

### SHIRO ABHYANGAM, LEPAM

Ayurveda considers human body as an inverted tree where the head of the human body will be considered as the root which controls all the activities. Hence, Shiro Abhyanga helps to nourish the brain and the sense organs which indirectly help to keep mind and body healthy. It revitalizes nervous system, balances doshas and keeps mind calm.



### KARNA POORANA (Ear Treatment)

Karna poorana is an unique treatment in Ayurveda which maintains normalcy of VATA dosha. Treatment starts with local application of oil, followed by steam. Then medicated oil or ghee is introduced into ears.



**Benefits:** Reduces earache. Treats tinnitus, vertigo, Maintains equilibrium of body

### NETRADHARA

It's a special treatment which focuses on eyes' health. Herbal preparation gets poured in a continuous stream over the eyes for a particular duration. Which promotes cleansing of eyes completely.



**Benefits:** Improves eyesight, Strengthens eye muscles, Treats eye diseases.



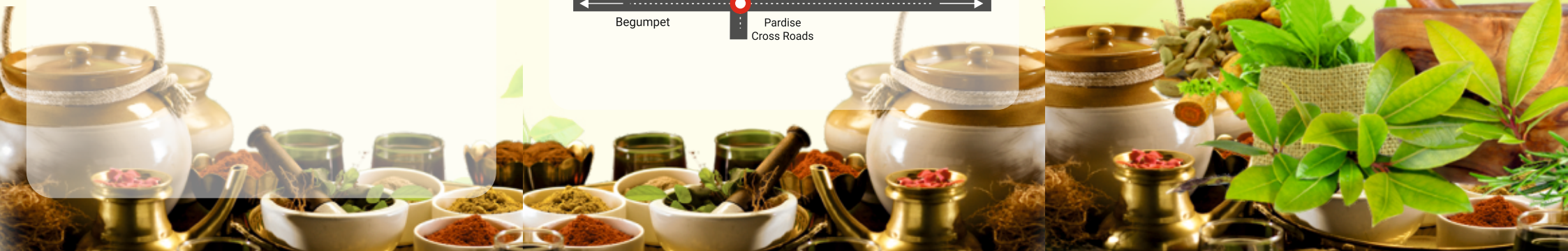
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(KERALA AYURVEDIC PANCHAKARMA TREATMENT CENTER)





## Ayurveda The Science of Natural Healing And Health

Ayurveda does not aim at mere curing of diseases or its syndromes but also looks at re-harmonizing the body and restore it to its natural state of equilibrium. It describes how to live one's life in tune with nature, free of diseases and any illness.

### ABHYANGA

This therapy involves synchronized massaging of different parts of the body using medicated combination of different types of oil. The process is followed by steam bath. Abhyanga acts as powerful recharger and rejuvenator of mind and body as it dissolves accumulated stress and toxins



**Indications:** Body ache, Stress, Arthritis, Skin diseases, Joint pains

**Benefits:** Increases tissue strength, Improves Blood circulation, Rejuvenates the Body & Mind, Induces sound sleep, Promotes vitality

### JANUBASTI

In this treatment reservoir is built around the knee joint and filled with warm medicated oil. The oil is kept in contact with knee for 30 minutes. After removing the reservoir, the affected area will be gently massaged with the oil. It is done regularly to prevent operative interference in knee joint.



**Indications:** Osteoporosis, Age related degeneration of knee.

**Benefits:** Strengthens and nourishes knee joint, Improves flexion and extension of knee, Restores lubricating fluid.

### KATI BASTI AND GREVA BASTI

In this procedure heat is applied to the cervical or lumbar region through a therapeutic application, in which warm medicated oil is poured into a dough ring placed on the spot of pain or discomfort. Here oil radiates through muscles and releases tension and stiffness



**Indications:** Neck, Low back pain, Spondylitis, Spondylolisthesis, Disc bulge, Prolapse, Degenerative spine changes, Sciatica.

**Benefits:** Builds strong muscle and connective tissue. Lubricates joints. Better flexibility to spine.

### PATRA PIND SWEDA

In this procedure, the chopped & fried medicinal leaves with several other herbal ingredients are tied like pouch using a cloth and then dipped into warm medicated oil and massaged all over the body or the affected part(s) for around 30 to 40 minutes. Here oil is absorbed easily through connective tissue and helps in relieving pain and stiffness from joint and muscles.



**Indications:** Neuro muscular disorders, Joint and bone pains, Paralysis, Back pains, Sciatica.

**Benefits:** Improves blood circulation, Strengthens bones, joints and ligaments. Stimulates nerves.

### SHIRODHARA

Shirodhara is a wonderful Rejuvenative therapy of Ayurveda. It has profound impact on the nervous system. In this treatment, medicated oil or liquids are poured on forehead for a particular time period. There are specialized forms of shirodhara procedures like Talladhara, Ksheeradhara, Thakradhara, Kashayadhara.



**Indications:** Stress, Insomnia, Hypertension, Neurological and Physiological disorders.

**Benefits:** Releases stored emotions, Induces deeper and perfect sleep, Improves concentration, Rejuvenates mind and body

### NETRA THARPANA

It is a unique treatment of Ayurveda. It helps in maintaining health of eyes which also prevents and cures eye diseases. In this procedure, a reservoir is made around the eyes using dough. Medicated ghee is made to pour in it. The ghee is kept for 10-20 mins.



**Indications:** Refractive errors, Chronic conjunctivitis, Various eye diseases.

**Benefits:** Relieves dry eye syndrome, Relieves eye pain, Buming, Strengthens eye tissues

### NAVARAKIZHI

An effective Rejuvenative treatment. Cooked navara rice packed into pouch, being dipped into medicated milk then skillfully massaged over the body. It slows down the aging process, nourishes muscles and increases immunity



### PIZHICHIL

Warm medicated oil is squeezed over the patient's body using piece of cotton that is periodically dipped in oil, Pizhichil enhances muscle tone, retunes nervous system.



### PADA ABHYANGA

Pada (feet) are very important parts of our body, as many nerves from many organs terminate at the feet. So feet massage improves health of these organs and restores health of the body. During Pada abhaynga, the Benefits: Reduces stress, anxiety, Helps to get long and sound sleep, Marmas are massaged well, which helps to achieve balance of Ten Doshas Rejuvenate sense organs



### UDVARTANA

Udvartana is a treatment explained in Ayurveda as a remedy for many metabolic and lifestyle disorders like Obesity, Diabetes, High cholesterol and High blood pressure. In this treatment skillful massage is done, in the opposite direction of hair follicles using powder or paste.



**Benefits:** Liquefies and mobilizes the stagnant morbid meda (fat), Rejuvenates skin and brings freshness and glamour to it, Enables free circulation of nutrients and essentials in the body.

### NASYA KARMA

Nasya karma is one of efficient treatment in Ayurveda to eradicate the diseases above shoulder. Gentle massage is done on face and neck followed by steam. Then medication is introduced through nose which acts on diseases successfully.



**Indication:** Migraine, Sinus, Allergic Rhinitis, Premature greying and falling of hair.

**Benefits:** Strengthen sense organs and nerves, Cleans and opens channels of head

### MUKHA LEPA

The hand-made herbal cleansers, scrubs, lotion and face packs which are used for facial, which have 100% efficiency to fight against pimple, scars, dark circles, pigments, wrinkles. Thus, they help to reduce skin aging & rejuvenates to have a flawless glowing skin.

