**Panchakarma Therapies**

Ayurvedic treatments and Panchakarma therapies have stood the test of time.

As legend has it, Dhanvantari, Physician of the gods, incarnated himself as Divodāsa,

a mythical king of Benaras and taught medicine to a group of physicians, including Sushruta himself .

According to Ayurveda, ailments, diseases, mental anxiety and stress are caused by imbalance of the D*oshas* (Vata, Pitta, and Kapha) in the human body. Ayurvedic treatments focus on creating a harmony of the Three Doshas which results in good health and enhancement of body and mind functioning.

Auraveda Centre provides traditional Ayurvedic treatments and therapies.

Our Doctors will suggest a suitable treatment based on an understanding of your unique body constitution. “Prakruthy”. Advice on type of treatment may include oral medications, necessary lifestyle changes, diet and yogic practices.

Our treatments are delivered by a team of highly skilled experts and therapists.

Auraveda treatments do not have any side effects and the medicines we use are carefully prepared under strict ayurvedic guidelines, from ancient Ayurvedic texts, using only natural ingredients.

Consult our Doctor.

**Curative therapies in Ayurveda**

**Ayurvedic treatment aims at eliminating the disease, reducing symptoms, increasing**

**resistance to disease, and reducing stress and improving mental and physical health.**

Auraveda treatments do not have any side effects and our treatments include formulations that are prepared using only natural ingredients.

The treatment is tailored to each person’s constitution. Practitioners expect patients to be active participants because many Ayurvedic treatments require changes in diet, lifestyle, and habits.

# ayurveda5.html

# Kizhi (Ela/Podi/Naranga)

(Duration: 30 minutes or 60 minutes)

Fresh leaves/lemon, herbal powders and lentils mixed with coconut and rock salt are fried in oil to prepare hot compresses. Our therapists dip the bags in hot oil and massage gently to wipe out your pains and aches.

This is very good for relieving spasm and stiffness of muscles, joint pain and backache. The ingredients of Kizhi — turmeric, boiled eggs, lemon, and sand etc. modify the efficacy of the therapy.

# Navarakkizhi

(Duration: 40 to 60 minutes)

Therapy with Ayurvedic oils is done in the first phase of this treatment.

This is followed by a massage therapy with rice (medicinal rice - Navara) bags dipped in warm milk and herbal decoction [decoction of Sida (bala)roots]

This treatment nourishes tissues, strengthens muscles and cures the stiffness of the joints.

<http://auraveda.in/ayurveda534.html>-2

**Abhyanga**

(Duration: 45 minutes & 60 minutes)

Massage therapy on a wooden *pathy* (table) in different positions, using special oils infused with herbs for specific conditions.

Abhyanga strengthens and balances the whole physiology, retards ageing, relaxes the body and mind, improves circulation, vitality, clarity of vision, sleep quality.

It also helps to rejuvenate the skin, improve the flow of energy by opening the channels of circulation and prepares the body to eliminate toxins on the physical, emotional and spiritual level.

# Uzhichil

(Duration: 40 - 60 minutes)

Uzhichil is a complete Kalari massage system which rejuvenates the nervous and muscular system of the body and stimulates blood circulation. It is a blend of Dhanurveda and Ayurveda.

Therapists apply pressure with the fingers, thumb or palm at certain points having high concentration of life energy.

Working on these vital points results in the stimulation of impulse, releasing the inner magnetic forces, which helps in the recovery from injury or in the cure of a disease.

ayurveda556.html

# Udwarthanam

(Duration: 40 to 60min)

Deep tissue massage with dry herbal powders.

This Kapha-Vata balancing therapy exfoliates like a scrub, depletes fat, strengthens the muscles and stimulates circulation.

The therapy prepares the body for further oil treatments in a detox program.

# Ksheera Dhooma

(Duration: 10 to 20 minutes)

Fomentation of medicated liquids.

A special treatment procedure where the patient is treated with the *dhooma* or steam coming from heated cow’s milk mixed with special herbs and oil depending on the illness and the patient’s condition and dispensed through a tube.

This treatment is good for facial paralysis, speech disorders and other nervous disorders of face and body.

# ayurveda578.html

# Vasthy

(Duration: 30 minutes)

There are 4 types of Vasthy – Kadi, Greeva, Janu, Uro. (according to the location)

Luke warm oil is allowed to stay on the lower back, neck or knee for 30 minutes in a dam made with dough. This relieves tension build ups, stiffness, spasm, pains and aches.

This is very effective for treating Osteoarthritis of knees, Sciatic pains, Costo-- chondritis, muscular sprains and Spondylosis.

# Sirovasthy

(Duration: 40 to 60 minutes)

A long chef's cap is fixed on the head in which medicated luke warm oil is retained for approx. 30 to 50 minutes.

An effective treatment for visual problems, memory ailments, sleep disturbances, headaches and Parkinson's disease, facial palsy, stroke paralysis cases.

