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Kerala Ayurveda

TREATMENT PROCEDURES



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Kerala Ayurveda

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SARVANGA ABYANGAM



- ★ **Smoothness and improves luster of the skin**
- ★ **Improves vision**
- ★ **Induces sound sleep**
- ★ **Strengthens the body and gives longevity**
- ★ **Controls Vata**
- ★ **Good for neuromuscular disorders, Rheumatological problems, Headache, Body ache**
- ★ **Rejuvenate body**



SARVANGA SWEDAM (STEAM BATH)



- ★ **Removes stiffness, heaviness, coldness from the body**
- ★ **Relieves pain, dryness**
- ★ **Helpful in Rheumatoid arthritis, Osteoarthritis, Post fracture stiffness of joints, Sciatica, Hemiplegia etc.**
- ★ **Rejuvenation therapy**

SARVANGA DHARA

Pouring of warm medicated oil or decoction all over the body by using special vessels.



- ★ **Degenerative joint disorders, Post fracture stiffness of joints
Dislocation of joints**
- ★ **Peripheral Neuropathy**
- ★ **Muscular and Ligamentous injuries**
- ★ **Rejuvenation therapy**

PIZHICHIL

Pizhichil is the process by which the body is made to sweat by means of pouring medicated oil in a specific manner



- ★ **Improves over all blood circulation**
- ★ **Rejuvenate body**
- ★ **Treats paralysis, arthritis and rheumatic decease**
- ★ **Strengthenns immunity system**

PATRA PINDA POTALI

Massage done using cloth bags filled with herbal leaves.



- ★ **Neuromuscular disorders**
- ★ **Arthritis back ache, joint pain**
- ★ **Degenerative joint problems**
- ★ **Strengthen neuromuscular system**

SHASHTIKA SALIPINDA SWEDA

A massage done by using cloth bags filled with cooked Navara rice frequently warmed in medicated milk



- ★ **Nourishment to the muscles and nerve endings**
- ★ **Degenerative conditions of joints**
- ★ **Hemiplegia, paraplegia muscular wasting**
- ★ **Rejuvenation**

CHOORNA PINDA POTALI

A massage done by cloth bags filled with warm herbal powder



- ★ Stimulate nerve endings relaxes muscles and relieves pain
- ★ Help in conditions like Myalgia, sciatica
- ★ Cervical spondylitis

JAMBEERA PINDA SWEDA

Massage done by cloth bags filled with lemon and other medicines



- ★ **Treating cervical spondylosis and frozen joints**
- ★ **Provide relief from pain**
- ★ **Effective in Inflammation, swelling and stiffness associated with bone and joints**

UDWARTHANAM

A Massage done in upward direction with pressure using dry warm herbal powder. It is one of the best procedures to reduce excess body fat.



- ★ **Reduce Obesity**
- ★ **Removes body stiffness**
- ★ **Enhance skin glow**
- ★ **Removes toxins and bad body odour**
- ★ **Improve blood circulation**
- ★ **Stress reduction and rejuvenation**

SHIRODHARA

Pouring of medicated liquid on the forehead in a continuous stream for a specific period of time

Different types of Shiro dhara

Thaila dhara - with medicated oil

Thakra dhara - with medicated butter milk

Ksheera dhara - with medicated milk



- ★ **Help to relieves symptoms of anxiety, stress & fatigue**
- ★ **Relieves tension, worry, headache&depression**
- ★ **Improves sleep**
- ★ **Effective in lowering high blood pressure**
- ★ **Prevent premature greying of hair**
- ★ **Promote hair growth**

SHIRO VASTI

Warm medicated oil kept over the head for a specific period time



- ★ **Reduce anxiety and stress**
 - ★ **Nourishes the hair roots and make the hair soft ana glossy**
 - ★ **Helps in curing various disorders related to the eyes sinusitis migraine and also improves the complexion of skin**
- Improves sleep**
- Indicated in paralysis and parkinson's disease**
- Nourish the brain and promote intellect**

NASYAM

Nasyam is instillation of herbal oils, juices or powders through the nasal root



- ★ **Strengthens the nasal passage**
- ★ **Relieves headaches and migraine**
- ★ **Treats allergies and sinusitis**
- ★ **Stimulates the vital centres of brain that reduces stress**
- ★ **Improves hair texture and prevent greying of hair**
- ★ **Act as a detoxification method**

VAMANA KARMA

Vamana means to induce vomiting. It is a bio-cleansing measure meant for the elimination of the doshas accumulated in the upper gastro intestinal tract.



