

AUTHENTIC AYURVEDA AT



ANCIENT WISDOM MODERN CONCEPT

Lalithadripura, Mysore, Karnataka, India — 570028

Foreword

The purpose of this ebook is to give our readers a basic understanding of **Ayurveda treatments** and its philosophy. To kindle in the reader's mind an interest to learn more on this subject. Leading an **Ayurveda lifestyle** to keep **mind-body balanced health today** so that one could attain the goal of life—"Enlightenment" is the main philosophy of Ayurveda and Yoga.

History of Ayurveda

Ayurveda is the oldest surviving **holistic medical system** in the world. It offers a rich, comprehensive outlook to a healthy life; its origin is in the Vedas which are known to be more than 5000 years old. Ayurveda describes the **Vedic wisdom** of how to live a healthy and peaceful life. Together with Yoga, it gives a detailed blueprint for a fulfilled enlightened life.



Authentic Ayurveda

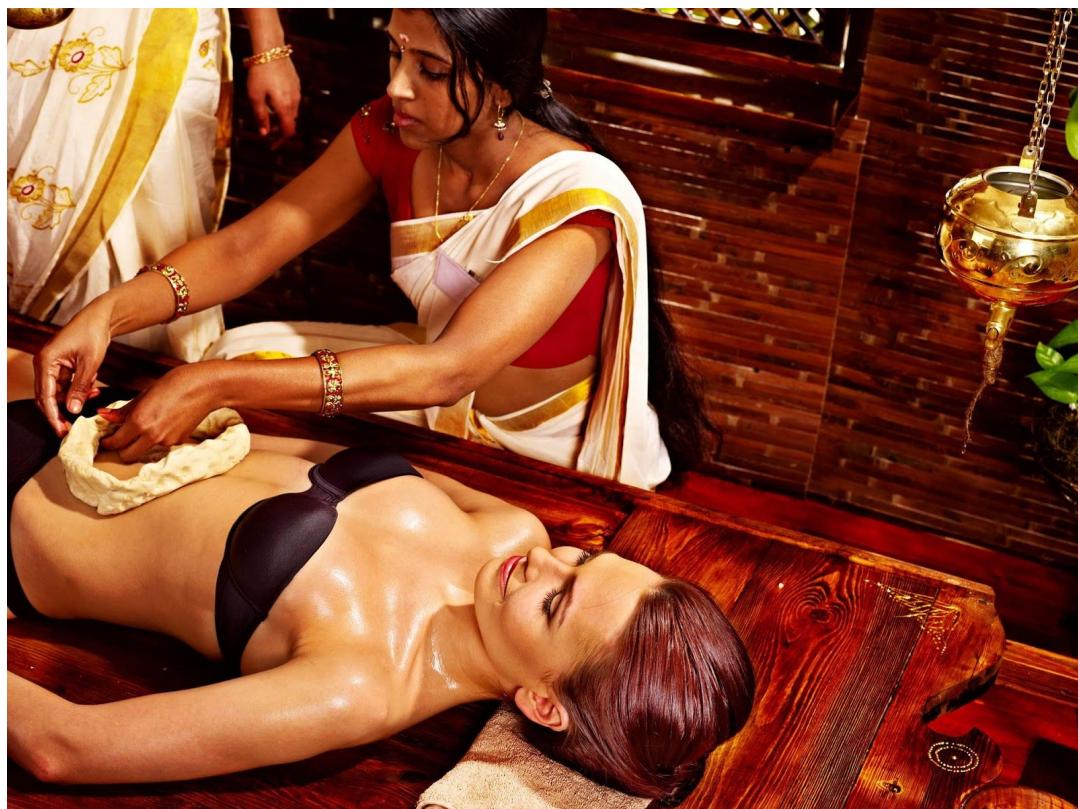
Ayurveda tells us that the root cause of all diseases is seeded in the **past karma** (**Karmic imprints**) during the **sojourn of the soul**. When **bad karma** is unfolding, it manifests in various forms of ill health. To cure and pacify the disease, one needs to do one or more of the following:

- Medication use
- **Do charitable donations**
- Do various Japas (constant repetition of a mantra, Jap perform)
- **Perform Homam/Yajna** (offering to various planets and deities through fire)
- **Worship deities**

The treatment approach required for the particular individual if necessary is determined by reading one's birth chart (**Medical astrology**) and **Vastu** (the art of placement- Reference book to read "Vaastu Workbook by Dr. Talavane Krishna. The birth chart and Vaastu will reveal the effects of various cosmic forces affecting the individual. Briefly speaking Astrology and Vastu unfolds our soul's blueprint.

At **Indus Valley**, we take a much deeper holistic approach to your wellness through authentic Ayurveda.

Most of the time, people are on several medications. We delicately adjust those medications in consultation with modern medicine specialists if necessary and take a holistic **integrated healing** approach.



The Purpose of Ayurveda Treatments

The aim of this system is to prevent illness, heal the sick and preserve life. This can be summed up as follows:

- To protect health and prolong life ("Swasthyaya swasthya rakshanam")
- To eliminate diseases and dysfunctions of the body ("Aturasya vikar prashamanamcha")

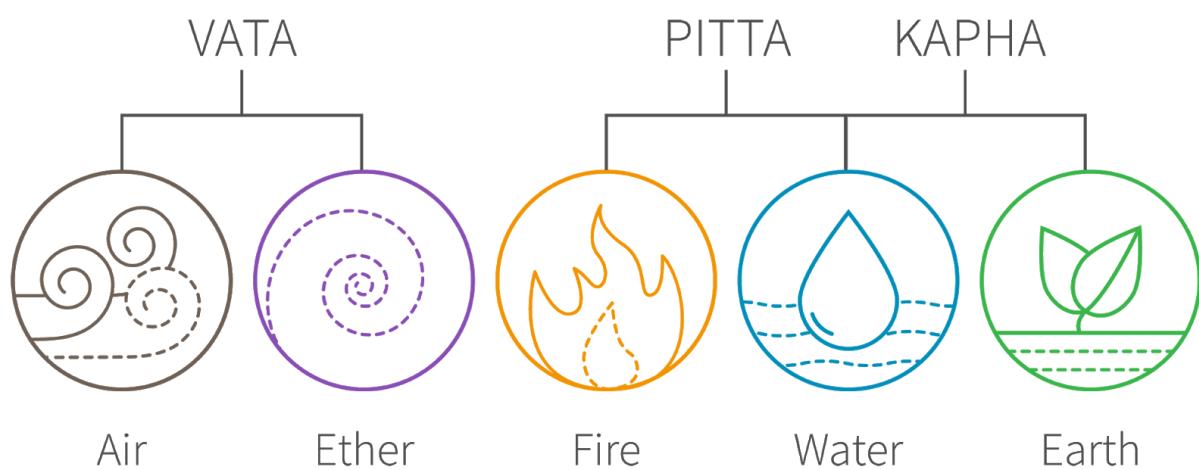
The Basic Principles of Ayurveda Treatment

Ayurveda is based on the premise that the universe is made up of five elements: air, fire, water, earth, and ether. These elements are represented in humans by three "doshas", or energies: Vata, Pitta, and Kapha. When any of the doshas accumulate in the body beyond the desirable limit, the body loses its balance. Every individual has a distinct balance, and our health and well-being depend on getting the right balance of the three doshas ("tridoshas"). Ayurveda suggests specific lifestyle and nutritional guidelines to help individuals reduce the excess dosha.

A healthy person, as defined in Sushrut Samhita, one of the primary works on Ayurveda, is "he whose doshas are in balance, appetite is good, all tissues of the body and all natural urges are functioning properly, and whose mind, body, and spirit are cheerful"

Tridosha Theory

The three doshas or bio-energies found in our body are:



- **VATA** pertains to **AIR** and **SPACE** (ether) elements. This energy is generally seen as the force, which directs nerve impulses, circulation, respiration, and elimination. Recollection of stored memory is Vata function. If Vata is out of balance people become forgetful, not able to recall quickly past memories and information. Interrupt conversations, Become poor listeners. A person with

Vata imbalance may have a dry, slim and petite body. The hair, nails, teeth and eyes may appear arid and rough; the voice is frail, low and cracked. Due to the dryness, the vata individual does not get enough sleep. The diet, movements, and activities of such a person are volatile and hasty. The mobile nature of vata results in unsteadiness and excessive movements of joints, eyebrows, chin, lips, tongue, neck, shoulders and limb. Such people are quick in initiating responsibilities but get irritable, upset or emotionally disturbed fast. They possess good grasping powers but have a poor memory. The cold nature of vata results in body stiffness, intolerance towards cold, tremors or shivering. The natural desires and cravings are inclined to warm food and warm climate. They often dream of running, jumping and climbing trees and mountains.

- **PITTA** pertains to **FIRE** and **WATER** elements. This dosha governs metabolism, e.g., the transformation of foods into nutrients. Pitta is also responsible for metabolism in the organs and tissue systems. Synthesis of information into knowledge is the function of Pitta. Individuals with Pitta imbalance have higher metabolic rate, excess appetite and have excessive thirst. They have tendencies to develop moles and skin eruptions, have soft and scanty hair and furthermore have a tendency towards baldness or premature graying of the hair. They perspire a lot. These individuals get wrinkle-skinned early in life, are intolerant towards heat, become egoistic, and judgmental. They frequently dream of gold, sun, fire, fights, and lightning. They get easily annoyed and have poor physical endurance.
- **KAPHA** pertains to **WATER** and **EARTH** elements. Kapha is responsible for growth and protection. The mucosal lining of the stomach, and the cerebral-spinal fluid that protects the brain and spinal column are examples of kapha. Storing of knowledge and memory is the function of Kapha. People of this constitution have an oily skin that is soft and clear. With a pleasant appearance, good complexion and voice, they are normally calm and cool in temperament and have very mild emotional botherations. On the other hand, if Kapha is imbalanced they become lethargic, have a poor appetite, and scanty sweat secretions. But basically, these individuals are well built with a sturdy body and compact body organs. They commonly dream of birds, flowers/garlands, swans, water bodies, and romantic events. Kapha people have a good libido. They are strong, learned, and energetic with long life spans.

Panchakarma Treatment

If toxins in the body are abundant, then a cleansing process known as panchakarma is recommended to purge unwanted toxins. This five-fold purification therapy is a classical form of treatment in Ayurveda. These specialized procedures consist of the following:

- Therapeutic vomiting or emesis (Vaman)
- Purgation (Virechan)
- Enema (Basti)
- Elimination of toxins through the nose (Nasya)
- Bloodletting or detoxification of the blood (Rakta moksha)

Properly performed, Panchakarma removes both Physical and Mental toxins. If allowed to stay for longer periods, these toxins set in motion many imbalances to take place and manifests in various diseases. Ayurveda recommends regular Panchakarma once a year to maintain good health. An Ayurvedic doctor (Vaidya) after your consultation will advise the right type of Panchakarma for you.

