



MDI Integrated Wellness
A Medical Corporation

"Healthy tissues bestow
happiness and vitality.
Polluted tissues bring
misery and disease."
Ayurveda



Panchkarma

Ayurvedic Complete Detoxification and Cleansing



Ayurveda emphasizes preventative and healing therapies along with various methods of purification and rejuvenation. Ayurveda is more than a mere healing system, it is a science and an art of appropriate living which helps to achieve longevity. It can guide every individual in the proper choice of diet, living habits and exercise to restore balance in the body, mind and consciousness, thus preventing disease from gaining a foothold in the system.

According to Ayurveda, every human being is a unique phenomenon (manifested through the five basic elements - ether, air, fire, water and earth) of cosmic consciousness. Vata (ether plus air), pitta (fire plus water) and kapha (water plus earth) are called the tridosha, meaning the three humors or the three organizations of the body, which are also derived from consciousness. Every individual psycho-somatic temperament or constitution is determined by these three doshas at the time of fertilization. When the embryo is formed the constitution is determined. There are seven basic constitutions according to Ayurveda: vata, pitta, kapha, vata-pitta, pitta-kapha, kapha-vata and vata-pitta-kapha. Every individual constitution has its own unique balance of V-P-K according to its own nature. The balance of V-P-K is the natural order, thus when this doshic balance is disturbed, it creates imbalance, which is disorder. Health is order; disease is disorder. Within the body there is a constant interaction 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.

Order is the state of health, as defined by Ayurveda, which exists when the digestive fire (agni) is in a balanced condition; the bodily humors (vata, pitta and kapha) are in equilibrium, the three waste products (urine, feces and sweat) are produced and 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 the balance of these systems is disturbed the disease (disorder) process begins.

Herein lies the key to the prevention of disease: help the body eliminate the toxins. To stop the further production of ama Ayurvedic literature suggests putting the person on a proper diet with appropriate lifestyle, habits and exercise, and administering a proper cleansing program such as panchakarma.

Panchakarma involves three stages: PurvaKarma; Pradhan Karma; and Paschat Karma.

Stage 1. Purva Karma (Pre-purification Measures):

During this procedure the toxins are loosened from various tissues and mobilized towards the digestive system.

At the clinic Purva Karma involves oil massage followed by taking ghee and detoxifying herbs internally. This external and internal oleation loosens all the toxins in the seven tissue layers of our body.

Snehan (Oleation with Warm Oils):

- Oil is applied to the entire body with a particular type of massage which helps the toxins to move towards the gastrointestinal tract.
- Penetrates in the tissues, increases the circulation and loosens toxins.
- Lubricates and protects tissues from damage.
- Calms the nerves and soothes the body.
- Alleviates pain and tension in the muscles and ligaments.
- Removes blockages in subtle energy channels.

Swedan (Diaphoretic therapy with steam fomentation):

- Swedan is sudation or sweating and is given every day immediately following the snehan.
- Swedan liquefies the toxins and increases the movement of toxins into the gastro-intestinal tract.
- Opens the pores and helps to move the toxins out of the body through sweat.
- Dilates the energy channels and removes blockages
- Reduces coldness, stiffness and pain in the tissues

Stage 2. Pradhan Karma- Five Basic Shodhans: Cleansing Methods

1.Vamana

Vamana is a medicated emesis therapy which removes Kapha toxins collected in the body and the respiratory tract. This is given to people with high Kapha imbalance. Daily treatment involves loosening and mobilizing the toxins in an effort to finally eliminate them.

Benefits of Vamana: Bronchial Asthma, Chronic Allergies, Hay Fever, Vitiligo, Psoriasis, Hyperacidity, Chronic Indigestion Nasal Congestion, Edema, Obesity, Psychological disorders, Skin disorders.

2.Virechana (Purgation)

Virechana is medicated purgation therapy which removes Pitta toxins from the body that are accumulated in the liver and gallbladder, it completely cleanses the gastro-intestinal tract. It is a safe procedure without side effects. Benefits of Virechana help root out Chronic Fever, Diabetes, Asthma, Skin disorders such as Herpes, Paraplegia, Hemiplegia Joint disorders, Digestive disorders, Constipation, Hyperacidity, Vitiligo, Psoriasis, Headaches, Elephantiasis and Gynecological disorders.

3.Basti (Enema or Colonic Irrigation)

Basti (Enema) is considered as the mother of all Panchakarma treatments since it cleanses the accumulated toxins from all the 3 doshas, Vata, Pitta and Kapha, through the colon. Basti is also highly beneficial as a rejuvenating treatment. Medicated oil or ghee and an herbal decoction is given as enema to clean the colon and increase the muscle tone. This procedure is usually applied for 8 to 30 days, based on the medical condition of a person. Benefits Hemiplegia, Paraplegia, Colitis, Convalescence, Cervical Spondylosis, Irritable Bowel Syndrome Constipation, Digestive disorders, Backache & Sciatica, Hepatomegaly & Splenomegaly, Obesity, Piles, Sexual Debility & Infertility.

4.Nasya (Nasal Cleaning)

Nasya involves administration of medicated oil through the nose to cleanse accumulated Kapha toxins from the head and neck region. Based on the medical condition of a person, it can be given up to 30 days. Nasya benefits include Trigeminal Neuralgia, Bell's Palsy, Improves memory & eye sight, Insomnia, Elimination of excess Mucus Hyper pigmentation in the face, Pre-mature graying of hair, clarity to voice, Headaches of various origin Hemiplegia, Loss of smell and taste, Frozen shoulder, Migraine, Stiffness of the neck, Nasal Allergies Nasal Polyp, Neurological dysfunctions, Paraplegia, Sinusitis.

5. Raktamokshana (Blood purification)

Raktamokshana is procedure to cleanse the blood and is advised in individualized conditions.

Stage 3. Paschat karma

Diet regimens, restricted bodily exertion and the intake of health promoting supplements etc come under the Paschatkarma (post treatment).