

## Internal Oilation

With the Panchakarma health journey internal medicaments are major part of it, drinking medicinal oily substance recommended by the doctor after the consultation play major role in panchakarma treatment.

The mechanism of the panchakarma contains 3 main activities,

- Purva karma (preparation body for panchakarma treatment)
- Pradana karma (panchakarma treatment)
- Paschath karma (aftercare)

Internal oilation is a kind of Purva karma (preparation body for panchakarma treatment) before the purgation, the oily substense contain more detoxifying property and after they absorbe to the body and act as a solvent for the toxic substances that collect inside of your body and with the following pradana karma(Virechana) all collected toxic portion will be expelled by the treatment

## Abdominal Massage/Udarabyanga

Through your wellness journey udara abyanga treatment is focus on your abdominal muscles incorporating selected oils by the in house doctor and specialized massage strokes, treatment is focus at "Agni";

Agni means digestive power, Among main preventive medicine treatments correction of agni plays major role in it.

Ayurveda define health as,

- Sama dosha sama agnishacha sama dathu malak kriya
- Prassanna athmendriya manak swasthabhi diyathe

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The Sanskrit word says ,

Health is a state of balanced thridosha (vata pitta kapha) balanced Agni (the digetiton power) balance of the dhathu (there are saptha dhathus which contain muscle bone tendons) proper defecations and also the balanced mental state and the athma which is very similar to nowadays definition of health even Ayurveda has a history of millennia.

The proper bowel movements with the massage manipulation helps u to have strong stomach the beneficial in infertility problems Gastric complications and so on.

### **Herbal Inhalation**

Herbal inhalation include steam arise from boiling fresh herbs which helps u to release your sinus blockages and it clear out the respiratory track, the aromatic substance from the herbs have dosha shamaka property more over it helps to relax your mind.

### **Herbal Bath**

Warm boiled medicated water filled in a herbal tub is best way to detoxify your body, the medicine that are use for bath specially pick according to your body conditions by the doctor.

### **Chakra Massage**

The chakra system is an energy system we can use for personal growth. Ayurvedic tradition recognizes seven main chakras, which are junctions between consciousness (mind) and matter (body) and which link the various aspects of what makes us human: our physical, energetic, emotional, mental, social, and spiritual selves. When we focus on the chakras, we can connect to these aspects and move toward balance, health, and well-being. Through out the treatment manipulating of this energy will ensures maximum benefit.

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## Steam Bath

An Ayurvedic herbal steam bath is not only a normal steam bath it uses many fresh herbals through out in the treatment and a steam box that made out of special herbal Wood most of these herbals focus on Vata Shamana which are the beneficial in body aching muscular tension and detoxifying the body, in Ayurveda medical system snehana(oilation) and the swedana (steaming ) have a very deep bond swedana karma is the key to expel the toxic through out the sweat.

## Nawarakizi

The Nawarakizi treatment specially design for the detoxify whole body follows with Abayanga and also with the very special remedy of pinda sweda (herbal pouches) contain milk, coconut milk rice, fomented series of decoctions, the body massage and the treatment capable of giving you the unique benefits of good circulation in lymph and also the arterial flow, Nourishment in muscular skeletal system, and also skin benefits are significant.

## Shiro Vasthi

The well known treatment with banana leave cap on the head is Shiro vasti, its is a most unique external oil application. it is a special technique to administer medicated oil on the head. The patient is made to sit upright position and medicated oil is applied on the head. The oil is allowed to remain inside the cap for nourish the head and the hair follicle This treatment is useful for patients who would like to recover after having a stroke. This treatment is also good for rejuvenation and detoxification therapy.

Benefits of ShiroVasti Ayurvedic Treatment covers vast area,

- Nourishes the brain and thereby promotes intellect
- Reduces Anxiety and Stress
- Nourishes the hair roots and makes the hair soft and glossy
- Helps in curing various disorders related to the eye, sinusitis migraine and also improves the complexion of the skin
- Balances the vata and kapha in the brain and balance between the brain and skull
- Indicated in paralysis
- Parkinsons disease
- Improves Sleep

## Shiro Lepa

Shiro Lepa is a special type of treatment performed on the scalp, in which various herbs and medicinal powders are made into a paste and applied. The scalp is then covered and tied with special kind of leaves which interact well with the scalp.

The treatment is beneficial to reduce headaches, heaviness of head and stress, graying and falling hair. Shiro Lepa is a unique way to reduce mental tension and also helps in the nourishment of skin. This therapy stabilizes the nervous system of the body and the patient experiences extreme relaxation. Shiro Lepa can also cure diseases of scalp and skin. The treatment is known to improve the memory and concentration of a person.

## Kati Vasthi

Kati wasthi is holding medicated herbal oils in the lumbo sacral area First, the patient is asked to lie face down on a comfortable surface, and medicated oil is applied locally around the lumbosacral region. Then, a reservoir built around the area. Ensuring that it is leak-proof, a lukewarm medicinal oil is slowly poured into it. The temperature of the oil is maintained by reheating and continuously adding more oil.and treatment followed by back massage to ensure the benifite Once this part of the treatment is over, the affected area may be gently massaged, for better absorption of the medicine.