Rejuvenation Treatments

Apart from Panchakarma, there are many rejuvenation treatments in Ayurveda, which should be taken more frequently and regularly for tridosha balance.

Indus Valley Ayurvedic Centre



The Centre is situated at the foot of the scenic Chamundi Hills and adjacent to the Royal Lalitamahal Palace. The Centre has been designed on the basis of ancient principles of Vastu, the science of construction and architecture. Consequently, all structural features blend harmoniously to provide a sublime sense of experience and harmony. Furthermore, the functional aspects of the Centre are fashioned to accommodate the five elements in a natural way.

EARTH represented by herbs used for the therapies, **WATER** in the form of decoctions and the tempting swimming pool, **FIRE** represented by diyas (ethnic lamps), and sound represented by the reverberating Primordial **OOOOM** sound throughout the property. **SPACE** represented by aromatherapy, and reflecting the skies above.

Accommodation



Comfortable, simple and private, with ample facilities to give you peace and comfort. Guest rooms are built to achieve an ideal ambiance for an **Ayurvedic center**. Pleasant panoramic view from the guest rooms, alluring gardens, and silent walkways, chirping birds all combine to create a poetic scene. Even the resonating **om mantra** on the property adds to the healing and **spiritual enrichment**. The constructions of our villas are based on **eco-friendly practices**.

Ayurvedic Treatments

An assortment of meticulously designed therapies and compatible **yoga program** are the Centre's corner-stones. True to the Ayurvedic beliefs, of endorsing every individual uniquely, the Centre's health packages are tailor-made to complement each of our guests' constitution.

Ayurvedic Diet

Annapoorna (complete food, refers to the goddess Annapoorna), our in-house restaurant, offering a choice of simple yet wholesome vegetarian **Ayurvedic cuisine** using fresh fruits and vegetables will keep you coming back for more. Our courteous and efficient staff ensures personalized service round the clock.



The **Ayurvedic kitchen** is considered a pharmacy. Most health problems can be prevented and treated by the **Ayurvedic diet itself**. A proper blending of **six tastes**; salt, sour, hot, sweet, astringent and bitter is very important to maintain the **tridosha balance** and maintain **perfect health**. Eating food is considered as a **Yajna**. Through eating, we offer the food as **Havish** to all the different **cosmic forces** of the universe through our **gastric fire**. The **Ayurvedic diet** is pure, fresh, wholesome and should be prepared with loving hands. When such food is taken it increases **Satvik energy** in the person. At **Indus Valley**, we strive to prepare such food for you in our kitchen called annapoorna (complete food). The food becomes **tridosha balancing** and brings **Satvik state of mind**.

Ayurvedic Consultation

Knowledge of **Vedic astrology**, **Vastu** (art of construction of house/workspace and interior decoration), and detailed consultation by a knowledgeable **ayurvedic vaidya**, (**Ayurveda doctor**) who will do **ayurvedic pulse reading (nadi Vigyan)** are important to comprehensively understand the problems being faced by the individual.

A complete history of **health problems** and a detailed discussion will take place between you and the **vaidya**. If you need (as most people do) an **integrative health** approach, it will be discussed in detail. You will also get detailed advice on an **Ayurvedic lifestyle and an Ayurvedic diet** based on your **body constitution**. At the time of your departure, your **Ayurvedic doctor** will give you a summary of your **Ayurveda treatments** taken and the advice to follow.

Vikriti (dosha imbalance)

According to Ayurveda, when doshas are imbalanced, it is called Vikriti. When a state of Vikriti gets established it will affect the **seven dhatus** (tissues); blood, plasma, fat, muscle, bone, bone marrow, and seminal fluid, the **three malas**, feces, urine and sweat; and **Agni** (digestive fire) and result in various diseases.

Healing through Ayurveda

Our **mind-body constitution** has channels called **srotas** in Ayurveda. All our thoughts, nourishments, excretions, digestion and everything that transforms from one form to another has to move in the body and this process takes place through various channels such as nerves, digestive tract, blood and lymph vessels and so on. Even individual cells have Srotas such as cell membranes. There are sixteen Srotas in our bodies.

For anything to move we need energy called VAYU. There are **ten vayus**, which are responsible to move everything whatever is in the Srotas.

Then there are **72,000 nadis**. These are something like receptors. They carry and interlink the messages from one point to another in the body with specific information. These Nadis act like tributaries; of **three Nadis** that are, Vata, Pitta, and Kapha. Through **AYURVEDIC PULSE READING** all the information about our **mind body, soul** and our **human connection to the universe** can be studied. This Nadi reading is truly an art that can only be learned through a proper teacher. It is not totally physical. It is mostly intuitive, occultic and mystic also. One needs to learn how to dive into the soup of **quantum depth** of which we are part of. We are the **microcosmic representation** of the macro cosmos. All information about our **mind body** and the influence of the universe on us is carried through these **three Nadis**.

The following illustration should help our readers to understand this. Imagine various radio broadcasts hovering around us in various frequencies. We tune the radio to a particular frequency by passing a specified amount of electricity to a crystal and as soon as the crystal vibrates to the required frequency it will catch the particular frequency of the broadcast and provides the information in an audio form. Similarly various types of information are carried through the Nadis like radio frequencies. When you empty your mind while seeking specific information, a specified electric voltage, you connect to that frequency and receive the information.

Ayurvedic treatments cleanse the Srotas and remove blockages at various levels in the body and mind. Further, they strengthen the Vayus and balanced Vayus make Srotas work effectively and efficiently; The Nadis continuously monitor this process and provide information on any imbalances in the system.

Therefore proper functioning of the Srotas, Vayus, and Nadis are the key for perfect health, a perfect symphony of body, mind and spirit. This is the essence and spirit of Ayurveda treatments.

Treatments Include

- Rejuvenation
- Panchakarma (Detox)
- Skin Treatments (Beauty Enhancing)
- Yoga Therapy
- Acupuncture
- Kshara Chikitsa

Rejuvenation Treatments

Rejuvenation treatments at IVAC are designed to revitalize the body tissues, remove accumulated stress and toxins from mind and body, which are usually the result of unhealthy lifestyle. These treatments replenish the vital fluids, thereby increasing our body's resistance against diseases and promoting longevity. Rejuvenation therapies ensure optimum strength and good health. Bring calmness, improve concentration, memory and make the skin look radiant. Increases Satva and Ojas.

Panchakarma Treatments

IVAC offers a range of curative treatments that balance the doshas. There are five different methods (Panchakarmas) of removing different types (Vata, Pitta, Kapha) of toxins from the body. Chronic health problems such as neurological disorders, digestive problems, circulatory disorders and degenerative diseases respond well to Ayurvedic treatments.

There are many other health issues such as; obesity, stress, insomnia, migraine, sinusitis, anemia, anxiety/depression, cholesterol disorders, hypertension, sciatica, diabetes, paralysis, Osteo and rheumatoid arthritis, neck and back pain. Panchakarma is recommended to all on a regular basis to cleanse and detox the body. This would act as a preventive health care and helps maintain an ageless body and timeless mind.

Beauty and Skin Care Treatments

Ayurved has elaborate descriptions regarding beauty enhancing and skin treatments. At Indus valley, we offer chemical free, all natural, skin care and beauty treatments, especially for the hands, feet, hair, and face. We also offer Mehndi artwork.

Ayurvedic treatments as Rejuvenation Therapies

Abhyanga and Sweda

- Number of Therapists: 2
- Duration: 45 minutes
- Sweda (steam): 10 minutes



Abhyanga means a whole body massage in the ancient tradition of Ayurveda. This is performed by two therapists using warm medicated oil. Moving their hands synchronously all over the body including the Marma points followed by a medicated steam bath and shower. The massage oil is specially prepared at our Centre. The oil nourishes the skin and mobilizes deeper tissues. Abhyanga refreshes and revitalizes the body.

Benefits of Abhyanga and Sweda Treatment

- Increases body's resistance against diseases
- Improves blood circulation
- Balances doshas, particularly Vata.
- Removes fatigue
- Improves digestion
- Ensures sound sleep
- Promotes vitality and enhances the functioning of senses.
- Removes toxins from the body via skin and colon.

Shirodhara (Thread of Bliss)

Duration 45 Mins:

This treatment gives best results when taken along with Abhyanga. This spa ritual creates a seamless rhythm that will lead you into a very peaceful and profoundly deep state of relaxed awareness. This deceptively simple technique of running a fine stream of warm oil, buttermilk, milk or ghee (clarified butter) on the middle of the forehead, recharging the body, and brings clarity to the mind and offers a quiet space to experience our true selves. This procedure gives best results when taken after an Abhyanga. It balances and nourishes the sixth chakra (AJNA) and removes any spiritual obstructions from this chakra.



Benefits of Shirodhara Treatment

- It Prevents hair falling out and hair loss while stimulating hair growth.
- Tension headaches
- Premature baldness and premature graying of hair
- Mental and emotional stress
- Diseases connected with the head, such as those that affect the neck, eyes, ears, nose, and throat.
- Many diseases of the nervous system like the nerve disorders, facial palsy, paralysis and ptosis (drooping) of the eyelids; and is beneficial in curing long-standing insomnia and schizophrenia; its beneficial for seizures in epilepsy when used in conjunction with other medicines
- Headache and burning sensation in the eyes
- Nourishes and rejuvenates the body
- Stimulates the nervous system
- Improves digestion
- Sharpens the sense organs
- Improves the quality of voice
- Gives strength to the neck and head
- Brings luster to skin; cools the body and relieves pain
- Invigorates the body and mind and stimulates cognitive memories helps relieve fatigue, tension, anxiety, anger, chronic headaches, rheumatism, hypertension, asthma and stress
- Disperses negative electrical impulses that accumulate at the skull and hairline from stress
- Rejuvenates the entire face and softens worry lines
- Activates the pituitary gland increasing spiritual awareness
- Regulates mood and depression disorders

Shirodhara is one of the most effective treatments for reducing stress and nervous tension. It works through Tarpak Kapha, Sadhak Pitta, and Pran Vayu. Continuous pouring of the oil over the forehead for a specific period of time induces sleep and has a tranquilizing effect.

