



# Panchakarma – Ayurvedic Cleansing

Panchakarma is an ancient branch of Ayurveda and is the cornerstone to Ayurvedic management of disease. It gets to the root of problems and balances the body. Panchakarma alleviates disease and is a useful tool in preventative care. Ayurveda advises undergoing panchakarma at the seasonal changes to clean the body, improve the digestion and to improve metabolic processes.

Panchakarma is developed for your individual and unique Ayurvedic constitution or body-mind type as well as specific disorders. Thus, it requires close clinical observation and supervision. This cleansing procedure is ideally done at the junction between two seasons thus preparing your internal environment for the oncoming time of year.

## The importance of DETOX

When toxins accumulate in your body and mind, negative emotions easily come forth and tumble out of balance and as a side effect we develop sickness or diseases.

Panchakarma is a detoxification procedure which helps you to purify, revive and rejuvenate. To make your body healthy and more receptive to medicines and treatments, panchakarma includes the following disciplines to speed up the healing process:

- ❖ **Diet modification**
- ❖ **Herbal preparations**
- ❖ **Internal and external oleation**
- ❖ **Detoxification techniques**
- ❖ **Rejuvenation**

The removal of toxins from the body by Panchakarma makes you feel well and happy for it removes negative feelings and restores equilibrium in body and mind.

## Uniqueness of Panchakarma

The uniqueness of panchakarma is that it puts the attention on YOU. All other therapies focus on your pathology and its symptoms. Panchakarma recognizes and uses the specific qualities of your physiological make-up to heal. It does not just treat diseased organs and tissues; it treats and manages your *Doshas*, the biological forces which carry toxins back and forth between your digestive tract and the deeper tissues.



Every Machine comes with a manual

**"Ayurveda"** is the manual for a machine

What we know as a Human Body.

## Benefits of Panchakarma

- ✓ **Cleanses the body of accumulated toxins.** Studies show that panchakarma is one of the most effective means of eliminating PCBs and heavy metals stored in fat cells
- ✓ **Releases the negative effects of stress and tension**
- ✓ **Restores equilibrium and harmony in body and mind**
- ✓ **Removes negativity and enhances an optimistic feeling and sense of self-worth**
- ✓ **Reestablishes the body's natural balance**
- ✓ **Improves mental, physical and emotional well-being**
- ✓ **Deeply relaxes and soothes the body and mind**
- ✓ **Provides an overall rejuvenation to body, mind and Spirit**
- ✓ **Promotes longevity**



## About Ayurveda

Comprehensive Vedic knowledge to help you lead a long life, naturally!

## Panchakarma Has Been Shown To

- ❖ decrease cholesterol by lowering toxic lipid peroxide levels.
- ❖ decrease rate of platelet clumping and thus lymphatic congestion.
- ❖ decrease 14 major toxic and cancer causing chemicals from body tissues including heavy metals, pesticides and other hazardous environmental chemicals.
- ❖ significantly raise the good HDL cholesterols.
- ❖ lower diastolic blood pressure.
- ❖ reduce free radicals which are the leading cause of all disease, cancer and death.
- ❖ significantly reduce bodily complaints, irritability, bodily strain and psychological inhibition as well as greater emotional stability.
- ❖ decrease anxiety, aging and reduced doctor visits.



### Conventional nutrition

**VS.**

### Ayurvedic nutrition

Food preference, habit, social eating,  
physical appearance, emotions

**why do  
we eat?**

Take in prana (life!) to live

Calories and counting them

**focus**

How our individual body  
processes what we eat

The five food groups

**balance**

Balancing the six tastes

“You are what you eat”

**goal**

“You are what you digest”