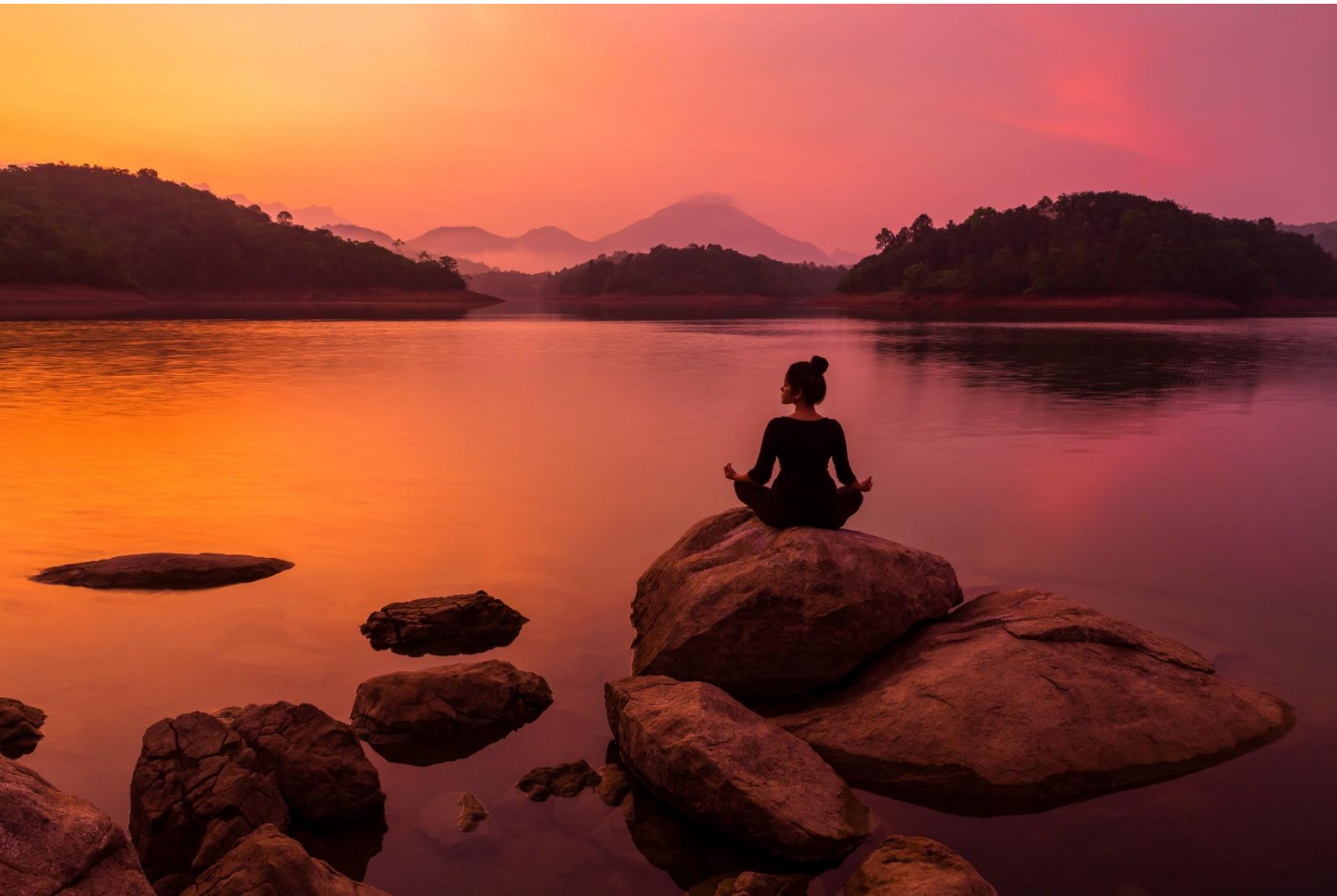


Sivananda Institute of Health



Ayurveda Treatments and Therapies

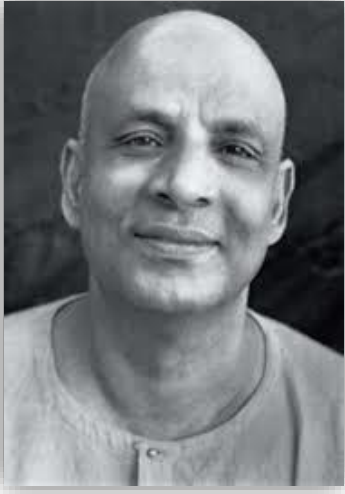
Sivananda Yoga Dhanwantari Ashram
Neyyar Dam, Kerala, India

