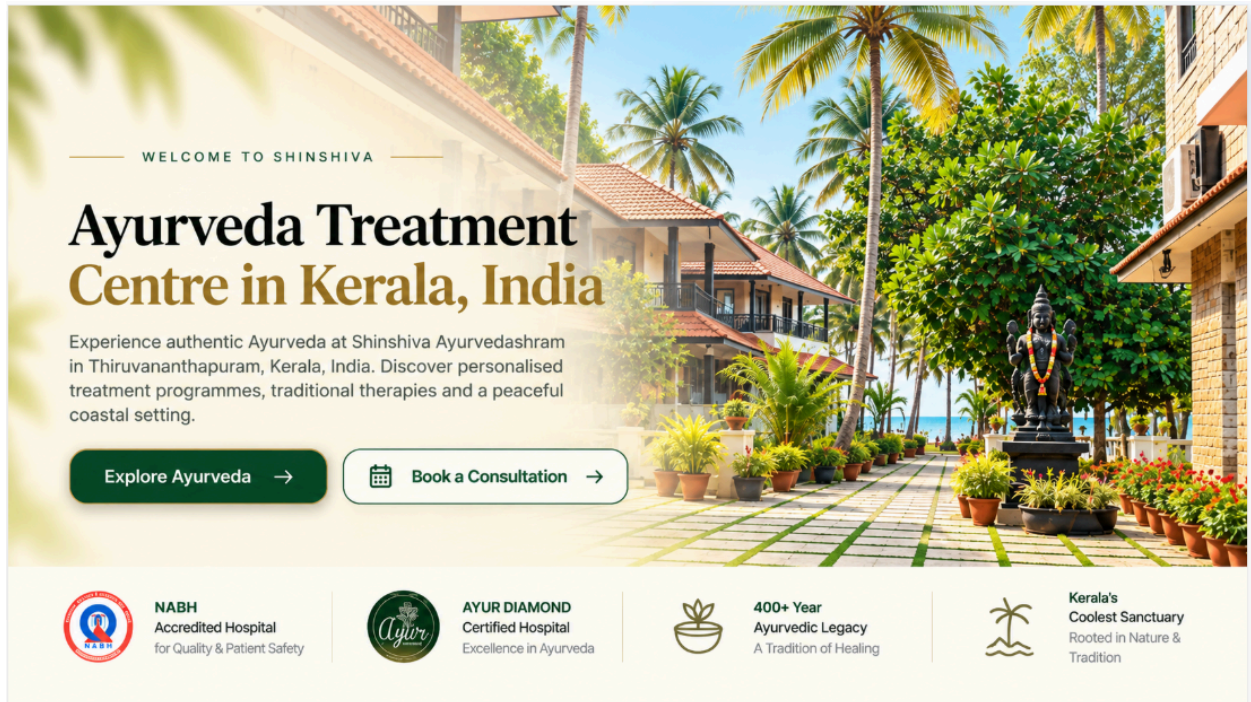


SLIDER 1



Eyebrow:

WELCOME TO SHINSHIVA

H1:

Ayurveda Treatment Centre in Kerala, India

Experience authentic Ayurveda at Shinshiva Ayurvedashram in Thiruvananthapuram, Kerala, India. Discover personalised treatment programmes, traditional therapies and a peaceful coastal setting.

Explore Ayurveda

Book a Consultation

400+ Years of Ayurvedic Heritage | NABH Accredited | Ayur Diamond Classified

Image:

Beautiful premium hero image showing the Ayurvedic centre + natural Kerala surroundings.

Trust strip:

400+ Years of Ayurvedic Heritage | NABH Accredited | Ayur Diamond Classified

Slide 2



Eyebrow: A Pioneer in Ayurveda & Wellness Tourism

H2: Dr. K. V. Franklin — A Legacy of Healing

A visionary who championed Kerala's Ayurvedic heritage and wellness tourism, inspiring generations through traditional healing.

