

Panchkarma

Panchakarma / Cleansing Therapies

The role of Panchakarma is to clean the body (it never means that your body is unclean) by various detoxifying procedures, which will help in free radical scavenging and will restore the immunity of the body.

The procedures reduce the dryness inside the body, clears up various channels so that all the organs should receive proper nourishment / blood supply and function up to its best.

Be it be stone or other obstruction in urinary tract or atherosclerotic changes inside the arteries, lymphatic blockage, muscular dystrophy or atrophy, Breathing difficulties, Musculo–skeletal disorders like arthritis, Habitual constipation, obesity, osteoporosis, marrow compression, infertility, metabolic disorders, hormonal disturbances, different types of anemia etc.

Moreover we should take advantage of Amrita Ayurveda Panchakarma in maintaining our health and bringing happiness and harmony.

While we are healthy, as by the judicious application of Panchakarma will never let the ailments to proliferate as ailments always challenge and reduce the immunity and only challenged and reduced immunity can let the disease/s to manifest in our biology.

Purvakarma: Pre-purification Measures for Panchakarma

Before the actual operation of purification begins, there is a need to prepare the body in prescribed methods to encourage the body to let go of the toxins. The two procedures are Snehana and Swedana. Snehana is the oil massage. Oil is applied to the entire body with a particular type of massage which helps the toxins to move towards the gastro-intestinal tract.

Ayurvedic oil massage also makes the superficial and deep tissues soft and supple, thus helping to remove stress and to nourish the nervous system. Snehana is given daily for three to seven days, as indicated. Swedana is sudation or sweating and is given every day immediately following the snehana. An herbal concoction may be added to the steam to further loosen the toxins from the individual. Swedana liquefies the toxins and increases the movement of toxins into the gastro-intestinal tract.

Panchakarma /Cleansing Therapies Pradhana Karma: Main Purification measures of Panchakarma

Vamana: Therapeutic Emesis Therapy

When there is congestion in the lungs causing repeated attacks of bronchitis, colds, cough or asthma, the Ayurvedic treatment is therapeutic vomiting so to eliminate the kapha causing the excess mucus also the aggravated Kapha is eliminated.

Virechana: Therapeutic Purgation Therapy

When excess bile, pitta, is secreted and accumulated in the gall bladder, liver and small intestines, it tends to result in rashes, skin inflammation, acne, chronic attacks of fever, biliary vomiting, nausea and jaundice. Ayurvedic literature suggests in these conditions the administration of therapeutic purgation or a therapeutic laxative is recommended.

Nasya: Nasal Administration

“Nasa hi shirso dwaaram”, an Ayurvedic Sutra says, “The nose is the gateway to the brain and it is also the doorway to consciousness”. The nasal administration of medication is called nasya. An excess of bodily humors accumulated in the sinus, throat, nose or head areas is eliminated by means of the nearest possible opening, the nose.

Vasti : Enema Therapy Vata's predominant site is the colon

Ayurvedic basti involves the introduction into the rectum of herbal concoctions of sesame oil, and certain herbal preparations in a liquid medium. Vasti, is the most effective treatment of vata disorders, although many enemas over a prescribed period of time are usually required. It relieves constipation, distention, chronic fever, cold, sexual disorders, kidney stones, heart pain, backache, sciatica and other pains in the joints.

Many other vata disorders such as arthritis, rheumatism, gout, muscle spasms and headaches may also be treated with Vasti. This therapy is divided in two main types, i.e. Anuvasana Basti or medicated oil enemas and Niruha Basti or medicated enema of decoctions and medicated oils.

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Other miscellaneous therapies of Amrita Ayurveda Panchakarma:

Shirodhara: It is recommended in anxiety, depression, hypertension, insomnia etc.

Katibasti: indicated for different backaches.

Janubasti : Useful in arthritis of knee joint.

Nadisweda : Useful in pain disorders of different sites.

Pindasweda : Useful in neurological ailments and in the management of different pains.

Shashti-Shali Pindasweda : Useful in neurological ailments.

Akshi-Tarpanam : Useful in the ailments of eyes.

Shirovasti : Useful in hair fall and other diseases of skull.

Uttara vasti : Useful in genitourinary diseases and infertility of female.

