

SHIRODHARA

Herbal Oil
Forehead Pouring



PODIKIZHI

Hot Herbal Compress



KATI VASTI

Back Pain Management



TAKRADHARA

Herbal Buttermilk Bath



UDWARTHANAM

Cellulite Trimming Body Scrub



ABHYANGA

Warm Herbal Oil Massage



NETRA TARPANAM

Eye Cleansing and
Hydrating Therapy



NASYAM

Therapy for Sinusitis,
Nasal Allergies



PIZHICHIL

Herbal Oil Bath



SHIRO ABHYANGA

Head Massage



PADA ABHYANGA

Feet Massage



THALAPOTHICHIL

Herbal Hair Pack



VASTI

Enema



SHIRODHARA (Herbal Oil Forehead Pouring)



BENEFITS

The oils infused with medicina herbs, when poured onto the crown and scalp produces a soothing and calming sensation on the muscles of the crown area, which passes this calm sensation to the superficial peripheral nerves of the forehead to the brain. It soothes the hypothalamus, that regulates the activity of the pituitary gland and treats conditions like insomnia by inducing sleep naturally.

STEP



1

Massage the head and scalp properly using an adequate quantity of oil for 10-15mins.

STEP



2

Lie on your back in the supine position on the Shirodhara table.

STEP



3

Fine-tune the Shirodhara pot or equipment for oil from the pot to fall onto the forehead.

STEP



4

Customised oil as per the body type is warmed and poured into the Shirodhara pot and oil starts pouring over the head and forehead.

ABHYANGA (Warm Herbal Oil Massage)



BENEFITS

It helps to retard the process of aging, it helps to flush out toxins and impurities from the body. Abhyanga oil helps with skin & hair health. Relieves stress and enhances perception of sense organs, promotes deeper sleep.



1 A qualified Ayurveda physician selects the oil according to your body type (Vata, Piita & Kapha) and health needs.



2 A well-trained therapist carries out the procedure, and starts by applying and massaging the oil over the crown area, ears and neck.



3 To ensure complete relaxation ample pressure is applied by the therapists simulatneously targeting the Ayurvedic accupressure points.



4 After the treatment, Sweda (steam therapy) or hot water bath is given as per physician advice.

PODIKIZHI (Hot Herbal Compress)



BENEFITS

It relieves body ache, muscle fatigue, strengthens muscles and also a good technique for relaxation and relieving stress. Advisable for pain management and useful for Athletes. It also lowers the tendency of skin disease.

STEP



1 Herbs are mildly heated in a pan with a little oil (like curcuma, rock salt, garlic, lemon), quantity and ingredients are selected individually.

STEP



2 When the temperature of bags are in a tolerable range, the poultice is dipped in a little oil and applied over the affected parts of the body to reduce pain.

STEP



3 Same temperature is maintained in the poultice by interchanging them.

KATI VASTI (Back Pain Management)



BENEFITS

It's helpful for people facing lower back pain concerns, lubricate the joints for smoother, and effortless movement, eventually resolving mobility and flexibility related concerns. It helps with lower back discomforts such as lumbar spondylitis, intervertebral disc prolapses, lumbago (lower back pain) and sciatica.



STEP

1 The thick dough is prepared using the black gram paste. The shape of the dough mould could be either circular, oval or rectangular as per the targetted area where the patient is having pain.



STEP

2 Once the patient lies down on the stomach, the dough is placed as a rim around the back.



STEP

3 The edges of the ring of dough are fixed to the back using water that protects it from slipping off. This is like creating a reservoir on the back to store medicinal oils.



STEP

4 The oil remains within the confinements of the dough mould. Eventually, the therapeutic properties of the oil permeate and reach the tissues. The warmth of the oil is maintained by appropriate replenishment.

NASYAM (Therapy for Sinusitis, Nasal Allergies)



BENEFITS

The medicated oils and powders used in this process stimulate the crucial centers of your nervous system and venous system, and thus reduce the blockage in channels to overcome certain ENT related disorders.

STEP



1 The first phase requires you to undergo facial oil massage or apply steam to your face, forehead, neck and ears. This is done to relax the muscles.

STEP



2 Lukewarm medicinal oil as prescribed by Ayurvedic physician, 5-10 drops is infused into each nostril drop by drop, as prescribed by the Ayurvedic physician.

STEP



3 In the third and last stage, warm water mouth wash is advised a medicated smoke is advised to inhale, to clear out any excess fluids from the nasal and oral cavities.

NETRA TARPANAM (Eye Cleansing and Hydrating Therapy)



BENEFITS

Improves, blurred or otherwise impaired vision, dry, itchy or watery eyes, eye strain/tension, tired, irritated eyes, eye twitching.



