

Mathalie Care Ayurveda Clinic

Available Ayurvedic Therapies

Panchakarma (Five body evacuative procedure)

Panchakarma a specialty of Kayachikitsa (Internal Medicine) presents a unique approach of Ayurveda with specially designed five procedures of internal purification of the body through the nearest possible route. Such purification allows the biological system to return to homeostasis and rejuvenate rapidly, and it also facilitates the desired pharmacokinetic effect of medicines administered after that. Panchakarma provides a comprehensive therapy role as a promotive, preventive, curative & rehabilitative procedure. Panchakarma is not merely a bio-purificatory therapy as it is understood, but also has a wider range of therapeutics such as replenishing, depleting, rejuvenating therapies etc. Panchakarma, a comprehensive, and integral part of Ayurvedic treatment and has its role in every therapeutic condition. Due to its long-lasting and radical relief of chronic diseases, it is now developing globally. But Panchakarma, the purification therapy expounded in Ayurveda is perhaps the most misunderstood of all the Ayurveda practices. Due to ignorance, it is often perceived as just another system of oil massage. In today's world, more and more people are falling victim to the adverse effects of stress and anxiety, which is leading to diseases like improper digestion, lack of sleep, allergies, heart diseases, diabetes, chronic fatigue, cancer, osteoporosis etc. These diseases are caused mainly due to deep-seated toxins. Panchakarma eliminates these toxins from the body, allowing permanent healing of tissues and channels and thus normalizes digestion and mental functions.

Panchakarma (Five Major Bio-Purification Therapies)

1. Vamana (Therapeutic vomiting or emesis)
2. Virechana (Purgation)
3. Nasya (Elimination of toxins through the nose)
4. Raktamokshana (Bloodletting)

5. Basti (Therapeutic Enema)

Abyanga (Body massage)&Sweda (Herbal Steam bath)

01. Abyanga (Full body massage) &Sweda (Herbal steam)



Abhyanga (oil massage) removes the clogging of channels by virtue of its quality, and the *Prabhava* (imperceptible quality) of the medicaments used for the *Abhyanga*. The free radicles being dissolved by the oil massage. *Swedana karma* (steam bath) corrects the vitiated Vata and brings dissolved free radicles (cause pain) to the nearest main channels in the body by opening up the channels, Eg: The gut and upper respiratory tract. Thus, these two procedures relieve the pain.

These two procedures are preoperative procedures of panchakarma. The accumulated body toxins are expelled out of body by panchakarma Eg: Nasya (Elimination of toxins through the nose), Virechana (Purgation), and Basti (Therapeutic Enema) etc.

- ❖ Thus, one *Abhyanga* (oil massage) and *Sweda* (Steam bath) are not enough to expel the total body toxins out. 3-7 numbers of *Abyanga* (oil massage) and *Sweda* (Herbal steam bath) should be taken.
- ❖ One *Abhyanga* and *Sweda* temporarily relieve the pain

02. Full body massage, Sweda (herbal steam bath) & paste application on both Knee joints of Arthritis patients



A proper massage along with a herbal steam improves blood circulation to the knee joints. We massage and steam the knee joint, followed by the application of a herbal paste, which gradually relieves the pathological causes of the degeneration of cartilage. Some paste enhances the cartilage growth of the knee joints.

03. GarbaniAbhyanga(Ayurvedic pregnancy massage)



Ayurveda pregnancy massage is included in Ayurvedic antenatal care. Getting pregnant women a light Ayurvedic oil massage could help provide relief from the discomfort of back pain and mental relaxation. It is recommended from 3 – 9 months. Furthermore, massage therapists possess friendly behavior and will listen to her concerns during the session.

According to certain research, massage treatments practiced during pregnancy can improve the delivery and health of a newborn while easing muscular and joint problems, reducing anxiety, and reducing depressive symptoms in pregnant mothers. Additionally, massage treatments help take care of a lot of common aches and pains connected to hormone fluctuations.

04. Full body massage and herbal bath after delivery



The mother's psychology plays a major role in influencing breast milk production. The stress experienced by the mother will inhibit the release of the oxytocin hormone, which causes milk production there is stress reflux oxytocin will be inhibited due to the release of adrenaline that affects the decrease of breast milk production.

A herbal steam bath followed by an oil massage can help to reduce postpartum maternal stress, increase comfort and body fitness, and stimulate breast milk production. This is a light touch therapy on the neck, back, and arms which triggers the release of endorphins that affect increased milk production.

05. Full body massage, Sweda (steam) &ShiroPichu (oil soaked cotton wool application on head) for Parkinson &post-stroke patients



ShiroPichu is an Ayurvedic treatment procedure that includes keeping a warm herbal oil-soaked thin layer of cotton wool on top of the head for 20 – 60 minutes after a proper head massage. The medicated oils are absorbed into the inside of the head. It acts systemically by Cellular absorption and circulation and affects the Central Nervous System by absorption of oil. It helps to relieve insomnia, stress, anxiety, high blood pressure, and insomnia. This therapy includes in the treatment line of stroke, Parkinson's, musculoskeletal diseases, etc.