Prime Treatments

Sarvang tail snanam

In this process, lukewarm herbal oils are applied all over the body by trained therapists in a rhythmic way non-stop for about 40 to 60 minutes per day.

This treatment is useful for rheumatic diseases, arthritis, paralysis, and sexual & nervous disorders and to strengthen the basic tissues like muscle, bone and semen etc. Shashti shali pinda svedanam - in this process the whole body is made to perspire by application of certain medical puddings externally in the form of boluses tied up in muslin bag by trained therapist for 40 to 60 minutes.

This treatment is for all types of rheumatic ailments, pain in the joints, emaciation of limbs, diabetes, high blood pressure, high cholesterol and certain skin diseases. Sarvang abhyangam - the person undergoing massage is made to sit on the wooden plank specially made for the massage. Two masseurs / masseuse stand on either side of the person and apply herbal hair oil on the head and message gently.

This massaging is continued on the neck, ears, shoulders, chest and back. After this, the person is made to lie on the back and the massage is continued from shoulder to toe, shifting the person on his right side and left side, on the stomach and again made to lie down a his/her back, finally sitting in the position. General massage has been found very effective for vigor and vitality, good eyesight sound sleep, glowing skin and rejuvenation. This treatment is done with herbal boluses also and is done for 45 minutes.

Pranasamvardhan/Shiro-dhara

In this process liquid preparation like herbalized oil, milk, butter milk are placed / poured in a bowl at on appropriate height above the forehead of the person while the person is kin lying down position. The preparation then dripped over the forehead of the person for 25 to 40 minutes. The process directly affects the central nervous system and profoundly relaxes the mind. This is ideal for relieving mental stress; sleep disturbances, memory enhancing, alcoholism, anxiety and depression etc.

Shirovasti

Certain lukewarm herbal oil are poured into a leather cap fitted on the head for 15 to 40 minutes.

The treatment is highly effective for facial paralysis, severe headaches, migraine, epilepsy, lack of memory, sleep disturbances etc. Vasti - Certain herbal oils, herbal extracts are introduced through the anal route. This treatment is for arthritis, paralysis, infertility, numbness, diabetes, gastric complaints, rheumatism, constant & chronic constipation and renal problems.

Udvartanam

It is a medicated Ubtan to be applied over the skin for fair and glowing skin. This is a typical head & body massage with herbal powder for about 30-40 minutes. This is best treatment to relieve central obesity & helps in maintaining the figure according to desirable body proportion.

Nasyam

Fresh herbal juices, medicated oils etc. are applied through nostrils, which is highly effective for headache, migraine, paralysis, mental disorders, insomnia etc.

Griva vasti

Herbal paste ring made of black gram flour is applied over the shoulder & neck region in it Fresh herbal decoctions /medicated oils are poured, in this process specially prepared warm medicated oil is kept on the cervical region for 20 & 30 minutes.

It provides good relief in chronic cervical spondylitis, spondylosis, stretch in neck region, giddiness and vertigo.

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Yoni prakshalnam and pichudharanam

Herbal oils and decoctions are applied through vaginal route. This treatment is good for gynecological disorders, purification of genital organ and for infertility.

Urovasti

Like kativasti herbal medicated oil / ghrita (clarified butter for 20 minutes and it is good for vessel blockage of heart, angina pectoris, asthma etc. Patra Pinda - herbal leaves and herbal powder is applied to the whole body in boluses with hot medicated oils for 40 minutes.

This treatment is for osteoarthritis, overweight, spondylitis, frozen shoulder, sport injuries & otherwise good to maintain good figure and for sportspersons.

Akshi Tarpan

This is a process where herbally medicated clarified butter is formed over eyes. Fresh black gram flour paste is applied around the eyes (as a type of bike / skiing spectacles this process is done with different herbal medication in certain eye diseases, refractive error & to improve eye sight.

This 3 months treatment package is also good for under eye circles & eye beauty.

Mukha- abhyanga

Beauty care treatment take care of pimples, wrinkles, sagging of the skin and falling of hairs by head massage, facial massage application of certain herbal / gold/ silver face gels and or / face packs.

Avgahanam

This is a process of tub bath & tub medicated milk, 100% Ayurvedic perfumes, flowers and herbs are added to give a relaxing, expressing bath to achieve glowing of skin & add to beauty to all parts of body.