

## Maintaining Excellent Health make Panchakarma Treatment

Pancha Karma is the process which gets to the root cause of the problem and corrects the essential balance of mind, body, and emotions. Pancha Karma is not only good for alleviating disease but is also a useful tool in maintaining excellent health. Ayurveda advises undergoing Pancha Karma at the seasonal changes to both keep the metabolism b and keep toxins from accumulating in the Mind/Body.

[panchakarma](#) the ancient "science of life" is one of the oldest forms of health care in the world. It is a wholistic science that places great emphasis on prevention and aims at bringing about and maintaining harmony of body, mind, and consciousness. Ayurveda defines health as the state where every aspect of our being is working properly and in harmony with all its other aspects.

Basically, any aggravation of the doshas affects agni (the digestive fire) and produces toxins, or ama. Other factors play a role in the formation of ama, as well. Some of these factors are poor digestion of food, improper food combinations and choices, poor drinking water, pollution, pesticides in food, emotional and physical stress or trauma, and so on. These toxins accumulate and spread throughout the body. Eventually the toxins deposit themselves into the deeper tissues, organs or channels, creating dysfunction and disease

One of the most unique aspects of Ayurveda is its cleansing and rejuvenation program, known as panchakarma. Panch means "five" and karma means "action." Panchakarma consists of five therapeutic actions or treatments. They are specific methods to safely and effectively remove ama (toxins) from different areas of the body without damaging or weakening the system. Please Purchase Online <http://ayurvedasbeautycare.com>

### About the Author

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

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