



**Authentic Ayurveda**



**Ayurveda Consultation | Diet & Life Style Modification  
Panchakarma & Ayurveda Workshops | Herbal Products**



# Our Founder & Chairperson

**Dr. Baldeep Kour** is the Founder and Chairperson of Deep Ayurveda Healthcare Private Limited, a leading international Ayurvedic manufacturing company situated in India & other part of world. With a strong commitment to providing authentic Ayurvedic treatments to society, she ensures that her approaches are supported by clinical expertise and scientific evidence in the form of plant extract-based herbal medicines. With an unwavering passion for Ayurveda and Panchkarma, Dr. Kour has been practicing Ayurveda for over 18 years, both in India and across the globe and now also available in Australia for consultation.



## Professional Qualifications & Experience

She has done a Bachelor's degree in Ayurveda (BAMS) from Rajiv Gandhi University of Health & Science. She has also completed her PGDP in Panchakarma, Yoga, and Naturopathy. She is a member of the Australian Association of Ayurveda and registered ayurvedic practitioner with CCIM (Central Council of Indian Medicine) -New Delhi.



## Clinical Research & Product Formulations

At, Deep Ayurveda Head Office (India), Being Founder & Director, Dr. Baldeep Kour is responsible to manage new product formulation, Clinical research in Ayurveda, Clinical operations and Training program by providing guidance to ensure that DEEP AYURVEDA ® meets its clinical operations, regulatory, and safety standards in ayurvedic and herbal product manufacturing. She is also responsible for overseeing business management, and regulatory compliance. Additionally, she provides support for patient safety initiatives, pharmacovigilance programs, and clinical research activities.

## Expertise in Chronic & Lifestyle Disease Treatment

She is a well known and highly experienced Ayurvedic Practitioner of India. She has been treated thousands of patients of chronic disease through ayurvedic management like Skin Care Disease ( Psoriasis, Eczema, Pigmentation, Acne, Blemishes , Alopecia and Dermatitis), Asthma, Liver & Kidney Failure, Female Infertility, Arthritis, Digestion Related Health Issue, Chronic Constipation, MND, Heart Care, Blood Pressure, Thyroids, Diabetes and other life style related disorder.

## Expertise in Panchkarma Therapies

She has extensive knowledge & experience in Panchakarma therapies like Shirdhara, Vaman, Virechan, Nasya and Vasties and she also offering Ayurveda and panchakarma training program in Australiat. She also works with her patients to help them understand the philosophy and principles of Ayurveda and how to incorporate Ayurveda into their daily routine to

# About Deep Ayurveda

DEEP AYURVEDA ® – An Authentic Ayurvedic Manufacturing Company and renowned name in Ayurvedic Clinical Operations based H.Q.in India. Deep Ayurveda founded by Dr Baldeep Kour & Mr Vishnu Datt Sharma in 2006, We committed to provides authentic ayurveda treatments and natural products to the world backed by the thousands of years old ancient Ayurveda texts Like: Charak Samhita, Shusrut Samhita, Ashtang Sangrah, Bhav Parkasha Nighantu and many others & thousands of years of research done by our ancient scholars like Maharishi Shusrut, Maharishi Charka, Maharishi Vagbhat etc. and also clinical research is done on the basis of modern parameters by our Ayurveda doctors.

Today, We are proud to be a well-known International Ayurveda brand having expertise in blending the traditional ayurvedic knowledge for the formulation & manufacturing of ayurvedic, Herbal supplements, personal care products to counter health-related challenges of modern lifestyle as well as acute and chronic diseases. Every ayurvedic product formulation is in compliance with Ayurveda Department regulated by Ayush Ministry–Govt of India, FSSAI and USFDA regulations & guidelines to meet international standards for the manufacturing.

All of the formulations formulated by DEEP AYURVEDA ® are free from any kind of chemicals, GMO, synthetic colour & fragrance. Our manufacturin facility in India also has Organic Certification for NPOP, NOP & EU recognised by APEDA (Govt of India). More than 500 products are approved in this organic certification which includes spices, pulses, grains, oils, whole herbs, herbs powder, herbal juices etc.

