



NURTURING
EVERY BEGINNING

**Behind Every Newborn,
There Is a Mother Who Needs Care Too.**

Motherhood is a beautiful beginning, but it is also a profound transformation. Life changes overnight, along with her body, emotions, routines, priorities, and even the way she sees herself. While everyone celebrates the arrival of the baby, the mother is quietly learning to recover, adapt, and find herself again. She needs rest, nourishment, healing, reassurance, and time. Because caring for a newborn is only one part of this journey. Caring for the mother who brought that life into the world deserves the same attention, tenderness, and understanding.

**THE EMOTIONAL
CONNECTION**



SECTION

ABOUT AYURMOM

Care That Begins With Understanding You

Founded in 2023 in Mavelikara, Kerala, Ayurmom is a dedicated postnatal care centre founded by Dr. Vani Siva Prasad, BAMS, MD, an Ayurveda physician with 14 years of clinical experience. Combining authentic Ayurvedic practices with professional expertise, Ayurmom offers personalised home-care, inpatient, and walk-in services for mothers and babies. With a natural approach to recovery, nourishment, and well-being, Ayurmom now brings its specialised postnatal care services to Bengaluru, thoughtfully rendered at your doorstep to meet every mother's needs with comfort and care.

3000+

Happy Mothers

Google





VISION

To redefine postnatal wellness by blending authentic Ayurvedic insight with modern care, empowering every mother to heal, regain strength, nourish herself, and embrace motherhood with confidence.

MISSION

To provide personalised Ayurvedic postnatal care through therapeutic treatments, nourishing nutrition, expert guidance, and compassionate support, promoting natural recovery, wellbeing, vitality, and a healthier beginning for mothers.



TREATMENTS & SERVICES

Your Body Gave So Much.
Now, Let It Be Cared For.

Ayurvedic care for both mother and baby, thoughtfully designed to support postpartum recovery, nourishment, relaxation, skin and hair wellness, and overall rejuvenation.



Natural & Safe
Herbal Care



Promotes Relaxation
& Better Sleep



For Your Baby's
Overall Well-being

Gentle Baby Care

Baby Massage

Nourishing oil massage to support relaxation, healthy circulation, comfortable sleep patterns and overall well-being.



Medicated Lukewarm Bath

A gentle herbal bath designed to cleanse, hydrate and nourish delicate baby skin.



Baby Anjanam (Optional)

Traditional Kerala herbal eye care using a carefully prepared Ayurvedic herbal formulation.



Newborn Care Guidance

Practical guidance on common newborn concerns

COMPREHENSIVE

MOTHE

Expert Ayurvedic⁰¹ Consultation

Personalised Ayurvedic guidance and care under the supervision of Dr. Vani Siva Prasad, tailored to the mother's individual postpartum needs.

Abhyangam⁰² Full body massage (head face body foot)

A therapeutic full-body oil massage designed to promote body relaxation and relieve postpartum fatigue and stiffness.

Kizhi Therapy⁰³ (3 varieties)

Herbal poultice therapy to help ease stiffness, body and joint pain, muscular discomfort and inflammation, including back, neck, shoulder and leg pains.

Vethu Bath⁰⁴

A restorative medicated herbal bath prepared with four varieties of fig, Dasamoolam, herbal leaves, shellac resin and Indian frankincense. Traditionally used for its anti-inflammatory, antimicrobial and analgesic properties.

Udara Veshtanam⁰⁵

Traditional postnatal abdominal binding designed to provide gentle support during the postpartum recovery period.

Netra shuddhi⁰⁶

Gentle Ayurvedic eye care specially suited for puffy, tired and sleepless eyes of new mothers, using an herbal cooling decoction for cleansing and comfort.

RCARE

Kesha shuddhi⁰⁷

A herbal hair-cleansing treatment prepared with Amla, Vetiver, Bhringraj and Hibiscus to cleanse the hair and nourish the scalp.

Njavara Therapy⁰⁸

A nourishing red-rice treatment traditionally used to strengthen the body, nourish the skin and support healthy circulation.

Kamsya Roller Massage⁰⁹

A traditional facial massage using a Kamsya roller to support lymphatic drainage, blood circulation and facial relaxation.

Dhoomapanam¹⁰

A gentle Ayurvedic fumigation procedure traditionally used to keep the hair and scalp clean and healthy, while supporting relief from congestion, headaches, sinus discomfort and common cold. Also valued for its antimicrobial action.

Rasnadi Thalam¹¹

Traditional Ayurvedic head care using Rasnadi preparations to help reduce congestion and support relief from headaches, common cold and sinus-related discomfort.

Anjanam¹²

A traditional Kerala Ayurvedic preparation made with herbal extracts, used as a natural herbal kaja for gentle eye care.

Reflexology Pressure- Point Massage¹³

Targeted pressure-point massage designed to promote relaxation, reduce stress and support overall well-being.

Anti-Stretch Mark Care¹⁴

Customised Ayurvedic anti-stretch-mark oil and cream treatments designed to moisturise the skin, improve its appearance and gradually reduce the visibility of stretch marks.

Ayurvedic Face Pack¹⁵

Herbal facial care designed to support skin glow, radiance, nourishment and an even-looking skin tone.

