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Ayurveda Centre Verification Guide

A Traveller's Checklist for Choosing an Ayurveda Centre in Kerala

Check credentials, practitioner details, treatment plans, classification, accreditation, pricing and safety before paying.

Prepared by Troper Tours | Kerala Tour Operator

Why Verification Matters

Kerala offers Ayurveda hospitals, specialist clinics, treatment centres, wellness resorts and spa-style services. These are not interchangeable. Before paying for a programme, understand what type of centre you are booking, who supervises treatment, what credentials can be verified, and exactly what is included.

This is a travel-planning checklist, not medical advice. It does not recommend a treatment or claim that Ayurveda can diagnose, cure or prevent disease. For medical concerns, speak with an appropriately qualified healthcare professional and Ayurveda practitioner.

1. Identify What You Are Actually Booking

- Is this an Ayurveda hospital, clinic, treatment centre, wellness resort or spa?
- Does the centre provide physician-supervised Ayurveda treatment?
- Is the service mainly therapeutic treatment, wellness, massage or relaxation?
- Is there an identifiable clinical/practitioner team?
- Does the centre explain what is and is not included?
- Is the exact programme provided in writing before payment?

2. Check Kerala Tourism Classification

Kerala Tourism has a classification system for Ayurveda centres. Older Kerala Tourism material uses Green Leaf and Olive Leaf terminology. Kerala Tourism's current regulatory page states that the newer scheme uses Ayur Diamond, Ayur Gold and Ayur Silver, while existing classified units may continue under their existing status until certificate validity ends. The current page states that classification is valid for three years from the date of issue.

Do not rely on an old badge or screenshot alone. Ask to see the current certificate and check its validity.

Check	What to Verify
Certificate	Ask to see the current Kerala Tourism Ayurveda classification certificate.
Category	Confirm the category stated on the current certificate.
Validity	Check approval/classification date and validity or expiry.
Identity	Certificate name should match the centre you are booking.
Display	Kerala Tourism material states that classification certificates should be displayed at the centre.

Important: Green Leaf / Olive Leaf are older classification terms. When comparing centres today, ask for the current Kerala Tourism status rather than assuming an older label is still current.

3. Verify the Ayurveda Practitioner

Kerala Tourism's Ayurveda material states that classified centres were required to provide treatments under the supervision of a qualified physician with a recognised Ayurveda degree. Ask who will assess you and supervise your programme.

- What is the practitioner's full name?
- What Ayurveda qualification does the practitioner hold?
- Will you have a consultation before treatment?
- Who supervises the treatment programme?
- Can the centre provide practitioner credentials on request?
- Is the practitioner available during the programme?
- Are your existing medicines and relevant health details discussed before treatment?

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4. Understand Kerala Tourism Classification vs NABH Accreditation

These are different systems. NABH operates accreditation programmes for AYUSH hospitals and Panchakarma clinics, with standards focused on healthcare quality and patient safety. NABH also provides a directory for checking accredited healthcare organisations.

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Credential	What It Means
Kerala Tourism Ayurveda classification	Tourism-sector classification of Ayurveda centres under Kerala Tourism requirements.
NABH Ayurveda accreditation	Healthcare quality and patient-safety accreditation for eligible Ayurveda healthcare organisations.
NABH Panchakarma accreditation	A specific accreditation programme for Panchakarma clinics.

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5. If Panchakarma Is Offered, Ask More Questions

If a centre markets a multi-day Panchakarma programme, ask what the programme involves, who assesses you, how it is adapted to you, and what follow-up is provided.

- Is there an initial practitioner consultation?
- What procedures are included?
- Who decides which procedures are appropriate?
- How many treatment days are planned?
- What happens if a procedure is not suitable?
- Is clinical support available if needed?
- If NABH accreditation is claimed, can it be verified in the NABH directory?

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6. Check Medicines & Products

Ask what medicines or preparations will be used, who supplies them, and whether the centre can identify the products. Kerala Tourism's Ayurveda guidance has stated that medicines used by classified centres should come from approved and reputed firms.

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- Will medicines be prescribed or supplied?
- Can you see the product name and manufacturer?



SOURCE

■ Are medicines included in the price?

■ Will you receive instructions for use?

■ Are there additional medicine charges?

■ Can the practitioner discuss possible interactions with medicines you already take?

