



AYURVEDIC

WELLNESS CENTRE

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 Rasayan (rejuvenating) therapies/herbs.

For reservations and inquiries, contact us at:



0293892581



ayurvedicwellnesscentre.com.au