Herbal Hair Pack¹⁶

Nourishing herbal hair care to support hair growth and scalp health, while helping with hair fall, dandruff and lice.

De-Tan Pack¹⁷

A refreshing herbal de-tan treatment to help reduce the appearance of tan and dullness, leaving the skin looking brighter, fresher and more radiant.

Postnatal Diet¹⁸

A customised postnatal diet designed to support recovery and nourishment, with adequate iron, calcium and protein for the mother's changing nutritional needs.

Postnatal Stretching & Flexibility¹⁹

Gentle, guided stretches to support flexibility, mobility, strength and gradual postpartum recovery.

Lactation Support & Guidance²⁰

Individualised dietary and breastfeeding guidance to support healthy milk production, maternal nourishment and proper feeding practices.

Post Natal Care Individual Health Progress Card²¹

A personalised record to track your recovery, health, nutrition, and overall wellbeing throughout the postnatal period.

Baby Bath²³

A soothing, gentle bathing routine using baby-friendly Ayurvedic practices to keep your little one clean, comfortable, and refreshed.

New Born Care Guidelines²⁵

Practical guidance for parents on feeding, hygiene, sleep, skin care, daily routines, and essential newborn care.

Baby Massage²²

Gentle Ayurvedic massage designed to support relaxation, healthy growth, circulation, and overall baby wellness.

Anjanam for Baby (Optional)²⁴

A traditional Ayurvedic care practice offered with appropriate guidance, focusing on gentle and mindful newborn care.

WHY AYURMOM

Because you deserve
to be cared for, too.

Expert Ayurvedic Care

Your post-natal journey is guided by Dr. Vani Siva Prasad, BAMS, MD, with over 14+ years of clinical experience. Every treatment is thoughtfully planned based on individual needs and carefully supervised to ensure safe, personalised and holistic care.

Trained & Certified Professionals

Our therapies are delivered by trained and certified Ayurveda nursing professionals with specialised training in Ayurveda Nursing and Panchakarma. With expertise, compassion and attention to detail, our team ensures you feel comfortable, cared for and confident throughout your recovery.

Authentic Ayurvedic Products

We use pure, premium-quality Ayurvedic products sourced from Kerala, chosen for their authenticity and therapeutic value. From nourishing oils to herbal preparations, every product is selected with your safety, comfort and post-natal well-being in mind.

Traditional Wisdom With Professional Care

At AYURMOM, we bring together the timeless wisdom of Ayurveda and professional clinical care to create a comprehensive post-natal experience. From therapeutic treatments and nourishment to rest and rejuvenation, we support mothers as they recover, regain strength and reconnect with their well-being.



Meet Our Founder & Chief Physician

Dr. Vani Siva Prasad,
BAMS, MD

With 14+ years of clinical experience in Ayurveda, Dr. Vani Siva Prasad brings together classical Ayurvedic knowledge and extensive experience in postnatal wellness care.

A postgraduate in Ayurveda Samhita Siddhanta from Government Ayurveda College, Thiruvananthapuram, and a graduate of Rajiv Gandhi University of Health Sciences, Karnataka, she began her clinical journey with training in the Ashtavaidya tradition at Vaidyaratnam, Ollur, Thrissur.

She is the Founder of AYURMOM Post Natal Care, established in 2023, and has successfully guided 3,000+ mothers through personalised postnatal care across home services, inpatient care and walk-in treatments in Kerala.

As the Chief Physician at Neelamana Ayurveda, Mavelikara, Dr. Vani continues to focus on integrated, personalised Ayurvedic care for mothers during their recovery and transition into motherhood.

Her academic excellence and contribution to Ayurveda were recognised with the prestigious Jeevaka Award by Himalaya Herbal Healthcare in 2011. She has also contributed to national and international journals and actively participates in conferences through paper and poster presentations.

In Bangalore The First 48 Hours Matter. What Happens After?

Every month, nearly 13,000 births take place in Bengaluru. While most mothers receive immediate medical attention after childbirth, continued postnatal care remains an important gap.

88.6%

of mothers receive postnatal care within the first 2 days.

99%

of deliveries take place in institutions.

74.5%

continue with regular hospital visits, but do not receive any professional postnatal care.

55%

of mothers and families have moderately adequate knowledge about postnatal care practices.

5%

have adequate knowledge about postnatal care.

The Gap Isn't in Delivery Care.
It's in Continued Care for Mom.

Recovery takes time	The body needs time, nourishment and support to heal and regain strength after childbirth.
Emotional wellbeing matters	Postpartum changes can affect mood, sleep, confidence and overall emotional wellbeing.
Nutrition & strength need support	Personalised nourishment can help restore energy, support digestion and aid recovery.
Breastfeeding needs care	The right guidance can make breastfeeding more comfortable, manageable and sustainable.
Postpartum concerns can emerge later	Some physical and emotional concerns may appear weeks or even months after delivery.
A mother needs care too	Because caring for the baby begins with caring for the mother.

AYURMOM bridges the gap between discharge from the hospital and a mother's return to normal life.

Because childbirth is only the beginning. A mother's body, mind and wellbeing need time, support and personalised care to truly recover.



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