



## Ayurvedic Detoxification Procedure (Panchakarma)

### What is Ayurvedic Detoxification (Panchakarma) Procedure?

In Ayurveda, Panchakarma is translated as the 5 Detoxification Procedures, which are used to clear the body of toxins (*ama*). These 5 procedures include: *Vamana* (therapeutic vomiting), *Virechana* (therapeutic purging), *Basti* (therapeutic enema), *Nasya* (therapeutic nasal cleansing), and *Raktamoksha* (therapeutic bloodletting). The procedure explained below is *Virechana*/ therapeutic purging.

Panchakarma is a type of *shodhana* therapy in Ayurveda, which literally means “to go away.” This therapy uproots chronic health symptoms through ridding the body of accumulated toxins and waste products, thus restoring balance to the doshas and tissues. In Ayurveda, all disease processes stem from *ama*/toxins in the body that have accumulated as a result of improper dietary and lifestyle habits that lead to a breakdown in digestive and metabolic functioning. The *ama* that has accumulated in the GI tract eventually overflows and is carried from the digestive tract into circulation until it lodges into weak tissues of the body. This is usually when symptoms begin to manifest outside of the digestive system. Panchakarma draws *ama* out of the tissues and brings it back to the GI tract so it can be eliminated.

### Who can benefit from this Detoxification/ Virechana procedure?

Traditionally, *Virechana* is the procedure used to treat conditions rooted in an underlying Pitta imbalance. However, it can be beneficial if there are other doshas involved, as well as in maintaining overall health. The optimum time of year for *Virechana* is the end of summer going into fall, but it can be done at any time, especially in the case of chronic conditions. *\*Virechana should not be done more than twice a year, six months apart.*

Conditions that *Virechana* can benefit include:

- Autoimmune conditions
- Digestive issues, IBS conditions
- Skin conditions, like acne, eczema, psoriasis
- Acid reflux, peptic ulcers, GERD
- Infertility, hormone imbalance, fibroids, PCOS
- Inflammatory conditions of the blood, skin, eyes, joints, liver

Post-procedure benefits include:

- Lightness of the body
- Increased energy
- Improved mental clarity and moods
- Reduced or eliminated symptoms
- Improved digestion and metabolism
- Strengthened immunity
- Balanced doshas
- Heightened senses

### **What to expect during the process:**

Ayurvedic Panchakarma is a serious procedure, akin to surgery from an Ayurvedic standpoint. Please be sure that you are ready to commit at least 10 days to undertake this procedure. While you will be able to work and eat during the initial 5-7 days, it is critical that you take at least one day off from work and all other engagements on the purgation day (day 6 or 8). Ideally, setting aside 2-3 days with no obligations would be optimal for full efficacy and recovery. For women, it is critical to plan the procedure between menstrual cycles so that no part of the procedure takes place while you are menstruating. The ideal time to begin is 5-7 days after your cycle ends.

During the initial 5-7 days of the process (the duration will be determined during the Initial Detoxification Consultation), herbal ghee is taken and increased gradually each day (up to 12 Tbsps by day 7). Toxins that are lodged deep within the tissues bind to the ghee to be eliminated. On these days you may continue to eat a regular, balanced, clean diet. During the last 2 days of ghee intake Ayurvedic massages (Abhyanga) are taken to facilitate movement of the toxins to the GI tract. On the detox day, a purging herbal oil is taken. On this day expect to have between 8-15 bowel movements. Beginning with the purge day, the digestive fire (agni) is rekindled through rebuilding the diet slowly, beginning with rice porridge, rice and mung bean soup, broth soup and kitchari over the next 5-7 days.

### **Ghees, Herbs and Oils used:**

- Herbal Ghee (24 ozs) – *The main ghee used during the preparatory 5-7 days. The type of herbal ghee will depend on individual constitution and health condition.*
- Digestive Herbal Tea (60 grams) – *An herbal formula is used to stimulate digestion and metabolism during the preparatory ghee intake days.*
- Purgative Herbal Oil (4 ozs) – *An herbal formula in a base of castor oil is taken on the detox day.*
- Purge-assisting Herbal Tea (20 grams) – *An herbal tea is sipped on detox day to facilitate elimination of bowels.*

### **Procedure Cost:**

**\$700 new clients/ \$500 existing clients**

### **Program Includes:**

- **Initial Panchakarma Consultation:** To determine if this is the right option for you, and to review the process, what to expect and timeline. (60 minutes)
- **Ongoing Support** by email or phone throughout the entire process.
- **Follow-up Phone Call:** 30-minute follow-up call after completion of the program to debrief the process and outcomes, and to discuss next steps.
- **Two Ayurvedic Herbal Oil Body Massages**, on the last two days of ghee intake to facilitate movement of ama out of the tissues and into the digestive tract to be eliminated.
- **Ghee, Oil and Herbal Teas**, see above for description.
- **Step-by-Step Guide** that lays out the entire process, including recipes for rebuilding the diet post-procedure (*note that food items are not included in this package*).