

## **Haritha Sodhana Panchakarma**

If you are keen to experience the benefits of Ayurveda or intend to be treated for specific health conditions, this programme is for you.

Sri Lankan Ayurveda has given the world a considerable measure of things. These things have changed the way individuals live and they have made the progress from a world loaded with ailments to the world perfectly fit and healthy. The significance of Ayurveda is tremendous and it is without a doubt the main practice with regards to alternate forms of medicine.

Ostensibly the most eminent branch of Ayurveda is Panchakarma. The name Panchakarma literally means "Five Actions" which is well-suited given the fact that this technique relies upon five distinctive basic activities that control the body namely Vomiting, Purgation, Niruham, Anuvaasan, and Nasyam. In other words, Panchakarma healing technique is a pillar on which majority of Ayurvedic techniques stand.

Panchakarma works best with the utilization of medicated oils that helps in eliminating the impurities from the human body. Panchakarma is the true manifestation of the Ayurvedic values and it lives up to its reputation.

### **Benefits of Panchakarma**

- Completely purifies the body
- Riddance of toxins
- Speeding up the metabolism
- Reducing weight
- Enhancing the strength of digestive fire
- Opening up of blocked channels
- Relaxing the mind and body
- Rejuvenation of tissues
- Boosts Immunity
- Relieves stress

### **Ayurvedic Doctor Consultation**

First is the ayurvedic consultation (30min – 60 min) with the doctor to determine your doshic type and potential imbalances. This will determine which of the Panchakarma therapy to use for your treatment and which oil must be used according to your constitution. Doctor will arrange a special dietary program and herbs to loosen the toxins in the body and you will be given a full description about your treatment procedure.

Your Panchakarma program in Haritha villas and Spa is put together according to the days you have chosen to stay with us and your health issues.

## **Panchakarma Treatment**

### **Oleation:**

Oleation includes use of oil or oily substance on the body. Ayurveda offers different oils made from various home grown and mineral ingredients mostly for external use. Aside from oils and ghee utilized especially for internal application. The fatty substance goes about as a viable medium, figures out how to achieve the more profound tissues, helps in carrying the medicinal ingredients every cell of the body and loosen up toxins stuck in the cells.

### **Fomentation:**

The treatments that produce sweat are called fomentation treatments. Oleation treatments are followed by the fomentation treatments. The tissues made delicate by oleation treatments become more flexible by fomentation therapies. Profound established toxins relaxed by oleation melt because of fomentation therapy and help it to flush out of the body.

## **The three phases of Panchakarma Experience:**

### **1. Poorva Karma (Preparatory Procedure)**

Purvakarma is derived from the words Purva (Foremost) and Karma (Action). It is the first set of actions that are taken ahead of a Panchakarma therapy, and lasts for three to seven days. At this stage the body is prepared for treatment by loosening toxins and excess doshas.

### **2. Pradhana Karma / Panchakarma Therapies**

Pradhan karma under panchakarma therapy is comprised of five basic types of advanced treatment for the evacuation of vitiated Dosha (toxic materials) from the body.

### **Vaman:**

In this treatment, a patient is given inside and outside oleation and fomentation treatments for few days which includes therapies and some ayurvedic medicines. Once the toxins get melted and accumulate in upper cavities of body, the patient is given emetic medicines and decoction. This enables vomiting and helps in disposing of the poisons from the body tissues. Vaman treatment is particularly suggested basically for kapha-dominated conditions, such as weight gain, asthma and hyperacidity.

### **Virechan:**

In virechan, purgation or disposal of toxins happens through the clearing of the bowels. In this treatment too, the patient is given inside and outside oleation and fomentation treatments. From that point onward, the patient is given a natural purgative to encourage clearing of the guts that aides in purifying the body of toxins. Virechan treatment is prescribed fundamentally for pitta -dominated conditions, such as herpes zoster, jaundice, colitis, celiac infection etc.

**Basti:**

Managing medicated substances through enema is Ayurveda's exceptional commitment to the therapeutic world. The treatment has huge advantages, particularly in convoluted and chronic diseases. According to the nature of disease, home grown decoctions, oils, ghee or milk are managed into the rectum and this has incredible positive effects. This treatment is to a great degree powerful against vata-dominated conditions, such as arthritis, piles and constipation. Also, read more about medicine for constipation.

