

Panchakarma (A unique treatment of Ayurveda)

Waste materials and toxins block the communication and supply pathways in our body. Any manager knows that unobstructed communication is the key to success in business. The same applies to the human body, whose health is dependent on frictionless internal communication.

For this reason, our organism needs to have its communication pathways cleared out regularly. For this, not only the water-soluble, but especially the fat-soluble toxins must be eliminated. Panchakarma is an effective Ayurvedic series of cleansing treatments to achieve exactly this.

These treatments consist of simple therapeutic procedures administered in a logical sequence. In the first phase, the toxic substances are bound with oily carrier substances. They are then released from the tissues through a series of pleasant synchronous whole body massages and directed towards the organs of elimination by means of heat applications. Finally, they are removed by gentle elimination procedures. Among the most important conditions accompanying the treatment are sufficient sleep, light diet, several litres of warm beverages daily, no stress, and a calm, restful environment. The treatment lasts 10 - 14 days. It activates the metabolism, lowers high fat levels, reduces weight, relieves the strain on the heart and circulatory system, relaxes the locomotor apparatus, and increases resistance to stress.

Panchakarma is the traditional Ayurvedic way of inner purification to enliven the self-healing abilities of the body. The translation for Panchakarma is " five actions". It stands for the five Ayurvedic ways of intensive inner purification, detoxification and cleansing, in order to strengthen, to heal, to revitalize and to balance out the physiology. Various dysfunctions, resulting from constitutional imbalances, according to the tri-dosha system, can be brought back into balance, leading to more vitality, health and a higher quality of life.

Toxins and physical waste products, such as heavy metals and other obstacles, hinder the flow and block the communication and transportation channels of our body. During the first three days of Panchakarma, the focus is on loosening these accumulated waste products. Afterwards, on the fourth day, they will be gently flushed out, utilizing Ayurvedic laxatives. Health from within happens only when there is a free flow of information and of the for healing required materials within the body. In fact, the inherent intelligence for health from within doesn't need to be added from the outside, but it often needs to be uncovered and strengthened for it to work properly. This is the goal of the Panchakarma treatments.

After the first several days, there follows an individually prescribed Ayurvedic treatment program, possibly including pressure massages, sweat therapy, cleansing eye treatments and others, in order to strengthen and balance out certain aspects of body and mind, requiring specific attention. In the state of balance, the body naturally tends towards utilizing his inherent intelligence for relaxation and a healthy function.

Panchakarma refers to an inner deep cleansing process, an effect that will accompany you long after you have left the Veda Villa and will last even longer, if you take an active role in staying in balance. We will help you with Ayurvedic recommendations to take on this active role of balancing out your body, listening, understanding and following your inner signals. The effect of Panchakarma is that it will be easier for you to open to the inherent force of life and awaken this infinite sources of vitality, health and well-being. True change always comes from within. Panchakarma is an age-old method to reconnect with that inner source of relaxation, well-being and healing.

Panchakarma

Ayurveda emphasizes preventative and healing therapies along with various methods of purification and rejuvenation. Ayurveda is more than a mere healing system, it is a science and art of appropriate living which helps to achieve longevity. It can also guide every individual for prevention of disease from gaining a foothold in the system. To achieve this status of body, mind and consciousness, Ayurveda prescribes Panchakarma Therapy for cleansing of body toxins.

Different Panchakarma methods

ABHYANGAM: (Kerala Body Massage)

In this treatment, Specific Body massage for 45-60 minutes with herbal oil or herbal cream to tone up the body and to improve the blood circulation etc. is performed. It is useful for elimination of several ailments as well as it is indicated as PURVAKARMA - pretreatment procedure - for all the therapeutic Panchakarma procedure.



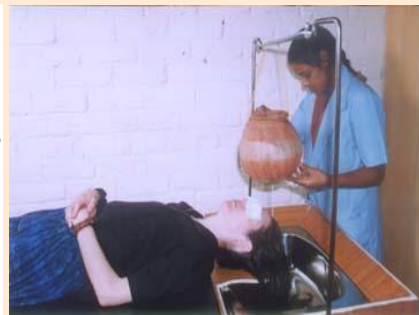
VASHPASWEDANAM: (Medicated Steam Bath)

This is a unique treatment and under this treatment leaves of medicinal plants are boiled and resulting steam is passed to the whole body. This treatment is helpful in to eliminate impurities from the body, reducing fat and also helpful in fighting with some skin diseases. This is also indicated as PURVAKARMA for Panchakarma procedures.



SHIRODHARA Treatment:

In this process medicated water, herbal oils, medicated milk etc. are poured on the forehead through a special method for 30 to 45 minutes. This treatment is very useful for mental tension, stress, hypertension, insomnia, Vata predominated diseases and certain other diseases.



What is Panchakarma

As the name suggests, Pancha in Sanskrit stands for Five and Karma are therapeutic measures thereby meaning five types of therapeutic measures. These are undertaken for the purification of the body and Ayurveda considers it necessary before the start of any

other therapy. The logic being -as a cloth needs to be purified or cleaned of impurities and dust before it can be imparted a new color. Similarly the Body needs to be purified before it can be imparted new colors of youthfulness, health and vigor etc. In fact, most of the times, Panchakarma is an end in itself rather than a prelude to other therapeutic measures.

The Panchakarma therapy of Ayurveda comprises of five basic types of advanced treatment for evacuation of vitiated Dosha (toxic materials) from the body. One can consider this as a cleansing program of toxins from the body. There are so many subtypes of this therapy and different types of herbal massages, fomentation's like steam, external oil treatments, Basti (medicated enemas), Virechana (purgation through herbs), Vamana (emesis through herbs), Nasya (nasal administration of oils) etc. are incorporated. These practices are extremely helpful in relieving deep seated diseases as well as it is also beneficial for maintaining and improving physical and mental health.