- Alleviates numbness due to Sciatic nerve compression & most types of low-back pain
- Strengthens back muscles which maintain normal curvature of the spine the bone tissues
- Effective treatment for any type of back pain & spinal disorders, stiffness and other back concerns related to spinal disc problems
- Helps with lower back conditions like Lumber Spondylosis, Inter vertebral disc prolapses, Lumbago (low backache), and Sciatica

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## Janu Vasthi

Janu vasthi is holding medicated herbal oils in the knee joint area. Medicated oil is applied locally around the knee joint. Then, a reservoir made of udu gram dough is built around the area. Ensuring that it is leak-proof, a lukewarm medicinal oil is slowly poured into it. The temperature of the oil is maintained by reheating and continuously adding more oil. Once this part of the treatment is over, the affected area may be gently massaged, for better absorption of the medicine.

- Strengthens muscles and the tendons which maintain normal strength of the knee joint
- Effective treatment for any type of knee pain & stiffness and also effective in osteoarthritis, rheumatoid arthritis damage knee problems

## Griva Vasthi

The term Griva basti (also known as Griva vasti) is derived from two Sanskrit words; griva meaning neck and basti/vasti meaning dam. Griva basti is a deep tissue treatment of cervical area. Similar to kati basti, a dam is formed out of dough over cervical region and filled with warm herbalized oil.

Griva basti is also administered similar to Kati basti. After a quick session of head massage that helps to relax muscles and reduce stress, a dam will be made on neck at the origin of stiffness and pain and it will be filled with warm anti-inflammatory oil.

Griva basti is highly effective to reduce pain, stiffness, numbness, tingling, weakness and so on at neck and that radiates to shoulders and arms. Griva basti can be placed over the back of shoulder to support with problems with shoulder as well.

Griva vasti is an ideal therapy for cervical problems and neuropathies of arms like,

- Cervical degenerated disc disease
- Cervical herniated disc
- Cervical osteoarthritis
- Other problems of cervical spine

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## Akshi Tarpana

Akshi means eye and tarpan means giving strength/nourishment to the eyes.

The medicated ghee or pure king coconut water is poured over the eye lids in an enclosure built around the eye out of udu flour. It is said to be an excellent treatment to improve vision and clarity of the mind.

Akshi Tarpana is one of the specialized treatments for various eye disorders. Akshi Tarpana acts as both preventive and curative therapy for maintaining normal healthy condition of eye.

- Cleanse eyes by removing dust from the cornea
- Moisturize the dry eye
- Improved blurred vision
- Reduce burning of the eye

## Pichu

Pichu is an Ayurvedic palliative treatment that is targeted to treat your body ailments it provides relief from aching and swollen joints and bones. Pichu in Ayurveda stands for sponging or padding, and the massage is unique because it's based on ancient Ayurvedic wisdom. This treatment falls in the "external application of medicated oils" category, which is also known as Bahya Snehana.

The process of Pichu treatment includes dipping a sterile cotton pad in Ayurvedic oils and placing it over the affected body part, like swollen joints or sore muscles. The soaked cotton pad is kept on the afflicted body part for a few minutes or hours (depending on the severity of your condition). The treatment beneficial in,

- Relief from migraine and insomnia
- Reduces scalp diseases and the burning sensation caused by scalp infections
- Prevents hair fall, split ends, and premature grey hair
- Promotes a healthy sleep cycle
- Decreases eye strain
- Relaxes stiff neck
- Help treat neurological and psychological disorders like facial palsy and paralysis
- Treats spondylosis
- Prevents indigestion

## Nasya Karma

Nasa (Nose) is an Indriya, which works not only to perceive the smell but also to provide the main breathing pathway, along with this, Nasa is one of the drug administration pathways. Acharyas have been placed Nasya as one of the Panchkarma procedures, which signify the importance of Nasya as Shodhana Karma (Purification procedure) especially for Urddhva-jatrugata Vikara (disease which affect the body above clavicle). Nasya Karma is a therapeutic measure in which the drug (Medicated Oil/Ghee/Decoction/Powder/Smoke etc.) is administered by Nasa (Nose) essentially to remove the vitiated Dosha found in Shira(head) and its constituent parts. Indirectly, by enhancing the functions of the endocrine glands and nervous system, Nasya can operate on the entire body. In classics Nasya is mentioned in different type of supra-clavicular as well as in systemic diseases.

## Virechana Karma

The Ayurvedic therapy of Virechana is one of the five sacred therapies of the Panchakarma, which can heal and purify the mind as well as the body from within. The word 'Virechana' refers to purging or any substance that might induce purgation in the body.

