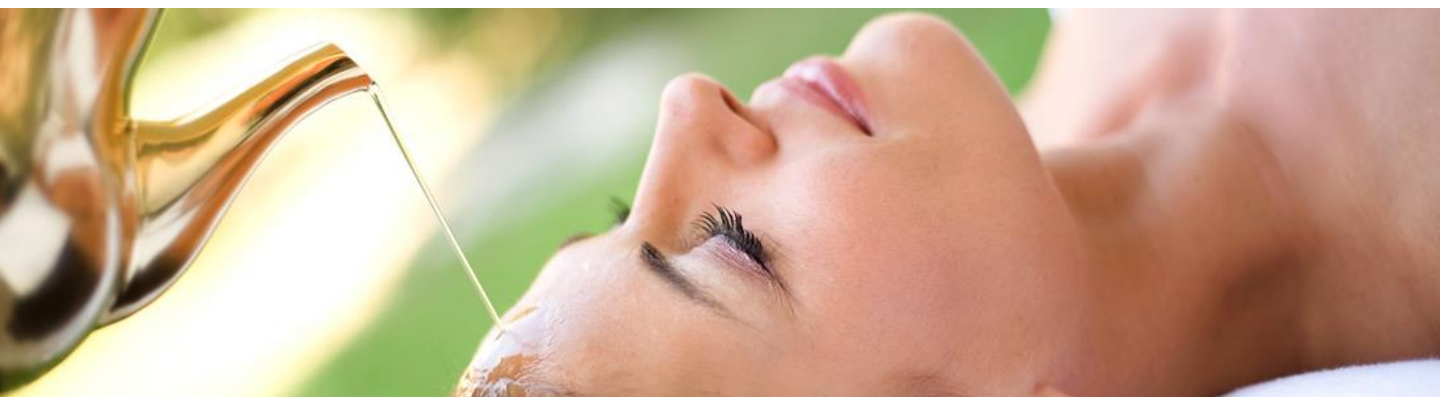




Sivananda Institute of Health
International Sivananda Yoga
Vedanta Centres

Panchakarma Cleansing Programme Practical Guidebook





Lord Dhanwantari
God of Ayurveda

**“Sama Doshaha Sama Agnischa Sama Dhatu
Mala Kriya Prasanna Aatma Indriya Manaha
Swastha Iti Abhidheeyate”**

- Sushruta Sutra Sthana, 15/41

One is in perfect health when the entire physical body: the three doshas (vata, pitta and kapha), digestive fire (digestion, metabolism and assimilation), all the body tissues and components (dhatus), and all the excretory functions (the functions of urination and defecation) are in perfect order with a pleasantly disposed and contented mind, senses and spirit.

Welcome to the Sivananda Institute of Health (SIH).

We are humbled by your choice to undertake your Panchakarma cleansing programme with us, and look forward to serving you in the best manner we can throughout your stay and treatment.

This guidebook serves as a general guide for your Panchakarma programme here at SIH. It contains valuable information about Ayurveda, Panchakarma, your treatment here at SIH as well as other details relevant to your programme.

Please take sometime to go over the guidebook in your first days of treatment and feel free to approach any of our staff for any questions or clarifications.

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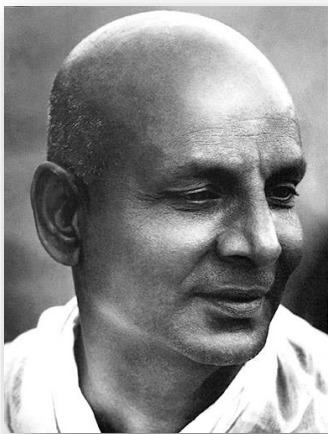
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"Health is a state in which you sleep well, digest your food well, are at ease and free from any kind of disease. It is a positive state. It is not simply negation of disease."

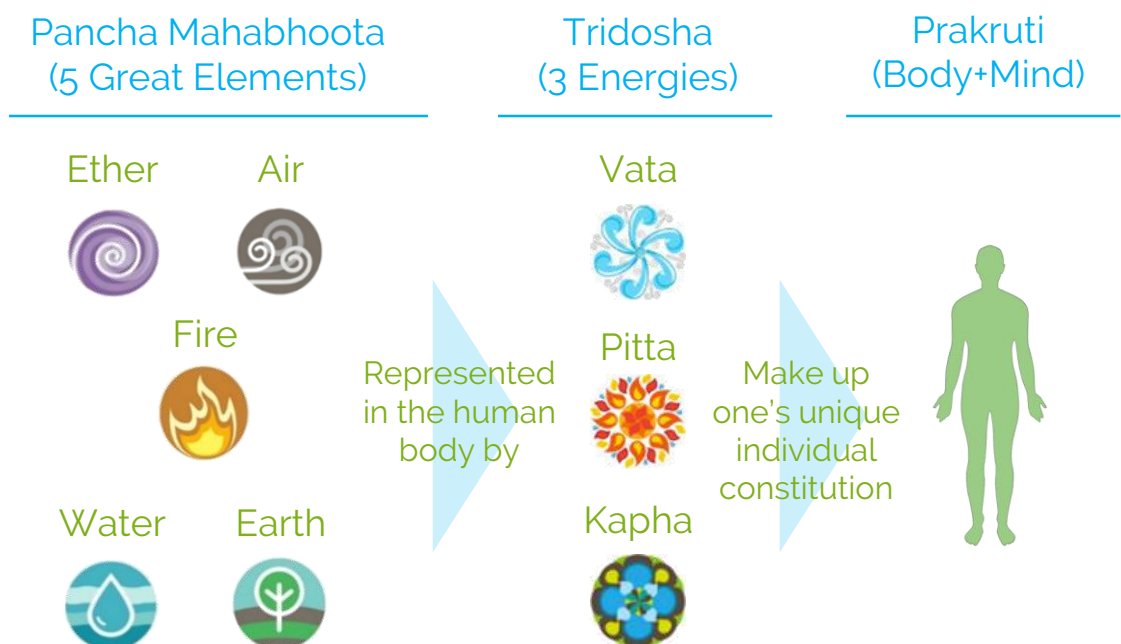
- *Swami Sivananda*

The Universe and You

According to Ayurveda, the whole universe and every human being is a unique phenomenon of cosmic consciousness, manifested through the Pancha Mahabhoota (Five Great Elements) - ether, air, fire, water and earth.

These 5 elements are represented in the human body through 3 humors or energies, called the Tridosha. Vata is a combination of ether and air, pitta is a made of fire and water, and kapha is made of water and earth.