Purvakarma: *Pre-purification Measures for Panchakarma*

Before the actual operation of purification begins, there is a need to prepare the body in prescribed methods to encourage the body to let go of the toxins. The two procedures are Snehana and Swedana.

Snehana (Abhyangam) is the oil massage. Oil is applied to the entire body with a particular type of massage which helps the toxins to move towards the gastro-intestinal tract. Oil massage also makes the superficial and deep tissues soft and supple, thus helping to remove stress and to nourish the nervous system. Snehana is given daily for three to seven days, as indicated.

Swedana is sudation or sweating and is given every day immediately following the Snehana. An herbal concoction may be added to the steam to further loosen the toxins from the individual. Swedana liquefies the toxins and increases the movement of toxins into the gastro-intestinal tract.

Pradhanakarma: *Main Purification measures of Panchakarma*

Vamana: Emesis Therapy

When there is congestion in the lungs causing repeated attacks of bronchitis, colds, cough or asthma, the Ayurvedic treatment is therapeutic vomiting, Vamana, to eliminate the Kapha causing the excess mucus

Virechana: Purgation Therapy

When excess bile, Pitta, is secreted and accumulated in the gall bladder, liver and small intestine, it tends to result in rashes, skin inflammation, acne, chronic attacks of fever, biliary vomiting, nausea and jaundice. Ayurvedic literature suggests in these conditions the administration of therapeutic purgation or a therapeutic laxative.

Nasya: Nasal Administration

The nose is the doorway to the brain and it is also the doorway to consciousness. The nasal administration of medication is called Nasya. An excess of bodily humors accumulated in the sinus, throat, nose or head areas is eliminated by means of the nearest possible opening, the nose.

Basti: Enema Therapy

Vata's predominant site is the colon. Ayurvedic Basti involves the introduction into the rectum of herbal concoctions of sesame oil, and certain herbal preparations in a liquid medium. Basti, is the most effective treatment of Vata disorders, although many enemas over a prescribed period of time are usually required. It relieves constipation, distention,

chronic fever, cold, sexual disorders, kidney stones, heart pain, backache, sciatica and other pains in the joints. Many other Vata disorders such as arthritis, rheumatism, gout, muscle spasms and headaches may also be treated with Basti. Basti therapy is divided in two main types, i.e. **Anuvasana Basti** or medicated oil enemas and **Niruha Basti** or medicated enema of decoctions and medicated oils.

Other miscellaneous therapies of Panchakarma:

1. **Shirodhara:** It is recommended in anxiety, depression, hypertension, insomnia etc.
2. **Kati Basti:** Useful in different backaches.
3. **Janu Basti:** Useful in arthritis of knee joint.
4. **Nadi Sweda:** Useful in pain disorders of different sites.
5. **Pinda Sweda:** Useful in neurological ailments and in the management of different pains.
6. **Shashti-Shali Pindasweda:** Useful in neurological ailments.
7. **Tarpanam:** Useful in the ailments of eyes.
8. **Shirobasti:** Useful in hair fall and other diseases of skull.
9. **Uttara Basti:** Useful in genitourinary diseases and infertility of female.
10. **Udvartana:** It is a medicated Ubtan to be applied over the skin for fair and glowing skin.

Why Panchakarma

According to Ayurveda, every human being is a unique phenomenon of cosmic consciousness. The three Dosha (humors) determines every individual's psychosomatic temperament or **constitution**. Vata (ether plus air), Pitta (fire plus water) and Kapha (water plus earth) are called the Tridosha, meaning the three Dosha. The internal environment is governed by Vata -Pitta -Kapha (V-P-K), which is constantly reacting to the external environment. The wrong diet, habits, lifestyle, incompatible food combinations (e.g. milk and fish, melons and grain, yogurt and meat or cooked honey etc.), seasonal changes, repressed emotions and stress factors can all act either together or separately to change the balance of V-P-K. According to the nature of the cause, Vata, Pitta or Kapha undergo aggravation or derangement that produces Ama (toxins). To stop the further production of Ama Ayurvedic literature suggests putting the person on a proper diet with appropriate lifestyle, habits and exercise, and administering a proper cleansing program such as Panchakarma.

Word of caution

Panchakarma is a very special Ayurvedic operation requiring proper guidance from a highly trained and skillful Ayurvedic practitioner. One should consult with an Ayurvedic physician, not just someone with a modest amount of training prior to deciding for these cleansing procedures. Panchakarma is done individually for each person with their specific constitution and specific disorder or need in mind, thus it requires close observation and supervision. I am healthy.

Why I shall opt for Panchakarma ?

It is recommended for healthy persons also as a preventive treatment to keep physically and mentally fit and energetic. It is also done to best advantage, although not always, at

the junction period between two seasons, thus helping a person to prepare their internal environment for the oncoming season.

Ayurvedic treatments

Single-Abhyanga: Experience the full-body-marma-point-massage with warm oil, performed by one ayurveda therapist (women are treated by female therapists and men by male therapists). Detoxifying, relaxing and harmonizing.

Abhyanga: Enjoy the full-body-marma-point-massage with warm oil, performed by two ayurveda therapists (women are treated by female therapists and men by male therapists). Detoxifying, relaxing and harmonizing.

Muk-Abhyanga: Local massage of the face. See Abhyanga.

Back-Abhyanga: Local massage of the back. See Abhyanga.

Shiro-Abhyanga: Local massage of the head. See Abhyanga.

Ayurvedic relaxation massage: Deep relaxation during a 30-minute full body oil-massage, performed by one therapist.

Vishesh: Float away during the traditional full-body-deep-tissue-synchron-massage with warm oil and performed by two therapists. Enlivening and vitalising effect.