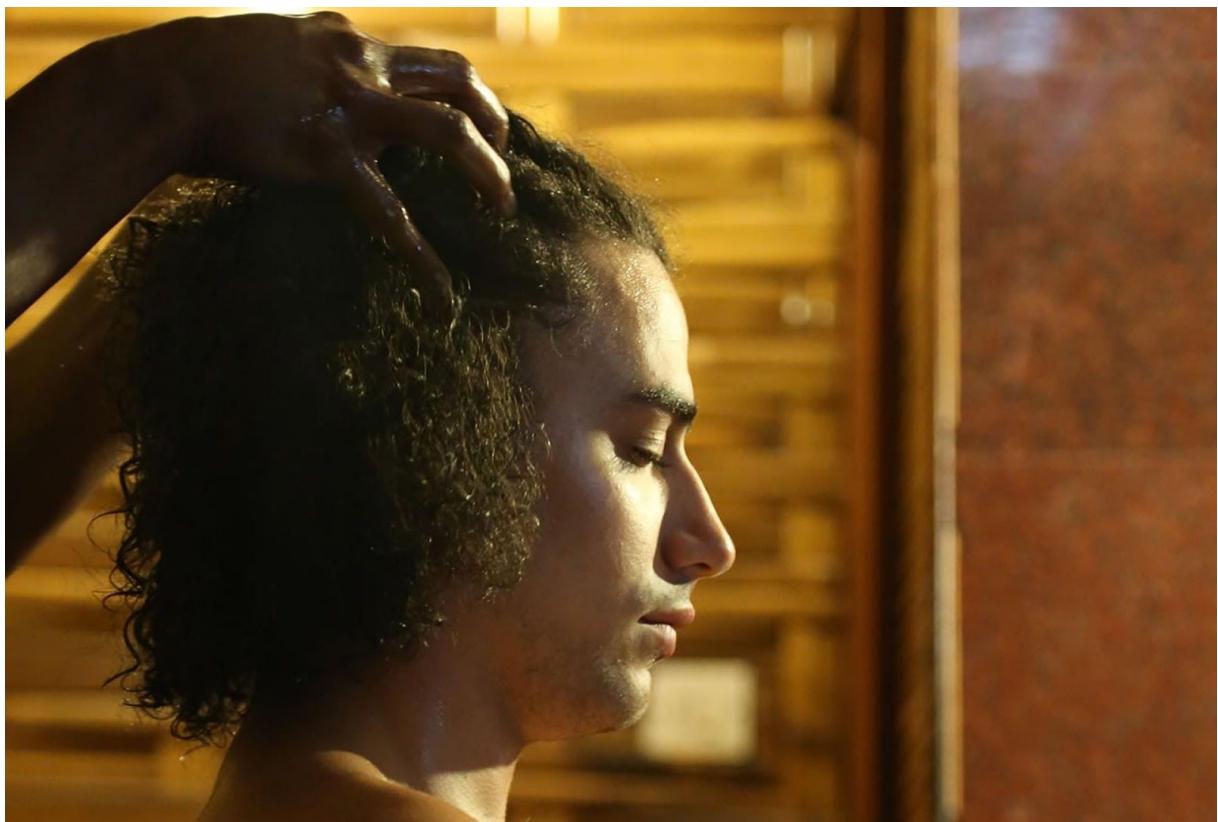
According to modern medicine, the local application like ointment passes through the stratum corneum into the blood vessel and reaches the appropriate organ. Thus the oil poured on the forehead is absorbed and easily reaches the brain cortex. According to Ayurveda, Tarpak Kapha and BhrajakPitta are the basic factors responsible for the nourishment of hairs. Shirodhara increases the level of neurotransmitters which provide relief in anxiety and thereby decreases the hair falling out. Shirodhara also leads to relaxation of head and neck muscles thereby increasing the blood supply to the head, which encourages new hair growth with improvement in the quality of hair. The continuous pouring of herbal-oil in

Shirodhara induces hormonal balance and consequently, the BMR (Basal Metabolic Rate) is increased, giving a new feeling of refreshment.

Laghu Abhyangas

- Shirobhya (Head and Neck Massage)
- Number of Therapists: 2
- Duration: 20 minutes

Shirobhya is a method of applying warm herbal oil and massaging the head, neck and the shoulder region including the Marma points.



Benefits of Laghu Abhyangas Treatment

- It Provides mental stability.
- Enhances concentration and memory.
- Treats insomnia.
- Reduces body heat.
- Controls premature graying of hair and hair loss.
- Relieves exertion and headaches.
- Is effective for treating eye and ear disorders.
- Helps relieve stress accumulated in the neck and shoulder area.

Padabhyanga (Ayurvedic foot rejuvenation)

- **Number of Therapists:** 2
- **Duration:** 20 minutes

An Ayurvedic Foot and leg massage that stimulates all organs of the body and increases Ojas to induce a state of deep relaxation. It brings a sense of total wellness in the entire system. The feet are one of our five organs of action.



The following benefits are attributed to Padabhyanga

- Helps with Insomnia
- Decreased Nervousness
- Combating dryness and numbness of the feet
- Energizing the belly, pelvis, and colon
- Improves circulation, fertility, digestion
- Reduces and regulates blood pressure
- Instantly relieves restless leg syndrome when used with salt and coconut oil

Mukhabhyanga (Ayurvedic face rejuvenation)

- The number of therapists: 2
- Duration: 30 minutes



Experience how this unique combination of a gentle balancing touch, massaging of marmas (the vital energy points), stimulating scalp massage, together with the use of aromatic oils can deeply calm, refresh and re-energize both your face and your whole being. This is followed by mild fomentation and pouring of medicated oil at a specific temperature into the nasal orifice.

- Sinusitis, migraine, rhinitis and ENT problems.
- Brings back younger looking face.
- Lessens wrinkles and expression lines.
- Releases stress and tension of the surrounding muscles.
- Brings positive and self-assured expression on to the face.
- Creates a toned and improved complexion.
- Gives a feeling of well-being.
- Promotes total relaxation and is excellent for tension headaches
- Addresses eye strain and stress-related symptoms.

Udavartana

- Therapists: 2
- Time: 45 Mins



Therapists work on your body using an herbal oil paste, which has a special effect in reducing cellulite and excess fat in unwanted regions of the body.

- Helps reduce obesity.
- Clears obstructions from the body channels especially skin pores.
- Alleviates Vata and Kapha.
- Strengthens the body organs.
- Increases skin complexion.
- Improves metabolic functions.
- Help eliminates excessive medha (Fat tissue).
- Improves skin and muscle tone
- Removes dead skin to make your skin look younger and healthier.

Padaghata

- **Therapists:** 2
- **Time:** 45 Mins

This is a special method of deep tissue massage by feet. You will be lying on a soft mat on the floor. After the massage you will receive a steam bath followed by shower.



- Enhances vision.
- Relieves burning eyes.
- Alleviates Vata and Kapha.
- Reduces cellulite and fat.
- Improves skin complexion.
- Clears obstructions of energy channels especially skin pores.
- Strengthens the body and its internal organs.

Netra Tarpana (Netra Basti, Akshi Tarpana)

- **Therapists:** 2
- **Duration:** 30 Minutes

Netra Tarpana means to bathe the eyes. This is done by using pure cow's Ghee (clarified butter) or medicated Ghee.



Its benefits are the following:

- Enhances vision
- Relieves strained eyes
- Reduces dryness and burning sensation in the eye region
- Helps strengthen eye muscles
- Ensures with getting good sleep
- Provides relaxation
- Helps to prevent early formation of cataract and other eye disorders
- Reduces stress lines and puffiness from around the eyes
- Returns the eyes' natural luster
- Enhances depth and colour perception and it promotes a deep and calm perception

Kati Basti

- Therapists: 2
- Duration: 30 minutes

Kati Basti means bathing the lower back with medicated oil or a herbal decoction. After a gentle massage of the lower back, by using a herbal dough, a rounded doughnut-shaped ring is formed and medicated oil is poured into it.



The benefits of this treatment include

- Relief from chronic and acute back pain.
- Useful for a prolapsed disc.
- Balances the Vata and nourishes the intervertebral disc.
- Help with lumbar spondylitis.
- Help with Osteoporosis and sciatica, and the strengthening of the muscles.
- Revitalizing the Apana Vayu.

The lower back, the root chakra and the second chakra (Muladhara and Swadhisthana) are the sites of Apana Vayu (pelvic area). After reaching middle age Apana Vayu starts weakening as part of aging process. This leads to (unless properly strengthened and revitalized through proper exercise, lifestyle, and breathing techniques), many age-related health problems such as spondylitis, osteoarthritis,

constipation, low libido, impotence, vaginal dryness, prostate enlargement, urinary problems, menstrual problems, leg pains and cramps. People with weak Apana Vayu experience multiple psychological problems also.

Greeva Basti

- **Number of therapists:** 2
- **Duration:** 30 minutes

In Greeva Basti, medicated oil or herbal decoction is used to bathe the back of the neck. The process is similar to Kati Basti.



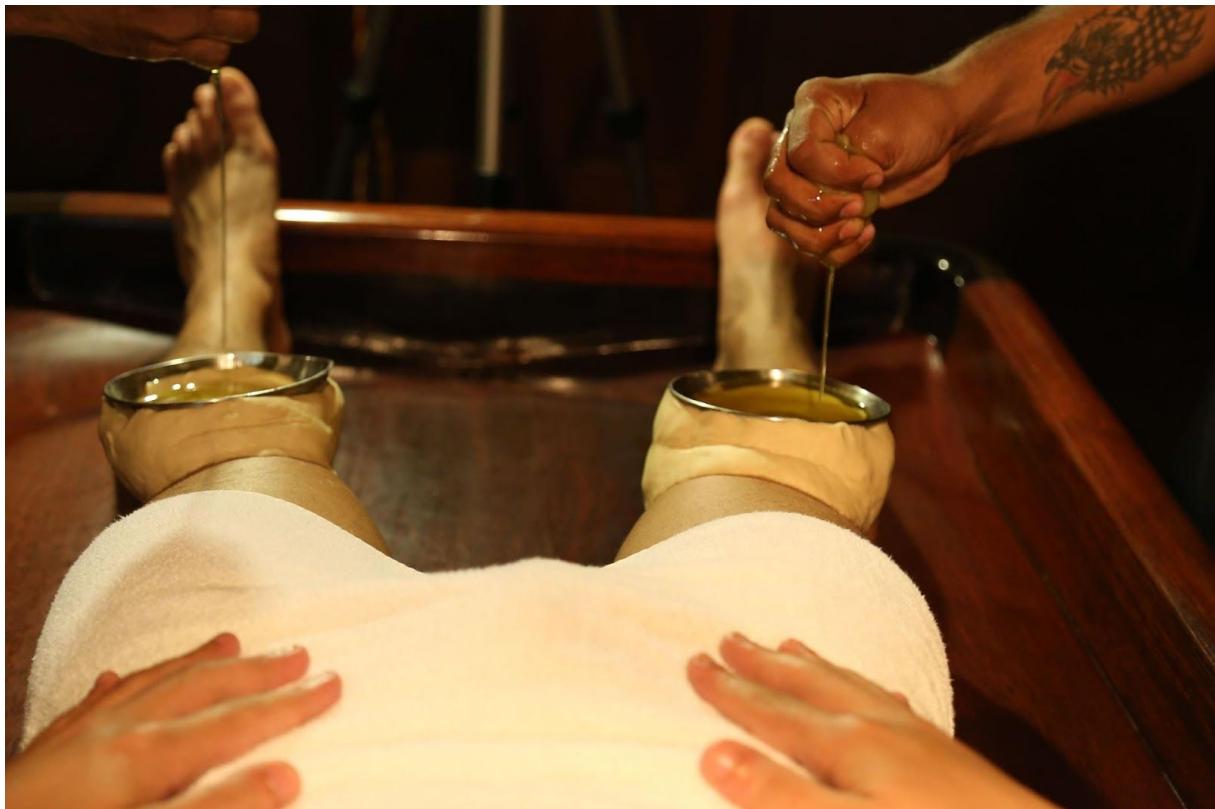
The benefits of this treatment include:

- Treats for cervical spondylitis.
- Relieves chronic pain and stiffness in the neck region and strengthens the neck muscles, thereby facilitating proper mobility.