Each dosha has its distinct attributes that affect the physical and mental characteristics of the human being. For instance, vata-predominance may mean a slimmer body, dry hair and skin, more talkative, nervous and quick adaptability to changes, pitta-predominance may mean a muscular body, grey hair and baldness, fair skin with wrinkles, argumentative, impatient, and critical of changes, and a kapha-predominance may mean an overweight body, dense silky hair, oily skin, less talkative, more easy-going, and slower in adapting to changes.



You Are Unique



The Tridosha make up one's constitution, or Prakruti (inherent nature) which determines how we accept, process, and absorb the food we eat as well as how we respond to the environment around us. Each individual constitution or psychosomatic temperament is determined by the relative proportions of the three doshas at the time of fertilization. When the embryo is formed, the constitution is determined.

Unique constitutions means each person is different in their own way. This is why a diet programme can work well for some and not at all for others, why some people get ill during certain seasons while others don't, why some eat a little and gain weight while others eat a lot and not gain any, why some get tired after little physical work whereas others seem to be endowed with an inexhaustible store of energy, and the list goes on and on.

There are seven main constitutions with one or more predominant doshas according to Ayurveda – Vata, pitta or kapha predominant, vata-pitta, pitta- kapha or kapha-vata predominant, and vata-pitta-kapha in equal balance, a rare occurrence.



Health is Balance

Every individual constitution has its own unique balance of the three doshas according to its own makeup, and this balance is the natural order.

Order is the state of health that exists when the digestive fire (agni) is in a balanced condition; the Tridosha are in equilibrium, the three waste products (urine, feces and sweat) are eliminated normally, the seven bodily tissues (rasa, rakta, mamsa, meda, asthi, majja and shukra) are functioning normally, and the mind, senses and consciousness are working harmoniously together.

When this balance is disturbed, we create imbalance, which is disorder. Health is order; disease is disorder. There is a constant interaction within the body between order and disorder, thus once one understands the nature and structure of disorder, one can re-establish order. Ayurveda believes that order lies within disorder.

Causes of Imbalance

Your internal environment is governed by the Tridosha, which are constantly reacting to your lifestyle, habits, and the external environment. In response, each dosha aggravates, subsides, or remains neutral, and this is how imbalance continuously occurs in response to your choices and surroundings.



What causes imbalance? Almost everything and anything. Some are controllable and some are not. The quality and taste of the food you eat, your habitual diet, sleep cycle, exercise style, room temperature, emotional and stress handling or seasonal change can all derange your doshas and create imbalance.

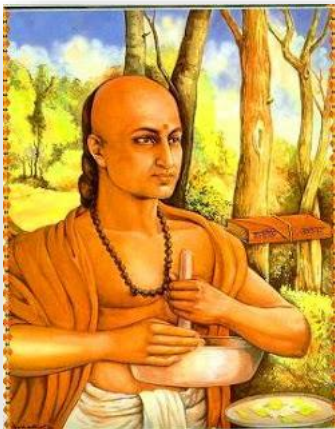
Imbalance and Disease



When an imbalance occurs, your digestive fire is directly affected, leading to inadequate digestion and assimilation of food which in turn leads to the formation of Ama (toxic waste) in the body.

This Ama enters the blood stream and is circulated throughout the body, clogging its channels. Retention of toxins in the blood results in toxemia. This accumulated toxicity, once well established, will slowly affect prana (vital life energy), ojas (immunity), and dhatu-agni (cellular metabolic fire), resulting in disease, which can be regarded as nature's way to eliminate toxicity from your body.

Each and every disease is a crisis of ama toxicity. Ama is the fundamental internal cause and the mother of all diseases caused by a derangement of the doshas.



“No doctor on this earth can provide you with perfect health unless you yourself are willing to live healthily.”

- *Charaka*
Author of Charaka Samhita

The Ayurveda Approach

Ayurveda differs in its scope and application from other systems of medicine, especially modern Western medicine. The below three points summarize Ayurveda's approach to the human body and its wellbeing..



HOLISTIC

Ayurveda is a holistic medicine that treats your body as a whole rather than focusing on its different parts. Literature suggests that when one part of the body ails, this is usually a symptom of a larger problem manifested throughout different parts of the body. Hence Ayurvedic diagnosis and treatments cover the body in its entirety, rather than addressing specific parts of it. The guiding principle is harmony – the different parts of one's body should function well together as a system in order for one's health and wellbeing to thrive at all times.



