

AYURVEDA

Ayurveda is a perfect ancient science of life, the word AYUR literally means life and VEDA, the science or knowledge. Ayurveda briefly explains the knowledge of the do's and don'ts one has to follow, which favours the well being of each individual to lead a healthy, happy, comfortable and advantageous life both physically, mentally and socially. Ayurveda also emphasises that " prevention is better than cure".

HEALTH IN AYURVEDA

The objective of Ayurveda is to establish prime health in every living being, physically, mentally and spiritually. The basic concepts and fundamental principles aim at establishing such a condition through correct and thorough knowledge of healthy living. The living body can function normally only when its Doshas, Dhatus, Malas and Agni are in a state of equilibrium. The Trigunas also play a vital role in the maintenance of the three dimensional health. When these factors become either increased or decreased, either partially or totally, the body may either become sick or dead.

Health according to Ayurveda can be defined as a state of equilibrium of the action of Doshas, Dhathus, Malas and Agni accompanied by a sensation of well being (tranquillity) of body and sense organs, mind and soul. Such a person is called Swastha.

PRIME TREATMENTS IN AYURVEDA

Pizhichil

Pizhichil is one among the rare and special treatment of Kerala. In this treatment, lukewarm herbal oils are applied all over the body by two to four trained therapists in a special rhythmic, way continuously for about 60 to 90 minutes per day for a period of 7 to 21 days. This treatment is done a special table made form a single piece of Strychnos

Nuxvomica wood. This treatment is very useful for Rheumatic diseases like arthritis, paralysis, hemiplegia, paralysis-agitanus, sexual weakness, nervous weakness and nervous disorders etc.

Njavarakizhi

It is a type of sudation process in which the whole body or any specific part there of is made to perspire by the application of certain medicinal puddings externally in the form of boluses tied up in a muslin bag. This is applied by two to four masseurs for about 60 to 90 minutes per day for a period of 14 days. This treatment is for all type of rheumatism, pain in the joints, emacitation of limbs, high blood pressure, high cholesterol and certain kinds of muscular disease (atrophy)

Sirodhara

'Sira' means head and 'Dhara' is the continuous flow of liquid. In this process, some herbal oils, medicated milk, medicated butter milk etc., are poured on the forehead in a special method for about 40 minutes in a day for a period of 7 to 21 days. This treatment is mainly for insomnia, loss of memory, head aches, mental tension and certain skin diseases.

Vasthi

Otherwise known as 'Medicated Enema', Vasthi is a therapeutic procedure in which certain oils, herbal extracts etc., are applied through the rectum daily for a period of 5 to 25 days. This treatment is effective for arthritis, paralysis, hemiplegia, numbness, gastric complaints, rheumatism and chronic constipation.

Sirovasthi

Certain lukewarm herbal oils are poured into a cap fitted on the head and held for 15 to 60 minutes per day according to the patient's conditions for a period of 7 days. This treatment is highly effective for a facial paralysis, dryness of nostrils, mouth and throat; sever headaches and other diseases of the head.

Kativasthi

In this process specially prepared warm medicated oil is kept over the lower back with herbal paste boundary. This treatment last 45 minutes to 1 hour and it is good for any type of back pain and spinal disorders.

Udvarthanam

This treatment is otherwise known as a powder massage. This is found very effective in obesity, hemiplegia, paralysis, skin diseases, impaired circulation etc; and similar Kapha predominant diseases. In this procedure certain special herbal powders are applied by two therapists in a peculiar way on the body for about 30 to 40 minutes daily for a period from 14 to 28 days.

Abhyangam

This is a special type of oil massage in which strokes are given according to the circulatory channels for 45 minutes per day for 14 days. This treatment is very useful for obesity, loss of skin lustre, sleeplessness, fatigue, other vata predominant diseases, etc.

Nasyam

Being one among the 'Panchakarma' procedure, Nasyam is a treatment in which herbal juices, medicated oils, etc; are applied through the nose for 14 days. This treatment is highly effective for certain kinds of headaches, paralysis, mental disorders, some types of skin diseases, etc.

Snehapanam

This word literally means oral intake of medicated oils or ghee preparations. This is done as a therapeutic procedure and also as a preparatory process during the body purification therapy. In this treatment medicated ghee or oils are given internally in proportionally increasing quantity for a period of 8

to 12 days. This treatment is very effective for osteo arthritis, psoriasis, chronic constipation, haemorrhoids, etc.

Kizhi

Herbal leaves or powders are made in boluses and is applied on the whole body or a part specified after dipping it in warm medicated oils. This is done for 45 minutes daily for a period of 7 to 14 days. This is very effective for osteo arthritis, spondylosis, sports injuries, etc.

Dhanyamla Dhara

Warm herbal liquid is poured all over the body in a rhythmic way using a special vessel. This is done for 45 minutes to 1 hour daily. This treatment is very effective for hemiplegia and paralysis.

Yoni Prakshalanam

Herbal oils and decoction are applied through the vaginal route. This treatment is good for gynaecological disorders. It is also a purification process for genital organ.