www.sivananda.org.in/sih

ABOUT THE SIVANANDA YOGA VEDANTA ASHRAMS & CENTRES

Our Masters

Swami Sivananda Saraswati, 1887 - 1963



- ॐ One of India's greatest saints of modern history
- ॐ Author of over 300 books on all topics of spirituality
- ॐ Combined the 4 paths of yoga (raja, bhakti, jnana, and karma) into one set of teachings
- ॐ Non-traditional: one of the first to translate teachings from Sanskrit to English and allow women into ashrams
- ॐ His teachings continue to inspire and enrich the lives of millions around the world
- ॐ Sent his disciple in 1957 to deliver the message of yoga to the west

Swami Vishnudevananda Saraswati, 1927 - 1993

- ॐ Founded the Sivananda Yoga Vedanta Centres charity in Montreal in 1959 and grew it into a leading global organisation
- ॐ Developed one of the first and most comprehensive Yoga Teacher Training Courses in the West, still being taught today
- ॐ Wrote authoritative books on Hatha and Raja yoga
- ॐ Renowned campaigner for world peace, known as "The Flying Swami" for flying peace missions into areas of conflict in his peace plane



WELCOME TO THE SIVANANDA YOGA VEDANTA ASHRAMS AND CENTRES



Om Namah Shivaya

Dear Blessed Guest,

Welcome to the International Sivananda Yoga
Vedanta Ashrams and Centres.

As one of the today's leading international yoga organizations, we are humbled to be passing on the classical teachings of our renowned masters and sharing them with the world. We have graduated tens of thousands of yoga teachers around the world and continue to do so everyday as this is the essence of what we do.

To complement their great teachings, our masters founded an international network of community-based Ashrams that provide the ideal space for spiritual aspirants to advance their practice within a positive environment full of love and inspiration.

Ayurveda, a sister science to yoga, has always been part of the teachings within our Ashrams as it is vital for the proper functioning of both body and mind, and we continue to expand our Ayurveda programme maintaining the authenticity of this ancient science.

I wish you all the best in your treatment, and welcome you again to your new home.

In His Service,

Prahlada
Board Member, Sivananda Yoga Vedanta Ashrams and Centres

WELCOME TO THE SIVANANDA INSTITUTE OF HEALTH

Om Namah Shivaya

Welcome to the Sivananda Institute for Health and Research Society (SIH).

Founded in 1995 at the Sivananda Yoga Dhanwantari Ashram, our objective is to advance the understanding and application of the ancient science of Ayurveda in today's world, while sharing the knowledge and expertise with those who need it, one person at a time.

Our situation within the yoga Ashram in Kerala, home of Ayurveda, complements our healing work as we are able to provide our guests with world-class, holistic treatments for both body and mind. Our approach is personal where we curate a healing journey for each guest based on their unique circumstances.

Since our inception we have helped tens of thousands of patients from all over the world overcome all types of physical and mental conditions. We also specialise in personal well-being by providing cleansing and rejuvenation therapies based on authentic, ancient teachings and using natural and organic products.

As part of our mission, we also serve the communities around us by providing free healthcare services and medicine to thousands of people who otherwise cannot afford it every year.

I humbly welcome you again to the SIH. May we be able to serve you in the best manner possible.