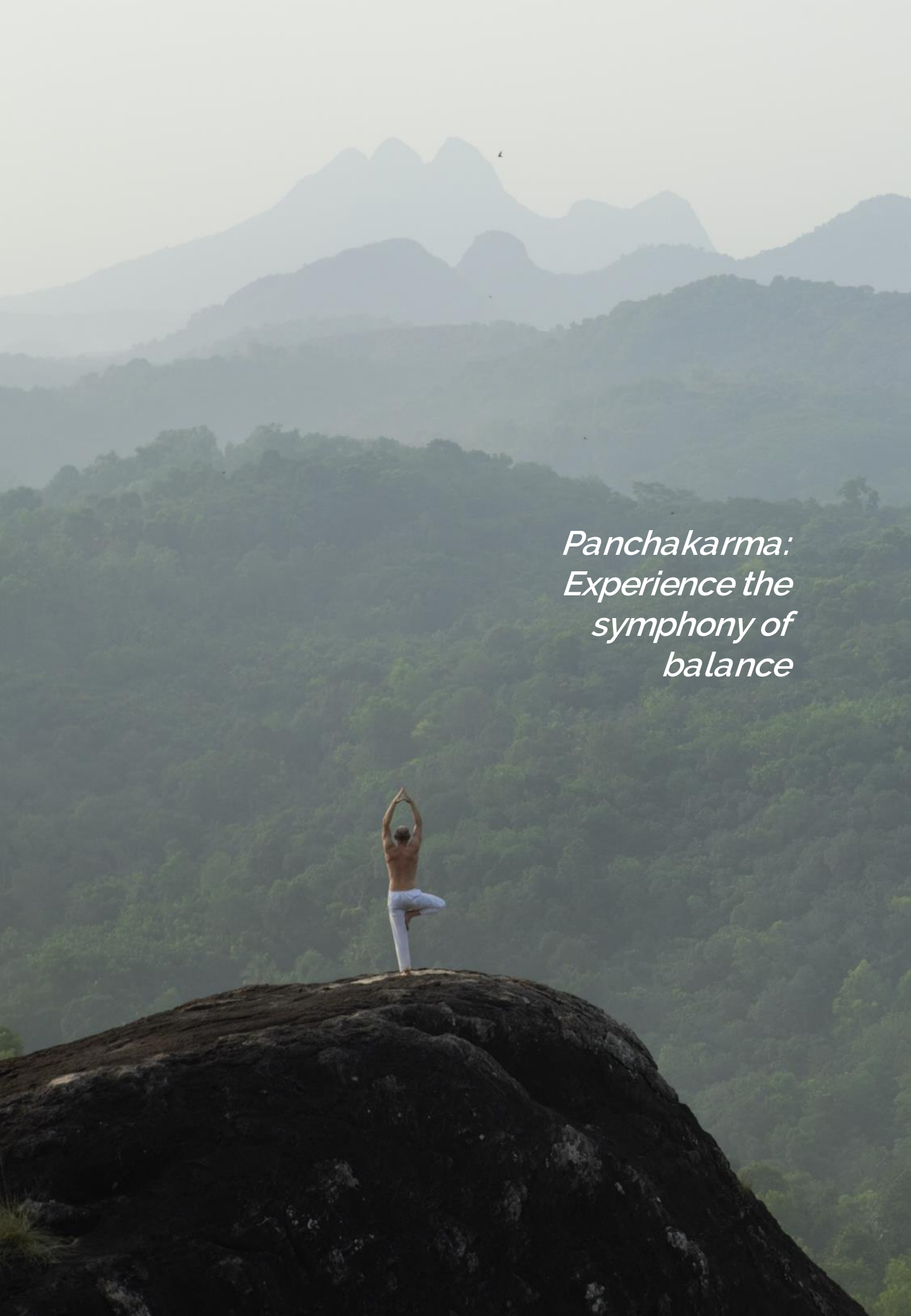
PREVENTATIVE

Western medicine follows a symptomatic curative approach, while Ayurveda follows a holistic preventative approach that aims to solve the root cause of a problem rather than its symptoms. All therapies and treatments strive to improve the body's strength and immunity, thus preventing disease from gaining a foothold in the system as soon as it arises.



LONGEVITY

Ayurveda's methods are 100% natural and emphasize healing, rejuvenation, and purification therapies. It is more than a mere healing system; it is the science and art of appropriate living that helps to achieve longevity. It can guide you in the proper choice of diet, living habits and exercise to restore balance in the body, mind and consciousness, thus maintaining your body's self-healing state of wellbeing.

A person in white clothing is performing a yoga pose on a large, dark rock in the foreground. The background is a vast, misty forest with rolling hills and mountains in the distance. The text is positioned on the right side of the image.

*Panchakarma:
Experience the
symphony of
balance*

What is Panchakarma?

Introduction

Panchakarma is a holistic body detoxification and cleansing treatment where certain therapies are applied to breakdown and remove toxins from the entire body, treating your body as a whole, single entity.

According to Ayurvedic scriptures, Panchakarma is a major undertaking as part of a larger cleansing and rejuvenation effort to 'reset' the body and restore it to its balanced, natural, and inherently healing state.

'Pancha' means five and karma means actions or therapies, hence Panchakarma means undergoing five main cleansing therapies (medicated vomiting, purgation, nasal cleansing, oil enema and decoction enema) to purify the body and mind.



Preventative Yet Curative

Though Panchakarma is undertaken as a preventative measure, it is also prescribed as a curative treatment to help deter a disease's stronghold in the body and minimize its spread and negative effects. Your treatment programme can be designed to focus on certain dosha imbalances, ailments or degenerative diseases as needed.

Your doctor will curate the most appropriate programme that best addresses your wellbeing and health goals.

What is Panchakarma?

A Personal Experience

The entire Panchakarma cleansing programme is tailored based on your constitution, state of wellbeing and health requirements. This includes the type and frequency of therapies prescribed as well as all natural oils, herbs, and powders used throughout your treatment.

Hence your treatment is unique to your circumstances and is a fully personalized experience by which you listen to your body and provide it with the most appropriate therapies and nutrients it deserves for a balanced you.



Who Should Do It?

Ayurvedic literature prescribe Panchakarma for anyone between 18 – 75 years old as a periodic, preventative cleansing procedure, so virtually everyone can undertake it.



Why Panchakarma?

A Holistic Treatment

Given today's busy and not-so-healthy lifestyle, unfavorable body imbalances and conditions arise leading to potential or manifested diseases. Panchakarma helps your body heal to overcome new, mild ailments as well as old, chronic diseases.

Physical Ailments

Aging / Geriatric
Diabetes
Arthritis and Rheumatism
Immunological Disorders
Gastro-Intestinal Disorders
Ulcerative Colitis
Respiration, Asthma
Allergic Disorders
Skin Disorders (Eczema, Psoriasis)
Neurodegenerative Conditions
Bone Degenerative Conditions
Parkinson's Disease
Irritable Bowel Syndrome
Musculoskeletal Disorders (MSD)

Mental Ailments

Weak Memory and Loss
Anxiety Neurosis
Stress Syndromes, Depression
Sleep Disorders / Insomnia
Psychosomatic / Psychological
Alzheimer's Disease

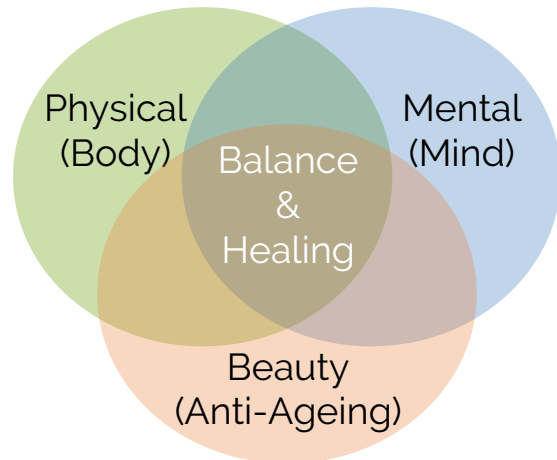


Why Panchakarma?

Benefits of Panchakarma

Panchakarma has tremendous direct and indirect benefits to your physical and mental wellness. Below is a summary of some of these benefits.

Consult your doctor on how Panchakarma can help with your specific circumstances.