## Quality Control and Quality Assurance:

Quality is not only limited to the range of products we produce but also in every aspect of our operations. Quality for us is a tool that helps in safeguarding the contentment in the wellness of our customers. Every herbal product or ayurvedic treatment we provide is evaluated on a spectrum of frameworks related to the ingredients & ratio of constituents and their effect on the human body. They are also assessed according to the acceptance criteria of all relevant national & international standards. DEEP AYURVEDA ® believes in total quality management and total quality compliance. Our post-production products are tested by govt. Lab as well as by the renowned laboratory of India. We also follow the phytochemical analysis procedure to ensure raw herb's quality and efficacy.



“Experience Pure Botanical Indulgence with our Luxury Ayurvedic Skin & Hair Care Range”



*A Luxury Skin & Hair Care Brand by Deep Ayurveda*



# What is Ayurveda ?

Ayurveda is a holistic healing system that originated in ancient India over 5,000 years ago. It is considered one of the oldest systems of medicine in the world. The word "Ayurveda" is composed of two Sanskrit words: Ayur, meaning life, and Veda, meaning science or knowledge.

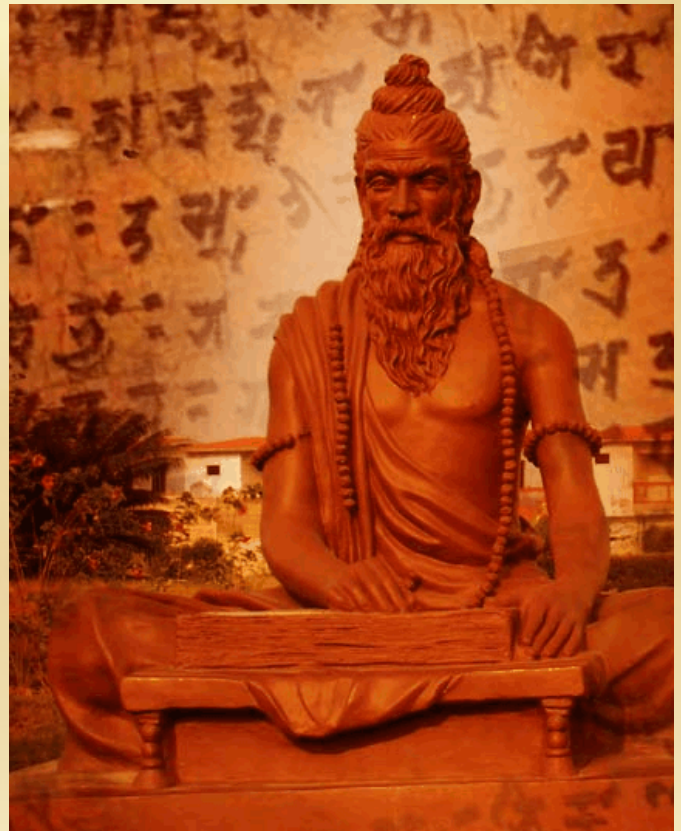
Ayurveda views the human body and mind as a dynamic balance of three fundamental energies, called doshas: Vata, Pitta, and Kapha. Each dosha represents a combination of two of the five elements - ether, air, fire, water, & earth. Vata is associated with ether and air, Pitta with fire & water, and Kapha with water & earth.

According to Ayurveda, illness occurs when there is an imbalance in the doshas, disruption in the flow of energy, or accumulation of toxins in the body. The aim of Ayurveda is to restore balance and promote overall well-being.

Ayurveda encompasses various aspects of health, including diet & lifestyle, herbal medicine, yoga, meditation & panchakarma therapies.

In Ayurveda, each individual is considered unique, with their own specific constitutional type or prakriti. This constitution is determined by the dominant dosha(s) present in an individual. Understanding one's prakriti helps tailor the treatment and lifestyle recommendations to meet the specific needs of that person.

Ayurveda is not only focussed on the treatment of diseases but also emphasizes prevention and maintaining optimal health. It encourages individuals to cultivate a healthy lifestyle, including a balanced diet, regular exercise, stress management, and proper sleep.



## WHAT IS PANCHAKARMA ?

Panchakarma is a therapeutic process in Ayurveda that focuses on detoxifying and rejuvenating the body. It consists of five main steps: Vamana (emesis), Virechana (purgation), Basti (enema), Nasya (nasal administration of medicated oils) and Vasti (These procedures help to remove accumulated toxins and imbalances from the body and restore its natural balance. Panchakarma is believed to strengthen the immune system, improve digestion, and promote overall well-being. It is usually recommended for individuals seeking deep detoxification, relief from chronic diseases, or a reset of the body and mind.