Urovasthi

Like Kativasthi warm medicated oil is kept over the chest for 45 minutes. This is an effective treatment for asthma, other respiratory problems, heart diseases and muscular chest pain.

Thalam

Special powder mixed with the medicated oil is applied on the top of the head for 20 to 45 minutes. This treatment is helpful for curing ENT problems, insomnia, migraine, etc.

Ksheeradhoomam

This is a special procedure in which a mixture of medicinal decoction and cow's milk is heated and the steam thus liberated is passed to a tube and applied over the affected area or whole body. This is found very effective for facial palsies, speech disorders, ptosis and various nervous disorders.

Lepanam

This is a process in which medicated herbal paste is applied on the affected part. This is useful for various types of inflammatory conditions, skin diseases, arthritis, gout, etc.

Thalapothishil

Various medicinal herbs selected according to the Dosha predominance is made into a paste and applied to the scalp for 30 to 45 minutes. This treatment is good for insomnia, premature greying and other problems related to the hair and scalp.

Sandhi Vatha Chikilsa

Unlike the modern medicine, Ayurveda has very effective cures for rheumatic conditions like rheumatoid arthritis, gout, osteo arthritis, ankylosing spondylosis, cervical spondylosis, osteo porosis etc. this programme includes massage, lepanam oil application on affected parts, kizhi, steam bath, snehapanam and internal medicines.

Swasa Kasa Chikilsathy

Respiratory diseases like bronchial asthma, prolonged cough, allergic

rhinitis, sinusitis etc; can be very effectively treated in Ayurveda. This programme includes body massaging, urovasthy, pizhichil, podikizhi, snehavas, kashaya vasthy, nasyam and internal ayurvedic medicines.

Sukhanidra

Ayurveda, the knowledge of life is not only related with the body but with the mind and soul also. This particular treatment programme is very much helpful for conditions like insomnia (lack of sleep), anxiety and it improves immunity and self confidence. This treatment programme includes body massages, sirovasthy, ksheera dhara, thalam, thalapothishil and internal ayurvedic medicines, yoga and meditation.

Psoriasis Treatment Programme (Sidhma Chikilsa)

Ayurveda forms very effective treatment for all type of psoriasis and various other skin diseases. This special Ayurvedic treatment programme includes special lepanam, abhyangan, snehapanam, pizhichil, medicated steam bath, sirovasthi, exclusively prepared internal herbal medicines, along with yoga and meditation because, Ayurveda emphasises that most diseases are psychosomatic.

PRIME BODY CARE IN AYURVEDA

Rejuvenation Therapy (Rasayana Chikilsa)

The various cells and tissues of the body undergo changes as age advances. So it is necessary to rejuvenate the body systems for a better harmony of the body, mind and soul. Aimed at achieving this goal, the rejuvenation therapy includes synchronising body massage by 2 therapists with medicated oil or cream, also the sirodhara, medicated steam bath along with internal rejuvenating herbal face mask is also a part of this therapy.

Body Purification Therapy (Sodhana chikilsa)

Our food habits, daily routines, climatic variations etc; can cause the accumulation of toxins inside the body that can lead to the imbalance of the tridoshas. In addition of the body's natural mechanism to get rid of these toxins, this body purification therapy is for purifying the whole body to attain proper balance of vata, pitta and kapha based on the snehanakarma. Swedanakarma and panchakarma treatments. The 15 day package process includes body massage; snehapana, nasyam, virechanam (medicated purgative), snehavasthi, dhara, pizhichil, njavarakizhi, karnapooranam, tharpanam, sirovasthi, steam bath and internal herbal medicines.

Body Immunization / Longevity Treatment (Kayakalpa Chikilsa)

This is the prime treatment in Ayurveda for reducing ageing processes, arresting the degeneration of the body cells and increasing the immunity of the body. Giving RASAYANA (very special Ayurvedic medicine) internally is the main part of this programme, along with the panchakarma and swedakarma treatments. The 28 day package programme includes body massage, snehapana, virechanam, nasyam, snehavasthi, dhara, pizhichil, njavarakizhi, tharpanam, sirovasthi, karnapooranam and medicated steam bath. This treatment is best effective if taken before the age of 60, for either sex.

Slimming Programme

A boon for obese people, we have special slimming programme which includes two types of massages (1) medicated herbal powder massage (2) medicated herbal oil massage. These two massages will be given for 28 days. This programme also includes medicated steam bath, intake of herbal juices and herbal tea. A very special Ayurvedic diet is advised during the treatment period.

Beauty Care Programme

For the beauty conscious people, this special treatment programme includes herbal face pack, herbal cream massage, herbal oil massage, intake of herbal tea and steam bath. This treatment increases the skin complexion, skin tone, beautifies the body figure and also helps you to feel young.

Spine and Neck Care Programme

The main sites for arthritic manifestation in the vertebral column are the lumbar and cervical regions. This treatment programme is to keep your spine and neck healthy and to cure the problems associated with it. This programme includes special massages, kativashi, snehavasthi, kashayavasthi pizhchil, njavarakizhi, special exercise etc. this is also very effective for cervical spondylosis, osteo porosis, low back aches, sciatica, etc.