Physical Health & Relaxation

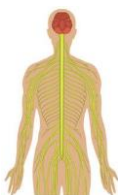
- Detoxifies and cleanses the body from Ama and other toxins
- Removes toxin blockages and clears internal body channels
- Relaxes the body and relieves any tensions or spasms
- Relieves body, joints, and muscular pain, strengthens the body
- Stimulates and rejuvenates body tissues and organs
- Promotes loss of excess weight and fat
- Improves the metabolic fire (agni) throughout the body
- Helps treat skin diseases like psoriasis and eczema

Digestive System



- Promotes healthy digestion
- Cleanses gastrointestinal tract (GIT) of toxins
- Relieves constipation
- Promotes healthy excretion
- Removes excess mucus layers from intestines

Nervous System



- Relieves stress and anxiety
- Promotes body and mind relaxation
- Produces dopamine in the brain
- Treats/prevents neuro-degenerative diseases

Why Panchakarma?

Physical Health & Relaxation

Circulatory System



- Improves blood circulation
- Removes toxic blockages in arterilleries, veins
- Improves cardiovascular functions

Muscle System



- Relaxes muscle tensions and spasms
- Relieves muscle pain
- Strengthens body muscles

Respiratory System



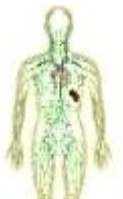
- Promotes blood absorption to oxygen
- Promotes blood and body cells exchange
- Improves breathing
- Removes excess mucus from lungs

Skeletal System



- Relieves pain
- Strengthens bones
- Lubricates joints
- Repairs cartilages

Immune System



- Improves immunity
- Helps treat allergy symptoms
- Treats autoimmunity diseases like rheumatism

Endocrine System



- Stimulate glands activity
- Improve glands secretions
- Reduce adrenaline production
- Improve thyroid gland fuctions

Reproductive System



- Help treat male and female infertility
- Help treat women PCOD, regulate estrogen
- Regulate menstruation cycle
- Help increase Libido

Why Panchakarma?

Mental Benefits

- Treats a variety of mind-related ailments including IBS, hypertension and fibromyalgia
- Treats depression and suicidal tendencies
- Releases tension and anxiety
- Relaxes and de-stresses the mind
- Improves functioning of the mind
- Improves cognitive responsiveness
- Promotes memory retention
- Improves memory and clarity
- Enhances mental concentration
- Promotes healthy sleep cycles
- Induces body relaxation

Beauty Benefits

- Improves skin complexion
- Restores and induce skin lustre
- Reduces acne
- Reduces facial hyperpigmentation
- Nourishes skin cells
- Slows body ageing process
- Reduces facial wrinkles
- Reduces stretch marks

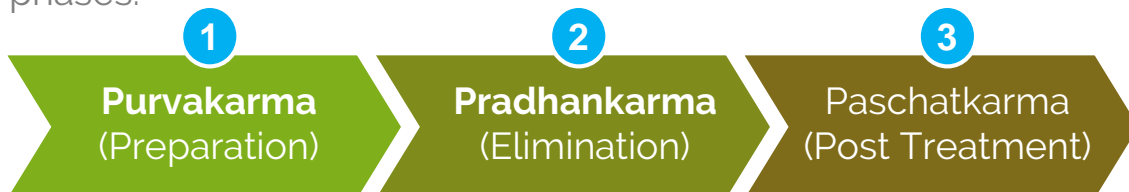




Panchakarma Programme Steps

The Three Steps of Panchakarma Programme

The Panchakarma programme is composed of three consecutive phases.



Step Description

Breakdown and liquefy toxic blockages, clear body channels and move toxins to GIT through a series of warm oil massages and other heat-applying therapies as well as oral herbal oil intake.

Remove toxins from the body and balance the Tridosha through five prescribed ejection and cleansing therapies.

Nourish exhausted body tissues through natural nutrients and a positive lifestyle and establish balanced metabolic and immune functions.

Duration

7 – 9 Days

5 – 7 Days

2 – 4 Weeks

Location

Ayurveda Clinic

Ayurveda Clinic

Home

Main Therapies & Activities

Abhyanga (oil massage)
Udwarthanam (powder)
Kizhi (hot bundles)
Bashpa Sweda (steam bath)
Snehapanam (oral oil intake)

Vamana (vomiting)
Virechana (purgation)
Nasya (nasal drops)
Sneha Basti (oil enema)
Kashaya Basti (cleansing enema)

Healthy Nutrition
Mild Exercise
Positive Lifestyle

Step 1: Purvakarma (Preparation)

Step Overview

The primary aim of this stage is to breakdown and liquefy toxin blockages throughout your entire body and move toxins and other foreign substances towards the GIT region. For a period of 7 to 9 days, a variety of heat-generating warm therapies and techniques are applied to your body including special massages and herbal steam baths as well as oral intake of medicated oils and/or herbal decoctions.

Below is a list of useful guidelines during this phase:

- Maintain a warm environment around you at all times, so take warm showers only, avoid the fan or AC in the room, stay away from windy environments or swimming in the lake.
- Avoid direct sunlight
- Take rest as much as needed since the therapies will loosen up your body muscles and stimulate your organs. Avoid long walks and take maximum of 1 yoga class per day.
- Restrict yourself to provided meals and avoid non-meal snacks. We want to give your digestive system a break as much as possible.

Purvakarma Step Provisions



Breakdown, liquefy and move body toxins to GIT

Purvakarma Step Goals

- Breakdown toxin blockages
- Force toxins out of tissues and cells
- Liquefy toxins through heat application
- Lubricate body channels through internal and external oelation
- Move toxins to GIT region
- Alleviate body parts and muscles from any tensions or pain
- Stimulate organs and their activity
- De-stress and relax the mind

Step 1: Purvakarma (Preparation)



Abhyanga Body Oil Massage

Full body Ayurvedic massage using warm herbal oils. Its long strokes breakdown toxin blockages, relax the body, stimulate the organs, and clear the body's main circulatory channels



Bashpa Sweda Herbal Steam Bath

Herbs and leaves are boiled, and the medicated vapour is passed into a closed steam chamber. The process induces sweat, hence removes toxins while balancing energies throughout the body

Physical Health & Relaxation

- Tones up the body
- Improves blood circulation
- Removes tissue toxins
- Reduces weight
- Improves muscle strength
- Releases body pain
- Reduces fatigue
- Promotes immunity
- Vitalizes organs
- Enhances flexibility
- Lubricates joints

- Breaks down toxins and fat
- Detoxifies body
- Reduces fat
- Improves blood circulation
- Reduces inflammations
- Improves digestion
- Reduces stiffness
- Relaxes sore muscles
- Reduces numbness
- Improves body mobility