STEP

1

The patient is prepared for the procedure, and made to lie on a table.



STEP

2

Each eye is rimmed with a ring of dough, three to four centimetres high.



STEP

3

These are made leak proof to contain the medicated ghee, or clarified butter, which is slowly poured into these rings.

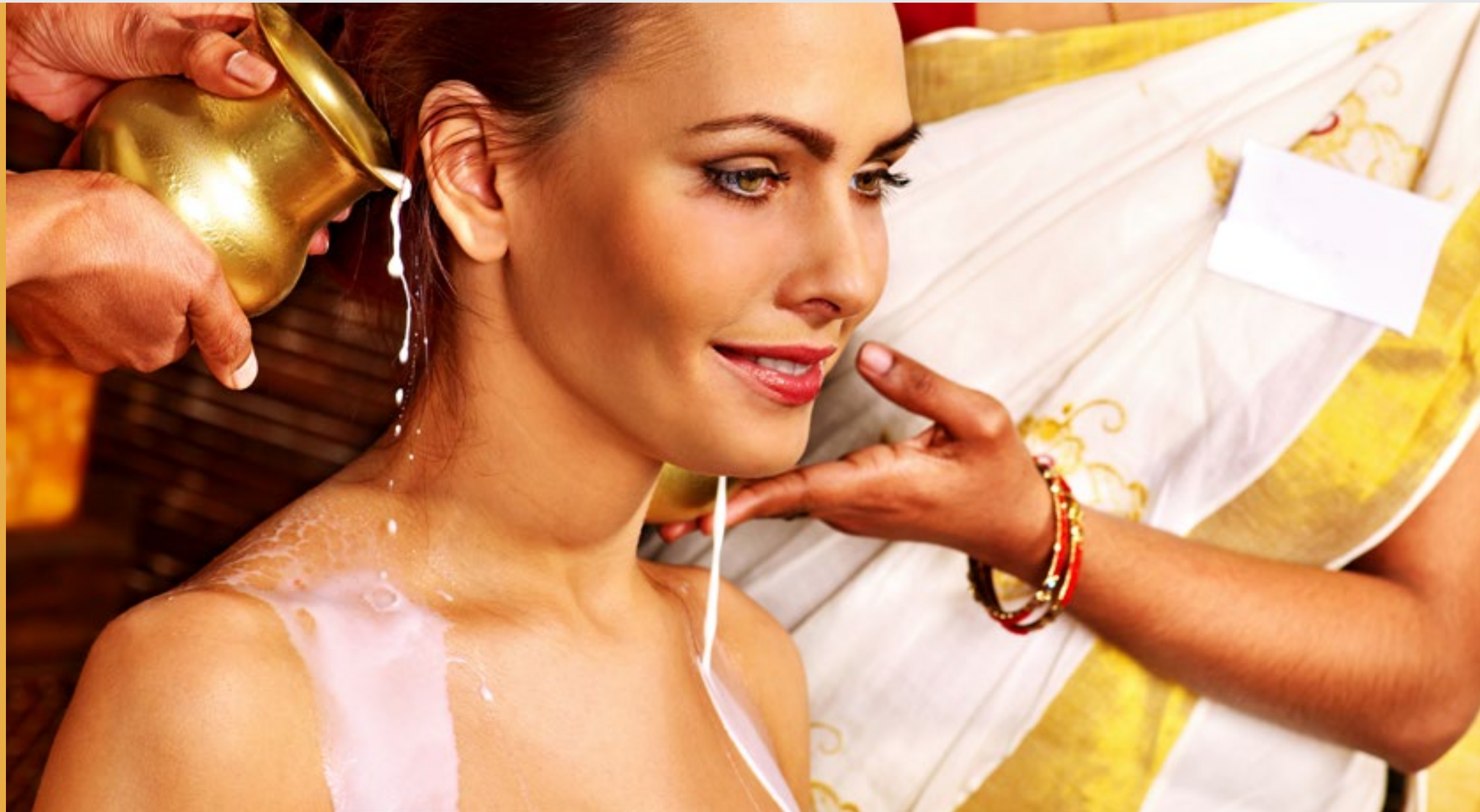


STEP

4

Though usually kept for five minutes, the duration depends on the severity of the disease. Eyes should be slowly opened and closed throughout this period.

TAKRADHARA (Herbal Buttermilk Bath)



BENEFITS

Psoriasis is connected with the stress-induced autonomic response and reduced pituitary-adrenal function. Continuous pouring of the Medicated Buttermilk on the forehead for a particular time has a soothing influence and controls the rhythm. For psoriasis, this therapy is done to have a curative effect on the affected area of the body.

