

Your Panchakarma Experience



Making the most of your experience in

Pune, India



VIOA
THE VASANTA INSTITUTE OF AYURVEDA

Ayurveda - The Science of Life

Ayurveda is an ancient system of healing that focuses on the complete person inclusive of the body, mind and spirit. Ayurveda defines wellness as a state when all bodily tissues, organs, systems are functioning together in a balanced way and are able to maintain health and wellness in spite of potential illness-causing influences. People are more vulnerable to developing pathological illness or disease when the vital energies of the mind, body and spirit are disrupted and out of balance. This results in a weakened immune system. Ayurveda believes that by balancing the various mind-body functions, the natural intelligence of the body will automatically bring itself to wellness.



Panchakarma – An introduction

Panchakarma is part of a group of therapies belonging to a class of cleansing procedures called **Shodhana**.

There are five basic *shodhanas*: **Vamana** (therapeutic vomiting or emesis), **Virechan** (purgation), **Basti** (enema), **Nasya** (elimination of toxins through the nose), and **Rakta Moksha** (detoxification of the blood). One or more of these therapeutic cleansing actions may be applied during your 13-day Panchakarma program.

There is also a group of milder techniques called **shamana** for those not strong enough to receive *shodhana*. Shamana procedures are often used to prepare the body prior to the shodhana actions of panchakarma. There are three shamana treatments that will help encourage the body to let go of the toxins: **snehana** (external oil application), **svedhana** (sudation), and **snehapan** (internal oleation). You will undergo these shamana procedures as part of your 13-day Panchakarma program at VIOA.

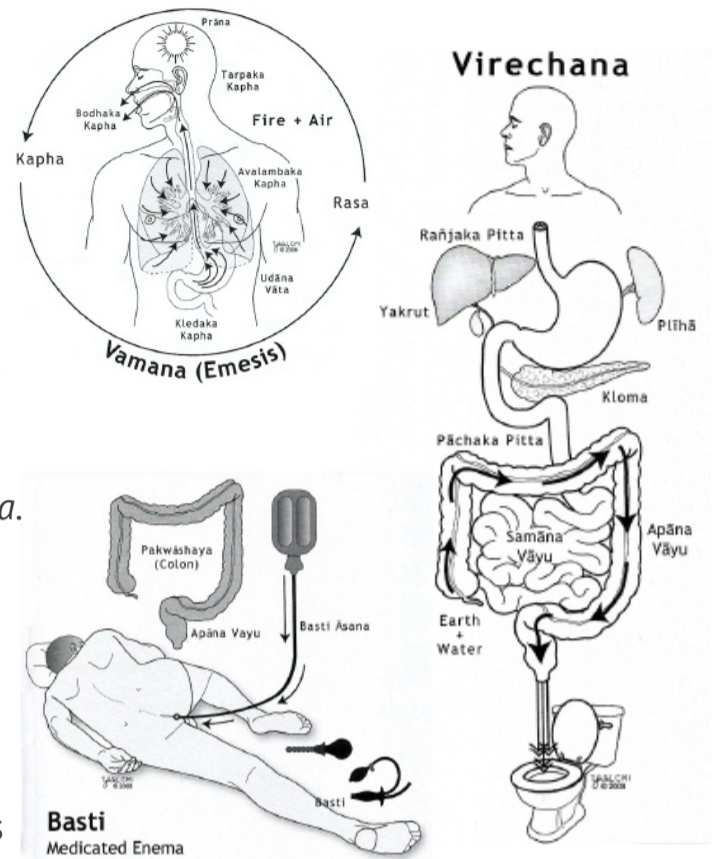
Snehana is oil massage. Oil is applied to the entire body with a particular type of massage that encourages toxins to move towards the gastrointestinal tract. Oil massage also makes the superficial and deep tissues soft and supple, thus helping to remove stress and nourish the nervous system.

Svedana is sudation or sweating therapy and is given every day immediately following the snehan. An essential oil may be added to the steam to further loosen the toxins from the individual. Svedhana liquefies the toxins and increases the movement of toxins into the gastrointestinal tract.

Snehapan is the ingestion of oils specific to your body type. This may include ghee or flax seed oil. Internal oleation softens and loosens the crystallized toxins and doshas lodged in the body's deep tissues and makes them easier to remove during the PK process. As toxins are dislodged, they make their way to the GI track where they can weaken the digestive fire (agni); hence, the need for the special diet. You may receive internal oleation during the first 4 days of your 13 day panchakarma experience.

After the first 4 days of snehan, svedhana, and internal oleation, the body is well “ripened.” At this point, Dr. Lad will prescribe additional alternate therapies in accordance to the individuals constitution and disorder, *prakruti* and *vikruti*, respectively. The individual panchakarma protocol may include one or more of the five shodhana actions, a mono-diet, herbal supplements, and daily routines such as pranayama (*breathing practices*), asana (*yoga postures*), and meditation.

In addition to your 4 consultations with Dr. Lad, you will have daily check-in appointments with your on-site panchakarma practitioner. This is so that we can monitor and review your progress, read your pulse, and support your overall panchakarma program.



Adapted from “An Introduction to Panchakarma”, by Vasant Lad, *Ayurveda Today*, Volume VII, Number 1, Summer 1994. Published by The Ayurvedic Institute.

Panchakarma – What to Expect

Panchakarma, or the five actions, is a cleansing and rejuvenating program for the body, mind and consciousness. It is well known for its beneficial effects on overall health, wellness and self-healing.

You can benefit in the following ways:

- Eliminate toxins and toxic conditions from your body and mind
 - Restore your constitutional balance by improving health and wellness
 - Strengthen your immune system
 - Reverse the negative effects of stress on your body and mind
 - Slow the aging process
 - Enhance your self-reliance, strength, energy, vitality and mental clarity
 - Bring about deep relaxation and a sense of well-being
 - Reduce dependence on drugs and medicine
 - Implement positive lifestyle changes
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This 13-day program is custom-tailored to your current state of health, wellness and constitutional imbalances.

The following are included in your panchakarma experience:

- An orientation: Sunday evening upon arrival
- A complete personal health assessment with Dr. Vasant Lad including pulse evaluation
- One or more of the five therapeutic cleansing methods as prescribed
- Daily Ayurvedic treatments (approximately two hours) – See “A Word About Your Treatments” page
- One color-therapy session
- Specialized Ayuryoga protocol that assist in eliminating toxins and excess dosha
- Daily consultations with a Panchakarma Practitioner to monitor your progress
- Ayurvedic meals and herbal teas provided daily
- Lifestyle and diet recommendations specific to each individual
- A supportive environment that promotes true contemplation and self-healing
- A personalized post-panchakarma regimen including herbal rasayanas (rejuvenatives) diet, exercise and lifestyle practices to serve you on your continued journey to health
- One week herbal medicines is supplies post-panchakarma. Additional herbs to take home are available at an additional charge.

*Panchakarma is an effective and powerful self-healing process.
Clients report significant improvements in their health, wellness and vitality.*