Janu Basti

- **Number of therapists:** 2
- **Duration:** 30 minutes

Warm medicated oil or herbal decoction is used to bathe the knees. The procedure is similar to Kati Basti.



Benefits of this treatment include

- Treating Osteoarthritis
- Relieves knee pain
- Strengthens muscles
- Balances Sleshaka Kapha, which regulates the synovial fluid in the joint, which is necessary for proper lubrication of the joint.

Chakra Basti

- **Number of therapists:** 2
- **Duration:** 30 minutes

In Chakra Basti, a warm medicated oil or herbal decoction is used to bathe the naval region, Solar Plexus. The Solar Plexus is very important to the proper functioning of many of the body's organs as well as offering support to various organs like the stomach, spleen, pancreas, and liver.

In Holistic healing, the solar plexus is known as the third chakra. This is responsible for emotional balance and self-love. Meditation will bring a greater sense of well-being. Our personalities are developed through our third chakra. Our self-esteem and sense of self, otherwise called our ego is determined by this.



The benefits of this treatment include

- Relieves pain and strengthens abdominal muscles
- Relieves constipation
- Improves digestive power by strengthening the Agni and balancing the Vata and Pitta.

Hrid Basti

- **Number of therapists:** 2
- **Duration:** 30 minutes

In Hrid Basti, the warm medicated oil or herbal decoctions are poured over the heart region.



The benefits include

- Cardiomyopathy
- relieves pain in the region
- strengthens the chest muscles
- normalizes heart function and pacifies Vata
- It helps to remove the negative emotions such as unresolved anger, frustration, and sadness

Navarakizhi (Shastika Shali Pinda Sweda, SSPS)

- Number of therapists: 5
- Duration: 2:30 minutes

SSPS is a special technique of massaging the whole body with boluses prepared out of red rice cultivated under specific conditions and dipped in herbal decoction and warm milk.



Benefits of this treatment include

- Choice of treatment after paralytic strokes
- It Relaxes and rejuvenates
- Ensures a good appetite
- Induces sound sleep
- Is good body purification
- Enhances Longevity
- Improves circulation
- Decreases congestion and relieves body aches

Patra Pinda Sweda (PPS)

- **Number of therapists:** 5
- **Duration:** 2:30 minutes.

PPS is a special technique of massaging the whole body with boluses prepared out of medicated leaves, fried in sesame oil and dipped in warm herbal oil.



Benefits of this treatment include

- It helps in relaxing
- Improved circulation
- Rejuvenation of the body
- Induces sleep
- Provides longevity and reduces body stiffness, pain, and joint inflammation

Kashayasekha

- **Number of therapists:** 6
- **Duration:** 2 Hours & 30 minutes

Kashayasekha is a process where a warm medicated herbal decoction is continuously poured all over the body using a special cup.



The benefits of this treatment include

- Curing rheumatoid arthritis
- Osteoarthritis
- Varicose veins
- Improves circulation
- Relaxes and rejuvenates
- Ensures good appetite
- Is a good overall purifier
- Offers longevity

Saravangadhara (Pizhichil)

- **Number of therapists:** 6
- **Duration:** 2 hours & 30 minutes

During Saravangadhara, warm medicated oil or medicated milk is continuously poured all over the body in the form of streams after massaging the entire body.



The benefits of this treatment include

- Cures chronic fatigue syndrome (CFS)
- Paralytic stroke recovery
- Improves the body's immunity
- Promotes healing of fractures
- Relaxes and rejuvenates
- Improves circulation
- Ensures good appetite
- Induces sleep
- Is a body purifier and creates longevity

Shirobasti

- **Number of Therapists: 2**
- **Duration: 45 to 90 minutes.**

Shirobasti is a snehana treatment on the head. It involves the use of both herbal paste and oil while the guest is sitting. Shaving of the head may be necessary in some cases. A small tank of warm oil is held over the head for (30-50 minutes) by a special cap whereby it is placed and sealed. Sometimes based on the condition of the guest, a particular herbal paste is also applied to the head before the oil is

poured. This is done after an Abhyanga treatment and done for seven consecutive days to get the desired effect.



The benefits of this treatment include

- Treatment of Vata disorders.
- Insomnia.
- Facial palsy (paralysis of the face).
- Migraine.
- Hemicrania (ardhavabhedaka).
- Cataracts (abishyandha).
- Eye diseases.
- Heart diseases/chest pain.
- Diseases of the head including tumors.
- Loss of sensation of the skin.
- Dryness of nasal passages, mouth, and throat.
- A weakness of the joints.
- Mental and physical exhaustion.
- Urinary disorders (including diabetes).
- A Grayish coating of the tongue.

Treatment of Pitta disorders

- Indigestion
- Pharyngitis
- Conjunctivitis

- A burning sensation of the skin and shoulders
- Excess sweating
- Blood disorders
- Hemorrhaging
- Jaundice
- Herpes
- A yellowish coating of the tongue
- A greenish, yellowish coloring of urine and feces.

Treatment of Kapha disorders

- Anorexia
- loss of appetite
- A heaviness of body
- Excessive sleep
- Weak digestion
- A white coating on the tongue

In addition to alleviating the above-mentioned conditions, this treatment has the added benefit of rejuvenating the whole body, relieving exhaustion and restoring luster to the skin. It also relieves mental stress, restores Prana in the heart, and balances the doshas and increases Ojas of the body and mind.

Shiro Pichu (application of herbal paste / oil)

- **Duration:** Several hours or 30-45 minutes.

An herbal paste and or oil is soaked in a cotton pad and applied to the head and covered by a castor leaf or banana leaf and tied in position.



The benefits of this treatment include

- The treatment of Headaches
- Treating hair Falling out
- Premature graying of hair
- Dandruff
- Dry skin and baldness

Sudation Therapies

This is a luxurious bath in a copper bathtub filled with herbal decoctions and aromatic oils.



The benefits of this treatment include

- Drowsiness
- Relieves Tiredness
- Wards off negative emotions and calms the Mind
- Getting over jet lag and getting a deep sleep
- Itching skin relief
- Simply for pleasure
- Relieves constipation

Panchakarma Ayurvedic treatments

Panchakarmas are detox procedures, which will help develop immunity against diseases. They remove physical and mental toxins. They are an indispensable part of the Ayurvedic lifestyle. Our lives are so engrossed in stressful living and working conditions that we ignore the effects of various environmental pollution, unhealthy and processed foods, competition, stress, and the media's influence on us. These factors result in maladies like high blood pressure, cardiovascular problems, diabetes, chronic pains, obesity, depression, and more. The root cause for all these is the accumulation of Ama (toxins), both physical and mental, which cause blockage of vibrational energy channels. Physical toxins enter into our bodies mainly through our dietary and living habits, environmental causes, seasonal changes and aging factors. The mental toxins enter through our Karmendriyas (senses). Our body has a natural instinct for the elimination of these toxins. However, due to the above-mentioned factors, this wisdom becomes impaired and does not perform its function effectively. So, to re-establish this natural balance and to dislodge these toxins, Ayurveda prescribes Panchakarma.

Panchakarma, in Ayurveda, has a deep philosophical meaning of healing. It is the ultimate detoxification process. As the name suggests, 'Pancha' in Sanskrit means five and 'Karma' means actions, so literally translated 'Panchakarma', a set of five systematic actions or treatments used for purification of the body. It is employed to balance doshas and to flush out the toxins from the body through the normal modes of elimination like the intestines, sweat glands, blood vessels and the urinary tract. Thus, it restores internal balance and harmony in the body.

The process of Panchakarma incorporates 3 stages

1. Poorva Karma (Preparatory Phase).
2. Pradhana Karma (Main Panchakarma Phase)
3. Paschat Karma (Post Panchakarma Phase).

Poorva Karma (First Phase)

Poorva Karma involves a set of preliminary methods employed before Pradhana Karma to prepare the body, in order to encourage the release of the deep-seated toxins. This includes; Deepana and Pachana (Digestion and strengthening of Agni).

Panchakarma should not be performed when someone is suffering from poor digestion, which is a low Agni. Even under normal circumstances, Agni must be strengthened as a routine preparation before starting the next phase. Herbal medication in the form of tablets, powders, herbal extracts or decoctions are prescribed to be consumed 15 minutes before lunch/dinner. This is normally done for 2-3 days.

Snehana (Oleation)

Internal (taken on an empty stomach) and external (as oil massage) administration of medicated oils for its therapeutic value are called Snehana. The internal administration of medicated ghee (clarified butter) is Snehapanam, which lubricates all the channels and cells, including the lymphatic channels that bind to the toxins. It also calms the mind and reduces mental stress by cleansing many unresolved emotions at the sub-conscious level. After witnessing adequate signs and symptoms of internal oleation, external herbal oil treatment in the form of massage is done at dawn. The entire process of oleation goes on for 5-9 days depending on one's Prakriti (constitution) and the level of the dosha imbalance and the number of toxins in the body.

Swedana (Fomentation)

The process of sweating through a wet or dry method is Swedana. The special herbal steam dilates the body channels and helps to liquefy the toxins that are more superficial.

Pradhana Karma (Second Phase)

The Panchakarmas are five different ways of removing accumulated toxins from the body and mind.

Note: A Vaidya prescribes specific herbal medication and recommends an individual to undergo a particular karma mentioned below depending on one's Prakriti (constitution) and Vikriti (imbalanced constitution).

1. Vamana Karma (Emesis Therapy)

The process involves inducing vomiting to expel the Kapha toxins from the chest and the abdominal region. This is mainly administered for Kapha or Kapha dominant disorders like bronchitis, chronic cold, sinus, asthma, cough, and respiratory congestion. After the Poorva Karma, an herbal drink consisting of Madanaphala (emetic nut), Yastimadhu (licorice) and milk is given early in the morning after Abhyanga on an empty stomach.

As a result of which, vomiting will either occur spontaneously or is stimulated by gently tickling the throat. The vomiting will take place smoothly drawing out all the Kapha doshas from the body. Following this, an herbal dhoomapana (the smoking of a herbal cigarette) is done to stop the feeling of nausea.