CTA 1: Explore His Legacy CTA 2: Book a Consultation

Slide 3



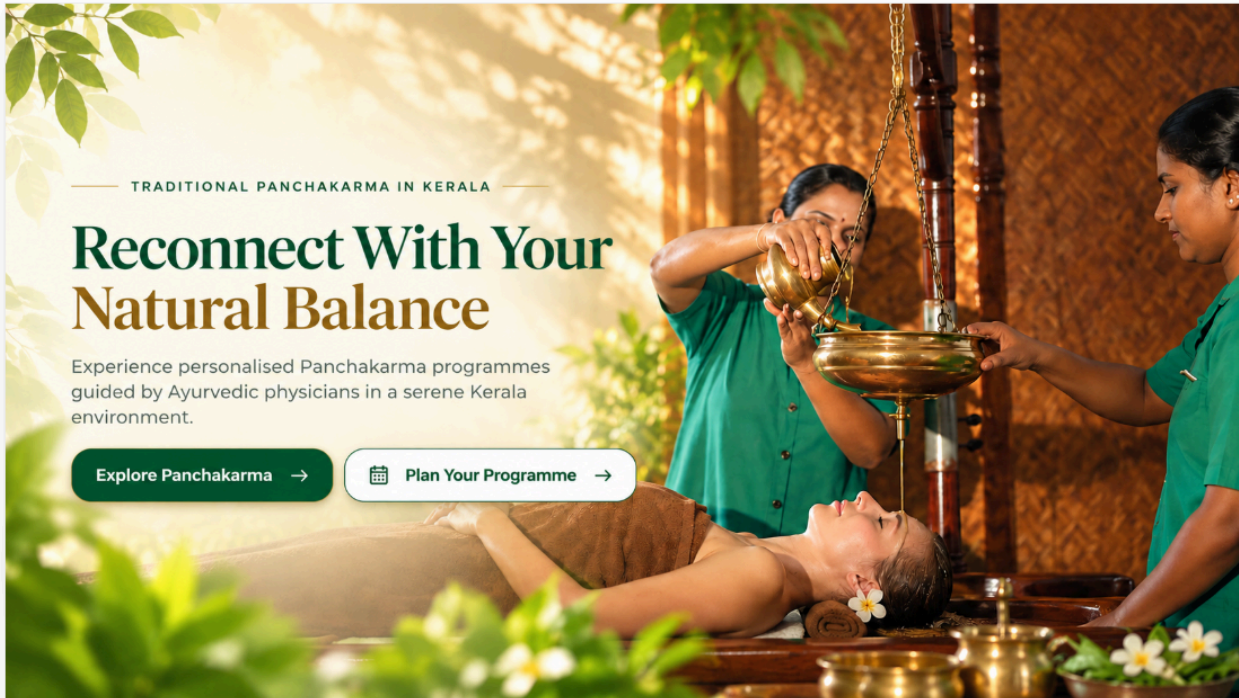
Eyebrow: Continuing a Family Legacy

H2: Dr. Shanthi Franklin — Personalised Ayurvedic Care

Continuing generations of Ayurvedic wisdom through traditional treatments and personalised wellness.

CTA 1: Meet Dr. Shanthi CTA 2: Book a Consultation

Slider 4 — Panchakarma



Eyebrow:
TRADITIONAL PANCHAKARMA IN KERALA

H2:

Reconnect With Your Natural Balance

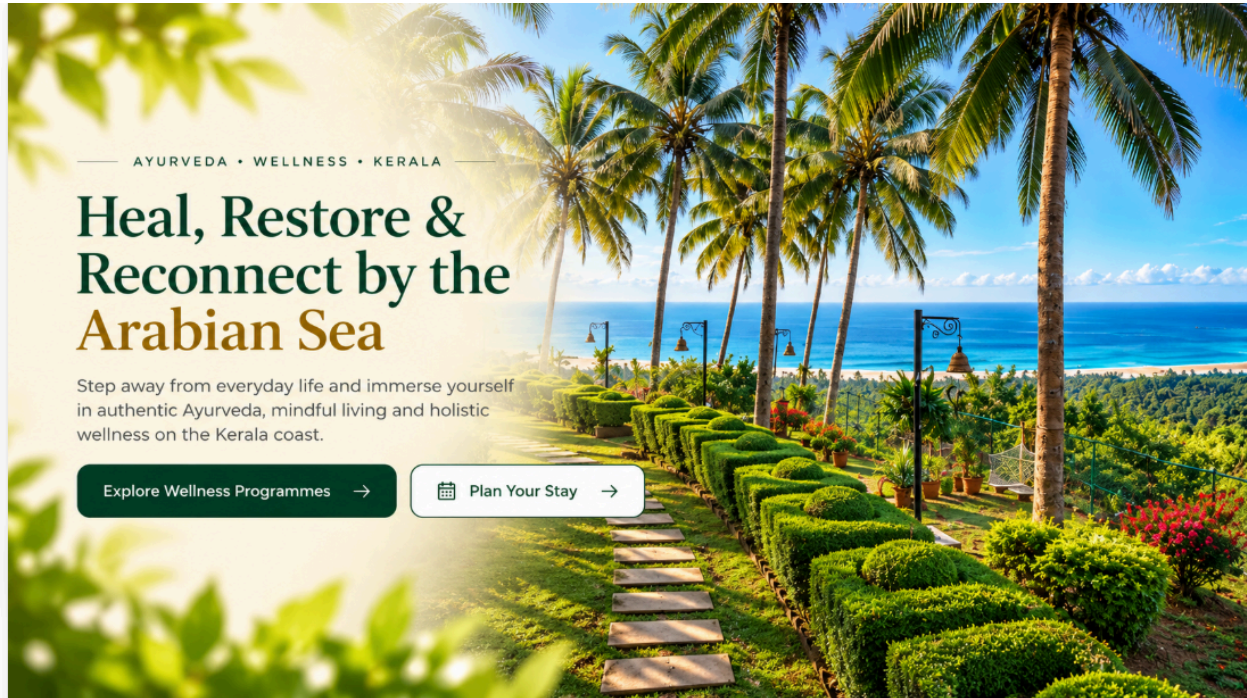
Text:
Experience personalised Panchakarma programmes guided by Ayurvedic physicians in a serene Kerala environment.

CTA:
Explore Panchakarma

Secondary CTA:
Plan Your Programme

Image:
High-quality authentic Panchakarma treatment image—ideally an actual Shinshiva therapy rather than stock photography.

SLIDER 5



Eyebrow:
AYURVEDA • WELLNESS • KERALA

H2:

Heal, Restore & Reconnect by the Arabian Sea

Text:
Step away from everyday life and immerse yourself in authentic Ayurveda, mindful living and holistic wellness on the Kerala coast.

CTA:
Explore Wellness Programmes

Secondary CTA:
Plan Your Stay



NABH
Accredited Hospital
for Quality & Patient Safety



AYUR DIAMOND
Certified Hospital
Excellence in Ayurveda



400+ Year
Ayurvedic Legacy
A Tradition of Healing



Kerala's
Coolest Sanctuary
Rooted in Nature &
Tradition

- NABH Accredited Hospital
- AYUR DIAMOND Certified Hospital
- 400+ Year Ayurvedic Legacy
- 50K+ Patients Served From 50+ Countries

H2: Best Ayurveda Retreat in Kerala

Eyebrow: About Us

Text

— ABOUT US

Best Ayurveda Retreat in Kerala

Shinshiva Ayurvedashram, founded by Dr. K. V. Frontlin, is a NABH accredited and Ayur Diamond certified hospital in Thiruvananthapuram, Kerala. As one of the best Ayurveda hospitals in Kerala, we offer authentic Ayurveda treatments, personalised treatment packages and comprehensive Ayurveda packages in a serene retreat by the Arabian Sea. Our expert Ayurvedic physicians provide traditional therapies and specialised treatments, including supportive care for chronic conditions such as cancer, helping you restore health, balance and well-being naturally.