Mental Wellness

- Induces sound sleep
- Improves mental alertness
- Relieves mental fatigue
- Calms the nerves

- Induces sound sleep
- Reduces stress
- Reduces stupor

Beauty

- Rejuvenates skin
- Revitalises and nourishes the skin
- Purifies, cleanses and tones skin
- Improves skin complexion
- Beautifies skin lustre
- Delays ageing process
- Promotes longevity
- Prevents skin diseases

- Rejuvenates skin
- Revitalises and nourishes the skin
- Purifies, cleanses and tones skin
- Improves skin complexion
- Beautifies skin lustre

Step 1: Purvakarma (Preparation)



Kizhi **Hot Bundles Massage**

Herbal powders are poured into cotton bags, immersed in warm herbal oil and gently padded to the whole body. Helps relax body and muscle tensions, induce sweat and detox, and absorb nourishing powder nutrients



Udwarthanam **Powder Massage**

Therapeutic deep tissue massage using herbal powders. It involves upward stroking where the powder is forcibly rubbed on the body to breakdown toxin and fat blocks under the skin while nourishing it with natural detoxifying ingredients

Physical Health & Relaxation

- Relieves joint pain
- Relieves muscular stress
- Enhances blood circulation
- Increases muscle strength
- Reduces stiffness
- Purifies through sweat
- Eliminates numbness
- Improves tissues repair
- Improves vision

- Detoxifies and tones the body
- Breaks down toxins and fat
- Reduces excess weight
- Removes cellulite
- Improves mobility of joints
- Strengthens and tones muscles
- Reduces cholesterol
- Improves blood circulation
- Opens up body channels
- Improves metabolism

Mental Wellness

- Induces sound sleep
- Reduces Stress

- Reduces stress
- Calms the mind
- Improves alertness

Beauty

- Delays ageing process
- Rejuvenates skin
- Improves skin complexion
- Removes body wrinkles
- Increases immunity
- Halts premature grey hair

- Exfoliates dead skin
- Rejuvenates and softens skin
- Eliminates bad body odour
- Tones up skin after birth
- Reduces stretch marks

Step 1: Purvakarma (Preparation)



Snehapanam Herbal Oil Intake

Oral intake of medicated oil preparations. The oils lubricate internal body channels and tissues, forcing embedded toxins out towards the gastrointestinal tract and cleansing body cells



Kashaya Herbal Extract Drink

Oral intake of medicated herbal decoction preparations. Herbal mix is made depending on body constitution and health requirement. Taken to cleanse body and balance energy

Physical Health & Relaxation

- Detoxifies body
- Lubricates body channels
- Reduces body pain
- Increases appetite
- Relieves constipation
- Lubricates joints
- Clears stomach problems

- Increases digestive fire
- Moves toxins out of digestive tract
- Opens up body channels
- Removes mucus coating toxins
- Alkalines body

Mental Wellness

- Reduces stress
- Calms the mind

N/A

Beauty

- Slows down ageing process
- Nourishes and rejuvenates skin
- Alleviates skin allergies
- Clears skin rashes

N/A

Step 2: Pradhankarma (Elimination)

Step Overview

After liquefying toxins and consolidating them in the GIT, it is time to eliminate these toxins by ejecting them out of the body.

According to Ayurvedic literature, Pradhankarma is the act of undertaking five main cleansing procedures to dispose of toxins, foreign substances, and any accessible Ama already formulated in the body. In addition to the physical ejection of toxins, each of five prescribed procedures eliminates aggravated levels of certain doshas (energies) within the body, allowing dosha levels to stabilize for subsequent balancing.

Depending on your circumstances, your doctor may decide not to prescribe one or more therapies as they may not all be required in your case.



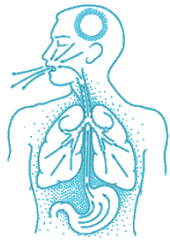
Pradhankarma Step Goals

- Eliminate toxins, foreign substances, and Ama from body
- Eliminate excess dosha levels to establish equilibrium
- Cleanse internal body organs
- Reset digestive function
- Clear respiratory channels from unwanted phlegm
- Clear head region from liquids
- Stimulate functioning of the brain
- Improve cell absorption to nutrients

Step 2: Pradhankarma (Elimination)

Pradhankarma: The Five Cleansing Procedures

Kapha
Elimination



Vamana (Medicated Vomiting)

Intake of herbal preparations to induce emesis (vomiting) and expel toxins through the upper GIT

Target: throat, stomach, lungs

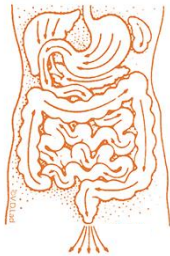
Nasya (Medicated Nasal Drops)

Medicated nasal oils and powders administered through nostrils liquefy and expel toxins from head region

Target: head region, sinuses, brain



Pitta
Elimination

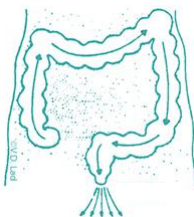


Virechana (Medicated Purgation)

Intake of herbal preparations to induce purgation to expel toxin congestions, excess mucus and body heat through anal passage

Target: liver, spleen, colon, gallbladder, intestines

Vata
Elimination



Sneha Basti (Lubricating Oil Enema)

Intake of medicated oil preparations through anal passage to eject toxins, clean, and lubricate lower GIT region

Target: colon, intestines

Kashaya Basti (Cleansing Enema)

Intake of medicated decoctions through anal passage clean the GIT while rejuvenating body with nutrients

Target: colon, intestines

Step 3: Paschatkarma (Post Treatment)

Step Overview

After spending two weeks with your doctor undertaking cleansing and detoxification therapies, your body cells are now clean and very receptive to the nutrients and environment you expose them to. This is why the Paschatkarma phase is paramount to ensure that your body cells regenerate and recover well, your Tridoshas are re-balanced and your digestive and immune functions are properly re-established.



For a period of 2-4 weeks, you are to try and maintain a sattvic, healthy and positive lifestyle to provide your exhausted body tissues and cells with the healthy nourishment they require to thrive and flourish. This includes a healthy diet, mild exercise and beneficial daily habits while maintaining a low-stress, relaxed and a positively stimulating environment. This is a 'clean period' where you should try your best to eat well, breathe well, sleep well, and feel well.

During your final consultation at the clinic, your doctor will explain to you the importance of this step and provide recommendations on how to best approach it given your specific health requirements and personal lifestyle at home.

