

# Complete Detox Panchakarma Chikitsa

## Treatment duration - 21 to 28 days

Panchakarma is an intensive cleansing treatment that follows the early texts of Ayurveda like Charaka Samhita. Panchakarma, which literally means five actions, is essentially about purification of the body. The five actions of Panchakarma according to Charaka Samhita are Vamana (induced vomiting), Virechana (purgation), Kashaya Vasti and Sneha Vasti (two kinds of medicated enemas) and Nasya (nasal medication). It is preceded by a preparatory process called Poorvakarma. At this stage the body is prepared for removing "toxins" first through Snehanam which make the body unctuous or oily internally and externally, and second through Swedanam which means therapeutic sweating. Once the preparatory stage is completed, the doctor will prescribe one or more of the 5 Panchakarma cleansing procedures depending on each individual's condition. The third and final stage of treatment is Samana or Paschatkarma where the patient undergoes corrective measures through medicines, moderate therapeutic treatments, appropriate diet and activities for the body and mind. On completion of the Panchakarma treatment, the imbalances that lead to diseases in the individual is stabilized and brought to equilibrium.

## Body Purification Shodhana Chikitsa

### Treatment duration - 14 to 21 days

Shodhana chikitsa is a body purification treatment that uses some of the panchakarma procedures. It is preceded by Purvakarma, a stage in which the body is prepared for toxin removal. To undergo a complete detox Panchakarma treatment, a minimum duration of 21 days is required.

## Treatment Process

### 1) DIAGNOSIS

Any treatment offered at CGH Earth Ayurveda begins with the three kinds of diagnostic procedures in keeping with the pure Ayurveda treatments. These are: 1) Darshana - Observing, 2) Sparshana physical examination and 3) Prasna - Interrogating. The Vaidya determines your Doshas or body constitution through extensive examination of the individual using these methods of diagnosis and accordingly arrive at a course of treatment.

### 2) TREATMENT PROCESS

#### A) Poorvakarma - Preparatory stage

During the preparatory stage, the body is prepared for removal of toxins through two methods namely Snehanam where the body is oiled internally and externally and Swedanam where the body undergoes therapeutic sweating. Depending on the medical condition and Doshas, the Vaidya will determine the course of cleansing processes. In some cases, there is a stage prior to Snehana called Rookshna - which literally means "drying" and is done to make the body's channels ready to absorb Sneha - oil.

## i) Snehanam

**Internal Oleation** - The body is made unctuous internally through drinking of medicated ghee (clarified butter). This helps to loosen and move the toxins towards the gastrointestinal tract. Medicated ghee consumed over 3-7 days with increasing dosage according to doctor's prescription with restricted diet is called Achapanam. The intake of medicated ghee with the normal diet is called Vicharana.

**External Oleation**- The body is massaged with medicated oil to make it unctuous or oily externally. This too aids in the removal of toxins. The different methods of oil application used are:

Uzhichil	Therapeutic oil application on the body
Dadhupushtiuzhichil	Therapeutic massage done to nourish the body with medicated oil
Chavituuzhichil	Therapeutic massage of vital points on the body

## ii) Swedanam

Here the body undergoes therapeutic sweating based on each individual's dominant dosha or body constitution and medical condition. There are different classifications for swedana therapies according to different texts. It can be broadly classified as Agnikruth ( therapeutic steam with direct heat) and Anagnikrutha ( therapeutic steam without any special apparatus)