[Discover Our Story](#)

400+
YEARS OF
AYURVEDIC
HERITAGE

ABOUT US

Best Ayurveda Retreat in Kerala

Shinshiva Ayurvedashram, founded by Dr. K. V. Frontlin, is a NABH-accredited and Ayur Diamond-certified hospital located in Chowara, Vizhinjam, Thiruvananthapuram (Trivandrum), Kerala. As a destination for authentic Ayurveda treatments in Kerala, we offer personalised therapies, traditional Ayurvedic treatments and comprehensive Ayurveda treatment packages in a peaceful coastal setting by the Arabian Sea. Our experienced Ayurvedic physicians provide personalised care and traditional therapies, including supportive Ayurvedic care for chronic conditions, helping patients pursue better balance and well-being through Ayurveda.

CTA: Discover Our Story

Badge: 400+ Years of Ayurvedic Heritage

H2: Ayurvedic Treatments for Your Health & Wellness

Subheading: Personalised Ayurvedic care and holistic wellness programmes in Chowara, Vizhinjam, Trivandrum, Kerala.

OUR AYURVEDIC TREATMENTS AND THERAPIES

Ayurvedic Treatments for Your Health & Wellness

Personalised Ayurvedic care and holistic wellness programmes in Chowara, Vizhinjam, Trivandrum, Kerala.



Diabetes Management

Natural Ayurvedic care to help manage blood sugar levels and improve overall health.

[View More →](#)



Stress Management

Holistic therapies to calm the mind, reduce stress and restore inner balance.

[View More →](#)



Women's Wellness

Comprehensive Ayurvedic care for every stage of life, including menstrual health, hormonal balance and overall well-being.

[View More →](#)



Arthritis & Rheumatoid Arthritis

Ayurvedic treatments to relieve pain, improve mobility and enhance daily living.

[View More →](#)



Postnatal Care

Specialised Ayurvedic care to support new mothers in recovery, strength and overall well-being.

[View More →](#)



Weight Loss

Personalised Ayurvedic programmes to achieve healthy weight management and better fitness.

[View More →](#)

[View All Treatments →](#)



Shinshiva Ayurvedashram is a trusted **Ayurveda centre in Kerala**, offering traditional Ayurvedic treatments, naturopathy and personalised wellness programmes in a peaceful resort ambience.

01. NABH-Accredited Hospital

Receive Ayurvedic care in a hospital that follows recognised quality and patient-safety standards.

02. AYUR DIAMOND Certified

Experience traditional Ayurveda at a centre recognised for its Ayurvedic healthcare standards.

03. Experienced Ayurvedic Physicians

Get personal consultations and treatment plans based on your individual health needs.

04. Authentic Ayurvedic Treatments

Explore traditional Ayurvedic therapies, medicines and customised wellness programmes.

05. Peaceful Resort Ambience

Relax in a calm, natural setting near the Arabian Sea in Chowara, Vizhinjam, Thiruvananthapuram, Kerala.

06. Patients from 50+ Countries

We welcome patients from around the world and provide personalised support throughout their stay.

Doctor Profile-Dr-Shanthi Franklin

Dr. Shanthi Franklin, BAMS (MD)

Chief Physician & Director · Infertility & Diabetes Reversal Specialist

Daughter of founder Dr. K. V. Franklin, Dr. Shanthi Franklin carries forward four centuries of family tradition into Shinshiva's NABH-accredited practice. Among Kerala's most experienced Ayurvedic physicians, with 20+ years treating patients from across India and abroad, she leads a physician-directed approach to Ayurvedic fertility treatment and diabetes reversal — every case shaped by a full diagnostic consultation, never a standard protocol.