Dr. Vishnu P.R.
Resident Doctor, SIH

Common Ailments and Benefits of Ayurveda Treatments

Ailments

Body Health

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

Mind Health

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

Benefits

Body Health

- ॐ Increase Immunity and Strength
- ॐ Body Detoxification
- ॐ Rejuvenate, Prevent Early Ageing
- ॐ Increase Metabolism
- ॐ Promote Weight Loss, Treat Obesity
- ॐ Revitalise, Increase Energy Levels
- ॐ Clear the Skin
- ॐ Regulate Menstruation
- ॐ Clear Body Channels from Toxins
- ॐ Help Early Tissue Repair
- ॐ Improve Tissue Nourishment
- ॐ Improve Body Excretions and Continued Detoxification
- ॐ Lubricate Joints
- ॐ Prevent Bone Degeneration

Mind Health

- ॐ Relax & De-stress the Mind
- ॐ Improve Memory and Clarity
- ॐ Enhance Mental Concentration
- ॐ Promote healthy sleep cycles

AYURVEDA TREATMENTS AND THERAPIES

Treatment Therapies and Programmes

Treatment Therapies

Abhyanga (Full Body Warm Oil Massage)

Ayurvedic Beauty Treatment (Face and Skin Rejuvenation)

Bashpa Sweda (Herbal Steam Bath)

Dhara (Flow of Medicated Liquid on Forehead)

Kizhi (Hot Bundles Body Massage)

Udwarthanam (Therapeutic Powder Deep Tissue Massage)

Pichu (Targeted Warm Oil Treatment)

Pizhichil (Pouring Medicated Oils All Over Body)

Kati Snan (Medicated Hip Bath)

Nasya (Medicated Nasal Oils & Powders)

Basti (Medicated Enema)

Snehapanam (Oral Intake of Medicated Oil Preparations)

Treatment Programmes

Panchakarma Programme (Full Body Cleanse & Rejuvenation)

Immunity Boost Programme

Spine & Neck Care Programme

Slimming Programme

De-stressing Programme

Ailments

- Body Pain & Muscle Stiffness
- Obesity
- Low Blood Pressure
- Skin Diseases
- Sexual Weakness
- Rheumatoid Arthritis
- Sleep Disorders

Abhyanga Ayurvedic Massage



Full body warm oil massage

Abhyanga is a full body massage – from head to toe – using warm herbal oils. Its long strokes follow the body’s main circulatory channels. It is recommended as a daily Ayurvedic practice in the scriptures, and is one of the main therapies in the Panchakarma programme.

Includes dedicated face, head, and neck massages.



Health & Relaxation

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

Mental Wellness

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

Beauty

- Delays ageing process
- Promotes longevity
- Nourishes and purifies skin
- Improves skin complexion,
- Beautifies skin lustre
- Prevents skin diseases

AYURVEDA TREATMENTS AND THERAPIES

Ayurvedic Beauty Treatment

Ayurvedic Beauty Treatment



Face and Skin Rejuvenation

Ailments

Skin Imperfections



Ayurvedic Beauty Treatments. After deep cleansing and exfoliation of the skin, massage is applied with Ayurvedic herbal oils followed by a face pack individually-tailored to the condition of your skin. At the same time hands and feet are massaged with warm medicated, herbal Ayurvedic oil. The treatment concludes with the application of a personalized skin-care cream.

Health & Relaxation

- Revitalises face organs
- Stimulate head region
- Produce relaxing effect

Mental Wellness

- Reduces stress

Beauty

- Delays ageing process
- Nourishes and purifies skin
- Nourishes hair
- Promotes hair growth

Ailments

- Hemiplegia
- Arthritis & Osteoarthritis
- Parkinson's
- Motor Neuron Disorders
- Sciatica (Sciatic Nerve)
- Lower Back Aches
- Asthma, Cough, Sinusitis

Ayurvedic Massage with Herbal Steam



Full Body Oil Massage and Herbal Steam Bath

Bashpa Sweda (Herbal Steam Bath) is where herbs and leaves are boiled, and the medicated vapour is passed into a closed steam chamber. The process opens up the small pores of the skin, removing toxins while balancing body energies through induced sweating.

Preceded by Abhyanga Ayurvedic full body massage.