Virechana is a controlled process that assembles all the ama or toxins of the body, concentrates them in the small intestine and eliminates them. It helps the body to reach a state free from the aggravated Pitta dosha and its toxic disease-causing symptoms. Moreover, Virechana also leads to the formation of new Pitta in the body which aids in digestion and metabolism. The different herbs used in the therapy serve as laxatives and decongestants that cleanse the colon, stomach, sweat glands, liver and spleen. Like all Ayurvedic therapies and treatments, Virechana is performed only after the tolerance and disease of an individual is accurately determined. It is beneficial for the treatment of all disorders caused due to Pitta imbalance or aggravation, such as hyperacidity, acid peptic disease, colitis, migraine, chronic headaches, allergies and several skin diseases like leprosy, dermatitis, eczema, etc

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## Vasthi karma

Everyone will be familiar with the term enema; it's the introduction of medicines through anus. In Ayurvedic therapeutic enema or vasti, various herbal preparations are administered through anus. Ayurvedic therapeutic enema is advised as the prime and the most important treatment to balance vata (the air factor) and to address all the three doshas (humors). Ayurvedic therapeutic enema enjoys high status among all the detox procedures due to its widespread benefits.

In the treatment After when you are lying down in lateral position, herbal formulations are introduced using an enema bag or enema tube by an expert. Once the administration is finished, abdomen, lower back, hands and feet are massaged vigorously to improve absorption. The herbs can remain in the bowel for a few minutes to many hours (according to the type of the formulation) before it is eliminated.

When herbal formulations are introduced through anus, it enters rectum and sometimes up to lower part of colon. Mucosa of colon and rectum has high absorption rate, so even when the enema remains in the system for a short span of time, more herbs are absorbed. Human alimentary canal has about 100 million neurons more than that in spinal cord. They form the enteric nervous system which makes our gut 'the second brain'. This system plays a key role in the overall mental and physical well being of the individual. Ayurvedic enema is believed to be stimulating this system.

The microbes in gut (gut flora) are usually referred as a 'forgotten organ' which helps to maintain optimum digestion, absorption and immunity. Ayurvedic enema supports these friends in our gut.

Our colon lodge years of un-eliminated wastes plus unfriendly bugs, enemas help to clear them.

Ayurvedic therapeutic enemas contain lubricating herbalized oil in it which helps to lubricate gut and optimize its functions which are not easy otherwise.

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## **Consultation**

Before beginning your Ayurvedic wellness journey, it is important to identify your body constitution (Prakriti) by analyzing the level of your physical, mental and emotional wellness. At this stage, any imbalances will also be identified. Then the wellness treatments most suitable for your body constitution will be recommended by the physician.

## **Abaynga**

A full body massage incorporating selected oils by the in-house doctor and specialized massage strokes directed at healing, Abhyanga moves 'Prana' (vital life force energy) within the body, thereby nourishing and revitalizing all body organs and removing body aches & pains while providing for general rejuvenation. This healing massage detoxifies your whole body by stimulating both arterial and lymphatic circulation.

## **Ayurveda head neck and shoulder massage**

Traditional Ayurveda head, neck and shoulder massage using especially selected herbal oils provides you the ultimate relaxation and energizing. By combining a series of massage strokes and pressure point techniques, the massage relieves insomnia, headache, migraines and sinusitis by relieving the tension in the head and the neck and prevents premature graying.

## **Udvarthana**

The ideal treatment for reducing the cellulite and body weight, Udvarthana combines gentle massage strokes with dry herbal powders to burn the subcutaneous fat in your body through a series of upward strokes.

## **Ayurveda Facial**

The philosophy of Ayurveda believes that good health is the key to true beauty. With this philosophy in mind, we at Haritha crafted the perfect facial to soothe, rejuvenate and hydrate your face to glow like a freshly blossomed rose. The herbal ingredients will gently cleanse and tone the delicate skin on your face to give it a radiant glow. While the foot massage is designed to spread the subtle waves of calmness through your body for ultimate relaxation.

## **Ayurveda Beauty pack**

At Haritha, our beauty packs bring together the goodness of all-natural herbal powders to blend our beautifying ubtans. For centuries, ubtans was used by the South Asian beauties to maintain flawless skin. The herbal powders work to detoxify the skin while exfoliating and gently cleansing the skin of its impurities, including dead skin and sebum. Rejuvenating herbal oils are then gently massaged to the skin to restore the moisture to leave the skin silky smooth and supple.

## **Shiro Dhara**

This restorative therapy derives its name from Sanskrit words, shira 'head' and dhara 'flow'. After a full body Abhyanga, a continuous stream of warm herbal oil is gently poured on the forehead to nourish the central nervous system, bringing that blissful calm in mind and body you always desired. Shirodhara will take you to higher destinations in your wellness journey, with the added benefit of improved memory functions relieving stress and anxiety, improving sleep, and pacifying doshas.

## **Pinda Sweda Full Body**

This age-old Ayurvedic treatment applies warm therapeutic oil on your body and massages using specialized Ayurvedic techniques. Then, compression is applied to the neuromuscular system using warm herbal packs. It relieves muscular stiffness, fatigue and stress, and improves blood circulation to leave you relaxed and rejuvenated.

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