### Agnikruth

- \* **Thapa** Hot water bag application, fomentation, applying heat from a hot stone or cloths etc.
- **Upanaha** Done by bandaging with medicines (used in some cases)
- **Drava**
  1. **Parishekam Pizhichil** (pouring of lukewarm oil), Dhanyamla dhara (pouring of specialfermented medicated water), Kashaya dhara-Pouring of decoction on the body
  2. **Avagaham** Sitting in a tub with hot medicated water
- **Ushama**
  1. **.Pinda Swedam:**
    - a. Podikizhi
    - b. Kashaya dhara -Pouring of decoction on the body
- **Ushama**
  1. **Pinda Swedam:**
    - a. Podikizhi -Therapeutic massaging with warm pouches containing herbal powders
    - b. Elakizhi Therapeutic massaging warm pouches containing different herbs & medicinal leaves
    - c. Narangakizhi Therapeutic massaging with warm pouches containing lemon, leaves & herbs
    - d. Dhanyamla kizhi - Therapeutic massaging using herbal pouches dipped in special herbal decoction called Dhanymla
    - e. Njavarkizhi Therapeutic massagng using pouches containing medicinal rice, milk & decoction
  2. **Kumbhi swedam:**
    - a. Steam bath
    - b. Nadi swedam - Local steam application through a hose, etc.

## **Anagnikruth**

This is done without using heat from any direct source. There are ten different types of Anagnikruth Swedanam and these include covering the body with a heavy blanket, sitting in a warm room for a particular duration of time, etc. Hot water bag application, fomentation, applying heat from a hot stone or cloths etc.

## **B) Shodana - Cleansing and Elimination stage**

Based on the doctor's diagnosis, one or more of the Panchakarma are given to the patient. This is the main stage of this treatment and is called Pradhanakarma.

1. Virechana - Therapeutic purging
2. Nasyam - Nasal cleansing
3. Vamana - Therapeutic vomiting
4. Kashayavasthi - Medicated enema
5. Snehavasthi - Medicated enema with oil

## **C) Samana or Paschatkarma - Corrective and Rejuvenation stage**

This is the third and final stage of the Panchakarma chikitsa. Moderate corrective and rejuvenating treatments are given to the patient to maintain the beneficial effects of the whole cleansing procedure. The right diet and lifestyle is also prescribed by the physician in order to maintain the benefits of the treatment. Reverting to the old ways of life and diet could worsen the condition by facilitating faster and easier accumulation of toxins. The doctor's prescribed course of action is designed to suit each body's unique needs and make-up and following the instructions in its entirety is mandatory to the healing process. Depending on each individual's condition, one or more of the treatments mentioned below are prescribed.

1. **Elakizhi** Therapeutic massaging with warm pouches containing different herbs and medicinal leaves. This helps reduce inflammation in the body and to strengthen muscles
2. **Narangakizhi** Therapeutic massaging with warm pouches containing lemon, leaves and herbs
3. **Dhanyakizhi** Therapeutic Massaging with pouches made with grains
4. **Njavarakizhi** Application of medicinal rice gruel contained in a pouch over the body. This will strengthen the muscles, skin, bone and joints
5. **Njavaratheppu** Application of medicinal rice paste. This treatment is more penetrating and is given for those who cannot take Najavarakizhi
  
6. **Pizhichil** Pouring of lukewarm oil on the body
7. **Kashaya dhara** Rhythmic pouring of medicated milk all over the body using a traditional vessel called kindi. This helps to pacify the dosha imbalance
8. **Thalapothichal** Application of medicated paste on the head. This treatment helps to calm the mind and is helpful in getting good sleep. With the right herbs, it is good for the hair also
9. **Thakradhara** Pouring of medicated buttermilk over the forehead in a continuous stream
10. **Ksheeradhara** Pouring of medicated milk on the forehead, body or both

## D) Upakarma or Supporting treatments

Doctor after diagnosis will determine if the patient requires supporting treatments mentioned below:

### 1. Netra Kalpana - Treatment for the eye

Sekam (pouring or herbal water over closed eye), Aschyothanam (Eye drops), Vidalakam (Applying paste on eyelid), Anjanam (applying medicine inside the eyelid) Tharpanam (keeping a pool of medicated ghee over the eye) etc.

### 2. Murdha Tailam - Treatment for the head and neck region

Sirodhara (pouring of oil over forehead), Pichu (keeping a piece of cotton soaked in oil over head) and Sirovasthy (keeping a pool of oil on the head within a contained area, for a prescribed time.)