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7. Get the Treatment Plan in Writing

A professional centre should be able to explain what you are paying for. Avoid paying a large amount based only on a verbal promise or generic package name.

- Treatment/programme name
- Number of treatment days
- Number and approximate duration of sessions
- Consultation included or charged separately
- Accommodation included or separate
- Meals included or separate
- Medicines included or separate
- Tests or assessments, if applicable
- Transfers, if applicable
- Taxes and other charges
- Cancellation and refund conditions

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8. Check Your Total Cost

Ask for a written quotation separating treatment, accommodation, medicines and additional services.

Cost	Question
Consultation	Is the initial practitioner consultation included?
Treatment	How many sessions and which procedures are included?
Medicines	Are prescribed medicines included?
Accommodation	What room and meal plan are included?
Tests	Are tests or assessments additional?
Transfers	Are airport/hotel transfers included?
Taxes	Are taxes and service charges included?

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9. Red Flags Before You Pay

- The centre refuses to show its current certificate or accreditation details.
- Green Leaf/Olive Leaf is presented as current without validity information.
- Nobody can identify the practitioner responsible for treatment.
- A spa massage is presented as a medical treatment without proper consultation.
- You are promised a cure for a serious disease or told to stop prescribed medication.
- A large package payment is requested before a written treatment plan is provided.
- Medicines are supplied without clear product information.
- The centre cannot explain what happens if you become unwell during treatment.
- Accreditation is claimed but cannot be found in the relevant official directory.

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10. Questions to Send an Ayurveda Centre

Copy these questions into WhatsApp or email before paying:

1. What type of Ayurveda centre are you: hospital, clinic, treatment centre, wellness centre or spa?
2. What is your current Kerala Tourism Ayurveda classification, and can you send the current certificate?
3. Who is the qualified Ayurveda practitioner supervising the programme?
4. What qualification does the practitioner hold?
5. Will I have a consultation before treatment?
6. What exactly is included in the treatment programme?
7. If Panchakarma is included, what procedures are planned and who decides suitability?
8. Are medicines included in the quoted price?
9. What accommodation and meals are included?
10. What are the cancellation, refund and medical-change policies?

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How to Verify Claims Online

When a claim can be checked through an official source, do not rely only on the centre's own website.

Kerala Tourism: Check the current Ayurveda classification/regulatory information and ask the centre for its current certificate.

NABH: Search the healthcare organisation directory by centre name, state, city or speciality. The directory includes Ayurveda and Panchakarma filters.

Panchakarma: NABH has a dedicated Panchakarma clinic accreditation programme focused on quality and patient safety.

Official references:

Kerala Tourism — Ayurveda Centre Regulatory Conditions: <https://www.keralatourism.org/cls/ayurveda-centres/regulatory-conditions.php>

NABH — Find an Accredited Healthcare Organisation: <https://nabh.co/find-a-healthcare-organisation/>

NABH — Panchakarma Clinic Accreditation: <https://portal.nabh.co/Panchakarma.aspx>

NABH — Ayurveda Hospital Accreditation: https://portal.nabh.co/documents_Ayurveda.aspx

Kerala Tourism — Ayurveda brochure/reference: <https://www.keralatourism.org/pdfs/kerala-home-of-ayurveda-brochure.pdf>

Plan Ayurveda Around Your Kerala Holiday

If Ayurveda is one part of a larger Kerala holiday, allow enough time for the programme rather than fitting intensive treatment between rushed sightseeing days.

Explore **Kerala Tour Packages** for itinerary ideas, use the **South India Trip Cost Calculator** for budgeting, or explore **Kerala Honeymoon Packages** for couple-focused itineraries.

For customised planning, visit **Contact Troper Tours**.

Important Health & Safety Note

This document helps travellers evaluate Ayurveda centres and booking information. It is not medical advice and does not assess the safety or effectiveness of any individual treatment. Do not stop prescribed medication or replace medical care based on this guide. Discuss relevant health information and medicines with an appropriately qualified healthcare professional and the Ayurveda practitioner before treatment.

About Troper Tours

Troper Tours is a Kerala-based tour operator helping travellers plan Kerala and South India holidays with private transportation, accommodation, sightseeing and customised itineraries.

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Official travel-planning resource. Always verify current certificates, accreditation, treatment arrangements, prices and regulations before payment or travel.