STEP



1 First you are advised to lie on your back in the supine position on the Shirodhara table.

STEP



2 Shirodhara Pot is fine-tuned and adjusted to the height of around 10cms, so that the herbal decoctions from the pot to fall onto the forehead from certain height.

STEP



3 Herb infused buttermilk as per the body type is poured into the Shirodhara pot and buttermilk starts pouring over the head and forehead.

STEP



4 After pouring on crown, if the person has other skin conditions like Psoriasis, eczema, the decoction is also poured over the body in a fine stream manner using specific instruments.

UDWARTHANAM (Cellulite Trimming Body Scrub)



BENEFITS

This deep tissue massage using a herbal powder is considered to stimulate the body and helps with fat and trimming the cellulite.



STEP

1

In this procedure the herbal powder or paste is warmed up before using it.



STEP

2

This warm powder or paste is applied and scrubbed in the opposite, direction of the hair follicles.



STEP

3

Once the procedure is complete, person is advised to rest for about 30 minutes.



STEP

4

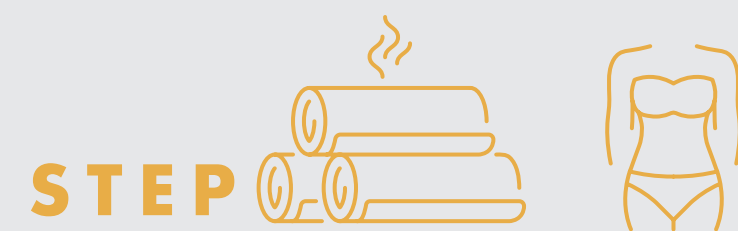
Warm shower follows the therapy.

PIZHICHIL (Herbal Oil Bath)



BENEFITS

This treatment improves blood circulation and immunity. It is very effective in the treatment of ailments like muscle cramps, paralysis, rheumatic diseases, arthritis, neurological disorders, and blood pressure issues.



STEP

1

Pizhichil means 'to squeeze'. In this treatment a piece of cloth is dipped in warm medicated oil and is then squeezed and poured onto the patient.



STEP

2

The Ayurvedic procedure also involves simultaneous massage to enhance the benefits of the treatment.



STEP

3

More than three litres of relaxing, medicated oil is used in this therapy.

SHIRO ABHYANGA (Head Massage)



BENEFITS

Helps relaxation, balancing of the nervous system, improved and enhanced sensor perception, improved blood circulation the brain, strengthened hair roots, improved hair condition, promotes natural detoxification of the lymph glands around the neck and armpits.



STEP

1 This involves a technique of the application of warm, herb-infused oil over the head and neck with a gentle massage strokes by the trained therapist, targetting the pressure points.



STEP

2 This eases out the stressed muscles and encourages much needed blood circulation that flooding the head with oxygen-rich blood and helping to remove harmful toxins.

PADA ABHYANGA (Foot Massage)



BENEFITS

Relax and revitalize the central nervous system. Remove contraction of the ligament, vessels, and muscles of the feet. Improves peripheral nervous system and promotes quality of sleep. Helps to calm the mind and reduces stress, depression, anxiety, etc. Maintains a normal balance of 'Vata Dosha', which is regarded as major cause of illness.



STEP

1 Padabhyanga involves applying warm, herb infused oil over the feet, followed by a massage using techniques and strokes by well-trained therapists.



STEP

2 The feet are massaged in a well synchronized manner with a focus on the vital pressure points.



STEP

3 Techniques like kneading, stroking, pulling and friction are employed in this therapy.



STEP

4 A hot water foot bath or dip may be given after the procedure.

THALAPOTHICHIL (Herbal Hair Pack)



BENEFITS

Useful in psychosomatic diseases, headache, insomnia, blood pressure, hair problems.



STEP

1 The process begins with a detailed and careful examination of the patient, so that a paste of suitable composition can be made.



STEP

2 To prepare the paste, herbal powder is soaked in buttermilk overnight. In the morning, it is ground to make a fresh paste.