Udvardhana: Enjoy the ayurvedic, full-body-synchron-peeling-massage with an oil-grain paste performed by two therapists. Detoxifying and purifying effect.

Garshan: Ayurvedic full-body-massage given with silk gloves by two therapists. Vitalising and loosening effect.

Pizzichil: The royal massage. Experience the full-body-synchron-massage under a continuing stream of warm oil performed by two therapists. Purifying and relaxing effect.

Pinda Sveda: Enjoy the full-body-synchron-massage with warm rice performed by two therapists. Vitalising and detoxifying effect.

Svedana: Ayurvedic spice-steam-bath. Mostly given after abhyanga and vishesh massages in a traditional sweat box and with the addition of specific essential oils. Loosening and purifying effect.

Shirodara: Localized oil-stream therapy on the forehead. Relaxing and balancing effect.

Nasya: Intensive head, shoulder, neck and nasal therapy. Detoxifying, freeing and loosening effect.

Netra Tarpana: Ayurvedic eye and eye-socket oil treatment. Relaxing and purifying effect.

Matra u. Shodana bastis: Gentle oil enemas. Calming, purifying and nourishing effect.

Shiro Basti: Oil treatment for the head. Detoxifying effect.

Verechana: Purging therapy. Cleansing and detoxifying effect.

Ghee-intake: purified butter therapy used for detoxification and loosening of toxins in the body.

Additional treatments

Touch Life: Holistic full body massage. TouchLife massages utilize about 100 different massage grips, acupressure and loosening techniques to relax and enliven through touch.

Feldenkrais-method: Experience the gentle movement therapy, in order to improve your physical learning ability through a method of aware physical motion.

Cranio-Sakral: This therapy form involves an extremely gentle manipulation mainly in the areas of the skull and spine to re-enliven the self-healing abilities of the body and to find and correct blockages and functional imbalances.

In general, we plan that women will be treated by female therapist and men by male therapists.

Purvakarma: Pre-purification Measures

Before the actual operation of purification begins, there is a need to prepare the body in prescribed methods to encourage the body to let go of the toxins. The two procedures are snehan and swedan. Snehan is the oil massage. Oil is applied to the entire body with a particular type of massage which helps the toxins to move towards the gastro-intestinal tract. Oil massage also makes the superficial and deep tissues soft and supple, thus helping to remove stress and to nourish the nervous system. Snehan is given daily for three to seven days, as indicated. Swedan is sudation or sweating and is given every day immediately following the snehan. An herbal concoction may be added to the steam to further loosen the toxins from the individual. Swedan liquifies the toxins and increases the movement of toxins into the gastro-intestinal tract. After three to seven days of snehan and swedan, the doshas become well "ripened." A particular panchakarma method is then given according to the individual's constitution and disorder, prakruti and vikruti, respectively.

Five Basic Shodhans: Cleansing Methods

- 1) **Vaman:** therapeutic vomiting or emesis
- 2) **Virechan:** purgation
- 3) **Basti:** enema
- 4) **Nasya:** elimination of toxins through the nose
- 5) **Raktamoksha:** detoxification of the blood

Vaman: Emesis Therapy

When there is congestion in the lungs causing repeated attacks of bronchitis, colds, cough or asthma, the Ayurvedic treatment is therapeutic vomiting, vaman, to eliminate the

kapha causing the excess mucus. First, after the snehan and swedan, three to four glasses of licorice or salt water is administered, then vomiting is stimulated by rubbing the tongue which triggers the vomiting center through the gag reflex. Often times this also releases repressed emotions which have been held in the kapha areas of the lungs and stomach along with the accumulated dosha. One may alternatively take two to three glasses of salt water which will also aggravate kapha and then rub the tongue to induce vomiting. Once the mucus is released the patient will feel instantly relieved. It is likely that congestion, wheezing and breathlessness will disappear and that the sinuses will become clear. Therapeutic vomiting is also indicated in chronic asthma, diabetes, chronic cold, lymphatic congestion, chronic indigestion and edema.

Before vaman is administered, oil massage and fomentation are recommended on the night before the day of vaman. One to three days prior to vaman, the person should drink one cup of recommended oil two to three times a day until the stool becomes oily, or until he or she feels nauseated. The person should also eat a kaphagenic diet to aggravate kapha in the system. Vaman should be given early in the morning (kapha time). The person should eat basmati rice and yogurt with much salt early in the morning, which will further aggravate kapha in the stomach. The application of heat to the chest and back will liquify the kapha. The person should sit calmly on a knee-high chair and drink the concoction of licorice and honey, or salt water. This emesis preparation is measured and recorded before being drunk, so that at a later time the amount of vomitus from the decoction can be determined. After drinking the decoction the person should feel nauseated. He should then rub the tongue to induce vomiting, continuing until bile comes out in the vomitus. The degree of success in this treatment is determined by: 1) the number of vomitings (8 is maximum, 6 medium, 4 minimum), and 2) the quantity of vomitus (1 quart maximum, 1 1/2 pints medium, 1 pint minimum).

Emetic Substances: madan-emetic nut, madhuka-yastimadhu-licorice, neem-bitter leaf, bimbi, kutaj-kurchi- conessi bark, murva-clematis, triloba-devdaru-deodar, Cedrus deodara, Salt, NaCl, ela-cardamom, nux vomica.

After vaman, resting, fasting, smoking certain herbal cigarettes, and not suppressing natural urges (i.e. urination, defecation, gas, sneezing, coughing) is recommended. If vaman is administered properly, the person should feel relaxation in the lungs, will be able to breathe freely, will have lightness in the chest, clear thinking, clear voice, a good appetite, and all symptoms of congestion disappear.

After practicing vaman in the morning, the person should fast until 5 pm, then eat kitchari with ghee. He or she can drink cumin, coriander, ginger, fennel tea (equal portions). Steep in hot water and drink with one tsp. honey. Or he can drink honey lime tea, using one tsp. honey and one tsp. lime juice to one cup of hot water.

