

A person is lying down, receiving an Ayurvedic treatment. A hand holds a brass pot suspended by chains, with a syringe-like device dripping liquid onto the person's forehead. The scene is set in a clinical or spa environment.

# AYURVEDIC TREATMENTS

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LAKSHMI AYURVEDA ACADEMY



A close-up photograph of a person performing an Abhyanga massage. The person is wearing a white t-shirt and a dark green apron. They are holding a small, shiny metal pitcher and pouring a thin stream of oil onto the back of a person lying on a massage table. The person's hand is visible, gently touching the skin. The background is softly blurred, showing a white towel and the edge of the massage table. The word "ABHYANGA" is overlaid in white, serif, all-caps font across the center of the image.

# ABHYANGA

A full body oil massage using medicated oil to suit your individual needs.

Different to other massage techniques, this massage is done with downward strokes to help remove fatigue and stress, promote sleep, heal and prevent nervous system disorders and strengthen the immune system. This treatment encourages soft, lustrous and deeply nourished skin.

Includes a herbal steam in an authentic Ayurvedic steam chamber.





# PINDA SVEDA



Pinda Sveda is one of the unique Keraliya treatments where a medicinal poultice is used to massage the body. It is many of our client's favourite treatments!

We make the bundles using ingredients such as fenugreek, garlic, salt, lemon, coconut, castor leaves and Ayurvedic herbs to encourage deep nourishment. Heat, pressure and oil are applied simultaneously.

This is an ideal treatment to strengthen the neuromuscular system, strengthen the soft tissue, joints and muscle, reduce inflammation and is often used in degenerative conditions such as osteoarthritis.

There are different types of Pinda Sveda treatments, such as Patra Pinda Sveda, Jambheera Pinda Sveda, Ruksha Pinda and others. These will be suggested by a practitioner to suit your individual needs.



A close-up photograph of two hands holding two white cloth-wrapped pinda balls. The hands are positioned at the bottom of the frame, with fingers curled around the balls. The balls are made of white fabric, tied at the top, and have a textured, knobby appearance. The background is a dark green fabric with a pink lotus flower logo and the text 'shmi veda' repeated. The overall lighting is soft and focused on the hands and the pinda balls.

RUKSHA  
PINDA SVEDA



Ruksha Churna Pinda Sveda is helpful in drawing out Ama, is a strong anti-inflammatory treatment and is often suggested in an earlier stage of Panchakarma. Powder Pinda treatment is classified as a ruksha (drying).

Mainly powders are used such as Devadaru, Nirgundi, Rasna, Ginger or the classical formulation called Kottamchukadi or Kola kulathhadi.

This treatment is often used in rheumatoid conditions and when there is swelling. Ruksha Churna Pinda Sveda is known to be very beneficial in treating Sciatica.





SHASTIKA  
SHALI

Shastika  
ayurveda

A deeply invigorating massage using small linen bags filled with medicinally prepared rice. The rice is prepared in milk and mixed with a special herbal decoction.

The bags are evenly massaged from the neck downwards to induce sweat.

This is highly rejuvenating, nourishing and strengthening. It helps to improve the overall appearance of the skin, nourishes depleted muscles and improves overall energy.





# UDVARTHANAM

This is a specialised herbal treatment for weight reduction. Herbal powder is applied all over the body and deeply massaged with specific movements to improve the circulatory system and aiding metabolic activity.

This is highly beneficial in reducing excess fat, and toning the skin and muscle. Ideal for obesity, promotes good complexion of the skin, it revitalises the sense of touch.

This treatment is traditionally performed in India prior to a special event, such as a wedding. Herbs such as Sariva, Yasthimadhu (liquorice), Sandalwood and more are combined and massaged over the body to enhance the glow of complexion.

Includes herbal steam in an authentic Ayurvedic steam chamber.



A close-up photograph of a person lying on a massage table, receiving a massage. The person's back is covered in a light-colored, textured powder. A therapist's hands are visible, gently massaging the person's back. The person's legs are also visible, with a tattoo on the right calf. The background is softly blurred, showing a white towel and a plant. The word "UTSADHANA" is overlaid in white, serif font across the center of the image.

# UTSADHANA

Utsadana treatment includes a mix of herbal powders and oil.

Similar to Udvarthanam treatment, this is a specialised herbal treatment for weight reduction.