- ★ **Helpfully in gastric problems like acid peptic disorders indigestion, cough bronchial asthma**
- ★ **Improves appetite**
- ★ **Good to conduct in case of diabetes, sinusitis, skin diseases etc...**

VIRECHANA KARMA

Virechana is the purgative treatment that cleanses the alimentary tract in which the doshas are eliminated through the anal route.

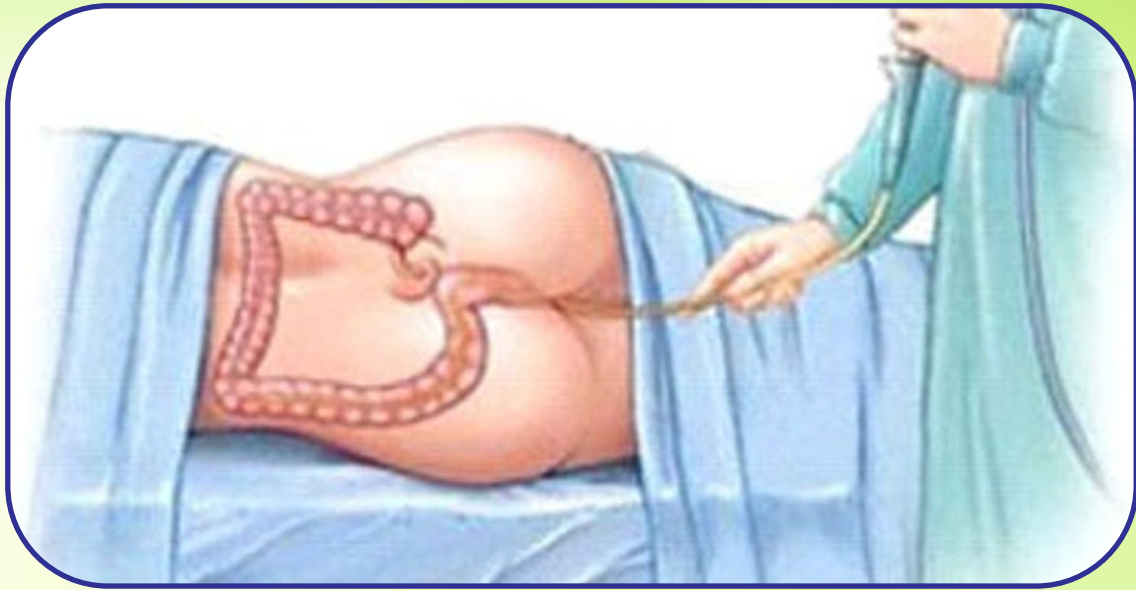


- ★ **Removes accumulated toxins from all over the body**
- ★ **Good in constipation worm infestation jaundice, eczema, allergic dermatitis**
- ★ **Gives lightness to the body enhance body complexion**

VASTI KARMA

Procedure by which the medicine is administered through anal rout.

Kashaya Vasti - Decoction Enema
Sneha Vasti - Oil Enema



- ★ **Neurological disorders like hemiplegia, paraplegia,**
- ★ **sciatica, etc...**
- ★ **Helpful in rheumatological disorder, digestive disorders, chronic fever, secondary amenorrhea**

RAKTHA MOKSHANA

Raktha mokshana therapy is the blood cleansing and purification therapy



- ★ **Removes toxic conditions of blood**
- ★ **Relieves sinusitis swelling herpes fibroid ets...**
- ★ **Helps to relieve skin disorders, pigmentation psoriasis**

THALAPOTHICHIL

The head is packed with an herbal paste & covered by banana leaves for a specific period of time



- ★ **Promote hair growth**
 - ★ **Prevent premature graying of hair and removes dandruff**
 - ★ **Improves quality of sleep**
- Relieves stress, Tension, Heaviness of head**
- Stabilises the nervous system**

KATEEVASTI

Medicated oil is kept inside a boundary made of black gram paste over the painful area on the lower back.



- ★ Nourish the nerves, Muscles and joints in the lower back region
- ★ Help to cure neuro muscular disorders, Lumbo sacral pain

GREEVA VASTI

Medicated oil is retained inside a boundary made of black gram paste over the painful area on the neck region.



- ★ **Improve the flexibility and brings smooth movements**
- ★ **Improves circulation around the neck region**
- ★ **Relieves the burden of stress and congestion in nerves**
Relieves pain & stiffness in the neck, shoulder, and upper limb
Enhances blood supply & strengthen the neck, shoulder, & arms

JANU VASTI

Medicated oil is in side a boundary made of black gram paste over the knee joint.