Indications for Vaman:

used for all kapha type disorders good for pitta headache, dizziness, and nausea will help to release blocked emotions respiratory congestion bronchitis chronic cold sinus congestion kaphagenic asthma

Contra-Indications for Vaman:

below the age of 12 or over age 65 menstruation pre-menstrual period (one week prior)
pregnancy emaciation delicate or sensitive person with too much fear, grief or anxiety
hypoglycemia vata prakruti vata diseases heart diseases during vata season acute fever
diarrhea obesity

Virechan: Purgation Therapy

When excess bile, pitta, is secreted and accumulated in the gall bladder, liver and small intestine, it tends to result in rashes, skin inflammation, acne, chronic attacks of fever, biliary vomiting, nausea and jaundice. Ayurvedic literature suggests in these conditions the administration of therapeutic purgation or a therapeutic laxative. Virechan is facilitated with senna leaves, flax seeds, psyllium husks or triphala in a combination that is appropriate for the individual person.

Senna leaf tea is a mild laxative, but in people of vata constitution, this tea might create gripping pain, since its action aggravates peristaltic movement in the large intestine.

An effective laxative for vata or pitta constitutions is a glass of hot milk to which two teaspoons of ghee have been added. This laxative, taken at bedtime will help to relieve the excess pitta causing the bile disturbance in the body. In fact, purgatives can completely cure the problem of excess pitta.

When purgatives are used, it is important to check the diet. The patient should not eat foods that will aggravate the predominant humor or cause the three humors to become unbalanced.

Virechan Substances: Senna, prune, bran, flaxseed husk, dandelion root, psyllium seed, cow's milk, salt, castor oil, raisins, mango juice, triphala.

Indications for Virechan:

allergic rash skin inflammation acne, dermatitis, eczema chronic fever ascites biliary vomiting jaundice urinary disorder enlargement of the spleen internal worms burning sensation in the eyes inflammation of the eyes conjunctivitis gout

Contra-Indications for Virechan:

low agni acute fever diarrhea severe constipation bleeding from rectum or lung cavities foreign body in the stomach after enema emaciation or weakness prolapsed rectum alcoholism dehydration childhood old age ulcerative colitis

Basti: Enema Therapy

Vata's predominant site is the colon. Ayurvedic basti involves the introduction into the rectum of herbal concoctions of sesame oil, and certain herbal preparations in a liquid medium. Basti, is the most effective treatment of vata disorders, although many enemas over a prescribed period of time are usually required. It relieves constipation, distention, chronic fever, cold, sexual disorders, kidney stones, heart pain, backache, sciatica and

other pains in the joints. Many other vata disorders such as arthritis, rheumatism, gout, muscle spasms and headaches may also be treated with basti.

Vata is a very active principle in pathogenesis. If we can control vata through the use of basti, we have gone a long way in going to the root cause of the vast majority of diseases.

Vata is the main etiological factor in the manifestation of diseases. It is the motive force behind the elimination and retention of feces, urine, bile and other excreta. Vata is mainly located in the large intestine, but bone tissue (asthi dhatu) is also a site for vata. Hence the medication administered rectally effects asthi dhatu. The mucus membrane of the colon is related to the outer covering of the bones (periosteum), which nourishes the bones. Therefore, any medication given rectally goes into the deeper tissues, like bones, and corrects vata disorders.

There are eight main types of basti, according to traditional texts, each with their own indications and contra-indications as listed below.

1. Anuvasana (oil enema) is used in pure vata disorders and when a person is having excess hunger or dryness related to vata imbalances.
2. Niruha-Asthapana (decoction enema) is used, among other conditions, for evacuation of vata, nervous diseases, gastro-intestinal vata conditions, gout, certain fever conditions, unconsciousness, certain urinary conditions, appetite, pain, hyperacidity and heart diseases.
3. Uttara Basti (through the urethra with men or vagina with women) is used for selected semen and ovulation disorders and for some problems involving painful urination or bladder infections. This is not to be used for someone with diabetes.
4. Matra Basti (daily oil enema) is used by someone emaciated by overwork or too much exercise, too much heavy lifting, walking too long of a distance, too much sexual activity or someone with chronic vata disorders. It does not need to be accompanied by any strict dietary restriction or daily routine and can be administered, in the appropriate cases, in all seasons. It gives strength, promotes weight and helps elimination of waste products.
5. Karma Basti (schedule of 30 bastis),
6. Kala Basti (schedule of 15 bastis; 10 oil + 5 decoction)
7. Yoga Basti (schedule of 8 bastis; 5 oil + 3 decoction).

In karma, kala and yoga bastis, it is better to give both types of basti in combination and not the oil and decoction separately. The conditions under which these are recommended are too detailed to be able to list in this article. In general, the indications and contra-indications that apply to basti also apply here.

8. Bruhana Basti (nutritional enema) is used for providing deep nutrition in select conditions. Traditionally, highly nutritive substances have been used, such as warm milk, meat broth, bone marrow soup and herbs like shatavari or ashwagandha.

General Indications for Basti:

constipation low back ache gout rheumatism sciatica arthritis nervous disorders vata headache emaciation muscular atrophy

General Contra-Indications for Basti (include but are not limited to the following):

Enema therapy should not be used if the patient is suffering from diarrhea, bleeding of the rectum, chronic indigestion, breathlessness, diabetes, fever, emaciation, severe anaemia, pulmonary tuberculosis, old age or for children below the age of seven years.

