



For mother and child from Mother Nature

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What we do?

In your house, our staff will guide and serve you with care for the delivered lady and child for first 21 days .



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Who we are?

AMMAYUM KUNJUM is a team of experts in post delivery care for the mother and the baby through Ayurveda. AMMAYUM KUNJUM team aims to provide the age-old techniques for the well being of the new Mother and her Child.

Like a mother feeling the baby's emotions, we AMMAYUM KUNJUM team understand what a mother needs after delivery and what a child needs in this Mother Nature.

For the mother and child,
from the Mother Nature,
through Ayurveda





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Why we do this?

A woman is the core of every family and thus the society, her wellbeing is very important for the betterment of every one else. Delivery is a phenomenal thing which happens in body, which needs lot of body energy. After this strenuous process of delivery naturally the energy levels of the body will go down, to regain back the health levels of the body Ayurveda has certain techniques, which is designed by ancient Acharya's. We AMMAYUM KUNJUM team aims to provide these age-old techniques for the wellbeing of the mother and child.



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What we do for mother?

We guide you in

- ◆ What food to consume.
- ◆ What exercise to perform.
- ◆ What type of music to listen to.
- ◆ What sleeping position to follow.
- ◆ How to hold the baby.
- ◆ How to feed the baby.
- ◆ How to improve the quality and quantity of milk medically.
- ◆ What to do for better absorption of milk.
- ◆ How to prepare cradle.
- ◆ How to relieve pain.
- ◆ How to deal with stress.
- ◆ How to remove stretch marks.
- ◆ How to improve menstrual cycles.
- ◆ How to lose pregnancy weight.



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What we do for the child?

We guide you in

- ◆ How to apply oil and massage the baby.
- ◆ What type of clothes the baby should wear and how to wear it.
- ◆ How to arrange the room to create a peaceful atmosphere.
- ◆ How to disinfect the room using pure Ayurvedic methods.
- ◆ How to plan your child's growth with 16 samskaras of Ayurveda, and immunization schedules.