- ★ **Lubricates the knee joint to increase joint mobility**
- ★ **Rejuvenates the knee joints**
- ★ **Nourishes and strengthens the muscles, Bone and nerves of knee area.**

Relieves the pain, spasm, rigidity and inflammation around knee joint and calf region

URO VASTI

Warm Medicated oil is kept inside a boundary made of black gram paste over the region for a particular period of time



- ★ **Good for heart disease, Muscular chest pain, Asthma,**
- ★ **Respiratory problems**
- ★ **Enriches blood, Maintain strong muscles and connective tissues at the heart area**

THALAM

Medicated oil past kept on the middle of the head for a specific period of time.



- ★ **Reduce burning feelings on the skin**
- ★ **Enhances vision**
- ★ **Relief of elements like migraine, Insomnia and ear, nose, throat related problems**

LAPANAM

Herbal paste applied on the affected path kept for a specific period of time



- ★ **Good for pain associated with inflammatory conditions**
- ★ **Relieves skin problems**
- ★ **Enhances skin complexion**
- ★ **Treatment of pimples, wrinkles and dark spots**
- ★ **Done in case of psoriasis arthritis, eczema, headache etc.**

PICHU

Cotton peace soaked in warm medicated oil kept on the affected part for a specific period of time. Warm oil is applied over them frequently.



- ★ **Effective method to treat the elements of head, Spine, diseases of cranial nerves**
- ★ **Degenerative joint disorders**
- ★ **Shiro pichu helpful to promote intelligence, restores memory, reverse the aging process, Relieves insomnia**

AVAGAHAM

Sitting in a tub filled with warm medicated liquids after proper oil application on the body



- ★ **Relieves back pain & provides muscular relaxation.**
- ★ **For the diseases of spinal cord, hip and lower back.**
- ★ **Helpful in gynaecological conditions.**

UPANAHAM

An herbal poultice using herbal pastes and other suitable liquid to keep on the affected path for at least 12hrs. this will be covered with herbal leaves like Ricinus, Calotropic etc.



- ★ **Helps to relieve pain and swelling**
- ★ **management of pain conditions such as osteoarthritis, joint injuries**

NETHRA THARPANAM

Medicated ghee kept inside a boundary made of black gram paste around the eyes for a specific period of time



- ★ **Improves eyes side and cools your eyes**
- ★ **Accelerate brain function**
- ★ **Treatment for short sight and long sight**
- ★ **Prevent degenerative eye diseases and strengthens optic nerves**

KSHEERADHOMAM

Application of medicated milk steam on the affected body part.



- ★ Good for facial paralysis, speech disorders and other nervous disorders of face and body

MUKHA LEPAM

Herbal face pack using special herbal paste.



- ★ Enhances colour and complexion of face
- ★ Good for acne and black spots
- ★ It is having anti-aging property

NETHRADHARA

I wash with special herbal decoction.



- ★ **Nourishes injured rough tired and dry eyes**
 - ★ **Strengthen the eye muscles and nerves**
 - ★ **Improves eye sight**
 - ★ **Relieves fatigue and pain in the eyes and delays the formation of cataract**
- Removes itching and discharge in the eyes**

DHOOMAPANAM

Inhalation of medicated smoke.



- ★ **Indicated in headache sinusitis nasal blockage**
- ★ **Used to cure throat disorders**

KARNAPOORANAM

Pouring of medicated oil in ears.



- ★ **Cleanses ear canal, improves hearing**
- ★ **Removes ear wax and dirt**
- ★ **Relieves ear ache, strengthens nerves**
- ★ **Helps to manage vertigo**

Do's and don'ts

Inhalation of medicated smoke.

- ★ While undergoing ayurvedic treatments, avoid exposure to cold wind, hot sun dust, smoke, fog and extremes of cold and heat.
- ★ Women cannot have some of the treatments at the time of their menstruation. So a rescheduling may be required.
- ★ Avoid stress, physical or mental, during an ayurvedic treatment course, including sitting for long time Infront of the computer.
- ★ Sexual intercourse should be strictly avoided during ayurvedic treatments.
- ★ If you are travelling in India and the treatment is the part of your programme, it will be better to complete your travelling first and then undergo the treatment course. Otherwise travel may disturb the process of cure after the treatment
- ★ While undergoing ayurvedic treatments all types of stimulants like alcohol, smoking, tea, coffee, etc. should be completely avoided for helping the process of cure.

Thank You Visit Again



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