For oil enemas: diabetes, obesity, indigestion, low agni, enlarged liver or spleen, unconsciousness, tuberculosis and cough. for decoction enemas: debility, hiccough, hemorrhoids, inflammation of anus, piles, diarrhea, pregnancy, ascites, diabetes and some conditions involving painful or difficult breathing. for nutritional enemas: diabetes, obesity, lymphatic obstruction, ascites. for urethra or vaginal enemas: diabetes

Nasya: Nasal Administration

The nose is the doorway to the brain and it is also the doorway to consciousness. The nasal administration of medication is called nasya. An excess of bodily humors accumulated in the sinus, throat, nose or head areas is eliminated by means of the nearest possible opening, the nose.

Prana, life force as nerve energy, enters the body through the breath taken in through the nose. Prana is in the brain and maintains sensory and motor functions. Prana also governs mental activities, memory, concentration and intellectual activities. Deranged prana creates defective functioning of all these activities and produces headaches, convulsions, loss of memory and reduced sensory perception. Thus nasal administration, nasya is indicated for prana disorders, sinus congestion, migraine headaches, convulsions and certain eye and ear problems.

Breathing also can be improved through nasal massage. For this treatment, the little finger is dipped into ghee and inserted into the nose. The inner walls of the nose are slowly massaged, going as deeply as possible. This treatment will help to open the emotions. (Nose tissue is tender and for this application the fingernail must be kept short to avoid injuring the delicate mucus membranes.) Since most people have deviated nasal septums, one side of the nose will be easier to penetrate and massage than the other. The finger should not be inserted forcibly. The massage should proceed by slow penetration, the finger moving first in a clockwise, then counter-clockwise direction. By this means, the emotions that are blocked in the respiratory tract will be released. One may use this treatment each morning and evening. In this way breathing patterns will change as the emotions are released and the eyesight also will improve.

Substances Used in Nasya: brahmi, ginger, ghee oils, decoctions, onion, garlic, Piper longum, black pepper, curry pepper, rose, jasmine, mogra flowers and henna.

Indications for Nasya:

stress emotional imbalances stiffness in the neck & shoulders dryness of the nose sinus congestion hoarseness migraine headache convulsions

Contra-Indications for Nasya:

sinus infections pregnancy menstruation after sex, bathing, eating or drinking of alcohol should not be used below 7 years or over 80 years of age

Raktamoksha: Traditional Ayurvedic Method for Purification and Cleansing of the Blood

Toxins present in the gastro-intestinal tract are absorbed into the blood and circulated throughout the body. This condition is called toxemia, which is the basic cause of repeated infections, hypertension and certain other circulatory conditions. This includes repeated attacks of skin disorders such as urticaria, rashes, herpes, eczema, acne, scabies, leukoderma, chronic itching or hives. In such conditions, along with internal medication, elimination of the toxins and purification of the blood is necessary. Raktamoksha is also indicated for cases of enlarged liver, spleen and gout.

Pitta is produced from the disintegrated red blood cells in the liver. So pitta and blood have a very close relationship. An increase in pitta may go into the blood causing toxicity, and thus many pittagenic disorders.

Extracting a small amount of blood from a vein relieves the tension created by the pittagenic toxins in the blood. Bloodletting also stimulates the spleen to produce antitoxic substances which helps to stimulate the immune system. Toxins are neutralized enabling radical cures in many blood born disorders.

Bloodletting is contraindicated in cases of anaemia, edema, extreme weakness, diabetes and in children and elderly persons. It is also an illegal procedure within the United States.

Certain substances such as sugar, salt, yogurt, sour tasting foods and alcohol are toxic to the blood. In certain blood disorders these substances should be avoided to keep the blood pure. Burdock root tea, sandalwood, saffron, manjista, guduchi, rose and lotus are herbs that help to purify the blood. Turmeric, goldenseal, pomegranate juice, neem, oranges, beets and raisins can also be beneficial for blood disorders.

For raktamoksha treatment other than blood-letting, there are blood-purifying practices involving herbs, gem therapy or color water therapy.

For blood purifying therapy look for substances that are bitter and astringent and have blood thinning properties. Burdock root tea is the best blood purifier. For blood carried disorders such as allergy, rash or acne the patient should take a milk laxative and the next

evening begin burdock root tea therapy. The tea is made from one teaspoon of powder in one cup of hot water. If taken every night, the action of the herb will begin to purify the blood.

Beneficial gems and crystals are pearl, coral, amethyst, rose quartz and jade.

In the practice of colored water therapy, red should be used in vata disorders, blue for pitta and purple for kapha.

For any raktamoksha treatment or related alternative treatment it is beneficial to refrain from yogurt, salt, sugar, alcohol, marijuana, sour and fermented foods.

Indications for Raktamoksha:

urticaria rash acne eczema scabies leukoderma chronic itching hives enlarged liver or spleen gout

Contra-Indications for Raktamoksha:

anemia edema weakness young children old age during pregnancy during menstruation

BENEFITS OF AYURVEDIC MASSAGE -

- 1) Removes Old Age (Jaraha),
- 2) Removes Fatigue (Shrama Har),
- 3) Removes Excess Vata (Vata Har),
- 4) Improves Eyesight (Drishti Prasad Kar),
- 5) Strengthens the Body (Pushti Kar),
- 6) Induces Sleep and Dreams (Swapna Kar),
- 7) Strengthens the Skin (Twak Dridh Kar),
- 8) Aids Resistance to Disharmony and Disease (Klesh Sahattwa),
- 9) Soothes Ailments Caused by Vata and Kapha (Vata-Kapha Nirodhak),
- 10) Improves the Colour and Texture of the Skin (Varn Bal Prad).

It nourishes the body.

Revitalizes the nervous system

Helps in overcoming fatigue

Promotes undisturbed sleep

Improves physical appearance

Builds self-confidence

Retards the ageing process in man and bestows long life.

External application of appropriate medicated oil accompanied by massage is done for about 45 minutes to one hour followed by a bath with warm water.

