



AYURVEDIC DETOX

Or

Body Cleansing



For Rainy Season- Mid July to Mid September

*Detox, Refresh, and Renew Your
Body and Mind*



What Is Ayurvedic Detox?



Detoxifying the body by eliminating excess **vata**, **pitta**, and **kapha doshas** caused by toxins, processed foods, and emotional stress.

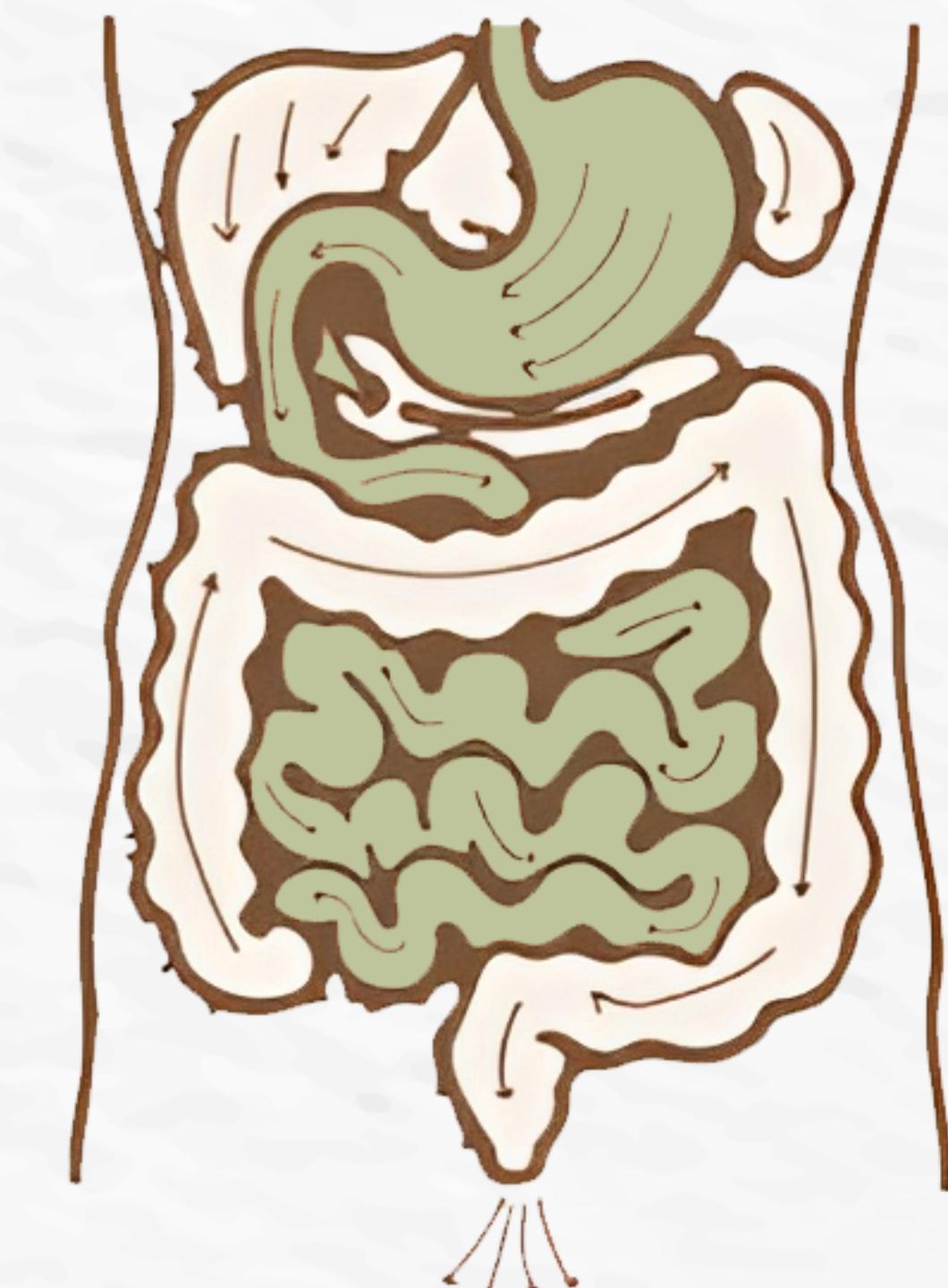
Cleansing is essential in Ayurvedic living, offering improved energy, strength, immunity, and a renewed zest for life.



Traditional Method We Use To Detox

SADHY-VIRECHANA

Sadhy means Instant and,
Virechan in which purgation (motion) is induced by drugs to eliminate excess dosha from the body by using herbal medicines.



Benefits of Ayurvedic Detox on Body



Improves the strength of *Agni* (the digestive fire) by resting and purifying the digestive system.



Gives body a break.

Need of Detox during Rainy Season

Rainy season is an important time period to take extra care of your health.

Effect of Rainy season on Doshas : Increased *Vata* and Mild increase in *Pitta*



Low digestive fire causes diseases, and during this season, our digestive strength weakens.



Lowest body strength and immunity during Summer and Rainy season.