STEP

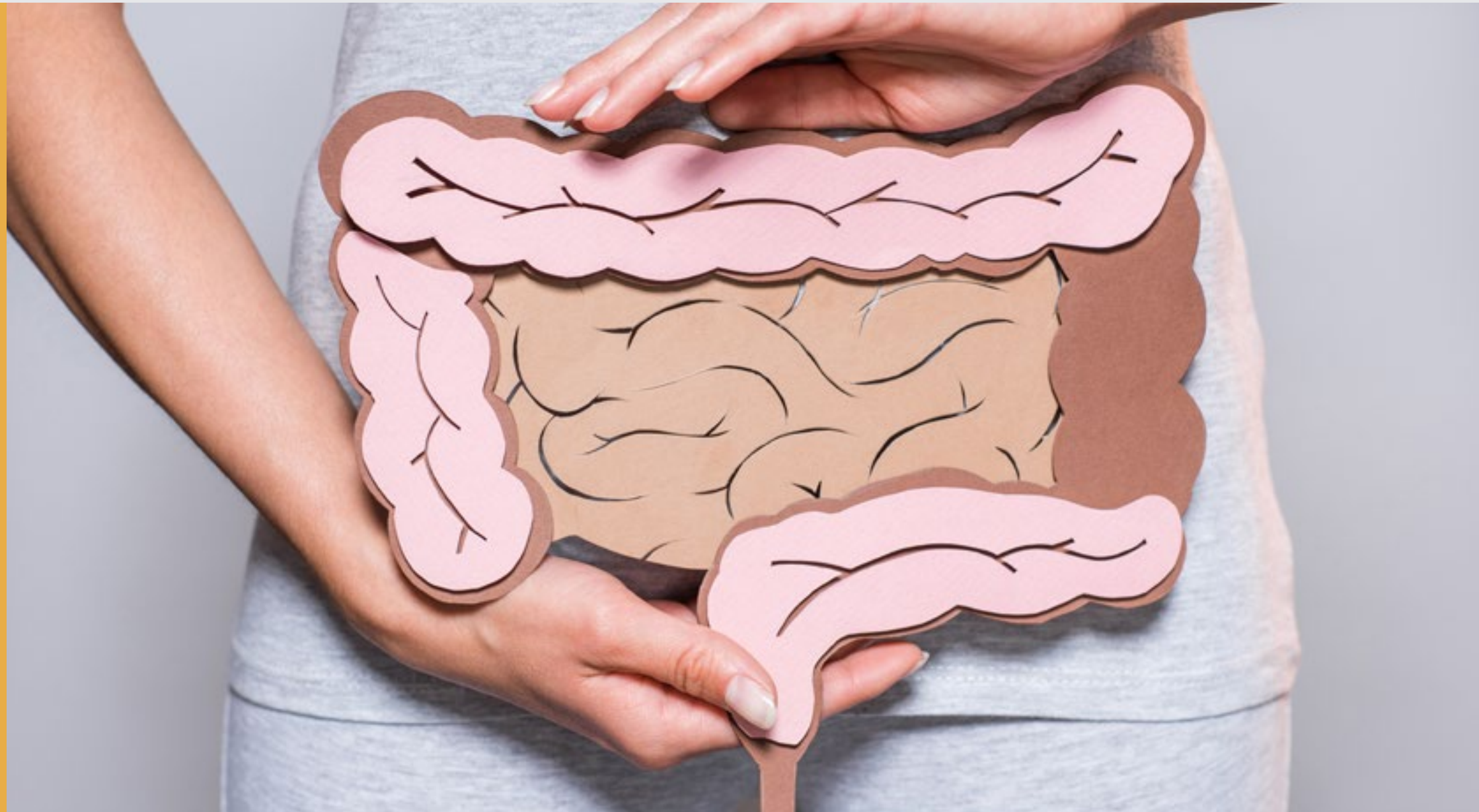
3 Once the paste is ready, the person is seated comfortably on a chair. The head is massaged gently with medicated oil and the freshly prepared paste is applied on the head.



STEP

4 After this, the person's crown is covered with herbal paste. The paste is removed only after 40-50 minutes and the patient is given yet another gentle massage on the head.

VASTI (Enema)



BENEFITS

It is effective in majority of vata conditions fibromyalgia, back pain, neck pain, slip disc, sciatica, atrophy, arthritis, rheumatic diseases, neurological diseases, gout, diseases of GUT, gynaec problems, infertility etc.



STEP

1

Vasti is Enema Therapy using medicated oils. The colon is where Vata (Air) primarily resides and this procedure revitalizes the lower intestinal tract.



STEP

2

First your body is prepared to undergo the main therapy of Enema. This involves consumption of certain herbal formulations for initial 3-5 days, decided by the Ayurvedic physician.



STEP

3

Post medicine consumption, multiple therapies are advised: like massage, steam, hot poultice massage, etc, all are formulated as per your body type by the Ayurvedic Physician.



STEP

4

Finally on last day, when all toxins have reached the intestines using various therapies, Enema procedure is performed.