Abhyanga Ayurvedic Massage



Herbal Steam Bath



Health & Relaxation

- 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

- Reduces stress
- Induces sound sleep
- Reduces stupor

Beauty

- Revitalises, rejuvenates skin
- Nourishes and purifies skin
- Tones the skin
- Improves skin complexion
- Beautifies skin lustre

AYURVEDA TREATMENTS AND THERAPIES

Dhara (Continuous Flow of Oil on Forehead)

Ayurvedic Massage with Dhara

Continuous flowing of medicated liquid on forehead

Recommended sessions: 3

Ailments

Hypertension, Anxiety, Stress
Post Traumatic Stress Disorder (PTSD)
Compromised Nervous System
Psoriasis
Heart Problems
Sleep disorders / Insomnia / Jet-lag
Shift Work Sleep Disorder (SWSD)



Dhara is an ancient Ayurvedic therapy where a steady, slow stream flows over the forehead or ajna marma, an area where nerves are highly concentrated. The pressure of the oil onto the forehead creates a vibration that reprogrammes brain waves, while the oil saturates the forehead and scalp and penetrates into the nervous system.

The gentle pressure allows the body, mind, and nervous system to relax and experience a deep state of rest.

Preceded by Abhyanga Ayurvedic full body massage.



Abhyanga Ayurvedic Massage



Dhara

Health & Relaxation

Relieves body stress
Promotes better sleep
Relieves fatigue
Improves immunity
Reinvigorates body

Mental Wellness

Improves memory
Improves concentration
Reduces anxiety and fear
Alleviates insomnia
Combats depression
Reduces hypertension
Reinvigorates mind
Calms the mind
Calms emotions

Beauty

Rejuvenates face
Softens worry lines
Nourishes hair and scalp

Ailments

- Neurological Disorders
- Osteoarthritis & Spondylosis
- Muscular Cramps & Sprains
- Paralysis
- Obesity & Diabetes
- Arthritis, Osteoarthritis & Rheumatism
- Chronic Lower Back Pain

Kizhi



Hot Bundles Body Massage

Kizhi is a special ayurvedic massage where herbal powders are poured into cotton bags, immersed in warm herbal oil and gently padded to the whole body. Sweating is induced during the therapy, opening skin pores to release toxins while absorbing relaxing and nourishing herbal ingredients. The padding also relaxes body muscles, releases stiffness, and stimulates internal organs.

Kizhi is highly effective for ailments in bones, joints, and the nervous system.

Preceded by Abhyanga Ayurvedic full body massage.



Abhyanga Ayurvedic Massage



Kizhi (Hot Bundles) Massage



Health & Relaxation

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

Mental Wellness

- Reduces stress
- Induces sound sleep

Beauty

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

AYURVEDA TREATMENTS AND THERAPIES

Udwarthanam (Powder Massage)

Udwarthanam Powder Massage with Steam Bath



Therapeutic powder deep tissue massage

Recommended sessions: 3

Ailments

Motor Neuron Disorders
Paralysis, Hemiplegia
Skin Diseases
Obesity & Diabetes
Rheumatoid Arthritis
Sciatica (Sciatic Nerve)
Multiple Sclerosis



Udwarthanam is an ancient Ayurvedic 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 detoxifying ingredients.

It is one of the most sought after treatments for weight loss as it targets fat cells directly.

Followed by a herbal steam bath.



Udwarthanam Powder Massage



Herbal Steam Bath

Health & Relaxation

Detoxes and tones the body
Reduces excess fat, weight
Removes cellulite
Improves mobility of joints
Strengthens, tone muscles
Reduces cholesterol
Improves blood circulation
Opens up body channels
Improves metabolism

Mental Wellness

Reduces stress
Calms the mind
Improves alertness

Beauty

Exfoliates dead skin
Rejuvenates, softens skin
Eliminates bad body odour
Tones up skin after birth

Ailments

- Lumbar Spondylosis
- Osteoporosis
- Sciatica (Sciatic Nerve)
- Spine Disc Prolapse
- Bone Degeneration
- Nerve and Stress Related Diseases
- Head and Sense Organ Problems

Pichu



Targeted warm oil treatment

Pichu is a therapy where a cotton cloth is soaked in warm medicated oils before placing it on patient's affected area and held for a period of time. The oil will gradually seep through and spread over the affected area, providing relief. It helps alleviate pain, rejuvenate and strengthen body parts.

