

CONSULTATION PROGRAMMES

At TANMATRA, we help you fix your health condition by identifying the root cause of the disease (from your regular food, lifestyle, genetics, including identifying the source and effect of stress) and get it treated with the help of Ayurvedic medication, dietary and lifestyle modifications and adopting healthy routines like Yoga thereby resetting the Circadian rhythm.

Our Areas of expertise:

- Thyroid diseases;
- Menstrual disorders;
- Chronic inflammations;
- Gut & Skin ailments.

A. One Month Programme: INR. 7,500.00

This includes:

- 60 min consultation with Dr Alka;
- Prescription for the following 4 weeks;
- Aaharacharya (Diet Chart) with curated recipes;
- Dhinacharya (Lifestyle Modifications) chart;
- WhatsApp Assistance for One Month (Twice a week; during office hours).

- **Review (/Follow up) Consultation: INR. 3000.00**

This includes:

- 30 min consultation with Dr Alka ;
- Prescription for the following 4 weeks;
- WhatsApp Assistance for One Month (Twice a week; during office hours).

- **Review (/Follow up) Consultations with revised Diet Chart: INR. 5000.00**

This includes:

- 30 min consultation with Dr Alka;
- Prescription for the following 4 weeks;
- Revised Diet chart (specific to season and disease);
- WhatsApp Assistance for One Month (Twice a week; during office hours).





B. Three Month Programme: INR. 50,000.00

This includes:

- 1 x Onboarding Consultation: 1hour
- 3 x Review Consultations: 30 minutes
- Prescription & Diet Chart after every consultation
- Dinacharya (Lifestyle Modifications) Chart after Onboarding Consultation
- WhatsApp Assistance (Weekdays; during office hours)
- Orientation call with Junior Doctor (after procurement of prescribed medicines)
- Free Masterclass Access during the tenure of the programme (3 months)
- Free Yoga Sessions during the tenure of the programme (3 months)

Notes:

- The tenure of all the consultations listed above shall commence from the date of Onboarding or Review consultation (as the case may be). A reasonable time limit for procuring the prescribed medicines shall be considered and the tenure shall be extended accordingly;
- Timely review (/follow up) consultations are to be booked in advance (based on the availability of slots and on first come-first serve basis) as soon as the medications start, so as to ensure continuity of medication and effective results;
- Medicines that are prescribed (including shipping charges) and any other services availed if and when availed from us shall be chargeable over and above the charges mentioned above, from time to time.
- The client would be required to take up a fresh Onboarding consultation if there is a break in the follow up for more than 2 months.
- The WhatsApp Assistance provided would be during the tenure of the prescription only.

TREATMENT PROCEDURE

- Dr. Alka Vijayan, the Chief Physician, would be analysing your health condition in detail during the Onboard(/first) consultation and would prescribe the necessary dietary-lifestyle modifications and ayurvedic medications to be followed, that helps in the internal correction;
- Consultations would be done online (Zoom Meeting) or in-person and are to be



scheduled well in advance, as the slots would be allotted on First Come First Serve basis;

- Our consultation hours are from 08.30am to 01.00pm IST (Monday to Friday);
- Once the Consultation is availed, a closed WhatsApp group would be formed with the client and the doctors' team to co-ordinate the further activities such as prescriptions, diet charts, pharmacy orders etc. Dr. Alka would be available only at the time of the consultation and further co-ordinations would be done by her team based on her concurrence;
- Treatment related queries would be attended by Dr. Alka or her team during the tenure of the prescription based on the type of consultation availed.
- The client is expected to strictly follow the prescription and other recommendations by the doctor, in order to achieve the desired results within the said time period.

MEDICATION

Ayurvedic medicines would be prescribed along with certain modifications in daily diet and routine upon consultations as required for your condition. It is strongly advised to procure medicines of the recommended brands/manufacturer, locally or via online, as the efficacy of the medicines differ with brand and there are chances of developing side - effects like gastritis, bloating etc, when medicines with high amounts of preservatives are used.

If there is any difficulty in procuring the prescribed medicines, the same can be arranged from our in-house pharmacy, upon request.

FREQUENTLY ASKED QUESTIONS

Q. Will I be able to get in touch/discuss with Dr. Alka after/in between the fixed number of appointment?

A. Dr. Alka would be available only during the consultations. You may share your queries regarding the treatment in the WhatsApp group and they would be attended by her team of juniors (after the concurrence with Dr. Alka), as per the programme you're signed up for.

Q. Do you ship the medicines overseas?

A. We usually ship medicines internationally via DHL/FedEx/Aramex to certain countries such as the US, UK, UAE, France, Australia etc., however it wouldn't be possible to do so to other countries such



as Germany, Muscat, Bahrain etc. as they are either restricted or the procedures for the same are a bit cumbersome.

If you have any friends or family members in India, who is likely to visit you in about 3-4 weeks' time from the date of consultation, we can send the medicines to their address, who can carry them to you, with a signed prescription.

It would be ideal to proceed further with the consultation once the medicine despatch is sorted.

Q. Is the cost of medicines included in the cost of the programmes?

A. The consultation programmes would only include those services listed under the respective head.

As mentioned in point no. 3 under the Notes (Pg2, above), medicines that are prescribed including shipping charges and any other services availed from time to time, would be charged separate.

Q. What would be approximate cost of medicines?

A. It would vary based on one's health condition and may range between INR. 1000.00 to INR. 3000.00/month.

Q. What would be the duration of the treatment?

A. It would also vary based on one's health condition and may range between 3 to 9 months.

Q. Can I get completely cured in such a way that I can get relieved off all the medication?

A. It can be ascertained only after a detailed consultation.

Q. Can I take your medication simultaneously with another diet plan/medication?

A. We wouldn't recommend the same; it would be ideal to follow one line of treatment/diet protocol, for effective results.

Q. Do I have to get a blood work done before the consultation?

A. The lists of tests to be done would be prescribed after the Onboarding consultation. Please note our treatment protocol is mainly based on the symptoms you face and your body type.

The blood test reports would be considered only for record and wouldn't change the course of the treatment unless the values are that concerning.



**Q. Can I get a customized programme without a few services that you offer? OR
Can I just opt for a consultation with Dr. Alka and not anything more? OR
Can I discuss with Dr. Alka and opt for a programme afterwards?**

A. Please note Programme A is the entry level programme that we offer to have a consultation with Dr. Alka. You may convert to Programme B anytime within one week from the Onboarding consultation. The programmes are not customizable.

Q. Do I have to be a vegetarian during the course of the treatment?

A. It is ideal to follow a vegetarian diet for the first few weeks into the treatment. Non vegetarian food can be slowly introduced (if required) based on the progress in the treatment.

For any further enquiries:

You may get in touch with us on WhatsApp (+91 81292 86699) during our office hours of 08.00am to 06.00pm IST (Monday to Saturday).

Best Regards,
Team TANMATRA

