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***Panchakarma***

Ayurveda is one of the world's oldest holistic healing and healthcare systems.

*Traditional ayurvedic Panchakarma therapies are beneficial not only for cures but prevention of ailments and for revitalizing your health and energy.*

Panchakarma- 5 (*Pancha*) ways to detoxify the body and attain the balance of the *tridoshas* within your body. In this process the body is purified allowing it to exercise its inherent rejuvenating abilities.

[**Therapies**](http://auraveda.in/ayurveda5.html)

**Ayurveda**, literally means the science of life (Ayur = Life, Veda = Science) and dates back five thousand years. Ancient Vedic literature has clearly laid out instructions on how to maintain good health and fight illness through therapies, massages, herbal medicines, diet control and exercise. Ayurvedic therapies offer tried and tested solutions that can help individuals to maintain good health, vitality and energy, thus improving their quality of life.

[**Beauty**](http://auraveda.in/services2.html)

Ayurveda offers you secrets of beauty care handed down over the eras These include rejuvenation therapies and treatments that helps you remain beautiful throughout your life – not just in the body, but also in the mind.

Beauty treatments are designed on the Vata, Pita and Kapha principles to bring out your inherent beauty and vitality to make you glow with inner radiance.

**Healing**

Auraveda Centre provides traditional Ayurvedic Panchakarma treatments and therapies. Our Doctors will suggest a suitable treatment based on an understanding of your unique body constitution “Prakruthy” to maintain the balance of the *doshas* within you.

Enter the world of holistic healing and let Ayurvedic practices restore your physical, mental, spiritual and emotional equilibrium. Auraveda offers a variety of treatments like Abhyanga, Shirodhara, Pizichill, Nasya, among others.