Preceded by Abhyanga Ayurvedic full body massage.



 Abhyanga Ayurvedic Massage

 Pichu Oil Treatment

Health & Relaxation

- Alleviates body pain
- Strengthens bones
- Lubricates joints
- Stimulates nervous system
- Nourishes cervical bones
- Restores liveliness to organs
- Improves eye sight
- Removes earache
- Reduces facial paralysis

Mental Wellness

- Eliminates headaches
- Reduces migraine
- Reduces hemicrania
- Treats neuralgia

Beauty

- Nourishes skin

AYURVEDA TREATMENTS AND THERAPIES

Pizhichil (Oil Pouring on Body)

Pizhichil



Pouring warm oil over the body

Ailments

Arthritis & Rheumatism
Joint Stiffness
Blood Pressure Disorders
Sexual Weakness
Neurological Disorders
Muscle Weakness and Spasms
Paralysis



Pizhichil or **Thailadhara** is a treatment where the entire body, especially legs and torso, is bathed with streams of warm medicated herbal oils with simultaneous soft massage. The special herbs and oils used draw out impurities while balancing and nourishing the body, alleviating pain and curing certain conditions.

Variants

ॐ **Dhyanamladhara**: pouring of warm herbal liquid decoctions.

Health & Relaxation

- Regulates blood pressure
- Protects from illness
- Relieves body aches, pains
- Relaxes muscles
- Lubricates joints
- Revitalises organs
- Protects from illness
- Retunes nervous system
- Stimulates nerves

Mental Wellness

- Alleviates anxiety
- Reduces stress
- Combats depression
- Calms the mind

Beauty

- Delays ageing process
- Nourishes, rejuvenates skin
- Beautifies skin lustre
- Increases immunity

Ailments

- Hemorrhoids
- Anal Fissures
- Perianal Fistulas
- Uterine Cramps
- Rectal Surgery
- Inflammatory Bowel Disease
- Bladder, Prostate, Vagina Infections

Kati Snan



Hip bath - sitting in medicated decoctions or oils

Kati Snaana also known as Sitz or Hip Bath is a therapy where the hips and buttocks are soaked in medicated decoctions or oils. It helps ease pain of anorectal conditions as well as eases inflammation, constipation, and vaginal discharge.

It aids in the healing of hip and upper leg area, especially as a post-surgery procedure. It also eases the pain of anal fissures or anal/perianal abscess, uterine cramps, painful ovaries or testicles, and prostate infections.



Health & Relaxation

- Reduces lower body pain
- Rejuvenates hip area
- Eliminates itching
- Treats infections
- Reduces weight
- Improves blood circulation
- Promotes healing
- Prevents hygiene problems

Mental Wellness

- Relaxes the mind

Beauty

- Nourishes skin

AYURVEDA TREATMENTS AND THERAPIES

Nasya (Medicated Nasal Drops)

Ayurvedic Massage with Nasya

Medicated nasal oils and powders

Recommended sessions: 3

Ailments

Sinus Congestion
Cerebral Edema
Cold, Cough, Nasal Blockage
Acute Respiratory Infection
Headache and Migraine
Sleep Disorders / Insomnia
Skin Pigmentation



Nasya is the instillation of herbal oils, juices, or powders through both nostrils to purge toxins and cure diseases while rejuvenating tissues and organs in the head and neck region. It is one of the main Panchakarma therapies.

Usually preceded by Abhyanga including a head and face massage.