A herbal paste of oil and powder is applied all over the body and deeply massaged with massage strokes to improve the circulatory system and aid the metabolic activity.



A photograph of a traditional Indian steam bath (Bashpa) setup. In the foreground, a large, shallow, blue-tinted metal bowl sits on a wooden surface. Behind it, a brass pot with a handle is placed on a brass stand. The background is a warm, yellowish wall, and a window with patterned curtains is visible on the left. The text "NADI AND BASHPA SVEDA" is overlaid in white, serif font.

NADI AND  
BASHPA  
SVEDA

## NADI SVEDA

Localised herbal steam treatment. To begin, oil is applied to the body part subjected to steam. It is excellent after kati basti / oil bath on the lower back to treat back pain and sciatica. Nadi Sveda has proved beneficial in PMS, endometriosis, stiff joints, tense muscles and arthritis.

## BASHPA SVEDA

Hot herbal steam bath for the whole body. A sitting steam chamber is used. Svedana should follow an Abhyanga oil massage, as it allows the oil to penetrate into the tissues and release deep-seated toxins. Excellent for osteoarthritis, sciatica, stiffness, skin disorders and relaxation of the muscles, cleansing and reducing body fat.



A woman with dark hair, wearing a white top with a dark green apron, is performing a massage on a person's back. The person is lying face down on a white sheet. The woman's hands are on the person's back, and there is a small amount of oil or lotion on the skin. The background is a plain, light-colored wall.

# MARMA THERAPY

A Marma point is a vital energy point located on the surface of the body. Ayurvedic classical texts describes 117 Marma points located on a human body. These points are infused with prana, the life force and imbued with consciousness.

Marma points serve as a bridge between the body, mind and soul. Marma points are located at anatomical sites where veins, arteries, tendons, bones or joints intersect.

During the Abhyanga massage, a trained therapist will give emphasis to certain Marma points.

To stimulate Marma points we use oils, herbal powders, stones and seeds.

Marma therapy is useful in the treatment of pain, detoxification, improving digestion, calming the mind and balancing emotions, enhancing awareness, preventative care and rejuvenation.





# SHIRODHARA

‘Shira’ means head and ‘dhara’ means the continuous flow of liquid.

A continuous stream of medicated oil is poured over the forehead. This treatment is unique to Ayurveda and is one of the most relaxing and divine therapies one can experience.

This deeply soothing therapy helps to relieve stress, anxiety, sleeplessness, hypertension, and migraines, slows the ageing process, premature greying of the hair, and alopecia and ultimately strengthens the overall physical constitution of an individual.





TAKRADHARA  
AND  
KSHEERADHARA

### TAKRADHARA

Like Shirodhara, but instead medicated buttermilk is used.

### KSHEERADHARA

Like Shirodhara but instead of medicated oil, milk is used processed with herbs according to the condition of the patient and the desired effect.

This treatment is very effective for Pitta constitution, insomnia, headaches, burning sensation, hair loss and psychiatric disorders.



A close-up photograph of a woman lying down, receiving a facial treatment. A practitioner's hands are visible, using a dark, smooth stone roller to massage the woman's forehead. The woman has her eyes closed and a relaxed expression. The background is softly blurred, showing a warm, golden light source, possibly a lamp, and a white wall with a framed picture. The overall atmosphere is calm and therapeutic.

# AYURVEDIC FACIAL

Thoughts and emotions can lock into the expressions on our faces. An Ayurvedic facial not improves the glow of your skin, but it also helps to melt away tension. The Ayurvedic facial treatment will give you the opportunity to experience the Kansa wan.

We only use natural Ayurvedic herbs and products, specifically tailored to your needs.

Our Ayurvedic facial includes a cleansing wash and exfoliation, face massage with an oil suitable for your skin type, Kansa wand massage followed by herbal steam – during this time your arms will be oiled, application of an Ayurvedic face mask with powdered herbs, honey and milk, application of a facial serum and finishes by applying a beautiful Kajal (ghee & natural pigments) to your eyebrows and some lip moisturiser.





# THALAPOTHICHIL



In South India, Thalapothichil is a very popular and widely used ayurvedic treatment. 'Thala' means 'head' and 'pothichil' means 'covering'.

A medicated paste is applied to the patient's head. The paste is prepared to suit the persons need. The treatment is very cooling, relaxing and soothing. Before applying the paste a Shiroabhyanga (head massage) is done, the paste is then applied. A small hole is made in the banana leaf on the crown area where oil is poured to keep the paste moist.