Massage should be given at proper place, at proper time and with proper oils. Also it should be given by proper hands. Because the Touch is very important in massage. It activated many systems like Circulatory, Endocrine Lymphatic, and Nervous etc. This result we can get only because of Scientific Massage Techniques which includes 8 types of movements, Directions, Reflexology, Accupressure Points, Relaxology etc.

TYPES OF MASSAGE –

- 1) Full Body Massage (Fitness Massage),
- 2) Therapeutic Massage,
- 3) Massage During Pregnancy,
- 4) Beauty Massage,
- 5) Massage of Infants.

KERALA MASSAGE –

There are many different types of Massage in Kerala, which are available in our Center.

- 1) Uzhicilil (Foot Massage),
 - 2) Pizhicil (Oil poured on Body),
 - 3) Ela Kizhi (Swedana/Foementation with Boluses of Leaves),
 - 4) Podi Kizhi (Swedana with Boluses of Powder),
 - 5) Njavra Kizhi (Foementation with Special Blouses of cooked Rice),
- Sarvanga Dhara (Kashaya/Oil Dhara on Body) etc

1. OIL MASSAGE & BATH (Abhyanga Snehan)

2. PINDA SWEDA (Njavarakizhi).

The whole body (or part of the body) is made to perspire by the application of bundled warm medicinal pudding accompanied by massage. Before and after this process, medicated oil is applied followed by a bath in warm water.

3. KAYASEKA (Pizhichil).

Warm medicated oil is poured on the body continuously in a special pattern followed by a warm bath in medicated water. This treatment gives rejuvenation of the body and promotes positive health for a normally healthy person. kayaseka is employed in the cure of the following diseases.

1. Diseases of the nervous system
2. Fracture, dislocation of joints etc,
3. Pain and stiffness of limbs.
4. Hemiplegia, Paralysis, Rheumatic complaints, rheumatoid arthritis etc., other treatments undertaken in the Centre are Sira Dhara, Taila Dhara, Takra, Dhara, Sirovasti, vasthi, Elakizhi etc as prescribed by an Ayurvedic Physician.

4. SHIRODHARA (Pouring of Medicated Oil on Forehead)

5. TAKRADHARA (Pouring of Medicated Buttermilk on Forehead)

6. JALADHARA (Pouring of Medicated Water on Forehead)

7. DUDHDHARA (Pouring of Medicated Milk on Forehead)

8. FACE MASSAGE (Beauty Treatments on Face)

9. HEAD MASSAGE (Beauty Treatments on Hair) etc.

10. WEIGHT GAIN TREATMENTS.

11. WEIGHT LOSS TREATMENTS.

From a psychological point of view, massage creates a sense of being cared for, of being nurtured. Massage helps us become more aware of our bodies and the feelings we value. Human touch connects one person to another and the feelings shared are healing and energizing emotionally. Safe touch is an important part of life. Massage by a responsible professional is a relaxing way to enjoy safe touch.

Looking at massage from a physics point of view, we see that electromagnetic energy is transferred from the giver to the receiver and back. This energy transfer can not be duplicated by gadgets or machines. The oriental cultures call this energy Chi' or life energy. The world renowned nuclear physicist, Professor Serge Sitko, of Vidguk in the Ukraine, has developed equipment that is able to record this energy in the millimeter range of radio waves. This human energy transfer is an important part of the healing process. Many believe that this is simply love being transferred from one person to another.

Massage gives one a feeling of comfort and relaxation

Hot Stone Massage

Developed in the Midwest for use in health spas, this technique uses stones that have been heated. These stones are positioned on the body and some are gently moved about with light pressure being exerted on the warm stones.

Infant Massage

Becoming increasingly popular, infant massage is usually taught to new mothers as a way of bonding with their newborn and of encouraging infant health. Promoted by Vimala McClure, it incorporates nurturing touch, massage, and reflexology in a loving, fun, one-on-one interaction. A study at the University of Miami showed that infants who received 15 minutes of massage a day gained weight 47% faster and demonstrated other physical and neurological benefits.

Integrative Massage

Originally based on the work of Wilhelm Reich, this style of bodywork was developed at the Boulder College of Massage Therapy over 20 years ago. To assist in the release of emotional issues trapped in the body, long fluid strokes are used to move energy from the head down and out through the hands and feet. This is combined with the use of deep breathwork to aid the process.

Jin Shin Jitsu

Designed to heal the body by harmonizing its flow of energy, Jin Shin Jitsu a non-massage form of shiatsu developed by Jiro Murai in Japan. It uses 26 pressure points termed energy locks where fatigue, tension, or illness can trap energy. By applying prolonged, gentle, manual pressing of these points or movements of the practitioner's hands over such areas without contact, the body and mind are brought into harmony.

Lomilomi Massage

Hawaiian for "rub rub," Lomilomi is a massage technique that's been handed down from ancient Hawaiian healers. Spiritual in nature, the technique was formalized by Hawaiian-born nurse, Margaret Machado. The strokes used are similar to the shiatsu technique of Japan but are gentler and shorter. Pressure with the fingers at certain points is also part of the technique, but it is of shorter duration than most acupuncture. Two identifying techniques of authentic Lomilomi are the emphasis on spirit/body connection and the use of forearm and elbow as a massage tool.