CTA: Consult Dr. Shanthi · Secondary: Request a Virtual Consultation

OUR LEAD PHYSICIAN

Dr. Shanthi Franklin, BAMS (MD)

Chief Physician & Director · Infertility & Diabetes Reversal Specialist

Daughter of founder Dr. K. V. Franklin, Dr. Shanthi Franklin carries forward four centuries of family tradition into Shinshiva's NABH-accredited practice. Among Kerala's most experienced Ayurvedic physicians, with 20+ years treating patients from across India and abroad, she leads a physician-directed approach to Ayurvedic fertility treatment and diabetes reversal — every case shaped by a full diagnostic consultation, never a standard protocol.

Consult Dr. Shanthi → Request a Virtual Consultation

20+ Years
Clinical Experience

Patients from
India & Abroad

Specialist in
Infertility Treatment

Diabetes
Reversal Expert

Edit

H2: Shinshiva **Signature Ayurvedic Treatments**

Panchakarma

Kayakalpa

Vajikarana

RasayanaChikilsa

Abhyanga

Shirodhara:

Njavarakizhi

Podi Kizhi

Shinshiva

Signature Ayurvedic Treatments



Panchakarma
A complete cleansing and rejuvenation programme.



Kayakalpa
Rejuvenation therapies to promote healthy ageing.



Vajikarana
Therapies to support reproductive health and vitality.



Rasayana Chikitsa
Rejuvenation treatments to boost immunity.



Abhyanga
A medicated oil massage to relax and rejuvenate.



Shirodhara
A gentle flow of medicated oil to calm the mind.



Njavarakizhi
A unique therapy using medicated rice bolus.



Podi Kizhi
A therapeutic massage using medicated herbal powders.

[View All Treatments →](#)

1. Panchakarma

Description: Experience traditional Ayurvedic purification therapies tailored to your individual health needs, with a focus on restoring balance and well-being.

2. Kayakalpa

Description: Discover traditional Ayurvedic rejuvenation therapies designed to support vitality, healthy ageing and overall wellness.

3. Rasayana Chikitsa

Description: Experience Ayurvedic rejuvenation care designed to support strength, vitality and long-term well-being.

4. Vajikarana

Description: Explore traditional Ayurvedic care focused on reproductive health, vitality and personalised wellness

5. Abhyanga

Description: Relax with a traditional full-body Ayurvedic massage using warm herbal oils to promote comfort and relaxation.

6. Shirodhara

Description: Experience a calming Ayurvedic therapy involving a gentle stream of warm oil poured over the forehead.

7. Njavarakizhi

Description: Discover a traditional Ayurvedic therapy using warm, medicated rice boluses as part of personalised care.

8. Podi Kizhi

Description: Experience a traditional Ayurvedic treatment using herbal powder boluses, selected according to your treatment needs.

CTA:

Button1: View All Treatments

Button2 : Book Now Consultation

H3:Accommodation and facilities

Enjoy a comfortable stay at Shinshiva Ayurvedashram, where traditional Ayurvedic care meets the peaceful charm of Kerala. Our Ayurvedic hospital offers four beautifully designed, traditional Kerala-style rooms: **Shin, Shiva, Ayur, and Veda**. Each room has its own theme, bringing together comfort, peace, and authentic Kerala charm.

Surrounded by a calm natural setting near the Arabian Sea in Chowara, Trivandrum, our accommodation provides a relaxing space during your Ayurvedic treatment journey. From comfortable rooms to facilities that support your stay, we aim to make every visit peaceful, pleasant, and memorable.

OUR STAY ———

Accommodation and Facilities

Enjoy a comfortable stay at Shinshiva Ayurvedashram, where traditional Ayurvedic care meets the peaceful charm of Kerala. Our Ayurvedic hospital has four traditional Kerala-style rooms themed after your experience: Shin, Shiva, Ayur, and Veda. Discover comfort, peace, and authenticity in our beautifully designed rooms.