Great for treating chronic headache and migraine, high blood pressure, hair and scalp ailments, mental fatigue, poor memory and concentration, anxiety and depression, Pitta-Vata related imbalances and chronic sinusitis.





# AKSHI TARPANA

Akshi Tarpana is a unique procedure where medicated ghee is retained over the eyes. The medicated ghee nourishes and strengthens the eye structure.

This treatment is beneficial for preventing eyesight degeneration, treating dry eyes and eye strain, squinting, loss of eyelashes, and Ophthalmological conditions. Also used in macular degeneration and more.

First, a gentle massage is performed on the head and face before a frame of dough is made around both eyes. The frame is filled with medicated ghee. Once the eyes are covered with the ghee the patient opens and closes them several times before the ghee is removed.





# NASYA

Nasya is the procedure in which medications are administered through the nostrils in order to purify the head and neck region.

The medicines used for this treatment include oil (most common), powders, paste, swarasa (plant juices), decoctions and smoke. Nasya treatment is very effective in the treatment of sense organs and ailments above the neck. Many of the nerves emanating from the head have their ends extended to the inner nose, thus the medicines applied there can spread their potency to the entire head and to some parts of the body.

Nasya is highly beneficial in sinus conditions and congestion, helps prevent wrinkles, headaches, eye diseases, infertility and psychological disorders.

The inhalation of herbal smoke, called Dhumapana, is performed after the Nasya treatment as suggested by your practitioner. Great for clearing any excess Kapha, such as phlegm, from the area.



A close-up photograph showing a hand holding a large, vibrant green leaf with prominent white veins. The leaf is positioned over a person's arm, which has a thick, brown, mud-like substance applied to it. The background is softly blurred, showing what appears to be a spa or treatment room setting with white towels and other people in the distance.

# LEPANA

Lepana is an authentic Ayurvedic treatment used to treat bursitis, frozen shoulder, cervical spondylosis, plantar fasciitis, osteoarthritis and more. It is a treatment where a warm herbal paste is applied to the affected areas followed by a bandage.

A fine powder of Ayurvedic Herbs is made into a paste mixed with warm oil, amla and rock salt. The warm paste is applied (after an oil application) over the affected area, the paste is then covered with leaves such as Nirgundi and Eranda patra (Castor oil leaves, seen in the picture).

The area is then bandaged and left for about 25 minutes before it is removed. Prior to the application of the paste, a massage to the area and localised steam is performed.

The medicinal paste reduces swelling and pain and improves circulation of the area.



A close-up photograph showing a person's hands pouring water from a traditional brass pot (kalash) onto another person's arm. The water is being poured from the spout of the pot, creating a thin stream that falls onto the skin. The skin is wet and glistening. The person pouring is wearing a dark green shirt with a white floral design. The background is blurred, showing a dark surface, possibly a table or bed.

DHANYAMILA  
DHARA

Dhanyamla is made out of two words Dhanya (cereals, grains) and amla meaning sour.

We have prepared the formulation according to the classical text Sahasrayoga using rice, rice flakes, horse gram, puffed rice, little millet and kodo millet, ginger, lime and ajmoda.

Dhanyamala Dhara is a treatment where the fermented liquid is poured in a constant and rhythmic stream over the body or a body part.

Dhanyamla generates pitta but at the same time it reduces burning sensation.

*Beneficial for the following conditions:*

1. Rheumatoid arthritis
2. Improves blood circulation
3. Relieves burning sensation
4. Relieves body aches
5. Improves skin complexion
6. Vata and Kapha conditions associated with Ama





ISHTIKA  
SVEDA

This is one of the most effective sudation therapies for heel pain and Plantar Fasciitis.

How is Ishtika Sveda performed?

You will be sitting comfortably in a chair and your foot will be massaged (Padaabhyanga) with a suitable ayurvedic oil. If you have a burning sensation we will be using our in-house prepared Pinda thailam. The hot bricks are placed on a tray.

Dashamula kashayam, a decoction prepared with Vata pacifying herbs, or washed rice water is poured over the hot brick.

The foot is placed parallel to the hot brick which is emitting steam.





# PANCHAKARMA

Pancha' means five and 'karma' means treatment. Ayurveda describes five main therapies used to purify the body. Prior to Panchakarma treatment, the patient undergoes a thorough consultation to assess their condition.

