



Ayurveda Therapies

"An experience called magic"

Ayurveda is often called as science of all times. The fundamentals of this ancient science are simple and easily applicable to all eras. In fact, a majority of modern medical science principles are based on the fundamentals of Ayurveda. One cannot help but wonder at the profound wisdom and observational skills of the early Ayurvedic physicians, who could fathom the deepest secrets of the human body and mind even in the absence of technology.

Therapies

1) Abhyanga Duration : 60 minutes

This is the traditional Massage, done with a combination of specially prepared Ayurvedic herbal oils and applied all over the body stimulating the vital points. This is very good for the general health of the skin and is very relaxing. After the massage herbal steam bath is recommended.

2) Avagaha Duration : 15- 20 minutes

Body is anointed with medicated oil and plunge bath given in a tub filled with either the decoction of medicinal leaves, prepared according to the disease. This is a widely used naturopathic technique. Relieves back pain & provides muscular relaxation. For the diseases of spinal cord, hip and lower back, Ano rectal diseases like Piles, Also helpful in gynecological conditions.

3) Udwarthanam Duration : 60 minutes

In this treatment, special herbal powders are applied to the body. This therapy has wide range of effects. It cleanses the body, and helps in de-toxification. It is a good remedy to control overweight, paralysis, skin diseases, poor circulation etc. It also strengthens muscles and tightens loose skin.

4) Netra Sekam Duration : 20 minutes

Medicated decoction selected according to health situation, poured into the eyes following the classical method. It's very beneficial in cataract, itching of eye, to improve vision and as a preventive measure against certain degenerative anomalies of the eye.

5) Shirodhara Duration : 60 minutes

"Siro" means "head" and "dhara" is the continuous flow of liquid. In this treatment, herbal oils, milk or buttermilk containing herbs etc. are poured onto the forehead following the classical method. This treatment is mainly applied in cases of insomnia, memory loss, headache, mental tension & Stress.

6) Pizhichil Duration : 60 minutes

Pizhichil is done by pouring warm herbal oils continuously to the whole body. This treatment is an effective remedy for various forms of paralysis, sexual impairments and disturbances of the nervous system. It is a highly rejuvenating treatment useful in all cases of nervous disorders.

7) Dhanya Amla Dhara/ Kashaya Dhara Duration : 60 minutes

Warm herbal liquids are poured from a special vessel over the body in a certain rhythmic pattern. This is the most important and effective pre-operative therapy. It serves as a remedy for a variety of health issues like, general body ache, fatigue, joint pain etc. It is a detoxification treatment.

8) Ksheera Dhara Duration: 60 minutes

Medicated warm milk is poured over the body in a certain rhythmic pattern. It is a remedy for Muscular Weakness, is a nerve tonic and is good for rejuvenation.

9) Patra Podala sweda(Ela Kizhi)/ Naranga Kizhi Duration : 60 minutes

Leaves, Lemon & powders of medicinal herbs are fried in medicated oil and made into bolus bag, ie Kizhi. Fresh or ground leaves of herbs are poured into cotton bags, immersed in warm herbal oil and applied to the whole body or certain parts. This is a variety of fomentation process using herbal leaves, boluses and medicated oils. Effective for Arthritic conditions, cervical spondylosis, frozen shoulder, sciatica, pain and stiffness of joints, post paralytic spasm, other spastic and inflammatory conditions. Naranga Kizhi (Lemon used predominantly) is more beneficial in pain and spasms due a trauma.



10) Aavi Kizhi/ Podi Kizhi/ Dhanyamla Kizhi Duration : 60 minutes

In this therapy, sudation is induced by applying medicated powder cotton bags to the whole body or certain parts of the body. It is applied either using oil or without oil, according to condition of person. This treatment is effective against rheumatism, joint pain, LBA etc. This improves circulation, relieves muscular stress and aches.

11) Njavara Kizhi/ Njavara Theppu Duration : 60 minutes

It's a sudation therapy, induced by applying warm, medicinal rice, Njavara pudding in cotton bags to the whole body or certain parts of the body. This is a good rejuvenating treatment. This improves the skin texture. It's done as a rejuvenation procedure after all therapies. Njavaratheppu is a variant of this therapy, in which the medicated Njavara rice is applied over body.

12) Katee vasthi/ Urovasthi Duration : 45 minutes

In this process specially prepared warm medicated oil is kept inside the lower back with herbal paste boundary. It is good for any type of back pain and spinal disorders.