Variants

- 🌀 Medicated Herbal Oils
- 🌀 Herbal Powders
- 🌀 Herbal Juices

 60 Abhyanga Ayurvedic Massage

 30 Nasya (Nasal Drops)

Health & Relaxation

Clears mucous blockages
Opens blocked channels
Strengthens nasal passages
Eases respiration
Treats allergies, sinusitis
Treats nasal infections
Treats sinus congestion
Regulates vision

Mental Wellness

Relieves headache
Reduces migraine
Reduces stress
Induces sound sleep
Stimulates brain functioning
Improves oxygenation

Beauty

Improves skin complexion
Improves hair texture
Prevents greying of hair
Boosts immunity

Ailments

- Body Aches
- Joint Degeneration
- Muscle Stiffness
- Neck and Back Problems

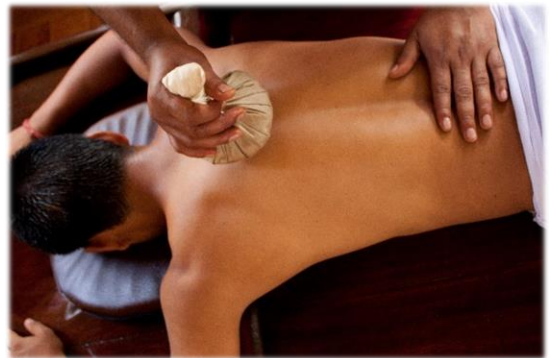
Local Massage With Hot Bundle



Targeted Oil and Hot Bundle Massage

Recommended sessions: 3

Local Massage with hot bundle is a targeted massage where warm oils and herbal hot bundles are used to massage a specific area within the body that needs attention. The goal is to relax muscles and reduce stiffness while stimulating and lubricating the part of focus.



Health & Relaxation

- Alleviates body pain
- Strengthens bones
- Lubricates joints
- Stimulates nervous system
- Restores liveliness to organs

Mental Wellness

- Reduces stress

Beauty

- Nourishes skin

AYURVEDA TREATMENTS AND THERAPIES

Snehapanam (Oral Intake of Oil Preparations)

Snehapanam

Oral intake of medicated oil preparations

Ailments

Osteoarthritis & Gout
Psoriasis
Chronic Constipation
Hemorrhoids
Diabetes Mellitus
Urinary Disorders
Skin & Hair Allergies & Disorders



Snehapanam is the oral intake of medicated oil preparations, with gradual dose increase as needed. The oils lubricate internal body channels and tissues, forcing embedded toxins out towards the gastrointestinal tract and cleansing body cells.

Snehapanam can be considered both as a therapeutic treatment or a preparatory procedure before purification therapy, as in Panchakarma.

Duration, daily frequency and dosage to be recommended by doctor.

Variant

ॐ Use of ghee-based preparations

Health & Relaxation

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

Mental Wellness

Calms the mind
Reduces stress

Beauty

Slows ageing process
Nourishes, rejuvenates skin
Alleviates skin allergies
Clears skin rashes

Ailments

- Rheumatism
- Dysenteries
- Rectal Bleeding
- Diabetes
- Severe Anaemia
- Lower Back Pain
- Gastric Problems & Constipation

Panchakarma Programme

Full Body Cleanse and Rejuvenation

Duration: 14 – 21 Days

One of the miracles of the human body is its capability to constantly rejuvenate and heal itself. However, when body energies (tridoshas) are imbalanced (due to natural and non-natural causes), the digestive capacity is weakened leading to the formation of toxic impurities which hinder the body's healing capabilities. Panchakarma is used as a remedy to restore the body to its natural, inherent healing state, expelling toxins and foreign substances.

Pancha means five in Sanskrit, and karma means actions or therapies. The five therapies are toxin elimination techniques, each targeting a certain dosha.

The Panchakarma Programme is comprised of 3 phases detailed below.

1

Purvakarma (Preparation Phase)

Breaks down & clears blockages, liquefies toxins, moving them to intestines region



- Abhyanga** whole body oil massage
- Udwarthanam** herbal powders massage
- Kizhi** herbal hot bundles massage
- Steam** herbal body bath
- Snehapanam** regulated oil/ghee drinking

2

Pradhankarma (Elimination Phase)

Eliminates toxins from body using the five (pancha) ejection therapies (karma)

- Vamana** induced vomiting (dosha: kapha)
- Virechana** induced purgation (pitta)
- Nasya** medicated nasal drops (kapha)
- Sneha Vasti** lubrication enema (vata, all)
- Kashaya Vasti** cleansing enema

Depending on personal requirements, your therapy may not include all 5 therapies

3

Paschatkarma (Post Treatment Phase)

Nourishes exhausted body tissues & establishes balanced metabolic and immune functions.

