

## **PANCHKARMA (MEDICAL BIOPURIFICATION)**

**Panchkarma** is the super speciality branch of **Ayurveda** which provide preventive, curing and rejuvenating effects to individuals, which includes therapeutical procedures like **Vaman karma, Virechana karma, Basti karma and Nasya karma.**

These Panchkarma procedures are performed to remove the ailments from the body. Particularly served treatment for:

- **MANAGEMENT OF CHRONIC DISORDERS:** Rheumatoid Arthritis, Bronchial Asthma, Allergic respiratory disease, Skin disease (Psoriasis, Lichen planus), Auto immune disorders, Kidney disorders etc.
- **MANAGEMENT OF NEUROLOGICAL DISORDERS:** Paralysis, Bell's palsy, Sensory deficits, GB Syndrome, Motor Neuron Disease, Neuro-degenerative disorders, Carpel tunnel syndrome, Sciatica etc.
- **MANAGEMENT OF JOINT DISORDERS:** Osteo-arthritis, Cervical & Lumbar Spondylosis, Cervical Spondylitis, Frozen shoulder, Gout etc.
- **MANAGEMENT OF GERIATRIC DISORDERS AND SEXUAL DISORDERS:** Alzheimer's disease, Dementia, Parkinson's disease, Infertility, Erectile dysfunction etc.
- **MANAGEMENT OF SKIN DISORDERS AND BEAUTY TREATMENT:** Psoriasis, Atopic dermatitis, Eczema, Urticaria etc.
- **MANAGEMENT OF LIFE STYLE AND ENDOCRINOLOGICAL DISORDERS:** Thyroid Disorders, Insomnia, Diabetes Mellitus, Hypertension, Obesity, Cardiac diseases, Hyper lipidaemia, etc.
- **MANAGEMENT OF ONCOLOGICAL DISORDERS:** Various types of Cancer -Adjuvant therapy for various Malignancies.

Clean and hygienic conditions are maintained. The well trained, caring hospital staff ensures that patient get the best services. We serve wholesome vegetarian food and good accommodation facilities.

### **TREATMENTS AVAILABLE:**

- **VAMANA (EMESIS THERAPY):** It is indicated in the diseases caused due to vitiation of kapha dosha alone or combined with vitiation of other doshas. Here vitiated doshas are eliminated in upward direction through the mouth. Vaman is indicated in diseases like Skin diseases, psoriasis, scabies, eczema, urticaria, obesity, thyroid, Asthma.
- **VIRECHANA (PURGATION THERAPY):** It is indicated in the vitiation of Pitta dosha alone or along with vitiation of other doshas. These doshas are eliminated through the anal route. Virechan is indicated in diseases like Hyperacidity, Infertility, various skin diseases, obesity, recurrent UTI, paralysis, Burning sensation over palms of hands and soles of feet.
- **BASTI (ENEMA):** It is indicated in the vitiation of Vata dosha. Basti chikitsa is considered as Ardha chikitsa and some address it as Sampoorna chikitsa. The medicines are administered in the form of a medicated enema through the anal route. Basti will help in various diseases like Osteoarthritis, Rheumatoid Arthritis, Gout, Paralysis, Parkinsonism, Sciatica, Spondylitis, and also in GI diseases. It is classified as:

- **NIRUHA BASTI:** Here a special liquid medicament is used which is prepared out of honey, rock salt, medicated oil, decoction of the medicines and special liquid medias according to the disease condition.
- **ANUVASANA BASTI:** Here medicated oil is used as an enema according to the condition.
- **NASYA:** It is a specialized form of treatment used in combating diseases pertaining to the head and neck region. The medicine is instilled through each nostril. Nasya helps in such disease i.e., Migraine, Insomnia, Bell's palsy, Epilepsy, premature greying of hair, baldness, Stress and also in chronic allergic rhinitis.
- **SNEHANA KARMA:** Applying oil or any other unctuous material to the body is known as Snehana karma. This can be done internally by taking it orally or through its application in the form of massage etc. It is used as a pre-procedure for Vamana, Virechana and sometimes before Raktamokshana also. For diseases related to Vayu, it is used as a therapeutic procedure itself and is performed in the form of Abhyanga, Parisheka, Karnapurana, Akshi tarpana etc.
- **SWEDANA KARMA:** It is the process which induces perspiration in the body. It can be induced with the help of heat or even without it. There are different modalities to perform Swedana karma and each of it has its own significance regarding its therapeutic use. Commonly used methods of Swedana include Vashpa sweda (nadi sweda), Taap sweda, Baluka sweda, Patrapinda sweda, Shastika shaali sweda, Avagaahana sweda, Sauna bath etc. Some commonly practiced procedures like Kati basti, Greeva basti, Janu basti etc. serve the purpose of simultaneous Snehana karma and Swedana karma. Swedana karma is used mainly to treat different types of pain like that of Arthritis, Lumbago, SSpondylitis etc.
- **RAKTAMOKSHANA:** To drain out the impure blood from the body is known as Raktamokshana. This can be done through Siravedha (venesection), Jalaukavacharana (Leech therapy), Shringa (cow's horn) etc. These therapies are specially indicated in acute conditions involving Pitta and Rakta as pathological factors. The commonly treating disease through Raktamokshana are various skin disorders, allergic conditions, gout, piles, non-healing ulcers, abscess etc.
- **OTHER MINOR PROCEDURES ARE:** Shirodhara, Shirovasti, Udhvartana, Tolapothichil, Kati basti, Janu basti, Greeva basti, Shiroabhyanga, Tarpana, Pichu, Paadabhyanga etc.....