



### ➤ *Ananda Panchakarma*

The traditional science of Ayurvedic Panchakarma offers the most natural and complete cleanse. It is the ideal method of *detoxifying* and *rejuvenating* the body and mind and healing from within.

The Panchakarma programme is for 21 nights and follows 3 distinct stages.

**Who is this programme for:** Deep cellular detox and for restoring the body's innate balance. Also for those experiencing diabetes, migraines, uncontrollable weight gain or chronic digestive issues.

The first stage is Purvakarma or pre-purification measures. Before purification begins, there is a need to prepare the body to aid toxin removal. The programme starts with improving digestion both at the cellular and gastrointestinal level through digestive juice stimulants (dipana), and digestants (pachana). This is followed by Snehapana or escalating consumption of medicated ghee for three to seven days, depending on the strength and nature of an individual.

Next is Snehana which is the application of oil to the entire body with a massage technique that helps toxins move towards the gastrointestinal tract. Alongside this is Svedana or therapeutic sweating and is given every day immediately following the Snehana.

The second stage consists of main panchakarma cleansing therapies which include Vamana (emesis), Virechana (Purgation), Kashaya Vasti (Decoction enema), Sneha vasti (medicated oil enema) and Nasyam (elimination of toxins through the nasal passages and para-nasal sinuses).

The third stage is Paschatkarma which focuses on special diets to rest and rejuvenate the cleansed system, along with natural herbal remedies to replenish the digestive enzymes and immune system. Lifestyle changes are prescribed following return from Ananda.

Panchakarma is a very special Ayurvedic procedure and requires proper guidance from a highly trained and skilful Ayurvedic practitioner. At Ananda, Panchakarma is performed under the supervision of our expert Ayurvedic doctors and customized for each guest with their specific constitution in mind.

While the sessions are a broad guideline of inclusions, Ananda's Panchakarma programme is customized for each individual based on age group, health conditions, constitution, gender and other factors like digestion, and existing toxin levels. Hence it is important to share a detailed medical history prior to the inception of the programme. Based on this assessment and with a detailed consultation on arrival, a customized programme is created by Ananda's Ayurvedic experts.

Panchakarma	Comprehensive	Intensive
Inclusions   Nights:	21	21
<b>THERAPIES</b>		
Ayurveda, Cleansing	34	54
<b>PERSONAL SESSIONS</b>		
Yoga, Pranayama, Meditation	9	9
<b>CONSULTATIONS</b>		
Pre-Stay Diagnostics, Ayurveda, Emotional Healing, Physiotherapy, Interim Assessments, Pre-Departure Briefing, Post stay follow up	10	10

\*Inclusions in the table above are shown as treatment hours. Actual timings of therapies, sessions and consultations can vary from 30 to 85 minutes

**Consultations with Lead Consultant** - Ayurvedic Doctor - on arrival, ongoing progress checks, debrief prior to departure, and post stay follow up consultation. Comprehensive and Intensive wellness programmes include consultations with Emotional Healer and Physiotherapist.

The inclusions shown above are indicative only and may be modified by the lead consultant after on-site assessment. The lead consultant may also recommend additional therapies and guidance by other modalities based on initial or ongoing assessments during the course of the programme.

