

What is Panchakarma?

Ayurveda is the 5,000 year-old-art of physical, mental and emotional healing. Based on balances innate and unique to each individual, Ayurveda works at the deepest levels of life. An Ayurvedic practitioner uses a pulse technique to detect a client's specific constitution and causes of any deep-rooted physiological imbalances.



One of the therapies prescribed to restore wholeness is Panchakarma, a physiological cleansing and rejuvenating program for body, mind and consciousness. Panchakarma is comprised of five ("panch") actions ("karma") and is designed to facilitate the removal of deep-rooted stresses and toxins.

Ayurveda recommends these cleansing therapies up to three times a year in order to maintain well-being in healthy individuals or to restore balance in those experiencing illness. It is also given at the junction period between two seasons to help a person to prepare their internal environment for the oncoming season.

Panchakarma therapies have been shown to create measurable brain wave coherence, lower metabolic activity and enhance the immune system. They allow the body and mind to drop into a profound level of peacefulness. In this state of relaxation it is possible to cleanse toxins from tissues as well as to release deeply held emotional tensions.

Therapies include the use of steam, specialized oils and herbal preparations, individualized herbal oil massages and other therapeutic methods. Which procedures a patient is to receive is decided according to the season, climate, diet, emotional state of the patient, length of treatment and constitution.

Panchakarma treatment is beneficial to keep physically and mentally fit and energetic, prevent disease and promote long-term maintenance of health. It is a very special Ayurveda treatment requiring proper guidance from a highly trained Ayurvedic physician.

Dr. Aruna Patki is an Ayurvedic physician trained in India with more than 10 years of experience. For more info, contact 704-808-0708.