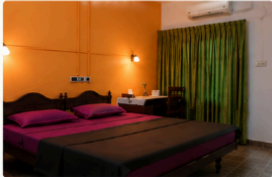




Shin



Shiva



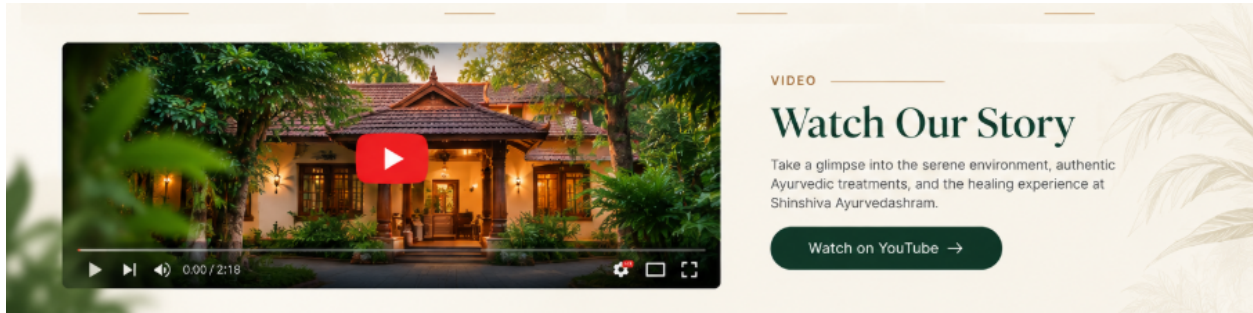
Ayur



Veda

[View Our Rooms →](#)

YOUTUBE



https://youtu.be/l4aHLta9WGM?si=dqLwgF6LRtSCR_8u

VIDEO

Watch Our Story

Take a glimpse into the serene environment, authentic Ayurvedic treatments, and the healing experience at Shinshiva Ayurvedashram.

Button: Watch on YouTube →

Heading(H3): Our Guest Testimonials

Read our guests' experiences with authentic Kerala Ayurveda, personalised care, and peaceful surroundings at Shinshiva Ayurvedashram.



Deny



My 8-day stay was fantastic! The treatments were professional, the therapists were wonderful, and the food was fresh and delicious. The entire team was warm and welcoming, making my stay truly special.

Valentina Marson



My two-week stay was wonderful! The peaceful atmosphere, professional Ayurvedic treatments, caring staff, and delicious food made my experience truly special. I hope to return next year!

Odette Abououf



Shinshiva is truly a hidden paradise! The personalised Ayurvedic treatments, professional doctors, caring team, healthy food, and beautiful sea views made my experience unforgettable.

Helena



“Excellent Ayurvedic treatments, professional medical supervision, clean rooms, healthy food, and friendly staff. A little paradise in Kerala!”

Thomas Schnider



"We look forward to returning every year! Attentive doctors, caring therapists, delicious food, and an excellent Panchakarma experience make Shinshiva feel like a second home."

Brigitta Thali



"Excellent Ayurvedic treatments tailored to individual health needs, caring doctors, and delicious freshly prepared food. A truly relaxing and rejuvenating three-week experience!"

GALLERY

<https://drive.google.com/file/d/1SR4GuPHywLf01-4T1vukf4XCr4LHTHzt/view?usp=sharing>

<https://drive.google.com/file/d/1Q4y-OVF9Ik2wGEKAiXGamhkurh4KRDC6/view?usp=sharing>

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FAQS

Frequently Asked Questions

1. Where is Shinshiva Ayurvedashram located?

Shinshiva Ayurvedashram is located in Chowara, near Vizhinjam, Thiruvananthapuram, Kerala, India. Our Ayurvedic hospital offers traditional Ayurvedic care in a peaceful coastal setting.

