

## AYURVEDIC WELLNESS CENTRE PANCHAKARMA DETOX THERAPY

### What is a Panchakarma Detox?

Panchakarma Detox is a therapeutic system that cleanses toxins that are already in your body and are the underlying root cause of health imbalances and diseases. Ayurveda believes that buildup of toxins in the tissues and blockage of channels of circulation are the root cause of many chronic conditions. Since ancient times Ayurveda has used "Panchakarma" cleansing treatments to rejuvenate mind and body.



#### **ABHYANGA**

Promotes circulation & relaxation.  
Helps balance Vata, Pitta & Kapha  
Dosha



#### **SHIRODHARA**

Balance & soothe the nervous  
system. Helps balance Vata Dosha



#### **KIZHI**

Helps in pain management  
and stress reduction.



#### **PIZZICHIL**

Enhances blood circulation and  
nourishes the skin. Balances Vata  
Dosha



#### **HEART BASTI**

Helps in respiratory diseases, energizes  
the heart, chakra, relieves stress and  
anxiety. Balances Vata Dosha



#### **UDVARTANA**

Helps stimulate the lymphatic and  
aids weightloss. Balances Kapha  
and Vata Dosha



#### **NASYA**

Clears the respiratory tract, enhance  
mental clarity, helps in migraines  
and headaches flexibility. Balances  
Vata, Pitta & Kapha Dosha



#### **GREEVA BASTI**

Helps in pain management,  
relieves tension and stiffness,  
improves and balances Vata, Pitta  
& kapha dosha



#### **JANU BASTI**

Helps boost blood circulation,  
thus strengthening and  
nourishing the knee joints

Seasonal Panchakarma Treatments – Ayurveda recommends receiving Panchakarma treatments several times per year ideally at the change of seasons.

For example, after the body has been functioning in the heat of summers, it has accumulated a specific set of impurities that are important to remove before the body must adjust to the cold or winter. According to Ayurveda, this accumulation of impurities over a season is the cause of many people falling sick at the change of seasons.

## BENEFITS OF PANCHAKARMA

- Fosters clarity and grounds your mental, spiritual, and emotional spheres
- Strengthens the immune system and improves endurance and vitality
- Strengthens digestion
- Cleanses toxins from the body
- A powerful process of renewal and healing at the mind-body-
- Maintenance of healthy body weight
- Provides deep nourishment and rejuvenation in the tissues
- Boosts healthy skin and complexion
- Relieves symptoms of long-term chronic recurring diseases
- Opens up all blocked channels

## LONGER TREATMENTS CREATE DEEPER AND MORE HOLISTIC CLEANSING

Ayurveda says that when these treatments are administered daily for several days in a row, each day creates cleansing at a deeper level of the physiology. Each stroke provides a deeper level of cleansing of the body.

According to Ayurveda a 7-Day treatment is ideal as it is believed to sequentially cleanse and rejuvenate all 7 major bodily tissues described in Ayurveda.

At the Ayurvedic Wellness Centre, Panchakarma treatments are offered under the supervision of our highly qualified and experienced Ayurvedic practitioners. Our Ayurvedic doctors prepare a bespoke treatment plan, which could be a 5 day, 7 day, 9 day plan based on your mind-body constitution.

After the completion of your detox, a comprehensive rejuvenation (Rasayan) program is highly recommended. Rasayan are the traditional rejuvenating, nourishing and strengthening treatments and herbs of Ayurveda. The cleansing through Panchakarma treatments prepares the body to get the most out of these Rasayn (rejuvenating) therapies/herbs.

**For reservations and inquiries, contact us at:**



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**[ayurvedicwellnesscentre.com.au](http://ayurvedicwellnesscentre.com.au)**