### 3. Karna Kalpana - Treatment for the ear

- a. Karna poornam - Treatment for the ear by keeping oil inside ear
- b. Karnadhoopanam - Treatment for the ear by fumigation

### 4. Oral treatments

Gandoosham (Holding medicated oil in the mouth without swallowing), Kabalam (gargling with oil) and Prathisananam (applying paste inside the oral cavity).

### 5. Mukahalepam - Face treatment according to condition

**6. Vasthy Treatments** A treatment for a specific area of the body by keeping medicated oil for a prescribed duration is also called vasthy. The oil is prevented from flowing down by creating a boundary with black gram dough. Depending on the part of the body, there are different types like Kadeevasthy for lower back, Januvasthy for knee, Greevas vasthy for the neck and Prushta vasthy for back etc.

#### —Doctor's note—

The treatment procedures are determined according to each person's medical condition and doshas. All of the above mentioned treatments are not given to a person at one time. The doctor will also determine if additional treatments for other ailments are given to the patient.

## 3) MEDICINES

The therapeutic treatments are supported by internal herbal medicines. Following the traditional Ayurvedic principles, medicines, both for external and internal use, are prepared at the CGH Earth Ayurveda's healthcare facilities from organically grown local herbs at the herbal garden. These are freshly picked for use by the gardeners who care for them with love and attention. This enhances their effectiveness. The medicines are prepared at the Ayurveda kitchen based on hygienic and traditional practices. In fact, a well thought-out scientific principle is applied to the use of all these medicines which are prepared using intensive and lengthy procedures using select ingredients and with a lot of spiritual dedication. Their consumption as per the physician's instructions is very important and mandatory to the healing process. Specific medicines are also sourced from other reputed Ayurveda Pharmacies in Kerala.

**Internal medicines** used in Ayurvedic treatments typically include:

Kashayam - A herbal decoction

Choornam - A powdered medicine

Gulika - Tablets

Lehyam - Herbal Marmalades

Gritham - Medicated ghee

Arishtam/ Asavam - Fermented decoction

#### **External medicine – Massage oils or Thailas:**

Oils used as part of Panchakarma and other procedures are prepared with herbal decoction or fresh herbal juice. They are mixed with a medicinal herbal paste and sesame oil as the base and cooked together. This process is a long procedure taking up to 2-5 days to prepare ensuring the whole mix reaches a non-sticky stage after continuous stirring. The therapist massages this oil onto the skin making sure it is completely absorbed. This oil nourishes and regenerates the cells, stimulates the lymphatic system, releases the toxins and carries them to the surface of the skin. After treatment, the skin is washed with a paste made of chickpea and lentil flour.

## **4)FOOD**

Diet and lifestyle being core aspects of the Ayurvedic healing process, are integral to the treatment. There are many specific guidelines to be followed while consuming food as Ayurveda distinguishes six different tastes or Rasas which interact with the five elements in the body. Food is an intrinsic factor in balancing the bio-energies according to each individual's body constitution and the balance of five elements. Ayurveda also strongly recommends the consumption of fresh and organic food and encourages mindful or meditative eating by which the full essence of food can be assimilated by the body in an aware, fully engaged and respectful manner. At CGH Earth Ayurveda these basic principles are strictly followed with the doctor prescribing a specific diet for each person with the focus being on a Sattvic diet that has a corrective and revitalizing effect. The chef at the kitchen on his part closely follows the doctor's instructions for each individual's diet and accordingly prepares his meals using freshly plucked vegetable organically grown at the herb garden, which in turn is tended to with care by a staff tuned to the healing ethos.

