

Journeys at tulåh



Neuro-Rehab

About this journey:

Neuro-Rehab at tulåh supports recovery and reintegration after neurological illness or injury. The focus is on regaining function, restoring confidence and improving quality of life. Stroke, trauma, or neurodegenerative stress can leave behind fatigue, imbalance and disrupted communication between mind and body. This journey rebuilds neural pathways through a blend of clinical precision and restorative care. Guided by your physician and rehabilitation specialists, we combine science-based neurotherapy with ancient healing principles to restore coherence across movement, speech and cognition, helping the nervous system relearn balance, coordination and calm.

Approach

Diagnostics: A comprehensive neurological assessment evaluates motor control, balance, gait, coordination, cognition and autonomic regulation—forming a personalised roadmap for recovery.

Personalised Nutrition: Omega-3s, amino acids and polyphenol-rich foods promote synaptic recovery and neurotransmitter balance, while anti-inflammatory, easy-to-digest meals support cognitive clarity and cellular regeneration.

Neuro-Physiotherapy & Technological Integration: Evidence-based physical and occupational therapies combine with advanced tools such as anti-gravity treadmills, body-weight support, electrical stimulation and aquatic therapy to enhance neuroplasticity, balance and confidence in movement.

Ayurvedic & Functional Restoration: Ayurvedic therapies calm Vata imbalance, reduce inflammation and nourish Majja Dhatu (neural tissue), while functional protocols deliver nutrients, antioxidants and neuromodulators that target mitochondrial dysfunction and neuroinflammation to support neuronal repair and energy metabolism.

Mind–Body–Energy Integration:

Acupuncture, electro-acupuncture, yoga nidra, sound therapy and breath-centered practices regulate neural pathways and enhance parasympathetic recovery. Vedanta-inspired reflection and guided meditation cultivate mental calm, focus and adaptive resilience during the healing process.

Outcome

Coordination improves, cognition clears and energy returns. Movement becomes steadier, speech more fluid and confidence is restored. You leave with a structured plan for continued practice — including family guidance and follow-up coordination with your neurologist — empowering you to sustain progress and live with renewed clarity, stability and independence.

This journey serves those who:

- have recovered after a stroke in the subacute or chronic phase and are cleared to travel
- have suffered mild to moderate traumatic brain injury or post-concussion symptoms
- afflicted with Parkinson’s or other movement disorders, seeking steadier gait and balance
- living with stable multiple sclerosis and experiencing mobility or coordination challenges
- suffer from peripheral neuropathy, vestibular disorders, or balance instability after illness or surgery
- recovering from spinal or brain surgery and needing to rebuild strength, movement, or function

Inclusions	Wellness	Clinical
	14 Nights	21 Nights
Diagnostic Package* (On-Site)	Standard	Advanced
Expert Consultations (30-45 min each)	≥12x	≥15x
Doctor Consultations (Modern Medicine, Ayurveda and Functional Health)	6x	8x
Clinical Nutritionist	4x	5x
Clinical Psychologist**	1x	1x
Fitness & Physio Expert**	1x	1x
Cardiologist, Neurologist, Pulmonologist, Orthopaedic Doctor, Gynecologist (access to 200+ experts from Meitra Hospital, sister company)	Yes***	Yes***
Individual Treatments/Sessions	42x	63x
Hands-On Treatments (Ayurvedic, Tibetan Healing, or International Treatment)	14x	21x
Mind-Body-Energy Treatments (i.e Psychotherapy, Traditional Chinese Medicine, Sound-Healing, Breathwork, Meditation, Reiki)	8x	14x
Physiotherapy or Regenerative & Tech Session (i.e. Hyperbaric Oxygen Chamber, Cryotherapy)	12x	16x
Movement & Performance Session (i.e. Personal Training, Yoga, Aquatic, Functional Fitness, Sports Training)	8x	12x

*- Diagnostic Package details on page 14 - 16

** - Initial consultation as part of the assessment, further consultations part of the daily sessions

*** - Initial Specialist Consultation included in the package but only used if there is a medical need for it. Further consultations charged as Add-On