2-4 weeks of simple, healthy, vegetarian diet (freshly cooked meals free from processed foods, caffeine, sugar) accompanied by a positive lifestyle (regular sleep cycle, meditation, yoga, mild exercise)



Other Treatment Programmes

Spine & Neck Care Programme

A seven to fourteen-day specialised programme for the management of a healthy spine and neck, healing any conditions arising from degeneration. The soothing treatments include a series of massages, cleansings and therapies custom-designed to heal back and neck pain.

Immunity Boost Programme

A programme to reduce stress of the body and the mind, individually designed to suit gender and doshic constitution. This seven or fourteen-day programme includes a series of full body massages, mind-relaxing Shirodhara treatments, padabhyanga – foot massage of the marma points and a pure diet.

Slimming Programme

A programme of fourteen days combining two types of massage to tone the body and improve circulation: oleation – hot medicated herbal oil massage and sudation – hot kizhi powder bundles massage. The programme also includes hot steam baths to aid in the absorption of the medicated oils and increase skin circulation. The body's doshic constitution is reviewed and a proper diet is suggested to balance the rhythms of the body.

De-Stressing Programme

A programme of deeply relaxing specialised oil, steam and powder massages to promote circulation in the nervous system and stimulate the immune system, boosting vitality and reducing symptoms of stress. The personalised treatments help those with a weak immune system, poor skin lustre, poor blood and lymph circulation and those suffering from insomnia and fatigue.



Dr. Vishnu P.R., MD, BAMS

Resident Doctor, Sivananda Institute of Health
Oversees hospital operations and teaching courses in India and Canada. Developed many introductory and advanced theoretical and massage therapy courses. His works have been featured in leading Indian Ayurveda publications.
MD in Panchakarma, Bachelor of Ayurvedic Medicine and Surgery

Dr. Jaya-Lakshmi Reji, BAMS

Resident Doctor, Sivananda Institute of Health
Dr. Jayalakshmi oversees daily panchakarma programme operations, working closely with patients throughout their treatment. She also teaches the Ayurveda Wellness Course for beginners at the Institute.
Bachelor of Ayurvedic Medicine and Surgery (BAMS)



Dr. Uthara M.S., BAMS

Resident Doctor, Sivananda Institute of Health
Dr. Uthara supports all clinic operations, including patient consultation and treatment, new patient induction, staff education as well as panchakarma patient management.
Bachelor of Ayurvedic Medicine and Surgery (BAMS)

**Therapists
and
Support
Staff**



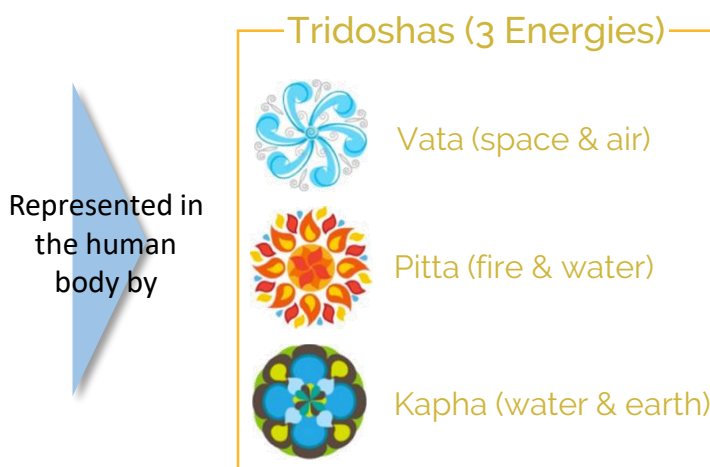
INTRODUCTION TO AYURVEDA

Theories and Concepts

The Five Great Elements Theory (Pancha Mahabhoota Sidhanta): the universe and all its components are made of a combination of the five great elements, or five states of matter.



The Three Energies Theory (Tridosha Sidhanta): the five great elements are represented in the human body by three energies that manage all physical and mental functions.