## **5)YOGA & MEDITATION**

**Yoga** Yoga is an ancient Indian physical, mental and spiritual practice with the origins dating back to the 5th or 6th century BC. It means to 'integrate' 'combine' or 'unite' and it addresses ways of integrating the body, senses, life force, the mind and the consciousness. Yoga is thus used to complement the whole healing process of the treatment with the Hatha style which concentrates mainly on the practice of physical postures (Asanas) with an emphasis on meditation and Pranayama breathing techniques. This kind of yoga is accessible to all and is light so as to support the treatment process. There is no age limit and no previous knowledge or experience required. Each one is initially supported on an individual basis until he or she is ready to partake in the group exercises. This complete body and mind experience is aimed at improving your health and total well-being.

**Meditation** With Ayurveda's thrust on internal healing, meditation as a practice in disciplining the mind and the thinking process is made a core part of the treatment at CGH Earth Ayurveda. Meditation techniques are used to calm and relax both the mind and the body since both the mind and the body are closely tuned to each other. One of the effective techniques of meditation used here is the Candlelight Meditation in which a group sits around a burning candle and gazes at the flame for several minutes focusing on it as long as possible and praying together. This helps in gaining clarity, peace and positive energy.

## **6. SATSANG**

Satsang which can be translated as 'true company' (sat- true, sang- company) has always been one of the fundamental elements of Indian philosophy and it means: 1. Company of the highest truth, 2. The company of a Guru 3. An assembly of people which listens to, talks about and assimilates the truth. This involves listening to or reading the scriptures, reflecting on them, absorbing their meaning, understanding and discussing the meaning of certain words and integrating their significance into one's daily life. The idea of Satsang may be traced back to Rishis or ancient Indian spiritual masters such as Vedavyasa and Valmiki who explained their value in numerous ways. Satsangs are thus a significant aspect of the CGH Earth Ayurvedic treatments as they add the necessary uplifting edge to the whole recovery process by enhancing positive energy. Patients are therefore encouraged to partake of a rich cultural and spiritual offering including discourses, classical music and dance performances, Mantra chanting, candlelight meditation, Yoga discourses , Kalaripayattu demonstrations and doctors' talks during the treatment course.

# Stress Management - Manashanthi Chikitsa

## Treatment Duration - 14 to 28 days

Literally meaning mental peace, treatments for stress management work to relieve the ill-effects that come from the burden of mental strain-stress, insomnia, lack of concentration, fatigue and headaches, and help in improving your mental health. The treatment course for Manashanti chikitsa/treatment follows the 3 stages, Poorvakarma- preparatory phase, Shodana - cleansing or eliminating phase and finally Samana which is the corrective and rejuvenation phase.

During the first stage, the body is prepared for removing toxins through Snehanam- internal and external oleation, followed by Swedanam -therapeutic sweating. Once the body is prepared, the doctor will determine the cleansing or panchakarma treatment based on each individual's body constitution and medical condition. These two stages of treatment will ensure that the imbalances in the doshas (body constitution) are stabilized. The third and final stage of treatment is Samana or Paschatkarma where the body is slowly brought out of the intense cleansing and elimination stage by giving corrective medicines and moderate therapeutic treatments, appropriate diet and yoga aasanas to correct and rejuvenate the body.

## TREATMENT PROCESS

### 1. DIAGNOSIS

Any treatment offered at CGH Earth Ayurveda begins with the three kinds of diagnostic procedures in keeping with the pure Ayurveda treatments. These are: 1. Darshana – Observing 2. Sparshana - Palpating and 3. Prasna - Interrogating. The Vaidya determines your Doshas or body constitution through extensive examination of your body using these methods of diagnosis and accordingly arrive at a course of treatment.

### 2. TREATMENT COURSE

#### a) Poorvakarma - preparatory stage

During the preparatory stage, the body is prepared for removal of toxins through two methods namely Snehanam where the body is oleated internally and externally and Swedanam where the body undergoes therapeutic sweating. Depending on medical condition and Doshas, the Vaidya will determine the course of cleansing processes. In some cases there is a stage prior to Snehana called Rookshna - literally means "drying" which is done to make body's channels ready to absorb Sneha - oil.