**Nasya:**

This treatment is extremely effective in clearing and purging the head area. At the beginning of the treatment, the head and shoulder areas are given a delicate massage and fomentation. After that, nasal drops are regulated in both the nostrils. This achieves the cleaning of the whole head area and diminishes different sorts of cerebral pain, headache, hair issues, sleep disorder, neurological disorders, sinusitis, chronic rhinitis and respiratory ailments.

**Raktamokshan:**

This treatment is useful for cleaning of blood and viable against ailments caused because of impure blood. It can be done in a particular area or for the whole body. This treatment is especially valuable in different skin infections, such as psoriasis, dermatitis, and furthermore in local lesions such as abscesses and pigmentation.

**3. Pashchath karma**

This is the follow-up therapies that include diet, medication & lifestyle. After the toxins have been effectively eliminated, patient-specific diet regimens, controlled physical effort and health-promoting natural herbal remedies will be recommended. These support and enhance the successful effects of the two previous stages of Panchakarma treatments.

**Why should one undergo a Panchakarma therapy?**

Stress, natural pollutants and poor lifestyle decisions make a lethal load on the body that—if left in the tissues and circulation system results in poor health.

Panchakarma turns around this degenerative procedure rapidly and its impact is quite significant and long lasting. Panchakarma utilizes a combination of massage, home grown saunas, special foods and nutritional directives, mellow fasting and colon treatments to free the body from accumulated toxins.

Your own Panchakarma program starts with an intensive exam by an Ayurvedic Physician, which empowers the specialist to prescribe a therapy according to an individual's wellbeing. As your Panchakarma medicines advances, you will be given a special ayurvedic diet routine mixed with specific medicinal plants and basic oils to use at home. These will help animate your liver and stomach related organs, helping them to cleanse toxins.

**What Can I Expect from Panchakarma Therapy?**

The Panchakarma purifying procedure affects an individual in many ways. Accordingly, amid the program, you may see changes on mental, physical and emotional levels. A large number of patients encounter a "recuperating emergency." This is a very natural part of the healing procedure, and might be viewed as a beneficial step towards the ideal wellbeing.

## **Panchakarma Treatment Purifies the Body and Mind**

According to Ayurveda, great wellbeing relies on our ability to completely process all parts of life, absorbing what supports and disposing of the rest. When we can't properly digest our food, experiences, and feelings, toxins aggregate in our bodily tissues, causing imbalance and eventually making you sick. Panchakarma is an exquisite purging procedure that discharges stored toxins and re-establishes the body's natural healing ability.

At the point when our digestion power or energies, known as Agni (fire), are strong, we make strong and healthy tissues, wipe out waste items effectively, and deliver an inconspicuous embodiment called Ojas. Ojas, which might be imagined as the deepest sap of our psychophysiology, is the reason for clarity of perception, physical strength and immunity. On the other side, if our Agni is debilitated, digestion is deficient and makes toxins that get sorted in the body. This toxic deposit is known as Ama.

### **The foundation of Health and Well-being**

At the point when Ama accumulates in the body, it hinders the flow of vitality, information, and nourishment throughout the framework. Ayurveda considers this accumulation of toxins as the basic cause for all diseases. A typical case of this is the collection of saturated fat and cholesterol that is past the body's ability to process. After some time, this prompts the blockage of the blood vessels and arteries and, also leads to cardiac arrest.

While it's easy to understand Agni and ama in terms of food, it's critical to recollect that your brain and heart are persistently digesting energy and information, at present your digestive powers are working to separate these thoughts into segments that your intellect can absorb. Likewise, your emotional Agni is in charge of processing your feelings and emotions, including the grin of a loved one, startling feedback at work, or the excitement of a new relationship.

### **Restoring the body's innate balance**

When your emotional Agni is efficient, you can withdraw anything that is nourishing and eliminate the rest. The inability to metabolize feelings creates the same amount of toxic residue as undigested nourishment. Truth be told, repressed outrage, long-held misery, and lingering guilt are more disturbing for many people than issues with physical assimilation.

In order to experience optimal health, it is essential to maintain a strong digestive fire and dispose toxins from the body. Panchakarma is a natural treatment that detoxifies and reinstates the body's inner balance and energy. Read more on how to remove toxins from body.