tailored to your unique constitution. Our skilled practitioners offer a range of treatments, including Panchakarma detoxification, therapeutic massages, and more.

Ayurvedic Consultations

Our experienced Ayurvedic doctors conduct in-depth consultations, crafting personalized treatment plans that integrate the principles of Ayurveda to address specific health concerns.

Herbal Medicine Dispensary

Explore our herbal medicine dispensary, where you'll find a curated selection of authentic Ayurvedic formulations to support various health needs.

Yoga and Lifestyle Counseling

Complement your wellness journey with yoga sessions and lifestyle counseling, empowering you with practices that promote holistic balance.





Discover the transformative power of Ayurveda at Punarjani Ayurvedic Clinic. Your journey to lasting Health and vitality begins here.



Facility Highlights

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Tranquil Ambiance

Immerse yourself in a serene environment designed to enhance your healing experience.

Skilled Practitioners

Our team of knowledgeable and compassionate Ayurvedic practitioners is dedicated to your well-being.

Modern Amenities

Our clinic is equipped with state-of-the-art facilities to ensure your comfort and satisfaction.

Philosophy

Punarjani follows the philosophy of Ayurveda, emphasizing the interconnectedness of the body, mind, and spirit. Our approach is rooted in creating harmony, balance, and lasting well-being.

Location

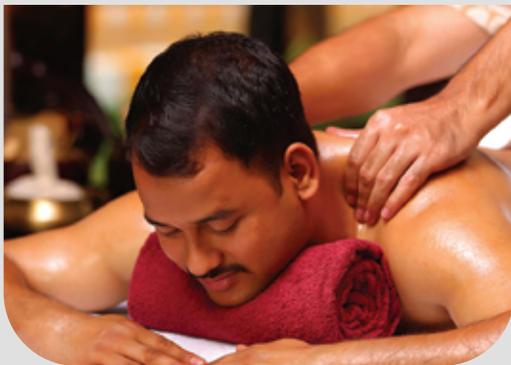
Conveniently located in Oud Metha, Dubai, Punarjani Ayurvedic Clinic provides accessibility for individuals seeking authentic Ayurvedic care in a central and easily reachable location.

Treatments

ABHYANGA

Abhyanga is a luxurious full body warm Ayurvedic oil massage that revitalises and strengthens the body. The herbal oils chosen for Abhyanga are specific to the body type and assist heating and body detoxification.

Recommended for : stress relief, enhancing immunity function, improved circulatory function.



KATI VASTI

Ayurvedic treatment used to remedy Lower back issues such as slip disc, spondylosis and spinal problems. The procedure uses warm medicated oil to nourish and strengthen muscles and nerves.

Recommended for: instant relief for back related problems by increasing circulation and eliminating inflammation and tightness.



KSHEERADHARA

Ksheeradhara is a cooling Ayurvedic treatments where warm milk boiled with a range of herbs is poured over the forehead or the body in a continuous and rhythmic stream to sooth the marma's.

Recommended for: cooling for body types prone to excessive heat or during summer months. Beneficial for migraines, stress, and insomnia



PODIKIZHI

The treatment involves massage using "kizhis" or cotton boluses made with a mixture of 12 herbs dipped in medicated oils to bring the body back to its natural balance.

Recommended for: Reducing tenderness, heaviness, stiffness, pain, or inflammation of the joints



NASYAM

Detoxing therapy that primarily focuses on cleansing toxins and other respiratory and nasal congestion. The Nasyam treatment includes irrigation and draining of the sinus, respiratory tract and nasal canals

Recommended for: Allergies, sinusitis, headaches, migraine and an excellent post Covid immunity booster.



UDHWARTHANAM

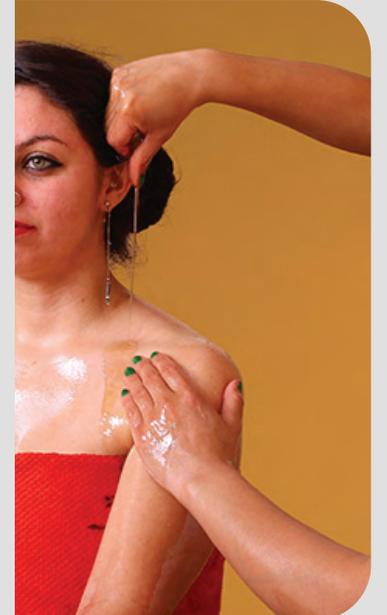
Udhwarthanam is anti-cellulite dry massage and therapeutic scrub that assists with lymphatic drainage and weight loss.

Done using herbal medicated powders it tones the body and enhances blood circulation
Recommended for: weight loss, skin issues, diabetes, neuropathies, and venous insufficiency.



PIZHICHIL

Pizhichil is a full body oil-based therapy aimed at detoxing the body and reduces anxiety and stress. The treatment involves continued application of warm medicated Ayurvedic oils with a simultaneous massage
Recommended for: Improving circulation and metabolism, arthritis and other degenerative disorders



GREEVA VASTI

Ayurvedic treatment used to remedy issues pertaining to the neck such as stiffness or soreness of neck muscles, post-traumatic neck pain, spondylitis, and arthritic disorders.

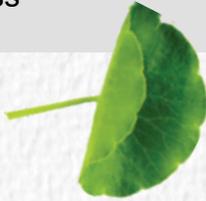
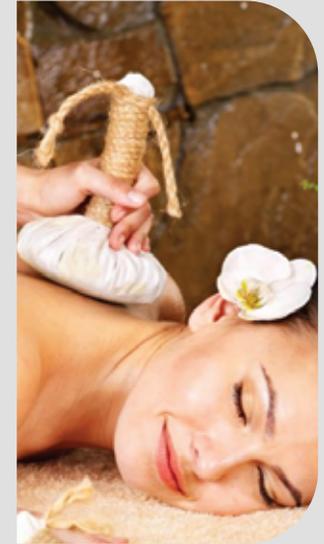
Recommended for: stress / injury related conditions arising from desk-top jobs such as neck pain, muscle spasms, pinched nerve, shoulder pain and stiffness



NAVARAKIZHI

The Navarakizhi procedure involves the Fomentation of the body using a poultice. The procedure starts with abhyangam massage followed by a downward Fomentation of the body.

Recommended for: Conditions such as Arthritis, muscular wasting, joint degeneration as well as for muscle & joint pains





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Working Time : 8 am to 10 pm