Manasanthy

(Stress Management Programme for body, mind and soul)

This is a combination of yoga, meditation and Ayurveda therapy in a holistic method. This treatment is very effective for stress management as well as for turning your body and mind helping you to attain the temperance's of mind. This therapy is 3 to 4 hours per day for 7 to 14 days including yoga, meditation, rejuvenation massage, rejuvenation therapy, dhara, njavarakizhi, thalam, herbal steam bath, mudpack etc. with intake of herbal medicines.

Dhoopanam

This is process of medicated fumes applied to the areas for 5 to 10 minutes. This process helps to clean the ear and avoids ailments associated to the ear.

Tharpanam

It is cleaning process of the eyes which gives a cooling effect, prevents eye diseases and strengthens the optic nerve.

Mukhalepam

Wrinkles, blackheads, cellulites, sun tan, etc; destroy the natural beauty of the skin especially of the face. To overcome these, we have a very special herbal face pack with specially mad herbal powder, fresh fruits and creams.

Marma Massage

This is a 90 minute massage stimulating all vital points otherwise called 'MARMAS' of the body. This helps you to attain the equilibrium of vatha, pitha and kapha. This massage is also helpful for those involved in sports, dance and martial arts as it strengthens you deep muscles and ligaments.

Rejuvenation Massage

Whole body massage with herbal oil or herbal powder by hand or foot for 90 minutes. This is good for rejuvenating the body, to reduce mental tension, sexual weakness, to improve vitality, etc.

General Massage

Body massage with herbal oil or herbal powder by hand to tone up the body and to improve the blood circulation etc. this massage is for 60 minutes.

Medicated Steam Bath

Certain precious herbal leaves and herbs are boiled and the steam is passed to the whole body for 10 to 20 minutes. This is good for certain skin diseases, to eliminate impurities from the body, to improve the tone of the body, to reduce fat, etc.

YOGA

Yoga, the science of man, based on ancient Indian wisdom and culture, is an art of living a healthy, balanced, peaceful and contented life. Yoga, being a total integrated system, studies man in his wholeness-body, mind and spirit and is integrated to certain principles, ideas, values, attitudes and a way of life for personal and social benefits.

Conceived by the great sages in their quest for self-realisation, it has come to be recognised during its; long travails from the hermitages to the cities, as the science of man, a philosophy old life, a code of conduct, an attitude and an approach, as well as an art of living which is capable not only of ensuring physical well-being, mental peace harmony, moral elevation and spiritual uplift of man but also of transforming man from his gross animal existence to the sublime heights of divinity.

It must, however be kept in mind that it is a long arduous journey calling for perseverance, persistence, dedication and total surrender.

There is no instant yoga. It is not a question of merely closing one's eyes or of sitting in a posture. It involves cultivation of an attitude and approach to life. It must not only be a philosophy to be imbibed but a practical philosophy which must be lived. It is therefore, not enough to think of yoga but to do it and live it in our lives. It is also necessary to understand that yoga is not a substitute for action. Human effort is indispensable. The transformation is not at the cost of action but to enable us to perform our duties more efficiently, more effectively and honestly.

Yoga had recognised and accepted the importance of the mind and the subconscious over the total human personality much earlier than modern psychology did in its present form. Yoga is a stepwise, stage wise eight fold path to final liberation from pain and suffering. These steps progressively take us to the highest state of creativity, of discriminative knowledge and towards attaining the desired perfection.

The eight steps are:

- **YAMA** Conditional yoga behaviour, personal and social
- **NIYAMA** Attitude sublimate to yoga norms
- **ASANA** Discipline of the physical body
- **PRANAYAMA** Control over bio energy through respiratory action.
- **PRATYAHARA** Withdrawal of the senses inwards through abstraction.
- **DHARNA** Concentration
- **DHYANA** Meditation
- **SAMADHI** Transconsciousness

Of these, the first five, which border on the Psychosomatic Approach, are referred to as external (Bahiranga) yoga, popularly known as Hatha Yoga, while the latter three, which directly affect the psyche, are known as internal (Antaranga) yoga, popularly known as Raja Yoga. It is almost impossible to try internal yoga (Raja Yoga) for the average man before accomplishing the external one (Hatha Yoga). The respective sequence of the eight steps as the standard methodology of yoga.

Yoga is based on a deep understanding of man and his position in this world and was the first system evolved in the world to recognise the connection and the interaction between body and mind. It studies in depth the very structure of the human personality, through analysis the psychological complexities and the cause of human pain, sorrow and suffering. It is laid down psychosomatic means through its various psycho-physiological processes for dealing with the body mind complex and tries to harmonize and integrate the human personality at all levels and stages of life.

Yoga is basically a way of LIFE which has been evolved as a system to go beyond the personality- complex and achieve absolute freedom-liberation of the spirit from the matter.

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