

Chaithanya Ayurveda Retreat, Chempumpuram P.O, Kanjipadam, Alleppey – 688505

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The Detoxification procedure in Ayurveda is known as PANCHAKARMA. It has two stages;

## WHAT IS PANCHAKARMA?

“Panchakarma” is the most popular detoxification procedure of “Ayurveda”, reestablishing youth with the assistance of sedated oils. This exceptional treatment of cured oil back rub and home

grown cures was endorsed in antiquated Vedic sacred writing, and has been polished in Kerala for a long time, as per the immense works of the "Charaka Samhita". Panchakarma and Shirodhara are the main treatments in Indian Ayurveda; considering the level of transformative detoxification they give, it isn't hard to comprehend why.

Panchakarma incorporates five characteristic techniques for purgation or disposal, giving the body a seriously detoxifying the body, while adjusting the three doshas: Vata, Pitta, and Kapha.

## Poorva Karma – Preparatory Panchakarma Procedures

**Poorva karma** is of two types. The first stage is Snehana – the Oleation therapy where medicated ghee is administered internally for a period of 3-7 days depending on the patient's condition. This is followed by external application of therapeutic oils all over the body by massage. By these procedures toxins that are deeply situated in the tissues gets displaced.

Sudation is the second stage where the body is heated by different methods by which the displaced toxins move through different channels and reaches the alimentary canal. The Detox proper is followed after that and the toxins are removed from body through various outlets.

## Pancha Karma – Detox Proper Treatment

Panchakarma is the five fold therapeutic cleansing process of eliminating the metabolic wastes accumulated due to our daily wear and tear, both physical and mental. The elimination process is done naturally by preparing the body itself to do the same. The person undergoing these treatments should follow strict dietary and activity regime. After taking specially prepared medicines for 5-7 days followed by sudation for 1-3 days, the Panchakarma is performed. These cleansing techniques are proved to have anti-oxidant properties.

Following are some of the major Pancha Karma practised by Chaithanya Ayurveda at Riverine.

- Vamanam  
- Treatment
- Virechana  
- Treatment
- Kashaya Vasthy  
& Talia Vasthy

- Nasyam  
- Treatment
- Raktha Moksham  
- Treatment

Vamanam – the medically assisted controlled vomiting is the elimination of kapha predominant doshas or toxins by vomiting. Mainly helpful in the management of respiratory diseases and skin disorders.

- Snehanam... preparing for panchakarma
  - Abhyangam - Treatment
  - Podikizhi Treatment
  - Elakizhi - Treatment
  - Virechanam - Treatment
    - Pizhichil

The Snehanam (internal oleation) is a preparatory procedure for Panchkarma therapies. The effectiveness of the Panchkarma or the purification therapies depends upon the proper mobilization of humors (Doshas) from the periphery (Śākhā) which is to be achieved through this treatment.

## Get Treatment

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Chaithanya Ayurvedic Detox Program removes accumulated toxins from the deep tissues and corrects metabolism. By Detoxing, cells receive fresh oxygen and nourishment thus by optimises functions of vital organs. Herbal decoctions and medicines consumed during the course of PanchaKarma remove free radicals and work as anti-oxidants.

[Get Treatment](#)

## What are the Benefit of Yoga Ayurveda Retreat?

1. Transformation to a completely natural and stress free lifestyle
2. Total Rejuvenation of Body and Mind
3. Regain Longevity and Health
4. Helps to Maintain a Healthy Life in Tune with the Nature

Ayurveda is the indigenous system of medicine originated in India and now spread to other parts of the globe. It is considered as the mother of all medical sciences due to its holistic and scientific approach to human life and health.

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