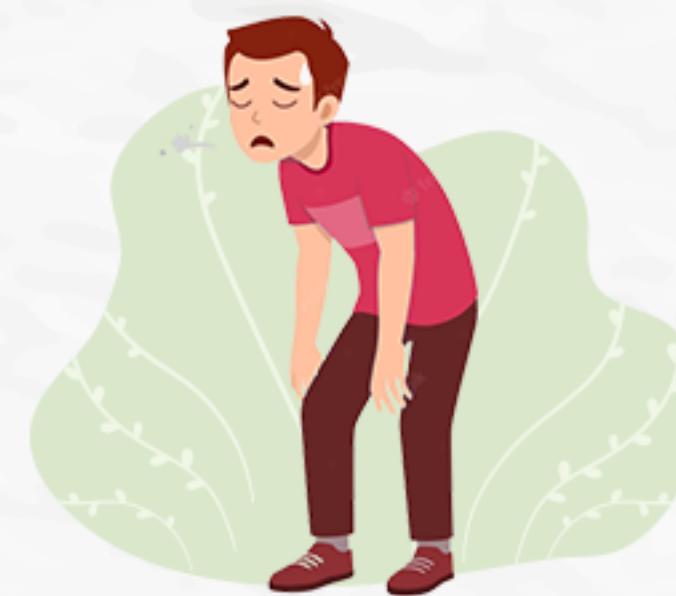
Low immunity increases the risk of numerous diseases.

Reasons for Doing the Detox

Even with proper diet and exercise, we still experience...



Loss of strength



Lethargy



Weakness



Sluggish behavior



Slow digestion



Drowsiness

How Does This Detox Help?



Improves digestion and metabolism.



Balances all the doshas of our body.



Body feels comparatively lighter.



Enhances immune system.



Increases strength.



Helps maintain appetite.



Calms mind and relaxes body.



Helps in Pitta related disorders.



Helps in Vata related disorders.



Assists with low energy levels.



Structure of Detox

11th and 12th August

Preparing the body for detox:



Drink **Nagarmust Decoction** on an empty stomach in the morning.

(Refer to Recipe pdf)



No nagarmotha?

Try a **digestive herbal drink instead.**

(Refer to Recipe pdf)



Eat light and healthy food.



Eat only when you feel hungry.



Finish your dinner before 7pm.



Try to have the preparatory dishes from recipe pdf.

Structure of Detox

12th August

Night- before going to bed

Mix 5-6 tsp (25-30ml) of ghee with lukewarm milk & drink.



If not with milk, have it with daal instead.

! Important

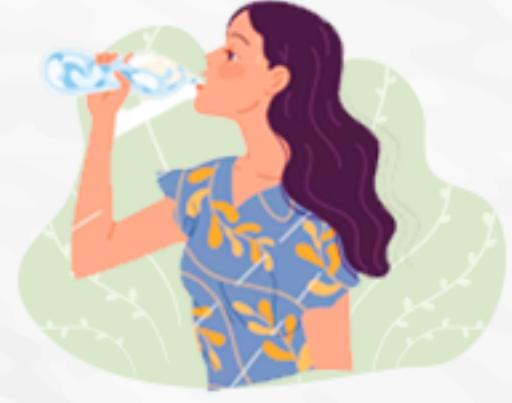
Consider having lukewarm water only after ghee intake, if necessary.

Feeling Nausea?

Just after having Ghee.



Have Munnaka



**Drink lukewarm
water slowly**



**Have Fennel
Seeds**



**Walk for a
while**

Structure of Detox

13th August

Day of detox or Sadhy-Virechana

Elimination of toxins or excess doshas from body.

In the morning

1. Boil 10gms Triphala powder with crushed 6-8 Munakka with 500ml water in a pot.



Triphala Powder

2. Boil without covering until it reduces to 125ml (1/4th).



Black Raisins

Important Points to Note

Have lukewarm water after triphala decoction or kadha.

Purgation will begin within half to one hour.

Expect 3-5 bouts of purgation based on your body's nature.

Do not eat anything unless you feel hungry.

Have ORS water, coconut water, glucose water, or sugar + salt water if you feel weak.

You can have 1-2 motions- after Chawal ka Maand - no need to worry.

In Case of More Than 5 motions

Take Immediate Action- Dont Wait!

Drink Sip by Sip of ORS/Electrolyte/Sugar Water instantly

Please take care that you're not dehydrated, low sugar, low BP



Normal - Cold
Water



Chawal ka
Maand with
Rice



Moong Soup
(eat Moong
also)



Drink plenty
of water



Sugar+Salt
Water



Curd Rice

Sadhy-Virechana : Things to Note

1

Time of Having
Sadhy-Virechan
Aushadhi

2

Time of 1st
Motion

3

Time of Last
Motion

4

Number of
Motions

Meal After Sadhy-Virechana

1st meal



Chawal ka Manda
(Refer to Recipe pdf)

! Have according to hunger.

2nd meal



Whole Moong Soup
(Refer to Recipe pdf)

! Have according to hunger.

3rd meal



Ashtguna Manda
(Refer to Recipe pdf)

! Have according to hunger.

List of Things to Purchase



Nagarmotha Powder



Dry Ginger Powder



Triphala Powder



Munakka or Black
Dried Rasins



Ghee- Homemade/
Cow's Ghee



Other ingredients can
easily be available at
home.

Ayurvedic detox is not recommended for

-  Pregnant and lactating mother.
-  Menstruating women.
-  Children below 15
-  Elders above 60
-  Bleeding issues (Per rectum, bleeding piles, fissure).
-  Fever of recent origin.
-  Suffering of any current disease.
-  Undergone recent surgery.
-  Cancer Patient or Past history of Malignancy.
-  If allergic to ghee or Can't have Ghee.