Lymph System Massage

In the 1930s, a Danish doctor, Hans Vodder, noticed the connection between swollen and blocked lymph glands and colds, infections and other ailments. Since the lymph system is designed to remove bacteria and toxins from the body, he reasoned that massaging the lymph system would improve the flow of lymph and benefit the patient. Together with his wife, a massage practitioner, they developed a specific technique that massages the lymph nodes and lymph system using light rhythmic strokes. A characteristic of lymph system massage is that the strokes are always with the muscle fiber, rather than cross-fiber, because the lymph system runs in the direction of the muscle fiber. Rated Light

Myofascial

Release Therapy all muscles, arteries, bones, organs, etc. are held together by a Saran wrap kind of tissue called fascia. Developed in the late 1960's by John Barnes, Myofascial Release works by the manipulation of the fascia that connects and surrounds muscles. Because the fascia is body-wide, a tension or trauma in one part of the body can affect another part. The fascia responds to the trained touch to release the adverse effects of inflammation, tensions and trauma.

Myotherapy

Developed by Bonnie Prudden in 1976, Myotherapy is a method of relaxing muscle spasm, improving circulation and alleviating pain. It works by defusing "trigger points", which are intense knots of muscle tension that often refer pain to other areas of the body. When a trigger point is under excess emotional or physical stress it often responds by throwing a muscle into spasm. Spasm, in turn, causes pain. The myotherapist erases the spasm by pressing on the appropriate trigger points for several seconds by means of fingers, knuckles, and elbows and then re-educates the affected muscle to its normal resting relaxed condition with special exercises designed for each individual problem.

Naprapathy

Originated by a chiropractor in Chicago in 1907, naprapathy is a gentle massage of connective tissue to restore optimal flow of energy through the body. Naprapathy also is holistic in nature in that it pays attention to nutrition, movement, lifestyle and diet. A prime focus of this technique is the attention to the ligaments that encase the spinal column.

Neuromuscular Therapy

Neuromuscular Therapy is a program of recovery from acute and chronic pain syndromes by utilizing specific massage therapy, including the pressure of trigger points, to eliminate the causes of pain patterns. This approach brings about balance between the musculoskeletal system and the nervous system. It enhances the function of joints, muscles, and movement, and it releases endorphins, the body's own natural pain killers.

On-Site Massage

Refer to "Chair Massage".

Pfirmer Deep Muscle

Therapy one of the early forms of deep muscle massage, it was developed in the 1940s by Therese Pfirmer who had studied at the Swedish Institute in New York. Her discovery, which led to the reversal of her own paralysis, uses strong strokes across the muscle fiber rather than along the length of the fibers. This technique frees adhesions, improves circulation, both lymphatic and vascular, and causes corrective changes in the muscle on a cellular level. Working to correct and prevent serious muscular conditions, it also alleviates sports injuries, trauma, tension, and stress.

Polarity Therapy

Developed by chiropractor and osteopath Randolph Stone, polarity therapy is a holistic method of treatment. He combined his knowledge of Ayurvedic medicine, Chinese medicine, yoga, acupuncture and shiatsu techniques to outline his system. Stone saw the body as an electromagnetic energy system with each part of the body carrying electrical-like charges. By placing hands on various parts of the body, the practitioner connects the positive and negative poles to improve the flow of energy through the body and assist healing and relaxation. To maintain well-being, diet, yoga, and self-awareness are encouraged.

Pregnancy Massage

Pregnancy places strong demands on a woman's body and is a time for the body to be nurtured and pampered. This massage not only relieves the tensions and aches caused by the extra weight and shift in the center of gravity to the body, but it reduces swelling, soothes the nervous system, acts as a tonic, reduces fatigue, and enhances energy.

Rebalancing

Rebalancing was developed in the 1970's by a group of long-time bodywork practitioners working under the guidance of a spiritual teacher named Osho. The idea was to create a new form of bodywork that would take the best of the presently existing modalities and imbue them with a deeper perspective. Done in ten sessions, rebalancing utilizes a combination of deep tissue massage, joint tension release,

verbal dialogue, and energy balancing to relieve physical pain, release emotional holding patterns, and enhance relaxation.

Reflexology

Popularized in the United States by physiotherapist Eunice Inghram in the 1930s, this is an acupressure type technique performed on the hands and feet and is based on the ancient Oriental theory that meridian lines or pathways carry energy throughout the body. Because each zone or part of the body has a corresponding reflex point on the feet, stimulating that reflex point causes stimulation in the natural energy of the related organ. Crystalline-type deposits and/or tenderness indicate a dysfunction, and pressure is applied to clear out congestion and restore normal functioning and health.

Reiki

Reiki (pronounced ray-kee) in Japanese means "universal life energy." It is a healing technique of transmitting life energy by placing the hands gently in specific positions either on or above the body. This laying-on of hands is designed to relieve pain, restore vitality, heal illnesses, and aid spiritual growth. It was developed by Dr. Mikao Usui, a Christian monk in Japan, who came upon ancient manuscripts revealing the healing system in the 19th century. It was introduced to the United States in the 1930's by Hawayo Takata.

Shiatsu

Shiatsu, the most widely known form of acupressure, literally meaning "finger pressure" in Japanese, and has been practiced for more than a thousand years in Japan. Shiatsu uses rhythmic pressure from 3 to 10 seconds on specific points along the body's meridians by using the fingers, hands, elbows, knees, and sometimes feet to unblock and stimulate the flow of energy. A session may also include gentle stretching and range-of-motions manipulations. Shiatsu is used to treat pain and illness, to relax the body, and to maintain general health.

Sport Massage

This special form of massage is typically used before, during, and after athletic events to prepare the athlete for peak performance, to drain away fatigue, to relieve swelling, to reduce muscle tension, to promote flexibility and to prevent injuries. Depending on the needs of the athlete, a variety of techniques are used including classic Swedish strokes, cross-fiber friction, pressure-point work, and joint mobilization.

