

## **Panchakarma Information**

### **What is Panchakarma?**

Panchakarma is an effective yet safe and gentle way to cleanse the body of accumulated toxins, metabolic waste materials and excess dosha in the mind and body on a cellular level. Panchakarma restores the natural state of health and reverses the negative effects of daily living and stress. It helps to slow down the aging process and restores vitality, healthy bodily functions and strengthens the immune system. Emotions become balanced and calm, the mind becomes clear. Overall this process results in life-enhancing energy and increased vitality.

Based on the 5000 year old wisdom of Ayurveda (the science of life) our natural state is one of health, happiness, a sense of well-being, stable emotions and a clear mind.

In our busy, stressful world today accumulated toxins weaken the system causing deterioration of healthy bodily functions. This is the breeding ground for chronic and degenerative disease to develop.

Ayurveda recommends the natural cleansing and rejuvenation procedure Panchakarma seasonally. A series of therapeutic treatments are performed to dislodge toxins from the deeper tissues, open the subtle channels so those waste materials can be easily eliminated. The effects can be profound and have a powerful effect in making positive lifestyle changes.

### **Is Panchakarma for me?**

Due to the preventative and rejuvenative health benefits of this detoxification process, it is beneficial for almost everybody. A thorough evaluation of your state of health will determine the customized treatments. This is based on your individual constitution (prakruti) as well as any current or chronic imbalances (vikruti) for maximum effectiveness.

### **How does it work? What do I have to do?**

#### **Preparation**

Panchakarma begins with a 5 day home preparation program (Purvakarma) for the body and mind to dislodge toxins from the deeper tissues, bringing them back into the elimination channels. This preparation is crucial for the actual cleanse. First an initial evaluation determines your state of health. Dietary recommendations and other regimes for this home preparation time will be advised including internal oleation instructions.

#### **Panchakarma**

After the 5 day home preparation you will receive 3/5 or 7 days of treatments based on your individual needs. Those include Abhyanga (full body warm oil massage) Shirodhara (mind calming oil therapy) nasya (nasal oil therapy) basti (herbal enema)

svedana (heat and herbal steam therapy) and more. Your state of health determines the combination of Shodana (cleansing) and Shamana (rejuvenating, balancing) You will eat a mono diet of kitchari during that time which is optimal nutrition yet easy on the digestion which slows down during the PK process.. The treatments will be approximately 2 hours long each day.

During this time you should allow yourself lots of rest. Don't expose yourself to sense stimulation like loud music, TV, arguments.

Honor yourself and give yourself the space and time and allow yourself to fully let go. The more you can allow this process to take it's course the more you will release. Be compassionate with yourself. Do not judge whatever comes up, just allow it to happen and you will benefit optimally.

After the Panchakarma you should continue the dietary recommendations of the preparation for a few days (3-5 days is recommended) before easing back into your routine. This is a good time to adopt a dosha specific diet and lifestyle regime according to your constitution.

### **About Ayurveda**

Ayurveda literally means: the science or knowledge of life. It is an ancient medical system originating in India. Its texts date back 5000 years but it's wisdom is timeless and therefore still valid today.

Ayurveda is a consciousness based approach to holistic health. It is participatory. With the guidance and support of a qualified practitioner you take responsibility to restore and establish your health and wellbeing versus relying on a doctor or a quick fix for the symptoms. It's purpose is not only to heal disease but also to prevent it. It is an ongoing process since balance is dynamic and not static and needs to be constantly adjusted to the individual, and all aspects of life: the seasons, the location, age, time ect. It is all encompassing: body. mind. emotions, spirit and therefore needs to be approached on the universal levels of your being.

Ayurveda acknowledges each person as unique so therapies and treatment plans are customized to the individual's constitution and their specific needs based on all aspects of their being with the goal to establish and maintain perfect health.