

• **Basti:** Basti is therapeutic procedure in which certain herbal oil, herbal extracts are applied through the rectum.

• **Nasyam:** Herbal juices or medicated oil are instilled in to the nostril. This is highly effective in certain kinds of headaches Sinusitis, Migraine, Common cold, Wrinkles, Hair problems.

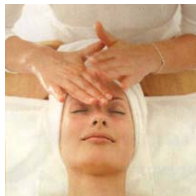


• **Ksheeradhoomam:** This is special treatment which a mixture for medicinal decoction and cow milk is heated and the steam liberated is over the affected area.



• **Katibasti:** In this process prepared warm medicated oil is kept over the lower back with herbal paste boundary.

• **Beauty Care Package:** this treatment improve complexion, give shine and vitality to shine improve tone of body, improve blood circulation and revitalize the body.



Ayurvedic Healing Therapies

- 1 Stress Management Package
- 2 Rejuvenation Package
- 3 Purification Therapy
- 4 Longevity Therapy and Immunity
- 5 Natural Weight loss
- 6 For Face:
 - ⇒ Anti Aging Treatment
 - ⇒ Anti Pigment & Tan Removal Treatment
 - ⇒ Shine Rejuvenation & Hydration
 - ⇒ Acne Treatment
 - ⇒ Shine Polishing Facial
- 7 Post Pregnancy health Program
- 8 Pre-Marriage package
- 9 Hair Care package
- 10 Eye treatment
- 11 Package for Spine Problem



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Introduction: *Panchkarma* literary means five method of body purification which includes *Vaman* (medicated vomiting), *Virechan* (medicated purgation), *Nasya*, *Basti* (medicated enema), Blood letting, and these methods are employed in the healthy to prevent diseases and improve the immunity. These methods are also employed as a part of the *Rasayan* Therapy.

- **Abhyangam:** It is general oil massage with herbal prepared according to body constitution to counter different diseases and for rejuvenation purposes.



- **Herbal Steam Bath:** - It is therapy by which a person is made to sweat. It reduce pain in body eliminate toxins promote lightness, reduce stiffness, beautifies the skin.



- **Sirodhara:** -In this process lukewarm herbal oil, medicated milk, medicated butter milk are poured on the forehead.

- **Snehpan:** In this treatment medicated ghee is given internally.

- **Thalam:** Special powder mixed with medicated oil applied on the top of the head for 30 minute.



- **Kizhi:** Application of boluses of various Ayurvedic preparations in muslin back heated and rubbed all over body.

- **Navarakizhi:** It is a process by which the whole body or a specific part is treated by the application of boluses filled with medicated pudding prepared with certain decoction which is tied in a muslin bag.

- **Pizhichil:** Luke warm herbal oil has been poured all over body.



- **Udwartanam:** This is a body massage with herbal powder.

- **Dhanyamla Dhara:** - Warm herbal liquid is poured all over the body in rhythmic way using a special vessel.



- **Blood letting:** Blood letting is a helpful in removal of pitta and raktadosham.

- **Sirobasti:** In this procedure the oil retained on the scalp with help of a leather cap.



- **Lepanam:** Medicated Herbal paste is applied on the affected part useful various type of inflammatory condition, skin disease, arthritis and gout in this process.

- **Mastiskya:** Various medicinal herbs selected according to *dosha* predominance is made in to a paste and applied to the scalp for 30 minute.



- **Netra Tarpan:** Retention of medicated herbal ghee over the eyes to relax strained eyes, cooling and refreshing and improve eyesight.