At Indus Valley, we have treated people suffering from chronic asthma all their life and people with respiratory allergies. These people were on steroids,

bronchodilators, and various antihistamine drugs for a long time. They have become totally free of their asthma and allergies after the Vamana Panchakarma.

The Avalambak Kapha and Udana Vaayu are the main culprits causing this dreadful health problem. All over the world people spend billions of dollars in treating asthma and respiratory problems. Ayurveda has one of the best remedies for this problem. Generally, it is not indicated in older people and in people who have high blood pressure.

2. Virechana Karma (Purgation Therapy)

Virechana is the technique of balancing doshas by means of therapeutic purgation. Toxins, which have been lubricated and bound by the oleation are pulled into the colon and expelled as loose motions several times. Virechana is facilitated with medications like herbal paste, elixirs, decoctions, powders or tablets. This method removes the accumulated Pitta toxins from the body and mind.

3. Nasya Karma (Errhine Therapy)



Distillation of herbal medications like oil, powder, and fresh juices through the nostrils to balance doshas from the head region especially the head, nose, and throat. This procedure is usually done for 3-7 days, where the prescribed drops of

herbal medication are administered into each nostril. The ideal timings for Nasya Karma are in the morning for curing Kapha related problems, noon for Pitta disorders and evening for Vata disorders. It is the best procedure for treating Sirorogas (diseases affecting the head area) like migraines, chronic headaches, sinusitis, ear, nose and throat disorders.

4. Basti Karma (Enema Therapy)

Basti is the process of administering herbal medication into the body through the anal route to balance doshas, mainly Vata. The Colon is the predominant site of Vata. Therefore, Basti is considered as an excellent therapy for Vata disorders. It heals constipation, bloating, chronic fever, high blood pressure, sexual disorders, kidney stones, heart pain, sciatica, arthritis, rheumatism, gout, muscle spasms and headaches. Based on the drugs used, Basti is of two types:

Anuvasana Basti

Medicated oil or ghee is the major component of the Basti fluid. It is also known as a retention enema. A small quantity (50 ml) of the medicine is administered as an enema and it is retained for several hours. This helps in pulling the toxins, mainly Vata along with some Kapha and Pitta to the colon. This is done soon after the food is taken.

Niruha Basti

A decoction prepared from herbal extracts forms the major component of the enema therapy. This enema is administered after Abhyanga on an empty stomach. 400-1000 ml of the medicine is administered as an enema and the guest is asked to retain it for one hour and then let it come out. This is a very gentle procedure and can be given to all ages. It is known as the mother of all treatments. The course of this Panchakarma is 8, 16 and 24 days depending on the health problems identified.

5. Raktamokshana Karma (Bloodletting Therapy)



The process of removing the vitiated toxic blood from the body is termed Raktamokshana. This is done either by direct puncture of the blood vessel or incisions on the infected area with the help of Jalauka (Leeches), Raktamokshana removes localized impurities from the blood, thereby healing a specific wound/and purifying the whole body.

Paschat Karma (Third Phase)

After Pradhana Karma (second phase) the body is clear of toxins and all set for restoration.

Soon after the Panchkarma the Agni (the digestive fire) becomes very weak, which needs to be rekindled very gently. The gradual process of strengthening the digestive ability is known as Paschat Karma. It comprises three steps.

Samsarjana

During this period the digestive power is brought back to normal by administering liquid diet initially and progressing slowly to semi-solid and finally the normal diet.

Shamana

Once the digestive power is re-established, specific Ayurvedic medication is prescribed based on the diagnosis. After cleansing the body of the toxins, the medications work very effectively.

Rasayana

Taking herbal preparations to revitalize the body and mind and restoring the natural luster, vigor, and immunity to the body.

The Panchakarma procedures are now well-recognized the world over and the ancient wisdom of the Vedas has re-established its position once again. At our Centre, careful attention is devoted to promoting Panchakarma in its pristine form. We insist on absolute adherence from our guests regarding the seriousness of the program. Since only those who follow the protocol correctly under the supervision of our expert Vaidyas, experience the profound results of the therapy. Any deviation from the rigorous stipulations may lead to unsatisfactory results. And in some extreme cases, it may even be harmful to one's well-being if not followed properly. One can truly appreciate the benefits of Panchakarma by following the instructions mentioned below.

The true benefits are felt two to three weeks post Panchakarma

Panchakarma Guidelines during Ayurveda treatment

1. Avoid smoking and consuming alcohol since they result in accumulation of toxins in the body, both physical and mental. The very reason we are administering Panchakarma for you is to remove these toxins. Thus, it is absolutely necessary for you to abstain from these habits.
2. Keep yourself warm and use warm water for consumption and cleaning purposes. Using cold water will prevent the medications served to you from reaching the destinations, where the toxins are loaded. Warm water improves peripheral circulation and thereby assists the medications in treading the right path.
3. During the Panchakarma, you are recommended to wear a head cap, gloves, socks and cover yourself with warm clothes. Sometimes it could be uncomfortable because of the heat you experience, but it will benefit you with better results.
4. Do not ignore your natural urges. Controlling urination or bowel movements may result in re-circulation of toxins. So it is essential to flush out these wastes from the body frequently.

5. Please note: Sex is not regarded as a natural urge. During Panchakarma, having sex or having stimulating romantic thoughts are not recommended. Ayurveda believes the final essence in men (Shukra dhatu) and in women (Arthava dhatu) is vital for one's physical, mental and spiritual energy. It is also said to enhance the results of Panchakarma. Having sex or indulging in romantic thoughts would deplete this final essence in the body. Therefore, it is necessary to preserve this dhatu during and immediately after Panchakarma.
6. Avoid strenuous exercises. Any undue physical exertion/exercise will make the medications you have taken to get absorbed in the body to the point beyond getting bound to the toxins and eventually fails in its purpose of Panchakarma. For this reason, our Vaidyas carefully formulate a set of yoga exercises, which will not cause any harmful effects.
7. Converse in low tone! Conversing loudly due to anxiety/annoyance will not allow the medication to reach the various organs where unresolved anger, sorrow, and tensions are lodged. So to purify the mind through Panchakarma, it is essential to abide by this particular advice.
8. Avoid sleeping during the day! Although one feels very sleepy especially throughout the therapy period, please avoid falling asleep during the day as it aggravates the Kapha toxins. This could be achieved by taking short walks around the room and in the garden.
9. Avoid reading more than half an hour at a time. Reading at length strains both body and mind, which is not advisable during Panchakarma. If you are so inclined, you may read about holistic health or spiritual books. Some of the good books to read are, "The New Earth", "The Power Of NOW" by Eckhart Tolle. If you would like more recommendations please make an appointment at the reception to see the founder Dr. Talavane Krishna.
10. Watching TV, using a computer, reading newspapers should be minimal or should be totally avoided.
11. Follow your dietary instructions. You will be given a special diet during Panchakarma. Please consume only that diet. If you have any specific questions regarding your diet consult our Vaidyas. Food will be served as prescribed in the diet chart prepared by our Vaidyas based on one's Prakriti (constitution) and nature of treatment administered.

One may experience a headache, skin rashes/itching, diarrhea, nausea, low energy level, abdominal pain, and mood variations. Please contact the Vaidya to be provided with suitable relief.

Our Vaidyas may or may not permit you to continue with the medications, which you are already taking for various ailments based on its ingredients, relevance, and possibility of any drug interactions.

FAQ:

Question:

You are making me consume more oil and ghee although I am already obese and have high cholesterol level. It is very difficult for me to understand how it balances my chemistry and helps reduce my weight?

Answer:

The amount of medicated ghee/oil you take will not get digested to the point that it will either increase your weight/cholesterol. The specific herbal ingredients added to ghee/oil will prevent such side effects, very carefully bind to the toxins and remove them systematically from your body and mind. In fact, after Panchakarma, most people lose about 2-7 kgs of weight. And those who have had abnormal lipid profiles will have a more balanced profile after Panchakarma. This has been proven in many clinical studies. So there is no need to have any apprehension of increasing weight and an abnormal lipid profile.

Question:

I am getting bored. I don't have much to do here. Could you provide us with television, internet or any other recreational facilities?

Answer:

At IVAC, we strongly believe in providing authentic Ayurveda with its core ideology intact and ensure you get the best results from Panchakarma. It needs a certain amount of courage, determination, and discipline to undergo this therapy. One is expected to strictly follow the specific diet and recommendations advised by our Vaidyas based on your constitution. And it is highly essential to remain calm and resolved during this period. Hence, it is recommended to spend the time between the treatments in meditation, introspection, contemplation and physical relaxation rather than indulging in any media-related activities. Therefore, we have deliberately not provided television and internet facilities in the guest rooms. However, we have ensured that bare minimum requirements are available for you to keep in touch with the loved ones. As a better substitute, the Centre offers tranquil gardens, ample walking space and swimming pool (while you are taking Panchakarma no swimming is allowed) for guests to relax. This routine might seem inconvenient, but we request you to be patient, for you will truly appreciate the difference you notice in you after Panchakarma.

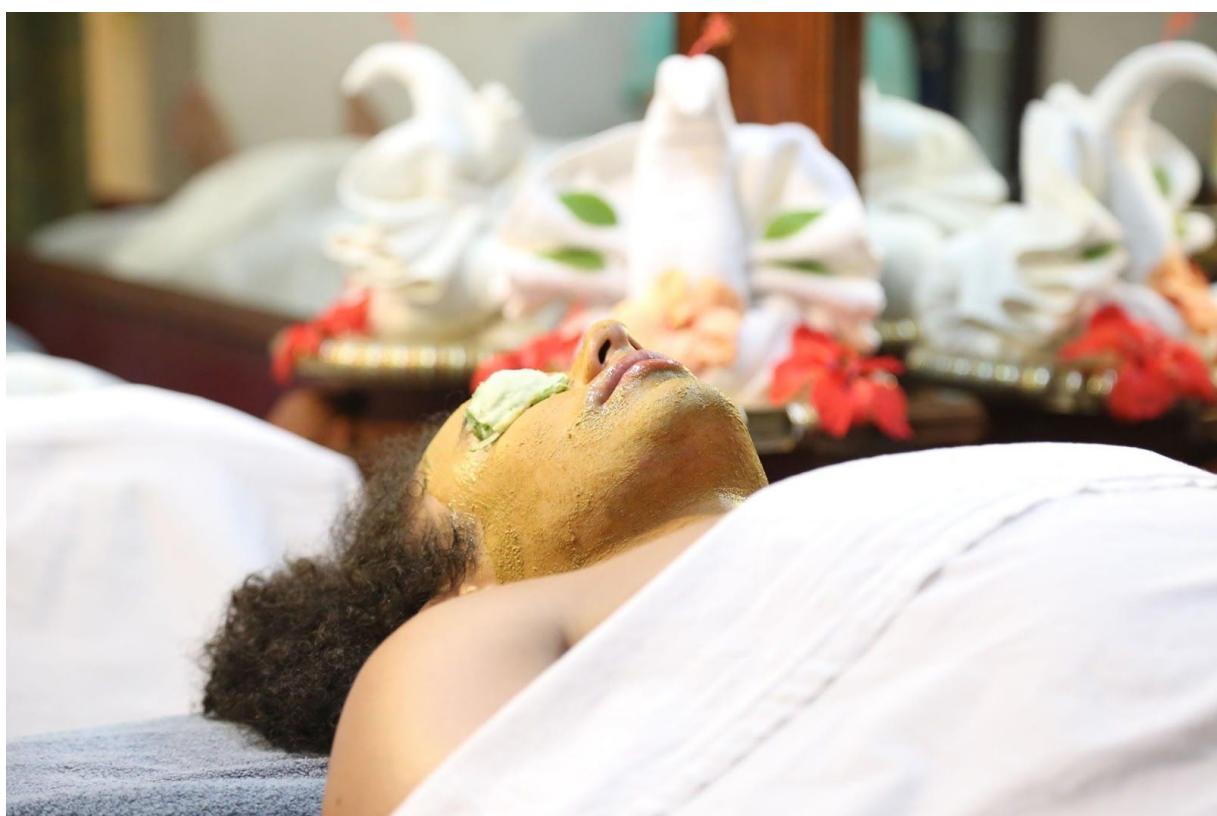
Ayurveda for Skin Rejuvenation & Beauty Treatments