2. What Ayurvedic treatments are available at Shinshiva Ayurvedashram?

We offer traditional Ayurvedic treatments, including Panchakarma, Kayakalpa, Rasayana Chikitsa, Vajikarana, Abhyanga, Shirodhara, Njavarakizhi, and Podi Kizhi. Treatments are recommended according to individual needs and the doctor's assessment.

3. What is Panchakarma treatment?

Panchakarma is a traditional Ayurvedic treatment approach involving therapies selected according to an individual's health condition. Our Ayurvedic doctors assess each guest and recommend a suitable treatment plan.

4. What is the difference between Kayakalpa and Rasayana Chikitsa?

Both are traditional Ayurvedic approaches associated with rejuvenation. The appropriate therapies depend on an individual's health needs and should be discussed with an Ayurvedic doctor.

5. What is Shirodhara treatment?

Shirodhara is a traditional Ayurvedic therapy in which a gentle stream of liquid, commonly warm herbal oil, is poured over the forehead under professional supervision.

6. Does Shinshiva Ayurvedashram provide Ayurvedic massage?

Yes. Abhyanga is a traditional Ayurvedic massage using warm oil. The suitability of the therapy and the oils used are determined according to individual needs.

7. How long should I stay for Ayurvedic treatment?

The recommended duration depends on your health needs, the therapies prescribed, and your doctor's assessment. Contact our team to discuss your treatment and accommodation requirements.

8. Does Shinshiva Ayurvedashram offer accommodation?

Yes. We provide four traditional Kerala-style rooms named Shin, Shiva, Ayur, and Veda for guests seeking accommodation during their Ayurvedic treatment stay.

9. Can I consult an Ayurvedic doctor before booking?

Yes. Contact our team to enquire about a consultation and discuss your health concerns, treatment options, and suitability for Ayurvedic therapies.

10. How can I book an Ayurvedic treatment package in Kerala?

Contact Shinshiva Ayurvedashram directly to enquire about available treatment packages, accommodation, pricing, and the recommended length of stay.

CONTACT FORM + EMBED MAP

GET IN TOUCH

Plan Your Ayurvedic Journey with Us

Have questions about our treatments, packages or accommodation? Share your details and our team will get back to you with a personalised plan.

Full Name *

Email Address *

Phone Number *

+91

Country *

Select Country

Preferred Date of Arrival *

Select Date

Length of Stay *

Select Duration

Interested Treatments *

Select Treatments (You can choose multiple)

Accommodation Preference

Select Accommodation (Optional)

How did you hear about us?

Select Option

Additional Information

Please share your health concerns, special requests or any other details to help us plan your stay.

Send Enquiry →

Our team will get back to you within 24 hours.

Shinshiva Ayurvedashram

Chowara, Vizhinjam, Thiruvananthapuram, Kerala 695501, India

View larger map

Chowara Beach

Vizhinjam Beach

Vizhinjam International Seaport

Kovalam Beach

Shinshiva Ayurvedashram

Our Location

Chowara, Vizhinjam, Thiruvananthapuram, Kerala 695501, India

Call Us

+91 472 248 0000
Mon - Sat: 9:00 AM - 6:00 PM (IST)

Email Us

info@shinshiva.com
We usually respond within 24 hours.

Why Choose Shinshiva Ayurvedashram?

Authentic Kerala Ayurveda

Personalised Treatment Plans

Experienced Ayurvedic Doctors

Comfortable Accommodation

Find the Right Ayurvedic Care for You

Plan your stay with us. Tell us a little about yourself and what you're looking for. Our team will get back to you with room availability and treatment guidance.

1. **Full Name***

Placeholder: Enter your full name

2. **Email Address***

Placeholder: Enter your email address

3. **Phone / WhatsApp Number***

Placeholder: Include country code

4. **Country of Residence***

Dropdown: Select your country

5. **What Health Concern Would You Like Help With?***

Select all that apply.

