

A woman with short dark hair, wearing a dark purple sleeveless top and a long necklace, is sitting in a white chair and smiling. She has her hands clasped in her lap. In the background, there is a wooden bookshelf filled with books, a round clock, and a small Buddha statue. The entire image has a dark teal overlay.

Tanmatra Ayurveda | Healing Programmes

Personalised Ayurveda for "lasting, pill-free" health.

Helping you lead a pill-free life

Tanmatra Ayurveda, founded by Dr. Alka Vijayan, is a holistic Ayurvedic centre focused on treating root causes through a multidimensional approach. We specialise in thyroid care, gut health, women's wellness, and hormonal balance, offering personalised treatment based on your body type and agni.

Each patient undergoes detailed assessment, followed by a customised plan including medicines, diet, and lifestyle guidance. Supported by experienced doctors and nutritionists, we combine classical Ayurveda with modern living.

Through online consultations, we have supported patients across **45+ countries** in restoring long term health, naturally and sustainably.

 MEET OUR FOUNDER

Dr. Alka Vijayan

BAMS, PGDCND, PG Diploma Yoga

A graduate from the prestigious Government Ayurveda College, Thiruvananthapuram, the oldest Ayurveda institution in the world, Dr. Alka specialises in thyroid hormone dysfunction, gynaecological health, and gut restoration. Her integrative approach combines classical Ayurvedic protocols with modern nutritional science and therapeutic yoga, offering patients a truly comprehensive healing experience.



Areas of Expertise

At Tanmatra Ayurveda, we address the root causes of chronic conditions – not merely their symptoms. Each of our specialisation areas is guided by classical Ayurvedic principles, personalised to your constitution, and supported by evidence-informed nutritional and lifestyle protocols. Explore the conditions we treat with depth and compassion, as follows:



Thyroid Care

Through personalised herbs, diet, and lifestyle, we work to rebalance the endocrine system and restore natural hormone regulation – helping reduce dependency on medication under medical supervision.



Menstrual Disorders & Women's Wellness

We treat conditions like painful periods, PCOS/PCOD/PMOS, PMS, PMDD, endometriosis, adenomyosis, and irregular cycles by addressing root cause. Through personalised diet, herbs, and lifestyle care, we reduce inflammation, strengthen reproductive health, and restore regular, pain free cycles – helping women regain balance and vitality.



Pregnancy Care

From infertility to pre-conception to pregnancy and postnatal care, we support both partners at every stage. Through Ayurveda, we strengthen reproductive health, nourish the womb, support natural birth, and aid recovery – ensuring a healthier pregnancy, smoother delivery, and optimal care for mother and baby.



Gut Health Reset

We address acidity, bloating, constipation, GERD, IBS and other conditions of gut by restoring agni (digestive fire). Through personalised herbs, diet, and cleansing therapies, we help rebuild gut balance, improve digestion, and support long term health.



Chronic Inflammation

Joint pain, fatigue, and brain fog often stem from toxin buildup (ama) and poor gut health. We can help reduce inflammation, restore health and supporting better energy, clarity, sleep, and long term relief in conditions like arthritis and chronic fatigue.



Skin Disease Management

We treat conditions like **psoriasis**, **eczema**, **acne**, **abscess** etc. by addressing root causes. Through blood and liver cleansing, personalised diet, and stress management, we reduce inflammation and restore skin health – offering lasting relief, not just temporary suppression.

Healing clients, Globally

45+

Countries Served

Patients reached across the globe through online consultations

6

Continents

International reach bringing Ayurveda to patients worldwide

6

Specialisations

Deep expertise across thyroid, gut, skin, hormonal and pregnancy care

📄 **Mission:** Helping you lead a pill-free, empowered, and naturally healthy life!

Process Flow



One-time Consultation

Fees: ₹. 10,000.00 (USD 135.00)

Includes:

1 x Onboarding consultation (60 mins max.) with Dr. Alka Vijayan;

Medicine prescription (for 3-4 weeks) based on Body-Type Analysis

Diet chart with a few Ayurvedic recipes

Lifestyle Modification plan

1 x Orientation call with the Team Doctor (to guide through the treatment plan)

WhatsApp support (Twice a week basis; during Office hours)



Notes:

- The fees do not include cost of medicines, their shipping charges and any other service not specifically listed above;
- The primary objective of the One-time Consultation is to provide the client with a clear understanding of their current health condition and guide them on the steps to be followed over the coming months to achieve the desired health outcomes. It serves as the foundation for their treatment journey with us by helping them understand their health status, treatment priorities, and the recommended course of further action.

[Click here to Register](#)

Three Month Programme

Fees: ₹. 50,000.00 (USD 675.00)

Includes:

1 x Onboarding consultation (**60 mins max.**) with Dr. Alka Vijayan

3 x Review consultation (**30 mins max.**) with Dr. Alka Vijayan, after every 3-4 weeks of medication

Medicine prescription (for 3-4 weeks) based on Body-Type Analysis

2 x Diet chart with a few Ayurvedic recipes

Lifestyle Modification plan

2 x Orientation calls with the Senior Team Doctor (to guide through the treatment plan)

Weekly check-ins by Team Doctor

WhatsApp support (Weekdays, during Office hours)

3 x Masterclass sessions conducted by Dr. Alka Vijayan



Note: The fees do not include cost of medicines, their shipping charges and any other service not specifically listed above.