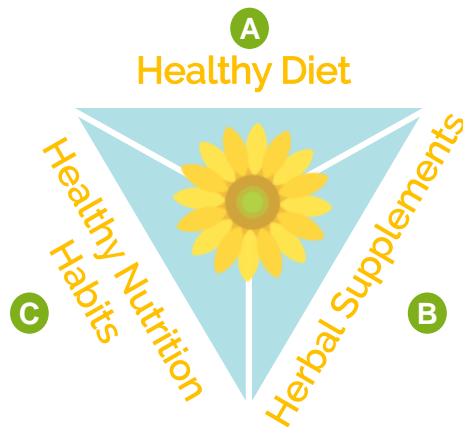
Paschatkarma Step Goals

- Nourish and refresh body cells
- Invigorate body tissues, organs, and functions
- Establish balanced digestive and immune functions
- Oxygenate body and cells

Step 3: Paschatkarma (Post Treatment)

1 Proper Nutrition

As food is our primary source of nourishment, maintaining healthy nutrition is extremely important during this phase. What you feed your body is what you become. Healthy nutrition is comprised of 3 main components.



A Healthy Diet: the saying 'you are what you eat' cannot be more true, hence a healthy diet comprises fresh and nutritious ingredients that are compatible with your constitution as well as your health requirements. We have compiled a list of things to favour and others to avoid with regards to your diet.

DO

- Vegetarian Diet
- Wholesome Foods
- Organic & GMO Free
- Freshly Cooked
- Compatible Foods
(with Your Constitution)
- Simple Ingredients
- Balanced Meals
- Small Portions
- Less Raw Foods
- Less Salt
- Less Spices
- Fresh Green Juices
- Herbal Teas

AVOID

- Processed Foods
- Packaged/Frozen Foods
- Fast Food
- Processed Sugars
- Bread
- Meat
- Eggs
- Dairy or Ghee
- Vinegar
- Preservatives
- Caffeine
- Packaged Juices
- Smoking
- Alcohol

Step 3: Paschatkarma (Post Treatment)

B Natural Supplements: your doctor will prescribe 100% natural, herbal supplements and probiotics to complement your diet for this phase. Your supplements are entirely based on your personal body constitution and health requirements and are primarily prescribed to help your body achieve the state of wellbeing it deserves. They provide your cells with important nutrients they need to regenerate and balance the Tridosha within, leading your body and its different parts to function at their best and flourish.

You might also want to consider Ayurvedic Rasayana – a series of medicated herbs and supplements with the sole focus of nourishing the body's seven tissues (Sapta Dhatu) to achieve longevity. It can be in the form of a morning prescribed medicine intake on empty stomach or a full diet program over a period of time. If interested, please consult with your doctor to learn more.

C Proper Eating Habits: adopting positive eating habits can have a drastic improvement on your overall health by improving the overall value of your nourishment while decreasing associated direct and indirect negative effects. In addition to the list of provisions listed in point A – Healthy Diet, below are some guidelines that will help your body accept, digest and assimilate food better.

- Eat two proper meals a day and minimize all sorts of snacks in between. This 'intermittent fasting' will help give your digestive system a much needed rest.
- Eat your daily fruit 20 minutes before your meal or on an empty stomach. Try to eat one fruit at a time as each fruit requires a different set of secretions for digestion. Semi-ripe fruits are best as they contain less amounts of sugar.



Step 3: Paschatkarma (Post Treatment)

- Drink 2 glasses of lukewarm water every morning on empty stomach as a rasayana to alkaline the body. If you have to drink your coffee or tea, then do so after food only as they are acidic in nature leading to bone degeneration on the long-run.
- Drink room temperature or warm water 10 minutes before your meals as it will help prepare your stomach for proper digestion. Do not have drinks with or right after you meal as it will dilute digestive secretions, leading to improper digestion. Stay away from cold, refrigerated drinks at all times as they negatively affect your digestive process.
- Do not engage your digestive system for prolonged periods, like sipping on a drink, munching on chips or popcorn, or chewing gum for an extended period of time.
- Conscious eating: try to eat in silence, take your time to feel and taste every ingredient, and enjoy every meal as if it is a delicious feast.
- Eat your last meal 2-3 hours before sleep, and try to take a short walk afterwards to aid digestion. Sleeping on an empty stomach relieves the digestive system from night-time primary digestion, allowing it to conduct other subtler functions.
- The greener the better. Greens, mainly leafy vegetables, are an excellent source of nutrients that alkaline your body which is continuously producing acids for digestion and other functions. Lightly cooked vegetables, steamed in specific, are best. Kale, zucchini, cucumbers, broccoli, spinach, lettuce. Do not opt for raw vegetables during this period as your digestion function is not fully established yet.
- Green juicing as a meal replacement provides your body with a high dose of nutrients, so try to make it a habit.
- Do Vajrasana (sitting on knees) for a few minutes after meals to help with better digestion.
- Do not sleep after food in order for metabolism to maintain proper functioning.

*“When diet is wrong, medicine is of no use.
When diet is right, medicine is of no need.”*

Ayurvedic Proverb

Step 3: Paschatkarma (Post Treatment)

2 Proper Relaxation

Ensuring a properly relaxed body and mind is very important as it helps your inner focus on healing efforts. Do not render your body tired or fatigued for any reason. Take as much rest as needed throughout the day and a good 7-8 hour sleep at night.



Keep your exercise mild during this period. Short 5-10 minute walks, stretching exercises or gentle yoga are advised. Do not engage yourself in intense workouts or demanding exercise, so forgo the gym, fitness machines and weight lifting.

Breathing exercises, a natural antioxidant, are also recommended as a daily measure as they tend to ventilate the body – replacing stale CO₂ with fresh oxygen, thus leading to better relaxation and cell development.

Breathing exercises, like simple deep breathing or pranayama, help the body in many ways:

- Eliminate carbon dioxide and other gaseous toxins produced by the body as a by-product of metabolism
- Enrich cells and organs with oxygen for better functioning
- Enrich and energize the cells for better nourishment, development and positive restoration
- Remove dead cells from the body

Step 3: Paschatkarma (Post Treatment)

3 Positive Thinking

Maintaining a positive lifestyle throughout this phase is paramount to ensure that both your body and mind are being positively restored within a conducive environment.

Try to keep a clean environment around you – the air you breathe, the food you eat, and the atmosphere with which you're in contact at all times. A low stress environment at work and home, a regular schedule with no surprises, a healthy sleep cycle, proper relaxation throughout the day, moderation in the engagement of the senses (too much eating, long TV sit-downs, loud music), avoiding emotional distress are all factors that contribute to a positive lifestyle that supports your healing.