- ☐ Diabetes Management
- ☐ Arthritis & Joint Care
- ☐ Stress Management
- ☐ Sleep & Burnout Support
- ☐ Women's Health
- ☐ Infertility Support
- ☐ Thyroid Care
- ☐ Weight Management
- ☐ Postnatal Care
- ☐ Men's Health
- ☐ Post-Menopause Care
- ☐ Rejuvenation & Vitality
- ☐ De-addiction Support
- ☐ Sports Injury Support
- ☐ Other Health Concerns
- ☐ Not Sure – Need Guidance

6. **Have You Received Any Previous Treatment for This Concern?**

- ☐ Yes
- ☐ No
- ☐ Prefer to Discuss During Consultation

7. **Additional Information (Optional)**

Placeholder: Share any questions or special requirements.

Submit Button

Send Treatment Enquiry →

Our team will contact you to discuss your requirements and the next steps.

BLOGS

Eye brow: KNOWLEDGE & WELLNESS

Explore Our Latest Blogs

Discover insights into traditional Kerala Ayurveda, Ayurvedic treatments, healthy living, and holistic approaches to well-being from Shinshiva Ayurvedashram.

Blog Card 1:

Title: Understanding Panchakarma: A Guide to Traditional Ayurvedic Detox

Description: Learn about Panchakarma, its traditional therapies, and how an Ayurvedic doctor determines a suitable treatment plan.

Button: [Read More](#)

Blog Card 2:

Title: 8 Traditional Ayurvedic Treatments to Know About

Description: Explore traditional therapies such as Abhyanga, Shirodhara, Njavarakizhi, and Podi Kizhi.

Button: [Read More](#)

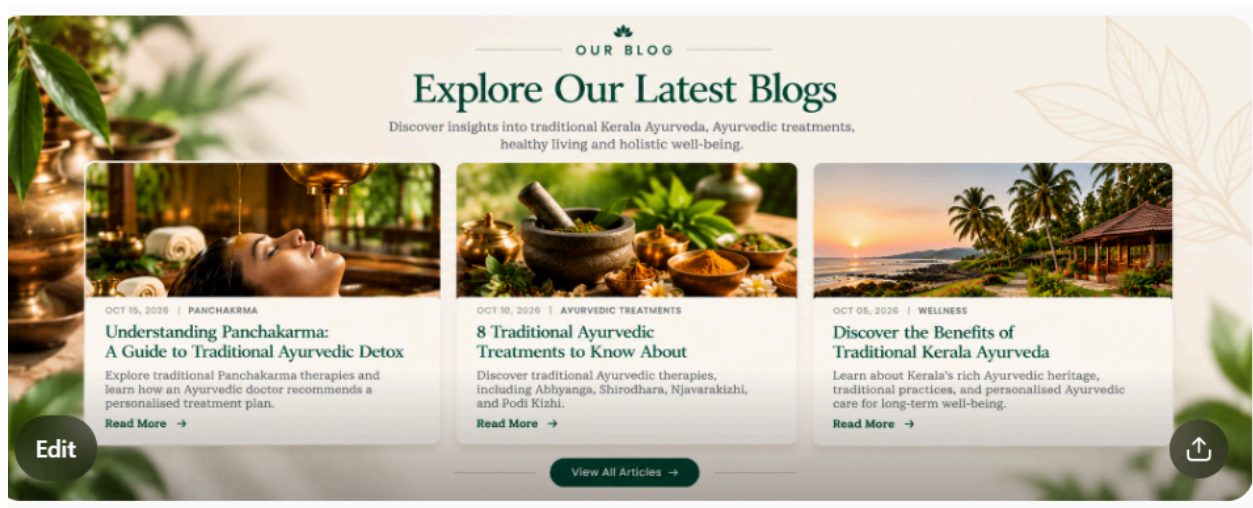
Blog Card 3:

Title: Discover the Benefits of Traditional Kerala Ayurveda

Description: Explore Kerala's Ayurvedic heritage, traditional practices, and the importance of personalised care.

Button: Read More

Section CTA: View All Articles →



FOOTER