After a low back massage using lukewarm therapeutic oils, specially prepared warm herbal oil is poured over the lower back and retained inside an herbal paste boundary. The healing properties of herbal oils used for this massage deeply cleans and enrich the blood, build and maintain strong muscle and connective tissues and lubricate the joints keeping them flexible and pain free. It can also be done on chest area for chest trauma & other inflammatory conditions

13) Pichu Duration : 45 minutes

It is an application of a piece of a cotton cloth or swab after dipping in medicated oils or fluids on the affected part. It is beneficial in hair falling, facial paralysis, burning sensation in eyes, in local inflammation etc.

14) Lepam Duration : 45 minutes

Lepanam involves applying a medicinal herbal paste to the affected areas. It has proven to be an effective treatment for inflammations, skin diseases, arthritis, gout etc. Very useful for various types of inflammatory and spastic conditions.

15) Upanaham

This is a classical method of bandaging, incorporated with medicinal paste. Very effective in arthritic conditions with edema.

16) Snehapana Duration : 3 to 5 days

Literally this means the oral intake of medical oils or ghee. The quantity is steadily increased in the course of treatment that usually takes 3 to 5 DAYS. This serves both as a treatment in its own right and as preparation for purification. It is followed by steam therapy and then any purificatory therapy. This treatment is very effective against osteoarthritis, psoriasis, chronic constipation and haemorrhoids etc.

17) Vamana

Vamana is the therapeutic procedure where forceful expulsion of toxins, occurs through mouth following administration of EMETICS. In chronic skin diseases like Psoriasis also this treatment is administered.

18) Virechana

Virechana is the procedure in which the toxins are expelled through anal route by the administration of medicines through oral routes. This is the method of cleaning and evacuation of the bowels through the use of purgative medicines. It eliminates excess bile toxins from the mid zone of the body. When the digestive tract is clean and toxic-free, it benefits the entire body system.

19) Sneha Vasthi

Administration of medicated ghee or oils, through anal canal to the large intestine, for the purpose of retention is known as Sneha/Anuvasana vasthi. It's found very effective in Low back ache, and serves as a general rejuvenation.

20) Nirooha/Kashaya vasthi

This is the procedure where combination of medicaments in emulsified form is administered, for the elimination of toxins through rectal route, for local as well as multidimensional systemic effects.

21) Nasya- Marsha Duration : 45 minutes (Larger Dose)

22) Nasya- Prathimarsha Duration : 10 minutes (Smaller Dose)

As one of the Panchakarma treatments, Nasyam is a therapy in which herbal juices, medicinal oils etc. are administered via the nose. This treatment eliminates the toxins from the head and neck region and is useful in curing headaches, migraine, sinusitis, chronic cold, chest congestion, cervical spondylosis and Facial Palsy. It assures lightness of the body and head ensures better sleep. Helps in curing degeneration of cervical vertebrae.

23) Siro Vasthi Duration : 45 to 60 minutes

Special warm herbal oils are poured into a hat fastened to the head and allowed to act till fluids ooze from person's ear, eyes or mouth. This treatment is successful with dryness of the nose, mouth and throat, severe headaches and other disorders in head and neck. This is very good in the treatment of cervical problems, sleeplessness, migraine and other problems of head, hair loss and facial Paralysis.

24) Ksheera Dhuma Duration : 45 minutes

A fomentation process with medicated cow milk that helps in eliminating facial paralysis disorders and other nervous disorders of the face and speech disorders, cervical spondylosis, spastic disorders and neurological problems. In this treatment medicated milk is heated and the steam is passed over the entire body. It is effective for numbness, headache, allergies, nervous disorder and paralysis.

25) Dhumapana Duration : 20 minutes

Dhumapana is the inhalation of medicated fumes through nostrils.. It's very beneficial in disorders of head and neck. Fumes are inhaled 3 times through each nostril.

26) Thalapothichil Duration : 60 minutes

Various medicinal herbs are selected, processed into a paste and applied to the scalp following classical method. This is a good remedy for sleep disturbances, premature graying and other problems of the hair and scalp.

27) Thalam Duration : 30 minutes

A special powder is mixed with herbal oil, applied to the head and left to act. This treatment helps with throat, nose and ear problems, sleep disorders, migraine etc.

28) Rakthamoksha

It is the best remedy for all ailments caused by impure blood. During this procedure, thrust is given on treatments developed for purifying the blood in the body. Obviously, this process is the best cure for skin eruptions, psoriasis etc. Either Leech or classical Bloodletting method is used for purification of impure blood from body.

29) Herbal Facial Duration : 60 minutes

Pure herbal medicinal powders and juices used for facial, which gives nourishment, rejuvenating the skin, and gives natural glow.

Note: The given explanations are indicative only. Therefore we highly recommend to consult with our Doctor before adopting the treatments.