Vata

Properties: dry, light, cold, rough, subtle, minute, moving

Physical Functions: motion, breathing, natural urges, speech, tissue transformation, senses, secretions and excretions, blood circulation, pulsation, nervous system

Mental Functions: fear, anxiety, impulses, pain, enthusiasm, alertness

Primary Locations: intestines and lower body

Ailments: responsible for 80 ailments



Pitta

Properties: slightly oily, light, hot, penetrating, unpleasant odour, spreading nature, liquid

Physical Functions: digestion, metabolism, hormones, enzymes, vision, hunger, thirst, color complexion, temperature

Mental Functions: thinking, intelligence, understanding, perception, desire, courage, bravery, anger

Primary Locations: navel and stomach area

Ailments: responsible for 40 ailments



Kapha

Properties: oily, heavy, cold, slow acting, slimy, firm, smooth

Physical Functions: solid body structure, organ coating, lubrication, strength, potency

Mental Functions: enthusiasm, forbearance, sexual urges, forgiveness, attachment, courage, passion, stability, greed

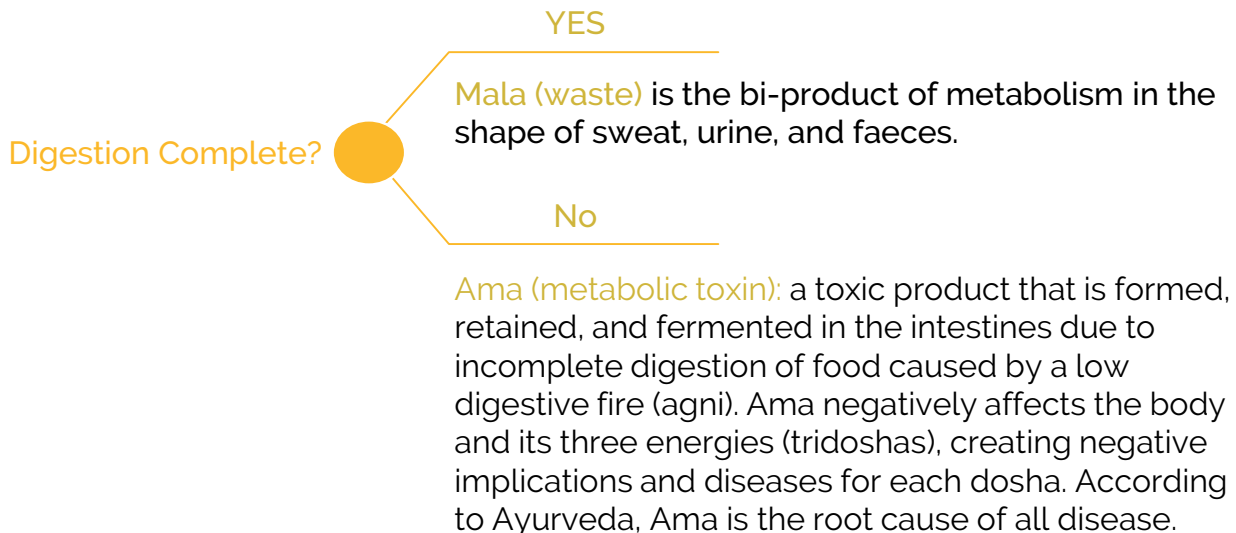
Locations: chest, head, and neck area (above the heart)

Ailments: responsible for 20 ailments

Agni (fire): is the manifestation of the solar element within the body. It is **the transformative force** in charge of metabolism. Since our tissues are not exactly similar to the food we eat, agni converts the food in such a manner that it is absorbed by the system and ultimately the cells.

Based on our dosha balance, agni can be in one of four states: normal state (samagni), hypo-functioning (mandagni), hyper-functioning (thiksnagni), or irregular (vishmagni).

Many common ailments including heartburn, APD (acid peptic disorder), indigestion, gluten/lactose intolerance, IBS (irritable bowel syndrome), and diarrhea are due to an imbalanced agni and can be treated accordingly.





Sivananda Institute of Health

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