Soundaryavardhini - Ayurvedic face rejuvenation

- Duration: 45 minutes

Experience how this unique combination, a gentle balancing touch, use of Marmas (vital energy points) together with the use of aromatic oils and natural and mostly organic products can deeply calm, refresh and re-energize both your face and your whole

being. Pollution and stress make the face wrinkled start looking tired and lose luster. It is recommended that regular facials should be taken at least twice a month.



Benefits of Soundaryavardhini Treatments

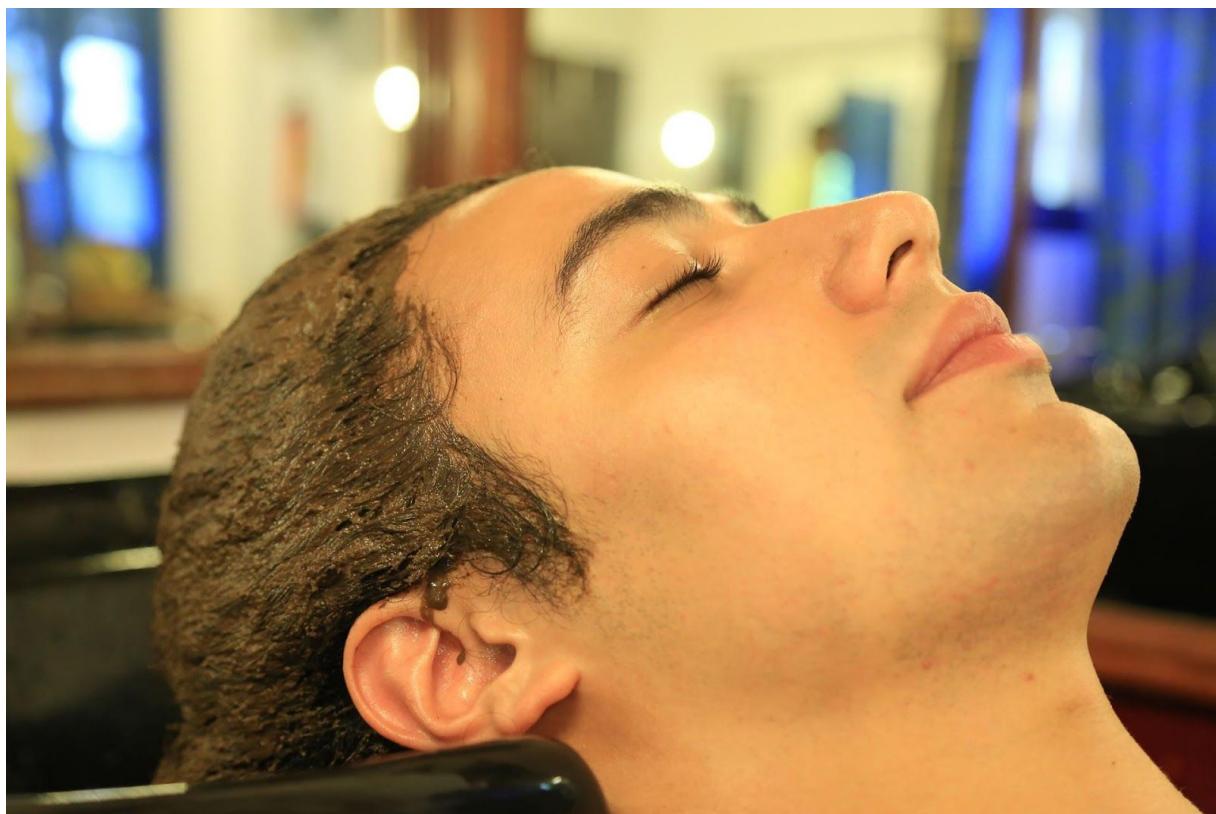
- Nourishes and cleanses the tissues,
- Gives a glowing complexion to face
- Maintains good tone and elasticity of all layers of skin, plus helps to hold onto youthful contours.
- Melts away facial tension
- Redirects subtle energies and relieves stiffness throughout the entire body.
- Deeply nourishes and strengthens the body.

- Gives you a sensual feeling of joyful bodily excitement, which re-energizes the whole body
- Develops a depth of being that cultivates a willingness to care for others
- Brings you an inner richness that brings lasting beauty and attraction

Keshini (Ayurvedic hair rejuvenation)

Time: 60 minutes

Several natural herbs are used on your hair after scalp stimulating, deeply relaxing head massage. Your hair and scalp get deeply cleansed and polished. The hair will look silky smooth.



The benefits of this treatment include

- Rejuvenates your hair, shields from further damage to the cuticle.
- Makes your hair look healthy and attractive by nourishing from the root.
- Removes dandruff
- Deeply relaxes and calms your mind
- Prevents excessive hair loss and premature greying
- Brings a cooling feeling to any burning sensation in the eyes and brings a restful sleep.

Padashubhakari (Ayurvedic foot rejuvenation)

Time: 30 minutes

Your experience begins with Soaking your feet in warm water, followed by cleansing, scraping, trimming of nail beds, removal of dead skin.

Massage of your lower legs and feet and application of organic Neem leaf paste.



The benefits of this treatment include

- Removes tiredness from the legs as well as swollen feet, a consequence of a long travel.
- Brings deep sleep.
- Cools the eye.
- Excellent for those who suffer from restless leg syndrome.
- Prevents phlebitis and is an excellent treatment during pregnancy.
- The Neem paste application is very helpful for many skin conditions like eczema and infections. It also removes leg cramps by balancing Vata.

Karashubhakari (Ayurvedic hand and lower arm rejuvenation)

This procedure is similar to foot rejuvenation.

The hands are the giving and receiving organs of our body, not just in the physical sense but more as transmitting energy. The hands are full of Marma points. Five elements, nine planets, and all our internal organs are represented in the hands. A treat to the hands is a treat to the entire body and beyond.



Benefits of this treatment include

- Energizes all internal organs
- Corrects many health problems
- Balances the elemental principles in and around our body
- Planetary effects are balanced, strengthened and malefic forces are neutralized.

Mehendi



Depending on how extensive your needs are, it is a Pitta pacifying cooling beauty procedure. Beautiful intricate art designs are drawn over hands and forearms by our experts using an herb called Henna. Mehendi is an old Indian tradition for a bridal shower. When someone wears Mehendi it naturally invokes the romantic beauty in a woman.

Ayurveda and Yoga Therapy

Yoga therapy is the adaptation of yoga practices for people with health challenges. Yoga therapy involves practicing specific postures, breathing exercises, and relaxation techniques. Medical research shows that Yoga therapy is among the most effective complementary therapies for several common ailments. The challenges may be, an illness, a temporary condition like pregnancy or childbirth, or a chronic condition associated with old age or infirmity. Our yoga teacher will advise and teach you appropriate Yoga postures in consultations with the Vaidyas.

Ayurvedic treatment using Kshara Karma Chikitsa

Kshara Karma is one of the minimally invasive procedures described in Shalya Tantra (Surgery) of Ayurveda. Kshara means ‘alkaline extract of plants’ and Karma means ‘a procedure’. Ksharakarma is a procedure wherein alkaline extracts of plants are used

for the treating surgical problems in the anorectal region. This procedure is described in the Ayurvedic text written by Sushrutha dating back to 1500 BC. The Ksharakarma procedure involves the application of alkaline extracts of plants like Apamarga (Achyranthes Aspera) along with various other drugs like Guggulu (Commiphora Mukul), Snuihi (Euphorbia nerifolia), Haridra (Curcuma longa) etc, in the form of a paste (kshara lepa) or a coated thread (kshara sootra). **Many clinical trials have validated that this procedure is scientific, safe and successful in the management of various ano-rectal diseases like hemorrhoids, fistula, anal fissure and pilonidal sinus.** Ksharakarma is not associated with complications such as anal stenosis or incontinence or loss of sensation, which is not uncommon when these anorectal diseases are treated through modern surgical procedures, also recurrence rate is much higher than in Ksharakarma. This procedure may be performed in an outpatient setting. Minimal or no pain is experienced after surgery. The whole procedure takes less than 45 minutes. The patient is discharged on the same day after several hours of observations in the recovery room. The full recovery takes less than a week.

Acupuncture

We do not offer this service. The purpose of this writing is for information only.

The history of acupuncture goes back to Ayurvedic roots. It was known as Sooji Chikitsa. At some point in history, it seems to have traveled to China and possibly they developed their own version. Later, in the 70s after China opened its door to the west, this science was extensively researched and was found to be evidence-based practice. Currently, some insurance companies cover this service for reimbursement. Below is given a brief on this healing science. The National Institutes of Health (NIH) has funded a variety of research projects on acupuncture that has been awarded by its National Center for Complementary and Alternative Medicine (NCCAM), National Institute on Alcohol Abuse and Alcoholism, National Institute of Dental Research, National Institute of Neurological Disorders and Stroke, and National Institute on Drug Abuse. Acupuncture is a method of encouraging the body to promote natural healing and to improve functioning. This is done by inserting needles and applying heat or electrical stimulation at very precise acupuncture points.