On a more subtle level, cultivating a positive, loving attitude towards yourself and the environment around you will also help your healing process. We are what we think, and every cell in your body is largely affected by your thoughts and general outlook on life. Try to visualize your healing process. Meditation, positive assertion, self love, spiritual practices and chanting are all techniques to help you achieve inner harmony and contentment.

Listen to your thoughts, speak to your body, thank your cells for the amazing work they are doing, appreciate your organs for managing their respective functions, and love your environment as you are, technically, an inseparable part of it!





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It's All About You

We at the Sivananda Institute of Health pride ourselves with the work we do: improving the general wellbeing of people from all over the world. We have helped countless guests restore their bodies' vitality and liveliness to realize their full potential and lead a more fulfilling life for themselves and for those around them. We have also helped guests overcome various physical and mental diseases, ailments, and disorders to live normally and in harmony with nature around them.

That being said, our main focus at SIH is you. Whether you are in for a simple one-off therapy or a full Panchakarma programme, every aspect of your treatment is being carefully tailored depending on your specific circumstances – that is your unique body constitution, health status and requirements, and your desired health goals. This includes the type and frequency of prescribed therapies, the blending and utilization of the most appropriate natural herbs and oils, and the attentiveness of our doctors and therapists to your treatment progress in order to adjust and adapt as required.

International Experience

Over 70% of our guests come from countries other than India, hence our team of doctors and therapists has developed a vast experience in handling both Indian and non-Indian guests, including overcoming language barriers, doctor familiarity with regional health habits and customs as well as alternatives to Indian medicine at guests' home countries.

We have had guests from all over the world including, but not limited to, the US & Canada, Western & Eastern Europe, South America, Australia and most Asian countries.

Your Treatment Schedule

Below is a high-level breakdown of your Panchakarma programme's components and what to expect at the SIH over your 2 weeks of treatment.

Day 0 (Arrival Day)

- **Check-in** to your designated room at the Ashram
- Go to SIH reception desk anytime between 1030 – 1330 and 1830 – 1930 daily to see the doctor for your initial consultation.
- **Initial Consultation:** This is your first meeting with your doctor to initiate your Panchakarma programme. During this initial consultation, the doctor will evaluate your body constitution as well as wellbeing status and requirements through observation, questions about your medical history, and some basic measurements of weight and blood pressure. The doctor might elect to conduct a blood test to better assess your health status. Based on your health assessment, the doctor will customise your **Personal Treatment Plan** using a unique blend of therapies, treatments, and herbs that best address your health requirements based on your constitution.

Days 1 - 21 (Treatment Days)

- **Daily Oral Intake of Medicated Preparations:** Based on your doctor's recommendations, you might be asked to do Snehapanam (drink medicated oil or ghee preparations) once a day at 0745AM or to drink Kashaya (herbal decoctions) twice a day at 0745AM and 1530PM.
- **Daily Therapy Session:** Undergo your daily session as directed by the doctor. The daily timing might change based on the type of therapy or therapist/space availability. Your doctor will inform you of next day's treatment timing during your daily feedback session. The duration of your daily therapy session depends on the type of therapy involved as well as doctor's prescribed direction, hence your daily therapy session durations may range anywhere between 60 – 120 minutes. You can use the **Panchakarma Daily Planner** card provided to you to plan your daily therapy sessions.

Your Experience at SIH

- **Daily Ayurvedic Meals:** Two Ayurvedic meals are offered daily - brunch at 1000 & dinner at 1800 at SIH's designated dining area for Panchakarma guests only. The meals contain simple, easy to digest ingredients and do not aggravate any certain dosha.
- **Daily Feedback Session:** A daily progress reporting meeting with your doctor every evening after your dinner between 1830 and 1930. This is a chance for the doctor to monitor your treatment's progress and for you to report feedback and any issues on your therapies and wellbeing. The doctor may adapt your personal treatment plan based on your feedback to address requirements or issues as soon as they arise.

Day 14 or 21 (Last Day of Treatment)

- **Final Consultation:** This is the last meeting with your doctor and an official conclusion for your Panchakarma cleansing programme. Your doctor will sum up your programme's progress and provide you with guidelines and instructions for you to follow during the post treatment step 3 at home, including recommendations and suggestions of foods and activities to do or avoid based on your personal circumstances and body requirements. This is also your chance to ask any questions and clear any doubts you may have about your health in general or treatment in special.

Our Doctors

Our team of doctors and therapists have a vast knowledge and hands-on experience in Ayurvedic healing and therapies. With over 400 Panchakarma guests a year, they provide an unmatched experience and in-depth programme understanding having dealt with a large variety of guest cases from all over the world.



Dr. Vishnu P.R.
BAMS
MD, Panchakarma



Dr. Jaya-Lakshmi Reji
BAMS



Dr. Uthara M.S.
BAMS

Our Therapists



Ajitha



Anil



Kannan



Amal



Abhijit



Sindhu



Anju



Rani



Sonya



Noufy



Sophie

Daily Ashram Schedule & Activities

Apart from the time you spend daily in your therapy or meeting with doctor at SIH, you are expected and welcome to join the ashram's daily schedule and group activities, including meditation sessions and satsangs, yoga classes, topic lectures, walks in nature and more.

Daily Ashram Schedule	
0520	Wake up Bell
0600 – 0730	Morning Satsang
0800 – 1000	Yoga Class
1000 – 1100	Brunch
1100 – 1200	Karma Yoga
1230 – 1330	Coaching Session
1330 – 1400	Herbal Tea
1400 – 1500	Topic Lecture
1530 – 1730	Yoga Class
1800 – 1900	Dinner
1900 – 2000	Free Time
2000 – 2130	Evening Satsang
2230	Lights Out

Satsang is comprised of silent group meditation, kirtan chanting, and a spiritual talk.

Yoga classes are offered to both beginners and intermediate levels, so no prior yoga experience is required.

Karma yoga is an hour of selfless service to help around the ashram. Though not a requirement for Panchakarma guests, you can always ask the staff if you felt like lending a hand.

Coaching session is an optional open invitation for you to seek personal coaching on your asana or meditation practice.

Topic lecture is a daily lecture on a special topic from yoga philosophy, practice, Hinduism or other relevant subjects.



Ayurveda

Is Ayurveda a replacement for common Western medicine?