Panchakarma treatments are bio cleansing regimes intended to eliminate toxic elements from the body and enhance the immunity of the patient.

Used in seasonal cleansing and prevention of disease.

Great for anti-aging, weight reduction, purifying the skin, acne, dermatitis, fertility treatment, treating high cholesterol, IBS, Adrenal fatigue, mental fatigue, stress, depression, Arthritis, Multiple Sclerosis, neurological ailments, chronic and long-standing disease conditions.

*Authentic Panchakarma Available*

*Vamana: Therapeutic Emesis*

*Virechana: Therapeutic Purgation*

*Anuvasana basti: Medicated oil enema*

*Niruha basti: Medicated herbal decoction enema*

*Nasya: Administration of Ayurvedic medicines through the nostrils*

Karin has trained extensively in Panchakarma and leads the Panchakarma clinic here at Lakshmi Ayurveda with her team of practitioners and therapists.



A Hindu shrine featuring a central wooden archway (prabhavali) containing a golden statue of a deity. The shrine is flanked by ornate, silver-colored pillars with intricate carvings and colorful inlays. In the foreground, a decorative tray holds a lit diya (oil lamp) in a wooden bowl, a brass bell, a large yellow flower, and a black cloth. The background is a white wall with a repeating floral pattern in gold, red, and blue.

# BASTI ENEMA



Basti therapy is primarily used for Vata disorders. It is used to treat conditions of chronic constipation, sciatica, lower back pain, arthritis, infertility, mental conditions and neurological disorders.

Basti enhances digestion, bodily strength, voice, complexion, and intelligence, prevents ageing and promotes longevity. There are two types of basti, each differing in their composition of ingredients.

Asthapana basti / Niruha basti – this basti is prepared mainly from a herbal decoction, oil, kalka, honey and salt. This is a very unique process and takes several hours to prepare.

Anuvasana basti unctuous enema and contains mainly sneha such as oil or ghee.

It is suggested that niruha and anuvasana are both used for eight days of basti treatment. One Anuvasana basti is followed by Niruha alternatively. The course is completed with one Anuvasana basti. In total eight basti are performed.

How does the basti work?

The active qualities of the herbs used in the basti spread from the colon and move all throughout the body.



A close-up photograph showing a hand holding a silver, ornately engraved cup tilted to pour a golden liquid into a white cloth filter. The background is softly blurred, suggesting an indoor setting with warm lighting. The text 'JANU, GRIVA AND KATI BASTI' is overlaid in white serif font across the center of the image.

JANU, GRIVA  
AND KATI  
BASTI

A circle of dough is placed on a specific area of the body, often the lower or upper back, knee or heart region. Warm medicated oil is poured into the dough based on the practitioner's prescription. Great for balancing Vata Dosha, the basti treatment works to improve blood flow, reduce swelling and alleviate pain.

The treatment will be followed by Nadi Sveda, a localised steam treatment.

Kati Basti improves sciatica, digestion, menstruation complaints, joint problems, relieves spinal problems and calms the mind.

There are various Basti treatments offered based on the location of the body.

*Janu Basti: located on the knee.*

*Griva Basti: placed on the upper portion of the back and neck.*

*Kati Basti: placed on the lower back.*





PREGNANCY  
MASSAGE  
AND  
FERTILITY  
TREATMENT

## PREGNANCY MASSAGE

Our certified pregnancy massage therapists use Ayurvedic oils suitable during pregnancy. Our aim is to nourish, support, and comfort the mother in a nurturing environment, giving her the time to relax and enjoy her experience at Lakshmi Ayurveda. Includes a foot bath, head massage and full body oil massage. The massage treatment can be adjusted to suit your unique needs.

## FERTILITY TREATMENT

Ayurvedic medicine approaches fertility by treating both male and female. The ancient system of medicine gives guidance to couples in times of pre-conception, conception, and postpartum. During your Ayurvedic consultation, a treatment program, as well as lifestyle and herbal supplementation will be suggested.





AVAGAHA  
SVEDA SITZ  
BATH



This treatment is best done after the Abhyanga oil massage.

The patient is made to lie or sit in an authentic Ayurvedic bathtub.

The bath contains a medicinal decoction of Vata pacifying herbs depending on the person's health complaint.

This is wonderful for treating lower back pain, neurological problems of the hip and lower limbs, and lower gastrointestinal and urogenital problems such as piles and fistula.