## PANCHAKARMA THERAPIES & WORKSHOPS

- 🌿 **Snehan** Internal & External oleation
- 🌿 **Svedana**-Steam
- 🌿 **Vaman**- Emesis Therapy
- 🌿 **Virechan** -Purgation Therapy
- 🌿 **BastiKaram**- (Medicated Enema Therapy)
- 🌿 **Kati Vasti , Janu Vasti & Greeva Vasti**
- 🌿 **NetraVasti/Akshitarpan**
- 🌿 **Abhyanga**-Traditional Ayurvedic massage
- 🌿 **Patra PindaSvedan**-Leaf bundle massage
- 🌿 **Shastishali Pinda Svedan**
- 🌿 **Shirodhar** -Oil stream therapy
- 🌿 **Udwartan** - Herbal Powder Massage
- 🌿 **Ayurvedic Facial & Hair Fall Treatment**



Shirodhara



Patra Potli



Abhyangam



Kati Vasti








Nasya



Herbs

# AYURVEDA CONSULTATIONS & WORKSHOP

## SERVICES

	DURATION	PRICE
 <b>Ayurvedic Consultation (First Time)</b> (With Pulse Diagnosis ) _____	60 Min.	\$100.00
 <b>Ayurvedic Consultation (Short Time)</b> ( Short Consultation Or Follow Up _____	30 Min.	\$50.00
 <b>Diet &amp; Lifestyle Modification Consultation</b> (For General Well Being) _____	60 Min.	\$100.00
 <b>Ayurvedic Basic Principle Class</b> ( Learn Basic Concept of Ayurveda to Stay Healthy) _____	60 Min.	\$50.00*
 <b>Ayurveda &amp; Panchakarma Workshops</b> ( Learn Panchakarma Therapies ) _____	60 Min.	\$100.00*

\* (Applicable only for min. group of 5 Candidates)  
\* (Applicable only for min. group of 5 Candidates)







## SERVICES AT DEEP AYURVEDA

-  **Ayurvedic Consultation**
-  **Ayurvedic Treatment**
-  **Pulse Diagnosis (Body Constitution Test)**
-  **Diet & Lifestyle Modification**
-  **Ayurveda & Panchkarma Workshops**
-  **Ayurvedic Organic Herbs**
-  **Ayurveda Cooking & Ayurveda Courses**
-  **Ayurvedic Skin & Hair Care Products**

## Ayurvedic Treatment for Following Health Issues

Psoriasis, Skin Diseases, Diabetes, Arthritis, Digestive, Health, Liver Disorders, Sciatica Pain, Slip Disc, Paralysis, Joint Pain, Kidney Stones, Kidney Failure, Sexual Health, Low Immunity, Jaundice, Hair Problems, Sinusitis, Thyroid, Chronic Constipation, Migraine, Stress Management, Respiratory Health, BP & Hyper tension, Infertility (Male & Female), Weight Management, Hay fever etc


## Our Expertise & Why Choose DEEP AYURVEDA®





-  18+ Years experience in Ayurvedic Clinical Operation & ayurvedic treatment.
-  Well Qualified & Vast Experienced Ayurvedic Practitioners for Pulse Diagnosis (Prakriti Analysis).
-  Panchakarma Therapies Workshops as per classical traditional method & 100% natural treatment without adverse effect.
-  All Type of Ayurvedic Herbs, Natural Medicines & Organic Herbs & Online & Offline Consultation options available.
-  Ayurvedic Products, Ayurvedic Skin & Hair Care are made at our own manufacturing facility, which is GMP & USFDA Certified.
-  Leading Ayurvedic Manufacturing Company of India & International presence in more than 16 countries.

## Clinic Operating Hours

10:00am to 6:00pm (Monday to Friday) Saturday ( 11:00am to 2:00pm)

## DEEP AYURVEDA

South Ripley- QLD-4306 (Australia)  +61-469393187

www.deepayurveda.com.au  info@deepayurveda.com.au    @deepayurveda

## Corporate Office & Mfg. Unit

D-27, Ind. Area, Phase-1, Mohali (Pb)-160055 (India), Ph:+91-172-5099999, Email: info@deepayurveda.com | www.deepayurveda.in

To Book Appointment Scan the QR Code Below