No, Ayurveda is not a replacement but rather a compliment to typical Western medicine. It empowers individuals with the knowledge and tools they need to lead a healthier life in more harmony with nature around them. Unless you have a dedicated Ayurveda doctor prescribing your health habits and medicines, please consult your regular doctor or pharmacist in case of any illness or disease.

Is Ayurveda the same as Chinese medicine?

No, they are not. Though there are large similarities in the philosophies, health concepts and applications of both medicines, they are considered as two distinct sciences with different origins and development paths.

Does Ayurveda use any chemicals in therapies or medicines?

Absolutely not. All Ayurvedic therapies and medicines contain 100% natural ingredients as they have originated thousands of years ago when chemicals were still unknown to man.

Personal Wellbeing

How do I determine my Prakruti (personal constitution)?

Our doctors can help you determine your constitution by observation and by asking you a few personal questions. If you are interested in conducting a self-assessment, there are tens of questionnaires and methods online that you can examine.

What affects my wellbeing in daily life?

Pretty much anything and everything: the quality of the air you breathe, the quality and quantity of food you eat, the level of engagement of your senses, the amount of time you sleep, the exercise you do, the amount of stress you undergo and how you process it, the weather and temperature around you – these are all examples of factors that directly affect your physical and mental wellbeing everyday.

To lead a healthier life according to Ayurveda, you need to understand your constitution well in order to be able to constantly make the right life choices and craft compatible daily habits to stimulate and continuously improve your wellbeing.

How do I know which foods or habits stimulate my constitution?

You can start by asking your doctor for guidelines. You can also find a wealth of such information in old and new books on Ayurveda, some with easy-to-adopt modern life applications and examples. The internet also has lots of such information available for free.

Panchakarma Programme

Is my programme enough to clean my body from all toxins?

Your Panchakarma programme cleans your body from all accessible toxins, Ama and foreign substances that accumulated over the years or due to a specific disease. Some toxins are not easily accessible (eg. toxins in the blood or bone marrow) and require further cleansing measures to eradicate from the body.

Is Panchakarma program the same for everyone?

No. Panchakarma is a completely personalized treatment program where the program duration and all the natural herbs, oils, medicines, and therapies used are customized for each guest based on their wellbeing requirements.

Do you re-use any of the herbs or oils for different guests?

Absolutely not, we never utilize the same herbs or oils on different people for health and safety reasons, and this applies to massage oils, herbs, powders, hot bundles...

Why don't you use cushioned massage beds?

The hardwood beds we use are specially designed for Ayurvedic massages and therapies as they facilitate the use and pouring of large amounts of oil as well as free body movement. Western-style cushioned massage beds do not meet these requirements.

Can I do panchakarma during menstruation?

No, you cannot. Panchakarma therapies increase heat in the body, and during menstruation body heat is already high. This causes negative effects on the body.

Can I take a cold shower during my treatment?

No, please take warm showers only as they maintain the body's warm temperature.

Can I swim in the lake while doing panchakarma?

No, please refrain from swimming during your treatment.

Food & Drinks

What can I eat during my panchakarma treatment?

You are served two freshly-prepared Ayurvedic meals a day, one at 10:00am and one at 06:00pm. Some meals are replaced with rice soup on some days depending on your treatment schedule for the day.

Can I snack between meals?

Try to limit any snacking in your room or health hut to a minimum. Snacks should be healthy, wholesome, and fresh. Health hut's panchakarma fruit bowl, ginger honey tea, fresh pomegranate/grape/carrot juice, or dates are some of the better snacks available at the ashram.

Shall I drink a lot of water during my treatment?

Yes – hydrate, hydrate, hydrate! An average of 3-4 litres per day will help in eliminating toxins from your body.

Can I eat or drink dairy products during my treatment?

No. Please refrain from any dairy products, including milk.

Why do I drink a cup of Kashaya in the morning?

Kashaya is a 100% natural herbal drink that helps your body detoxify and better prepare – at the cell level – for cleansing therapies and treatments.

Why do I drink oil or ghee preparations in the morning?

All oil and ghee preparations are made of 100% natural ingredients and herbal mixes. They are taken to oil the body internally in order to facilitate the breakdown and movement of toxic blockages within the body as well as to aggravate doshas in preparation for cleansing therapies

Treatments & Therapies

What herbs and oils are being used for my treatment?

We use a variety of natural herbs and herbal oil mixtures for our therapies in line with Ayurvedic teachings and scriptures, and we freshly prepare all of them here at SIH. The exact herbs and oils used differ from person to person depending on their wellbeing requirements. Ask your doctor if you wanted to know more about your mixtures.

What if the massage intensity is too strong/soft for me?

Therapists apply a prescribed pressure for each massage to ensure maximum benefit to your body. If you feel the pressure is too strong or soft then inform your therapist and they will gladly adjust the pressure accordingly.

What if massage oils or hot pads are too hot?

For most therapies, massage oils should be lukewarm and hot pads mildly hot to ensure maximum benefits. If you feel the oils or pads are too hot then inform your therapist and they will gladly adjust the temperature accordingly.

I always fall asleep during Sirodhara. Is this ok?

For best benefits one needs to be conscious while undertaking the treatment. Try to remain awake throughout your treatment by internally focusing your mind on an area other than the forehead region (eg. centre of chest, solar plexes...).

Why are there different medications for purgation?

Natural herbal medications to induce purgation can be in the form of oils, powders, or herbal jam. Doctors prescribe the most appropriate form and dose based on the person's body composition and situational requirements.

How many times do I have to go to the toilet in purgation?

The frequency and intensity of purgation differs from person to person, so there is no target number. It is considered successful as long as you feel that you have cleaned out your intestines.

Treatments & Therapies

How long should I hold the small oil enema?

Hold it for as long as you comfortably can, please do not forcefully keep it inside and eject it when you feel the need to do so. Ejection period differs per person depending on how dry the gastrointestinal tract is. Try to relax for 2 hours in your bed after the enema.

How long should I hold the big Kashaya enema?

Do not forcefully hold it and eject when you get the urge to do so. Take complete rest in your bed for 2 hours after the enema.

I do not feel well after my big enema. What do I do?

Feelings of irritation, sense of vomiting, sweating or cramps are expected and are all temporary and will go away soon after you eject the enema and eat your rice coup. Inform your doctor if any abnormal feelings persist.



Sivananda Institute of Health

Sivananda Yoga Vedanta
Dhanwantari Ashram

Neyyar Dam, Kerala

www.sivananda.in/sih

Email: sihdoctor@sivananda.org