[http://auraveda.in/ayurveda5910.html 5](http://auraveda.in/ayurveda5910.html%205)

# Tharpanam / Netra Tarpana

(Duration: 30 minutes)

This unique therapy refines, oxygenates, and increases cellular renewal around the eye area. This is done with medical preparations for visual improvement and eye diseases.

Triphala ghee (clarified butter oil) or ghee processed with herbs (according to the doctor’s prescription) is poured into a receptacle built around the eyes using black gram dough.

Treatment is indicated in refractive errors of the eyes, chronic conjunctivitis, corneal ulcer, eye diseases due to aggravation of Vata and Pitta, glaucoma, early formation of cataract, improper co-ordination and loss of movement of the eyeballs.

# Thalapothichil

(Duration: 40 to 60min)

A special paste made out of Amla and special roots is applied on the head after a gentle head massage. It helps to improve memory, retain calmness and ensures restful sleep. Effective for dandruff and scalp psoriasis, hair problems.

[http://auraveda.in/ayurveda51112.html 6](http://auraveda.in/ayurveda51112.html%206)

# Pichu

(Duration: 15 to 30 minutes)

A thick layer of cotton soaked with warm medicated oil is applied over the affected area and the oil is replaced periodically to keep it warm. It is considered as an effective treatment for diseases of the cranial nerves and for degenerative and painful spinal problems.

# Siro Dhara

(Duration: 30 to 45 minutes)

A unique therapy in which a steady stream of luke warm herbal oil or medicated buttermilk is poured on the forehead in a specific pattern.

Using different oils, S*iro Dhara* is very effective for a multitude of problems like stress & anxiety, sleep disturbance, migraine, neurological problems. Dhara with buttermilk is indicated in hair - skin problems , psoriasis.

A rejuvenating therapy which improves vitality by invigorating body, mind and cognitive strength.

**ayurveda51314.html**

# Kaya sekam (Pizichil)

(Duration: 45 minutes & 60 minutes)

A mixture of lukewarm herbal oils or medicated milk or decoction is poured over the body in a specific pattern followed by a gentle massage.

This treatment is given for quick pain relief, overcoming general weakness, arthritis, paralysis, rheumatic problems.

# Dhanyamla Dhara

(Duration: 30 to 60 minutes)

Special medicated liquid is poured as a gentle stream over the body using tailed brass vessels, followed by a gentle massage.

A very effective anti-inflammatory treatment, effective for swollen joints, hemiplegia, neurological disorders, arthritis, spondylitis, rheumatism.

Also indicated in obesity, especially for inch loss.

auraveda.in/ayurveda51516.html 8

# Anjanam & Aschyothanam

(Duration: 20 minutes)

Anjanam is the application of herbal medicines to the eyes to cure disease and improve eyesight.

Aschyothanam involves putting herbal eye drops and an eye wash with herbal water. Indicated for removal of styes, blepharitis.

# Kavala Graham / Gandusha

(Duration: 10 to 20 minutes)

Oil pulling procedure - you swish and hold a raw, edible oil (generally coconut oil) in the mouth.

Greatly beneficial for oral health, fixing loose teeth, stopping sensitivity, preventing tooth decay & treating bleeding gums.

**ayurveda51718.html**

# Ayurvedic Facial

(Duration: 45 minutes & 60 minutes)

Therapy includes a cleansing, steaming, face massage and face pack. Various oils / natural pastes are used according to the skin type, Vata, Pitta or Kapha.

# Shiro Lepam

(Duration: 15 to 30 minutes)

Application of herbal steam and herbal paste on the head.

Effective against headache, depression, hyperactive conditions, burning-sensation in the eyes, insomnia, skin disorders, dandruff, premature graying and hair loss.

Also increases concentration and improves sleep.

**ayurveda51920.html**

# Vasthy

Enema or administration of medicated oils & different herbal decoctions through anus. Common ingredients are honey, rock salt, medicated oils, herbal pastes and decoctions. Standard procedure is done for duration of 8 days or 15 days.

# Very effective for chronic back pain, sciatica, neurological diseases, rheumatism, persistent constipation and in infertility treatment.

# Also extremely useful for treatment of distention, kidney stone, sexual inadequacies.

# Virechana Karma

This is the therapeutic purgation induced by certain safe and natural medications. The patient will be advised to take 15 — 30 grams / ml of medicines in the morning on empty stomach with luke warm water.And replenish the body with plenty of luke warm water during the procedure.

**ayurveda52122.html**

# Vamana Karma

Medicated purgation therapy, which cleanses the Pitta and purifies blood, by clearing the toxins from the body.

The treatment concentrates on the toxins that are accumulated in the liver and gall bladder.

People with imbalance of kapha are given this treatment.

Some of the herbs used include senna, prune, bran, flaxseed husk, dandelion root and psyllium seed.

It is found to be highly effective in treating certain skin diseases as well as the symptoms of Bronchial Asthma, Allergic Bronchitis.

# Nasya

Three to twelve drops of herbal juice or medicated oil is applied through the nostril.

This is followed with application of medicated fumes for few seconds.

This treatment is highly effective for certain kinds of headaches, sinusitis, facial paralysis, mental disorders, neck problems, respiratory diseases.