Conditions treated through Acupuncture

Digestive; abdominal pain constipation diarrhea; hyperacidity indigestion; emotional anxiety; depression insomnia; nervousness neurosis; eye-ear-nose-throat cataracts; gingivitis; poor vision; tinnitus; a toothache; gynecological; infertility; menopausal symptoms premenstrual syndrome; miscellaneous; addiction control; athletic performance; blood pressure regulation chronic fatigue; immune system tonification stress reduction; musculoskeletal; arthritis; back pain; muscle cramping; muscle pain/weakness neck pain; sciatica; neurological; headaches; migraines; neurogenic;

bladder dysfunction; Parkinson's disease; postoperative pain; stroke; respiratory; asthma; bronchitis; common cold; sinusitis; smoking cessation; tonsillitis.

Source: World Health Organization United Nations.

How does acupuncture work?

The classical Chinese explanation is that channels of energy run in regular patterns through the body and over its surface. These energy channels, called meridians, are like rivers flowing through the body to irrigate and nourish the tissues. An obstruction in the movement of these energy rivers is like a dam that backs up in others. The meridians can be influenced by needling the acupuncture points; the acupuncture needles unblock the obstructions at the dams and reestablish the regular flow through the meridians. Acupuncture treatments can, therefore, help the body's internal organs to correct imbalances in their digestion, absorption, and energy production activities, and in the circulation of their energy through the meridians. The modern scientific explanation is that needling the acupuncture points stimulates the nervous system to release chemicals in the muscles, spinal cord, and brain. These chemicals will either change the experience of pain, or they will trigger the release of other chemicals and hormones which influence the body's own internal regulating system. The improved energy and biochemical balance produced by acupuncture results in stimulating the body's natural healing abilities, and in promoting physical and emotional well-being.

How many treatments will I need?

The number of treatments needed differs from person to person. For complex or long-standing conditions, one or two treatments a week for several months may be recommended. For acute problems, usually, fewer visits are required.

Are there any side effects from the treatment?

Usually not! As energy is redirected in the body, internal chemicals and hormones are stimulated and healing begins to take place. Occasionally the original symptoms worsen for a few days or other general changes in appetite, sleep, bowel or urination patterns, or emotional state may be triggered. These should not cause concern, as they are simply indications that the acupuncture is starting to work. It is quite common with the first one or two treatments to have a sensation of deep relaxation or even mild disorientation immediately following the treatment. These pass within a short time, and never require anything more than a bit of rest to overcome.

What are the needles like? Do they hurt?

People experience acupuncture needling differently. Most patients feel only minimal pain as the needles are inserted; some feel no pain at all. Once the needles are in place, there is no pain felt. Acupuncture needles are very thin and solid and are made from stainless steel. The point is smoothing (not hollow with cutting edges like a hypodermic needle) and insertion through the skin is not as painful as injections or blood sampling. The risk of bruising and skin irritation is less than when using a hollow needle. Because your doctor carefully sterilizes the needles using the same techniques as for surgical instruments or uses disposable needles, there is no risk of infection from the treatments.

Does acupuncture really work?

Yes! In the past 2,000 years, more people have successfully been treated with acupuncture than with all other health modalities combined. Today acupuncture is practiced widely in Asia, Russia and in Europe. It is now being used more and more in America by patients and physicians. Acupuncture treatments can be given at the same time other techniques are being used, such as conventional Western medicine, osteopathic or chiropractic adjustments, and homeopathic or naturopathic prescriptions. It is important that your physician-acupuncturist knows everything that you are doing, so he or she can help you get the most benefit from all your treatments.

Are there any dos and don'ts for me on the day of a treatment?

Yes! To enhance the value of a treatment, the following guidelines are important:

Do not eat an unusually large meal immediately before or after your treatment. Do not over-exercise, engage in sexual activity, or consume alcoholic beverages within six hours before or after the treatment. Plan your activities so that after the treatment you can get some rest. This is especially important for the first few visits. Continue to take any prescription medicines as directed by your regular doctor. Substance abuse (drugs and alcohol) especially in the week prior to the treatment will seriously interfere with the effectiveness of acupuncture treatments. Remember to keep good mental or written notes of what your response is to the treatment. This is important for your doctor to know so that the follow-up treatments can be designed to best help you and your problem.

Ayurvedic treatment using Yajnya/Yaga/Homa

(These three words are synonyms)

The ancient sages prescribed Yajnyas (sometimes written as yagyas also) as an important part of Ayurveda. These Vedic rituals were performed by special Purohits or priests who have been trained from an early age in the recitation of Sanskrit mantras. Modern research has shown the remarkable effects of chanting Sanskrit on health and well-being. The actual language of Sanskrit was engineered by Rishis to purify and balance ones' body, mind and the environment around us. In the Vedic yajnyas besides the mantras, special rituals or pujas are performed to

awaken each aspect of intelligence that is underlying the universe. Even modern physics has acknowledged these subtle laws of nature. Thousands of years ago the Seers observed them and called them Devatas (various frequencies). After the performance of the special rituals along with chanting, the yajnya fire is lit in a beautiful ceremony. Fire is the vehicle of yajnya, besides the medicinal value of fire and also, in this case, special woods and fragrant substances are offered to the yajnya fire, the quality of fire is the transformative energy that is animating the entire creation. By offering the sound and substances to the fire; the fire resonates and transmits this to the subtle matter and through subtle energy and also the special intention (or Sankalpa in Sanskrit) of the yajnya that will be supported. As per Ayurveda, Charaka Samhita, the most ancient of Ayurvedic texts informs the physician that when no other measures are working for a disease, yajnyas must be performed. Many patients have reported remarkable peace of mind and deep healing for performing them. At our Centre, we have a team of expert priests to perform the rituals and can arrange a variety of specialized yajnyas based on your needs. Some of the yajnyas performed are:

Mahaganapathi Homa

This is done to enhance the natural flow of our lives and removes any difficulties that we are presently facing, be they physical, mental or emotional. Ganapathi or Ganesha is the aspect of our physiology related to the root energy that allows us to achieve our desires and have worldly and spiritual success. For all activities to succeed one should bow to this quality of Ganesha. Mahaganapathi havan is performed to ward off any obstacles at the beginning of any new venture.

In this Yajnya a special mantra from the Rig Veda is chanted, which has a profound effect in healing diseases and purifying the heart and mind. This is often performed for chronic and incurable diseases to bring relief to the condition. In conjunction with Ayurvedic treatments such as Panchakarma, this yajnya can speed up the recovery process.

Various other homas can be arranged on request by our expert priests. All homas are performed at our beautiful and lush campus and are done as per Vedic tradition.

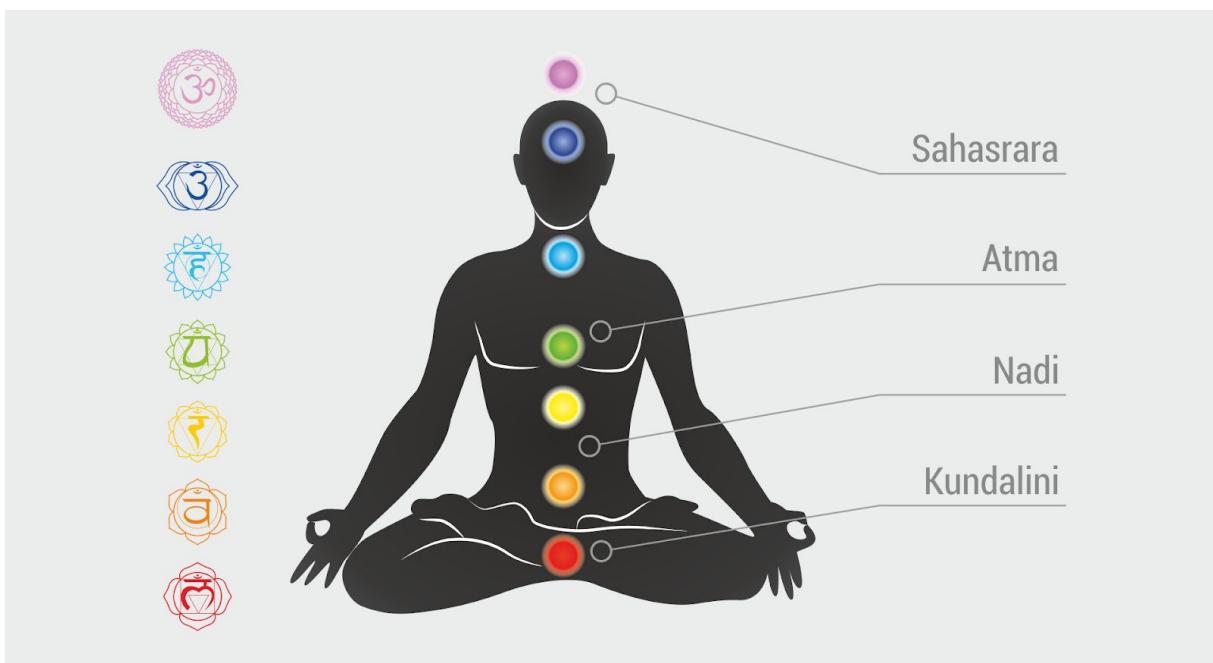
Ayurvedic treatment using Mantra

(HEALING THROUGH MANTRA)

Mantra is a Sanskrit word meaning, “by constant repetition it will give the desired result” The other synonym is Japa Chikitsa means treatment Mantra Chikitsa is a Vedic tradition inherent in Ayurveda as part of treating the disease at its Karmic root.

The destined path for individuals sojourn may be to manifest some diseases and go through sufferings.

This can be identified through Astrology by reading one's birth chart.



Mantra may be of different kinds

A. Beeja Mantras:

These are in reference to various sounds relating to different Chakras, such as Lam, Vam Ram etc, Different chakras govern different organs in the body. Based on which organ is affected and which the corresponding chakra is out of balance these Beeja Mantras help balance the frequencies between the organ and the chakra thereby helping the healing process.

B. Planetary Mantras:

These mantras or prayers in the manner of short verses are chanted repeatedly to pacify the malefic effects of a particular planet, which in turn will have a curative effect on the disease or suffering.

C. Worshiping different deities:

This is one of fascinating discoveries of the ancient seers of the Vedic times. The Seers saw the universe and all the animate and inanimate things within it as a gigantic living entity and identified different functionalities as governed by different frequencies and later gave forms and shapes to it as various deities so that it is easier to concentrate on while chanting various Mantras and verses particular to that frequency.

This principle evolved during the millennia into worshipping various deities to get desired results.

These practices will lead to either erase or dilute the Karmic imprints there by taking one's soul closer and closer to complete surrender and liberation.

Remember the body is a wound of the mind. As long as there is mind (ego) there is a body and as long as there is a body, the disease is its shadow.

Mantra Chikitsa's goal is to have the profound effect at the deepest caverns of the soul and take it in the path of liberation and relieve once for all from all sufferings.

At our Indus Valley Ayurvedic Centre, we bring this ancient wisdom alive once again. This healing tradition is quite intricate and complex. It requires in-depth knowledge and expertise to advise the right Mantra. The astrologer after checking the birth chart could initiate the right Mantra.

