Panchakarma is the “Science of Rejuvenation”

Panchakarma is a Sanskrit word that means “five actions” or “five treatments”. This is a process used to cleanse the body of toxic materials accumulated due to disease, poor nutrition, stress and imbalanced lifestyle.

Panchakarma is the Ayurvedic system for detoxification and purification.

Panchakarma promotes healing, strengthening the immune system, releasing energy and improving well-being through Detoxification and Rejuvenation. In this process the body is purified freeing it to naturally exercise its inherent rejuvenating abilities.

The 5 (*Pancha*) ways to detoxify the body and attain the balance of the *doshas* within your body.

**Vamana** – **therapeutically induced controlled vomiting or emesis**

Helpful to people with Kapha dosha imbalanced diseases like psoriasis, PCOD, Obesity, infertility, in some cases of pre- diabetes ,Hypothyroidism etc   
  
**Virechana** – **controlled purgation using carefully selected herbs and oils**

Useful in Pitta imbalance, ie for the curing constipation, dermatitis, acid peptic disorders, spleenomegaly, thyroid imbalances, worm infestations and to detoxify the body.  
  
**Nasya** – **elimination of toxins through the nose and upper tracts**

Very effective in conditions like headaches, sinusistis, hormonal imbalances, hypertension, facial palsy, mental disorders, neck problems and respiratory diseases.  
  
**Vasthy** – **Use of medicinal oils to eliminate body toxins through the anus.**

Used in the treatment of constipation, indigestion, obesity, acid peptic disorders, lumbar disc prolapse, degenerative diseases and many other metabolic disorders.  
  
**Raktamokshana** –**Purification and Cleansing of the Blood through controlled bloodletting**

Effective to cure diseases like rheumatoid arthritis, skin diseases, hypertension, filariasis, alopacia areata.

*Panchakarma therapy is beneficial not only for cures but prevention of ailments and for revitalizing your health and energy.*

Consult our Medical Specialist if you need to know which Panchakarma therapy would be suitable for you