

Ayurvedic Panchakarma & Detoxification Therapy

Panchakarma is the purification and detoxification measure of Vata, Pitta, Kapha ie. Aggravated doshas (toxins) comprising five cleansing procedures in the body. The five elements are space, air, fire, water and earth. Vata is concerned with space and air. Pitta is concerned with fire, Kapha is concerned with water and earth. Maintenance of health by means of: Equilibrium of biological forces, Normal functioning of all 7 tissues, To enhance the power of digestion and metabolism, To get rid of diseases from the very root out of the systems, Efficient elimination of waste products, Normal functioning of five sense organs, Harmony among body, mind and soul

The aim of [Panchakarma](#) is to ensure good health for a healthy man and to cure the disease for a diseased man. In both the cases, Panchakarma detoxification is necessary to cleanse out the Doshas (TOXINS) at regular intervals. Panchakarma Health Center, nestled in a calm and enchanting surrounding, in the midst of holy city of Rishikesh, India (Great Himalayan Range) on the Banks of Holy River Ganges

The extensive process involves a series of procedures categorized under purva karma, pradhan karma & paschat karma. Purvakarma part of Panchakarma is needed to prepare the body before the actual process of purification begins. The two procedures are `snehan` and `swedan`. In snehan oil is massaged in a special way that facilitates the movement of the toxins towards the gastro-intestinal tract..

The therapeutic management involved covers many aspects and is designed to achieve increased efficiency of medicines, foods and rasayanas (tonics). Before medicine, food or rejuvenative tonics are taken, it is essential that the body become receptive so that it is capable of absorbing and assimilating what is being taken and that the accumulated wastes and toxins are eliminated. Please Purchase Online <http://ayurvedasbeautycare.com>

About the Author

Representing [Panchakarma](#) in the website <http://ayurvedasbeautycare.com>

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