Swedish Massage

Swedish massage is now known as "traditional" massage. In the 1820s a Swedish doctor, Dr. Per Henrik Ling, developed the first modern method of massage through his study of physiology, gymnastics, and the massage techniques borrowed from China, Egypt, Greece, and Rome. Swedish massage includes long gliding strokes,

kneading, friction, tapping, and shaking motions. It is effective for most ailments, because massaging the skin, the body's largest organ, sets up a chain reaction that produces a positive effect on all layers and systems of the body. It affects the nerves, muscles, glands, and circulation, and promotes health and wellbeing. Rated Medium

Thai Massage

Thai massage is an interactive manipulation of the body using passive stretching and gentle pressure along energy lines. This ancient form of massage dates back to the time of Buddha and looks like a cross between shiatsu, acupressure, and yoga. Practitioners apply pressure along meridian lines with their thumbs, hands, and feet to stimulate the movement of energy in the body, and in addition, move and stretch their clients in Yoga-like poses to free muscular and joint tension. Designed to be both relaxing and stimulating, Thai massage improves flexibility, reduces tension, stimulates internal organs, and balances the body's energy system.

Therapeutic Touch

Therapeutic Touch Therapeutic Touch is a laying-on-of-hands technique that doesn't actually touch the body but touches the energy field around it. It was developed in the 1970s by Dolores Krieger, a nurse and professor at New York University. Is based on the theory that the human energy field extends beyond the skin and is abundant and flows in balanced patterns in health but is depleted and/or unbalanced in illness or injury. Practitioners restore health by sensing and adjusting such fields to restore health and promote well-being.

Touch For Health

Touch for Health is a system of energy balancing using muscle testing, touch and acupressure massage to correct various physical and emotional imbalances, stresses, and tension. Based on the applied kinesiology principles of chiropractor George Goodheart, Touch for Health was popularized by John Thie, D.C. in his book by the same name written in 1973. He showed how muscle testing can reveal weaknesses even before symptoms manifest and how by pressing reflex points, it is possible to rebalance the body and the affected organs.

[Sports Massage Techniques](#)

Each sport and athletic event uses muscle groups in a different way. Sports massage therapists must be familiar with each muscle, the muscle groups and how they are affected by the specific movements and stresses of each sport. They also are trained in the appropriate uses of hydrotherapy and cryotherapy.

Traditional western (e.g. Swedish) massage is currently the most common approach used for conditioning programs. It is frequently supplemented by other massage therapy approaches including deep tissue, trigger point work,

and acupressure. Some massage therapists have special training in sports massage and greater experience working with athletes.

Sports massage therapy frequently includes the use of one or more of the following techniques:

Deep Swedish Massage

Muscle-specific applications of the standard effleurage, petrissage, vibration, and tapotement techniques.

Compression Massage

Rhythmic compression into muscles used to create a deep hypremia and softening effect in the tissues. It is generally used as a warm-up for deeper, more specific massage work.

Cross-Fiber Massage

Friction techniques applied in a general manner to create a stretching and broadening effect in large muscle groups; or on site-specific muscle and connective tissue, deep transverse friction applied to reduce adhesions and to help create strong, flexible repair during the healing process.

Trigger Point/Tender Point Massage

Combined positioning and specific finger or thumb pressure into trigger/tender points in muscle and connective tissue, to reduce the hypersensitivity, muscle spasms and referred pain patterns that characterize the point. Left untreated, such trigger/tender points often lead to restricted and painful movement of entire body regions.

Lymphatic Massage

Stimulation of specialized lymphatic-drainage pathways, which improves the body's removal of edemas and effusion.

The Benefits of Sports Massage

Regular sports massage can:

- reduce the chance of injury, through proper stretching and event preparation, and through deep tissue massage;
- improve range of motion and muscle flexibility, resulting in improved power and performance;
- shorten recovery time between workouts;
- maximize the supply of nutrients and oxygen through increased blood flow;

■ enhance elimination of metabolic by-products of exercise.

Health Benefits of Massage

The following are the key effects of massage:

Massage Reduces Muscle Tension.

Massage affects the muscles throughout the body. Massage affects the muscles and other soft tissues throughout the body. It loosens contracted, shortened, hardened muscles. Massage can stimulate weak, flaccid muscles. Chronic muscle tension reduces the circulation of the blood and movement of lymph in an area.

Massage Improves Blood Circulation.

The oxygen capacity of the blood can increase 10-15% after massage. By indirectly or directly stimulating nerves that supply internal organs, blood vessels of these organs dilate and allow greater blood supply to them.

Massage Induces Better Lymph Movement.

Lymph is a milky white fluid that drains impurities and waste away from the tissue cells. A component of these wastes is toxins which are the by-products of metabolism. So, it is a vital to our health. Muscular contraction has a pumping effect that moves lymph. Massage and exercise help to move lymph.

Massage Results In Increased Mobility and Range of Motion of Joints.

Massage provides a gentle stretching action to both the muscles and connective tissues that surround and support the muscles and many other parts of the body, which helps keep these tissues elastic.

Massage Stimulates or Soothes Nervous System.

Massage balances the nervous system by soothing or stimulating it, depending on which effect is needed by the individual at the time of the massage.

Massage Enhances Skin Condition.

Massage enhances the skin condition by improving the function of the sebaceous and sweat glands, which keep the skin lubricated, clean, and cool.

Massage Results in Better Digestion and Intestinal Function.

Massage increases the body's secretions and excretions. It increases the production of gastric juices, saliva, and urine. There is also an increased excretion of nitrogen, inorganic phosphorus, and salt. As a result, the metabolic rate increases.

Massage Relieves of Acute and Chronic pain.

Massage can promote recovery from the fatigue and from minor aches and pains

Other Benefits of Massage

- Massage has beneficial effects on the internal organs and the immune system
- Massage reduces swelling
- Massage reduced stress
- Massage is useful for general relaxation
- Massage results in overall improvement in physical health and the quality of life.

(Source: Encyclopedia of Alternative Medicine, Jennifer Jacobs, MD, MPH, Consultant Editor)

SURHUD HEALTH Nashik