Ayurveda treatment using Color Therapy

Sunday	Friends	Neutral	Enemies
	[Red] [White] [Yellow]	[Green]	[Blue] [White]
Monday	Friends	Neutral	Enemies
	[Red] [Green]	[Red] [White] [Yellow] [Blue]	
Tuesday	Friends	Neutral	Enemies
	[Red] [White] [Yellow]	[Blue] [White]	[Green]
Wednesday	Friends	Neutral	Enemies
	[Red] [White]	[Red] [Yellow] [Blue]	[White]
Thursday	Friends	Neutral	Enemies
	[Red] [White] [Red]	[Blue]	[White] [Green]
Friday	Friends	Neutral	Enemies
	[Blue] [Green]	[Red] [Yellow]	[Red] [White]
Saturday	Friends	Neutral	Enemies
	[White] [Green]	[Yellow]	[Red] [White]

Each day of the week is governed by a different planet. Each planet has a special affinity for a particular color through which it transmits its influence around that color. Wearing a dress, which has that particular color in various shades and designs helps bring harmony with the planetary effects on the person.

These effects could be very subtle such as removal of obstructions and delays, bringing better harmony and success in one's life and helps life to move smoothly. Better relationships, less stress, and better romance are other benefits.

One could have a wardrobe with many designs and colors.

Ayurveda treatment using Gem Therapy

Wearing different gems for the healing purpose has been a tradition in many parts of the world. In the Vedic tradition, there are nine gems representing nine planets. After studying one's birth chart, an astrologer could advise the right kind of gems. There are several steps in wearing a gem correctly. Once a size of the gem is suggested, it has to be set in a particular metal such as gold, silver or copper and should be worn on a finger specific to that planet. At our Centre, we provide this service. Wearing a gem will have an effect on your health and destiny.

Following are the gems for each planet.

- Red Ruby — Sun
- Pearl — Moon
- Red Coral — Mars
- Emerald — Mercury
- Yellow sapphire — Jupiter
- Diamond — Venus
- Blue sapphire — Saturn
- Cat's eye — Ketu
- Gomedh — Rahu

Ayurvedic treatment using Sound Therapy

It was revealed by the Vedic Seers that the first step in the creation of the Universe was the sound from the pure consciousness (JYOTHI). This sound (NADA)) is known as the primordial sound OM.

There are many Ragas (tones), which have a profound effect on our health. Using them effectively as a medium for healing is known as Sound Therapy or Music Therapy. Music (sound) has the power to cure, to make you feel happy, sad, disgusted and so on. The Ragas emerge as the suggestive sound images of these sentiments, emotions, and passions. Properly used, It should bring generosity, joy, and love on those who listen to the sound whether it is instrumental or Vocal or both. When we use sound coupled with intention, which is the most important

aspect of healing, we can direct sound vibration to raise the body's vibrational frequency. Healing through sound and vibration has been known to reduce stress, improve concentration, reduce blood pressure, stimulate the flow of life force in the body, improve immunity, harmonize the chakras with the energy field, heighten intuition and perception, synchronize brain hemispheres, remove mental and emotional negativity and enhance creativity. At the center, we play OM sound throughout the property and play it in the treatment rooms. Our singing bowls produce deep and highly effective OM sound in the treatment rooms. There are Ragas recorded available in CDs for different parts of the day and seasons to balance the Vata, Pitta, and Kapha. Sound therapy is a powerful tool in healing. More details are beyond the scope of this information booklet.

Ayurvedic treatments using Aroma Therapy

The theory behind aromatherapy

It is believed that the inhalation of essential oils stimulates the part of the brain connected to smell - the olfactory system; a signal is sent to the limbic system of the brain that controls emotions and retrieves learned memories. This causes chemicals to be released which make the person feel relaxed, calm, or even stimulated. If the aromatherapy includes massage the effect is to further relax the person. Aromatherapy could be either through aerial diffusion, direct inhalation or topical application.

Essential oils specific to your constitution, Vata, Pitta or Kapha when used through a diffuser will balance and strengthen the doshas. At our Centre, we keep the dosha specific oils and aroma diffusers at our gift shop.

Essential oils for Vata dosha balancing:

<ul style="list-style-type: none"> ● Basil ● Bay ● Cinnamon ● Citrus ● Cloves ● Frankincense ● Lavender ● Pine ● Sage ● Vanilla ● Amber ● Angelica ● Anise 	<ul style="list-style-type: none"> ● Bergamot ● Camphor ● Cardamom ● Chamomile ● Cinnamon ● Clary coriander ● Eucalyptus ● Frankincense ● Geranium ● Jasmine ● Jatamansi ● Lemongrass ● Myrrh 	<ul style="list-style-type: none"> ● Neroli ● Patchouli ● Rose ● Rosewood ● Sandalwood ● Sweet orange ● Tangerine ● Thyme ● Vanilla ● Vetiver ● Ylang-ylang
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Essential oils for Pitta dosha balancing

<ul style="list-style-type: none">● Birch● Brahmi● Chamomile● Champa● Clary sage● Coriander● Fennel● Geranium● Jasmine● Jatamansi	<ul style="list-style-type: none">● Lavender● Lemon balm● Lemongrass● Lime● Mandarin● Myrtle● Neroli● Peppermint● Petitgrain	<ul style="list-style-type: none">● Rose● Sandalwood● Spearmint● Tangerine● Tea tree● Vanilla● Wintergreen● Yarrow● Ylang-ylang
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Essential oils for Kapha dosha balancing

<ul style="list-style-type: none">● Angelica● Anise● Basil● Bay● Bergamot● Birch● Camphor● Cardamom● Cedarwood● Cinnamon● Clary sage● Clove● Cypress	<ul style="list-style-type: none">● Eucalyptus● Fir● Frankincense● Geranium● Ginger● Grapefruit● Hyssop● Jasmine● Juniper● Lavender● Lemon● Lemongrass● Lime	<ul style="list-style-type: none">● Marjoram● Neroli● Myrrh● Myrtle● Petitgrain● Peppermint● Rose● Rosemary● Sage● Sweet orange● Tea tree● Wintergreen● Yarrow
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Benefits of Aromatherapy

- Anxiety
- Stress
- Insomnia
- Muscular Aches
- Body aches
- Headaches
- Circulation problems
- Digestive problems
- Menstrual problems
- Menopausal problems

- Depression - this study found that women with depression have their sense of smell affected. It adds that women who receive aromatherapy and suffer from depression may benefit from the treatment.

Ayurvedic treatments and Astrology (JYOTISH):

Astrology is a Vedic science called Jyotish. It is a blueprint of the soul's journey. One's soul takes birth in a physical body based on the Karmic imprints. The life's journey unfolds based on the past karma. The birth chart reveals the way ahead for the person in terms of health, relationships, finance etc. Several corrective measures could be taken to prevent difficult situations in life. A learned Jyotish could suggest specific remedies for these situations. In the practice of Authentic Ayurveda, consultation with an astrologer will help to deliver holistic health and wellness. At our center, we have learned astrologer available for consultation upon request. Majority of our guests opt to take this consultation.

Ayurvedic treatments and Vaastu - The Indian Art of Placement

Vaastu is a Sanskrit word meaning 'the science of structures'. It is a traditional theory of architecture that guides the design and construction of buildings in harmony with the natural laws of the universe. As Einstein proved, everything in existence, sentient and non-sentient, is ultimately a field of energy. Vastu is the pure, subtle energy that underlies everything, while Vaastu is the manifestation or expression of that energy as matter. Every structure whether it is a building or a fence, a statue or a piece of furniture, a piece of music or other art form has its own subtle energy. Vaastu is the science of working with these fields of energy, guiding us to arrange structures so that their underlying energy fields are beneficially manipulated according to proportion and direction.

Vaastu describes desirable window and door locations, color schemes, symbols, artworks and furniture arrangements. It also addresses the optimum type of soil, location of plants and water features, and construction of fences and compound walls. The science of Vaastu is a meaningful dialogue between mind and nature, enabling us to better understand the energy fields of various objects around us as well as those of invisible cosmic bodies that affect our minds and bodies, influencing our lives directly and indirectly.

Vaastu considers a dwelling to be full of life force. It informs us how to make dwellings that have rhythm and beauty, that vibrate perfectly with nature. A structure built according to Vaastu is a science based on Vedic mathematics, one of the most advanced forms of knowledge in our universe. Thus the measuring system of Vaastu is quite different from that of Feng Shui. In Vaastu, each habitation has to

be individualized, taking into consideration several significant factors, including orientation, direction, proportion, and the activities performed within, and the personalities and vocations of the inhabitants.

Today many people are fortunate to enjoy abundant physical comforts as well as a long life, yet they feel inadequate and unhappy. They suffer from uneasiness in mind and body and do not seem to be in a balanced state of health. Often they are not helped by modern science, which is seriously lacking in its understanding of the connection and complex interaction between the mind and body.

Thus, it seems appropriate to look to the ancient Indian texts, the Vedas, for some the answers. Ved literally means 'science' or 'knowledge'. The Vedas are storehouses of knowledge concerning the intricate balance of the forces that affect human life and all of the existence. This knowledge was revealed to humanity more than seven thousand years ago in the Himalayas.

Despite their antiquity, the Vedas contain timeless knowledge of the expression of consciousness that can help us find answers to our modern concerns about health and life.

Vaastu is related to two other Vedic sciences, Jyotish (astrology) and Ayurveda. Jyotish, the science of stars and planets and their forces teaches us about the subtle principles that affect and govern our physical and mental aspects. Ayurveda the science of life teaches us about the physical, physiological, and psychological makeup of these forces. Our own physical body is a perfect Vaastu structure transformed into a living, vibrating entity.

Vaastu the science of physical structures teaches us how to place or construct material structures, taking into account the planetary forces and their effects on our lives. When arranged and constructed according to these principles, our home can be transformed into entities full of life energy. Jyotish, Vaastu, and Ayurveda work together to help us live more harmoniously and happily. Thus, this study of Vaastu incorporates aspects of the other two sciences as well.

Go Green Initiatives

As part of this project, we are using 100% certified herbal pesticide to control pests in and around our buildings. It has a nice lingering fragrance and is totally harmless to humans and it is also biodegradable. For plants and trees, we are using a nutritive biopesticide. We only use organic manure to all our plants and trees. We also use a Vedic formula called Jeevamrita. We are currently working on growing organic vegetables and various organic products.

Our future plans are to go for recycling of water, rainwater harvesting, to be self-sufficient with the alternative sources of energy, planting thousands of trees, Use recycled papers and eco-friendly constructions. We request all our guests to be a part of this mission.

This booklet copy is intended to provide information to the guests who are staying at our Indus Valley Ayurvedic Centre. It is also available as a free ebook that you can download from our site <https://www.ayurindus.com>

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