

Charaka – a Home of Ayurveda has initiated a small unit for Panchakarma Therapy at Udupi city (Karnataka state – south India). Now patients from abroad and other willing people can undergo Panchakarma treatment under Dr Acharya's direct supervision. However, this unit is not kept open around the calendar year. This facility is available at some time slots particularly when Dr Acharya is in south India.

DR ACHARYA shall conduct clinical consultation & examination first to design the therapy schedule. All therapies designed as per the instruction/advise of the physician. All Panchakarma treatments including Shodhana (except blood letting at present) and Shamana are performed depending on the requirement and decision of Dr Acharya.

The therapy unit is created at the backyard of Dr Acharya's ancestral property. At present few rooms are created on first floor to facilitate guests within the campus.

Otherwise, the participants for Panchakarma Therapy will have to stay in Religious Guest house, which is in the safe neighbor hood (only few seconds walks away). The lodging (stay) charges for non-Ac and Ac rooms are 15 US\$ to 18 \$ per day (850 – 1050 Indian Rupees). These rooms are reserved at the guesthouse after the request from Dr Acharya (this is not a hotel. It is lodging meant for pilgrims). Food is not provided there. Many small hotels around in walk away where you can have vegetarian food.

NEW: There are only few indoor rooms provisioned at Charaka Home itself. The **stay & food** costs US \$ 22 (14+8) per day. This is first come first basis. The cost of Charaka Home stay for 10 days is US\$ 220 (or 440 for 3 weeks of stay).

The treatment charges would approximately amount to US\$ 350 - 400 for 10days (700 – 800 \$ for 3 weeks) per person. For certain illnesses, the patient may be required to stay for 4 – 6 weeks at a stretch.

Stay charges (in a Guest house) would amount to US\$ 150 – 180 for 10 days (300 – 360 \$ for 3 weeks).

Cost of food at South India is very less. Plenty of vegetarian restaurant options are in walk away distance. Persons undergoing Panchakarma are expected to have vegetarian diet only. Also as advised by the physician during the treatment. It is also now possible to make food arrangements for PK participants & avoid going to hotels.

Thus a total 3 weeks treatment –Stay & Food charges COULD be within US \$ 1500 / per person.

Locating Udupi City: 45 kms from Mangalore International Airport. The city Railway station falls on Konkan Railways Map. It is a coastal city (near Arabian sea) in the foothills of southwest tropical forest mountains (western Ghats). 340 Kms from Goa (connected by road and Konkan railway). Avoid arriving to Bangalore Airport, which is inconvenient to reach Udupi.