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Panchakarma

Panchakarma, a therapy for achieving balance in body, mind and consciousness

What is Panchakarma?

Panchakarma is a set of five therapies designed mainly for cleansing the body of toxins. Ayurveda considers that the purification of the body is important before the commencement of any other therapy. Just such as old dirty linen is washed and purified before new colour can be added, similarly the body needs to be purified before replenishing it with the new colours of health, youthfulness, vigour and vitality.

Basic Principles

The process of Panchakarma generally starts with two sets of therapies: Oleation and Fomentation.

1. Oleation

Oleation involves application of oil or oily substance on the body.

2. Fomentation

The therapies that generate sweat are called fomentation therapies. Oleation therapies are generally followed by fomentation therapies. The tissues made soft by oleation therapies become more flexible by subsequent fomentation. Deep-rooted toxins loosened by oleation liquefy due to fomentation and help it to flush out of the body.



Application of the two principles

The principles of oleation and fomentation are applied through certain therapies. Some of these Ayurvedic therapies are:

1. Abhyanga

This is a type of body massage done using an appropriate herbal or medicated oil. It may be done for the entire body or a specific part such as the head, feet or joint etc. Its main purpose is to lubricate the body parts and pacify vata dosha.

2. Shirodhara

This is a specialized therapy aimed to relieve ailments related to the head region. In this therapy, a stream of warm oil is poured on the centre of the forehead through a vessel at a uniform speed. The temperature and speed of the oil stream are kept constant during the therapy that goes on for 30 to 60 minutes.



Migraine

■ Diet & Lifestyle

Avoid hot, spicy foods, fermented foods, white sugar, white flour products, and sour or citrus fruits.

■ Drink more water and eat more fiber, fruits and vegetables, and whole grains.

■ Avoid excessive sugar or salt, refined foods, animal products (meats and dairy), caffeine, tea, and alcohol.

■ Avoid direct exposure to the sun, as migraine headaches can be triggered by the hot sun.

■ Head massage with Bhringraj Oil is also beneficial. This massage gives a calming effect to your nervous system.

■ Headaches caused due to tension and worry can be alleviated through deep breathing and relaxation, especially in a lying down position in a quiet place.

3. Pizhichil

Pizhichil is an excellent therapy for relieving joint, muscular and neurological problems. In this therapy, the whole body is subjected to streams of lukewarm medicated oil with simultaneous soft massage with rhythmic hand movements. It helps to relieve pain, nourish the

nerves and muscles, reduce stress, and induce peace of mind and relaxation.

4. Potali Massage

This massage is done with special bags which contain either medicinal herbs or other nutritious items. The bags are heated in warm oil for few minutes and then are used for massaging the body. It is a great massage to relieve pain, reduce physical and mental stress, and nourish and rejuvenate the body.

The Five Therapies 'Pancha' 'Karmas'

1. Vaman

(medicine induced emesis): In this treatment, a patient is given internal and external oleation and fomentation therapies for few days. Vaman therapy is especially recommended primarily for kapha-dominated conditions such as obesity, asthma and hyperacidity.

GOOD HEALTH MATTERS



2. Virechan

(medicine induced purgation): In virechan, purgation or elimination of toxins occurs through the evacuation of the bowels. Virechan therapy is recommended primarily for pitta-dominated conditions such as herpes zoster, jaundice, colitis, celiac disease etc.

3. Basti

(medicated enema): Administering medicated substances through enema is Ayurveda's unique contribution to the medical world. The therapy has enormous benefits, especially in complicated and chronic diseases. As per the nature of disease, herbal decoctions, oils, ghee or milk are administered into the rectum and this has incredible positive effects. This therapy is extremely effective against vata-dominated conditions such as arthritis, piles and constipation.

The mission of your life should be to leave a better world behind than what you inherited. — Sri Sri Ravi Shankar



GOOD HEALTH MATTERS

Benefits of Panchakarma

- Panchakarma can bring limitless benefits to the individual. It helps in,
- Complete cleansing of the body
- Elimination of toxins
- Opening up of blocked channels
- Improving strength of digestive fire
- Speeding up metabolism
- Reducing weight
- Rejuvenation of tissues
- Relaxing the mind
Relieving stress
- Boosting immunity

4.Nasya

(nasal drops): This therapy is effective in clearing and cleansing the head region. This brings about the cleaning of the entire head region and relieves various types of headache, migraine, hair problems, sleep disorders, neurological disorders, sinusitis, chronic rhinitis and respiratory diseases.

5.Raktamokshan

(Blood-letting): This therapy is good for cleaning of blood and effective against diseases caused due to impure blood. It can be done in a specific area or for the entire body. This therapy is particularly useful in various skin diseases such as psoriasis, eczema, and also in local lesions such as abscesses and pigmentation.

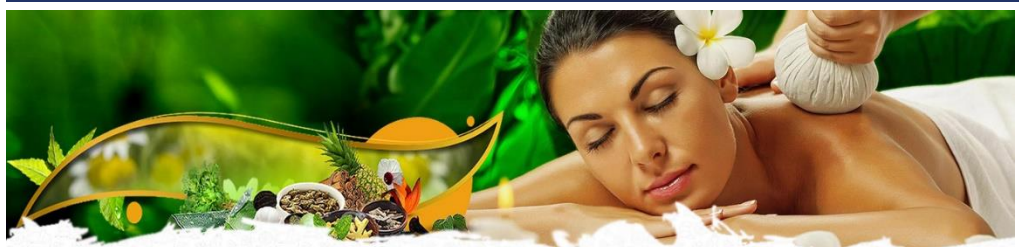


Home Remedies for Migraine Pain

If there is a burning sensation with you migraine headache, apply a paste of ground clay or sandalwood powder mixed with rose water. In case of migraine headache due to inflamed sinuses, inhale steam with vinegar added to the water.

Mix 1/4 teaspoon of clove powder with 1 teaspoon of cinnamon oil. Apply this paste on the affected area for 20-30 minutes.

When not to go for Panchakarma



Panchakarma therapies should be avoided during fever, injuries and pregnancy. You should always go for Panchakarma therapy after consultation with a trained and qualified Ayurvedic physician who will design a therapy according to the state of your health.

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Happiness is living in the moment with joy, awareness, and compassion; being free from within, feeling at home with everyone without barriers. — Sri Sri Ravi Shankar