



AYURVEDIC PANCHAKARMA

By Priti K Shroff
Founder and Managing Director
PRISIM – The Healing Temple



Dr Hemal Bheda
Consultant

"Ayu" means life, and "Veda" means knowledge. The term "ayurveda" thus means "the knowledge of life". "Ayu" comprises the mind, body, senses and the soul. The aim of Ayurveda is to prevent illness, cure diseases and preserve life.

स्वस्थस्य स्वास्थ्य रक्षणं – To protect health
आतुरस्य विकार प्रशमन च! – To cure diseases.

Ayurvedic Health care is a highly individualized practice. Everyone has a specific constitution which we call prakruti. Prakruti is determined by three "bodily energies" called doshas (VATA, PITTA, KAPHA). Every individual has a distinct balance, right balance of the three doshas Brings Health and well being. When they are normal, they support the body and maintain health. But when they go abnormal, they cause disease. Universe is made of five Elements which we call Panchmahabhut... Pruthvi, Akhash, Jal, Vayu & Tej.

Vata energy is associated with Vayu and Akhash tatva, and is responsible for movement, respiration, blood circulation and elimination. When out-of-balance, vata types can endure joint pain, constipation, dry skin, anxiety and other ailments.

Pitta energy is linked to Tej tatva, it controls the digestive and endocrine systems. This dosha is also responsible for metabolism in the organ and tissue systems. It transforms food into nutrients. When pitta energy is out of balance, ulcers, inflammation, digestive problems, anger, hyperacidity can occur.

Kapha energy is linked to Pruthvi and Jal tatva. These types are considered strong and solid in constitution, also calm in nature. Kapha is responsible for growth, strength and protection. But obesity, diabetes, sinus problems can result when kapha energy is out of balance.

**समदोषाः समाग्निश्च समघातुमलक्रियः ।
प्रसन्नामेन्द्रियमनाः स्वस्थः इत्यभिधीयते ।।**

A healthy person is he whose doshas are in balance, appetite is good, all tissues of the body and all natural urges are functioning properly, and whose mind, body and spirit are cheerful... Factors such as stress, unhealthy diet, weather can cause imbalance in dosha.

These unbalanced dosha leave individuals more susceptible to disease.

When any of the doshas accumulate in the body beyond the desirable limit, the body loses its balance. If toxins in the body are abundant, then a cleansing process known as shodhana (Panchkarma) is recommended to remove these unwanted toxins.

At prisim we have holistic approach for treatment of individuals. We plan a disease specific treatment & diet for every individual. We not only concentrate on curing disease but we guide with healthy habits & lifestyle changes so they can prevent disease in future.

The aim of Ayurveda is to prevent illness, cure diseases and preserve life. Ayurvedic Health care is a highly individualized practice.

We suggest specific lifestyle and nutritional guidelines to help individuals reduce the excess dosha after their Nadi Parikshan.



Some of the Rejuvenating therapies at Prisim Health Center that people enjoy are:

Shirodhara



Shirodhara is a purifying and rejuvenating therapy designed to eliminate toxins and mental exhaustion as well as relieve stress and any ill effects. Shirodhara is a unique form of ancient therapy of pouring medicinal oil or kashay on the forehead from a specific height and for a specific period continuously and rhythmically allowing the oil to run through the scalp and into the hair. Shirodhara is also very good for ailments such as menopause, insomnia, blood pressure, hair loss, vertigo, eye & skin diseases, greying hair, memory problems, and tinnitus.

Nasyam



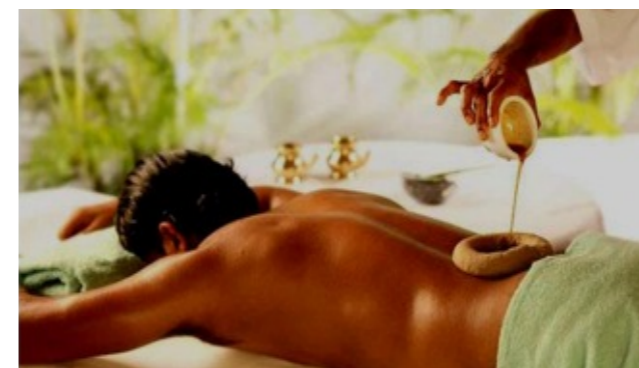
Another treatment which works wonder in insomnia combined with shirodhara is Nasyam. Nasyam is meant for purification of the head region. The excess of bodily humors accumulated in the sinus, throat, nose or head is eliminated. Nasyam also helps to cure Sinus, Migrane, Chronic Cold, Tinitus, and Vertigo.

Netratarpan



Ayurvedic treatment for the eyes by application of medicated ghrutam is known as Netratarpanam. Netra Tarpanam Helps to eliminate dryness, itchiness and irritation of the eyes thus it Improves Vision.

KatiVasti



Kati vasti is one of the snehna swedana treatment in which medicated herbal oil is used to carry out the process and is very useful in many health conditions. Kati vasti helps to alleviate several lower back conditions such as Spondylosis, Inter vertebral disc prolapse, (back ache), and Sciatica. Kati Vasti Combined With Pinda Sweda is very effective treatment for musculoskeletal problems.

Pinda Swedan



PINDA SWEDA or pottali massage is highly scientific with varied choice of drugs according to condition. Not just heat application but pottali also increases the absorption rate locally by potent vasodilatation. Increased blood flow supplies oxygen and nutrients, relax sore muscle, ligaments and tendons. Increases ROM (Range of movement) by improving flexibility of tendon and ligaments, reduces muscle spasm and alleviates pain.

Subsides oedema. It is an external route to subdue aggravated underlying dosha and also acts as an adjunct to bring the toxic waste out through skin with sweat.

Disease & conditions treated or Managed with Herbs & Panchkarma

- Asthma
- Spinal Disorders
- High blood pressure
- Stress
- Spondylosis
- High Cholesterol
- Fatigue
- ENT Problems
- Obesity
- Headaches
- Respiratory Problems
- Heart Diseases
- Migraine
- Gastric Complaints
- Arthritis
- Hemiplegia
- Weight Loss
- Osteoarthritis
- Body Purification
- Gynecological Disorders
- Rheumatism
- Anti-ageing
- Chronic Constipation
- Paralysis
- Piles
- Back Pain
- Hair Loss
- Cervical Spondylosis
- Gout
- Premature Graying
- Skin Diseases
- Psoriasis
- Insomnia

We also offer special Kerala chikitsa like pizhichil, uzichil, navarakizhi, shirovasti, etc. All the Ayurvedic treatments are focused on specific illness like neurological, musculo-skeletal, respiratory, cardiological, genitor-urinary, gynecological, geriatric, etc. wellness packages like detoxification, rejuvenation, physical and psychological relaxation, slimming, anti-obesity, spine care, general body fitness, post beauty and skin care, etc. Along with a holistic experience, Prisim is also a great location to have Vegan food.

Dr. Hemal Bheda graduated from Y.M.T. Ayurvedic college under University of Mumbai with a Bachelor of Ayurvedic Medicine & Surgery in 2004. Received specialized training in Kerala Panchakarma. Was working with Sheetal Herbal as ayurvedic consultant for 2 Years. Started Urmeey Ayurved in 2005 in Ghatkopar. Now also consulting at PRISIM at Grant Road.

Prisim Healing Institute is the only distributor in Mumbai of a unique Breath Healing software program - the Pinnacle Performance Zone (PPZ). So if you want to reach to the Pinnacle of your Performance in every field of life - at home and at work, come and learn to breathe right; let go of all your stress as you manifest your goals.