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General Consultation with Senior Team Doctor

Fees: ₹. 5,000.00 (USD 75.00)

Includes:

- 1 x Onboarding consultation (60 mins max.) with the Senior Team Doctor
- Medicine prescription (for 3-4 weeks)
- WhatsApp support (Twice a week basis; during Office hours)

Following Add-on Services are to be availed separate, in addition to the General Consultation:

Service	Fees
Review Consultation (Max. 30 minutes)	₹. 2,000.00 (USD 30.00)
Diet Chart	₹. 2,000.00 (USD 30.00)
Lifestyle Modifications Chart	₹. 1,000.00 (USD 15.00)
Short Call with the Team Doctor (Max. 10 minutes)	₹. 500.00 (USD 10.00)



Notes:

- The fees do not include cost of medicines, their shipping charges and any other service not specifically listed above;
- The Senior Team Doctor will conduct the consultations and lead the treatment under the guidance and clinical supervision of Dr. Alka Vijayan. However, please note that this programme does not include direct consultations or one-to-one interactions with Dr. Alka.;
- The Senior Team Doctor specializes in the management of women's gynecological concerns, gut health, and skin disorders. **Kindly note that thyroid-related conditions are not attended by the particular doctor.** If, during the course of the treatment with us, a thyroid disorder is identified, a separate consultation with Dr. Alka will be required for further evaluation and management of the thyroid condition.

Click here to Register

Q: Will I be able to get in touch with or discuss concerns with the Consulting Doctor after or in between the fixed number of appointments as per the programmes?

A: Our consulting doctors are available for calls exclusively during the scheduled consultations. For continued support, you are welcome to share any treatment-related questions in your designated WhatsApp group. These will be reviewed and answered by our team doctors during our office hours, following direct concurrence from your primary consulting doctor.

In addition, short orientation calls with our team doctors can be scheduled upon prior booking. Depending on the specific consultation program you have availed, these calls will either be complimentary or accessible upon the standard applicable payment.

Q: Do you ship the medicines overseas?

*A: We facilitate international shipping via couriers such as DHL, UPS, and Aramex to destinations where Ayurvedic formulations, herbs, and supplements are legally permitted. **Please note that all international shipping charges are levied on actuals as quoted by the respective courier partner.***

Alternatively, if any relatives or friends in India are scheduled to visit you within 3 to 4 weeks post-consultation, we can dispatch the medicines to their local address in India and they can comfortably transport them to you along with a hard copy of the signed prescription.

Important Note: Given the complexities of international customs, we request that your dispatch arrangements be finalized before we proceed with the consultation process.

Q: Are the costs of the medicines that will be prescribed, included in the overall program fees?

A: The consultation programmes would only include those services listed under the respective programme. The medicines that are prescribed including shipping charges and any other services availed from time to time, would be charged separate.

Q: What would be the approximate cost of medicines?

A: It would vary based on one's health condition and may range between INR. 1,000.00 to INR. 5,000.00/month.

Q: What would be the overall duration of the treatment?

A: The overall duration of the treatment varies according to individual health profiles, typically ranging between 3 to 9 months. Our primary objective is to safely taper off dependency on long-term medications by addressing the root cause of the condition. You can expect to experience measurable, positive clinical outcomes, provided all dietary, lifestyle, and supplemental recommendations are correctly and consistently followed.

Q: Can you help me achieve a complete cure/full recovery to the point where I am completely medicine-free?

A: While an accurate assessment of your timeline requires a thorough initial consultation, we can assure you, distinct improvement in your condition through our treatment. Optimal and measurable clinical outcomes are highly achievable, provided all prescribed dietary, lifestyle, and supplemental guidelines are correctly and consistently followed.

Q: Is it permissible to follow your treatment protocol simultaneously with another diet or medication regimen?

A: To achieve the most effective results and to prevent any cross-interference, we strongly recommend focusing on one integrated treatment plan. Following a single, unified line of treatment and dietary protocol, allows us to accurately track your progress and ensure success.

For patients on synthetic thyroid medication, the dosage will be gradually tapered down under close clinical supervision, determined by the progressive efficacy and systemic response to the Ayurvedic treatment.

Q: Is prior blood work mandatory before proceeding with the consultation?

A: Please feel free to share any recent lab reports (under 3 months old) for the review.

Our core treatment protocol is fundamentally based on the person's body type and current symptoms. Therefore, existing blood reports are treated as a baseline reference and rarely change the primary course of treatment unless critical values require immediate attention. Any additional diagnostic tests will be assessed during your onboarding consultation, prescribed afterward, and discussed in your first review session—unless urgent adjustments are necessary.

Q: Is it possible to complete the consultation first and choose a programme afterward?

*A: We recommend scheduling a **Discovery Call** with us to discuss potential program adjustments. These calls are handled by trained members of our administrative team and are intended to provide clarity on our services, process, and deliverables. Please note that while our team can address most queries, any specific program customization is strictly subject to your clinical health condition and will be finalized upon discussion with our doctors' team.*

Q: Are there specific dietary restrictions, such as maintaining a vegetarian diet, required during the treatment?

A: We recommend following a vegetarian diet during the initial weeks of your treatment for optimal results. Non-vegetarian food can be gradually reintroduced later, depending on your progress in the treatment.

Furthermore, we respect and accommodate diverse lifestyle choices and belief systems. Whether you follow a vegan lifestyle or require dietary modifications aligned with religious observances, our team of doctors will make every effort to incorporate these preferences into your protocol, provided they support your clinical recovery and overall health condition.

① Kindly note that the validity of this PDF (*Healing Programmes*) is limited to 30 days from the date of issue. If this period has elapsed, we request you to get in touch with our Front Desk Team to obtain the latest updated version before proceeding.

[Click here to connect with our Front Desk on WhatsApp for any further assistance!](#)