#### i) Snehanam:

**Internal Oleation** - The body is made unctuous internally through drinking of medicated ghee (clarified butter). This helps to loosen and move the toxins towards the gastrointestinal tract. Medicated ghee Consumed over 3-7 days with increasing dosage according to doctor's prescription with restricted diet is called Achapanam. The intake of medicated ghee with the normal diet is called Vicharana.

**External Oleation of the body**- The body is massaged with medicated oil to make it unctuous or oily externally. This too aids in the removal of toxins.

The different methods of oil application used are:

### **External Oleation of the body**

1. Uzhichil : Therapeutic oil application on the body
2. Dadhupushtiuzhichil- Therapeutic massage done to nourish body with medicated oil
3. Chavituuzhichil - The therapists perform deep tissue oil massage using their feet
4. Pizhichil - Oil pouring treatment

### **External Oleation of the head**

1. Sirodhara                      Medicated oil is poured over the head
2. Sirovasthi -                      Medicated oils contained within a column are kept on the head over a prescribed time.
3. Siropichu                      In this procedure medicated oil is retained over the head by a method using a cotton cloth soaked in oil and wrapped around the head.

## **ii) Swedanam**

### **Drava**

1. Parishekam - Pizhichil (pouring of lukewarm oil), Dhanyamla dhara (pouring of special fermented medicated water), Kashaya dhara - Pouring of decoction on the body
2. Avagaham - Sitting in a tub with hot medicated water

### **Ushama**

1. Pinda Swedam
  - a. Podikizhi - Therapeutic massaging with warm pouches containing herbal powders
  - b. Elakizhi - Therapeutic massaging with warm pouches containing different herbs & medicinal leaves
  - c. Narangakizhi - Therapeutic massaging with warm pouches containing lemon, leaves and herbs
  - d. Dhanyamla kizhi                      Therapeutic massaging using herbal pouches dipped in special herbal decoction called dhanymla
  - e. Njavarkizhi                      Therapeutic massaging using pouches containing medicinal rice, milk and decoction

### **Kumbhi swedam**

1. Steam bath
2. Nadi swedam - Local steam application through a hose etc.

## **b). Shodana - Cleansing and Elimination process**

Shodanam means elimination. In Manashanthi, Shodana helps in elimination of the accumulated toxins in the body. Due to prolonged phase of stress, body responds by producing various stress hormones. These hormones may cause damaging effects on the whole body. For Shodhana we use any of the Panchakarma techniques below as per the patient's condition.

1. Virechana - Therapeutic purging
2. Nasyam - Nasal cleansing
3. Vamana - Therapeutic vomiting
4. Kashayavasthi - Medicated enema
5. Snehavasthi - Medicated enema with oil



### **c) Samana or Paschatkarma- The Corrective and Rejuvenation stage**

This is the third and final stage of the Manashanthi chikitsa. Moderate corrective and rejuvenating treatments are given to the patient to maintain the beneficial effects of the whole cleansing procedure. The right diet and lifestyle is also prescribed by the physician in order to maintain the benefits of the treatment. Reverting to the old ways of life and diet could worsen the condition by facilitating faster and easier accumulation of toxins. The doctor's prescribed course of action is designed to suit each body's unique needs and make-up and following the instructions in its entirety is mandatory to the healing process. Depending on each individual's condition, one or more of the treatments mentioned below are prescribed:

1. **Sirodhara** Pouring of medicated oil on the forehead
2. **Nasyam** Here nasal medication is used for cleansing and nourishment
3. **Thalam** A herbal decoction is applied to crown of the head which helps in relaxing the mind
4. **Kashaya dhara** Rhythmic pouring of decoction or medicated milk all over the body using a traditional vessel called kindi. This helps to pacify the dosha imbalance
5. **Njavarakizhi** Application of medicinal rice gruel contained in a pouch over the body. This is helpful to nourish the tissues and reduce stress in the body.
6. **Njavaratheppu** Application of medicinal rice paste on the body. This treatment is more penetrating and is given for those who cannot take Najavarakizhi
7. **Thalapothichal** Application of medicated paste on the head. This treatment helps to calm the mind and is helpful in getting good sleep. With the right herbs, it is good for the hair also. Please note; for light coloured hair, there can be a slight discoloration due to this treatment, which is temporary. Please inform the doctor if you use artificial colour.
8. **Thakradhara** Pouring of medicated buttermilk over the forehead in a continuous stream. This also helps in calming the mind. By using appropriate herbs this treatment is also used to cure skin problems caused by stress

*—Doctor's note—*

*The treatment procedures are determined according to each person's medical condition and doshas. All of the above mentioned treatments are not given to a person at one time. Additional treatments for other ailments are given to the patient as per the doctor's diagnosis.*

### **3. MEDICINES**

The therapeutic treatments are supported by special internal herbal medicines. Following the traditional Ayurvedic principles, medicines, both for external and internal use, are prepared at the CGH Earth Ayurveda's healthcare facilities from organically grown local herbs at the herbal garden. These are freshly picked for use by the gardeners who care for them with love and attention. This enhances their effectiveness. The medicines are prepared at the Ayurveda kitchen based on hygienic and traditional practices. In fact, a well thought-out scientific principle is applied to the use of all these medicines which are prepared using intensive and lengthy procedures using select ingredients and with a lot of spiritual dedication. Their consumption as per the physician's instructions is very important and mandatory to the healing process. Specific medicines are also sourced from other reputed Ayurveda Pharmacies in Kerala.

**Internal medicines used in Ayurvedic treatments typically include:**

Kashayam	A herbal decoction
Choornam	A powdered medicine
Gulika	Tablets
Lehyam	Herbal Paste
Gritham	Medicated ghee
Arishtam / Asavam	Fermented decoction

**External medicine – Oils or Thailas:**

Oils used as part of Panchakarma and other procedures are prepared with herbal decoction or fresh herbal juice. They are mixed with a medicinal herbal paste and sesame oil as the base and cooked together. This process is a long procedure taking up to 2-5 days to prepare ensuring the whole mix reaches a non-sticky stage after continuous stirring. The therapist massages this oil onto the skin making sure it is completely absorbed. This oil nourishes and regenerates the cells, stimulates the lymphatic system, releases the toxins and carries them to the surface of the skin. After treatment, the skin is washed with a paste made of chicken pea and lentil flour.

#### 4. Food (Same as above)

Diet and lifestyle being core aspects of the Ayurvedic healing process, are integral to the treatment. There are many specific guidelines to be followed while consuming food as Ayurveda distinguishes six different tastes or Rasas which interact with the five elements in the body. Food is an intrinsic factor in balancing the bio-energies according to each individual's body constitution and the balance of five elements. Ayurveda also strongly recommends the consumption of fresh and organic food and encourages mindful or meditative eating by which the full essence of food can be assimilated by the body in an aware, fully engaged and respectful manner. As part of the Manashanthi treatment at CGH Earth Ayurveda, these basic principles are strictly followed with the doctor prescribing a Sattvic diet for each person, which has a corrective and revitalizing effect. The chef at the kitchen on his part closely follows the doctor's instructions for each individual's diet and accordingly prepares his meals using freshly plucked vegetable organically grown at the herb garden, which in turn is tended to with care by a staff tuned to the healing ethos.

#### 5. Yoga & Meditation (Same as above)

**Yoga** Yoga is an ancient Indian physical, mental and spiritual practice with the origins dating back to the 5th or 6th century BC. It means to 'integrate' 'combine' or 'unite' and it addresses ways of integrating the body, senses, life force, the mind and the consciousness. Yoga is thus used to complement the Manashanthi treatment at CGH Earth Ayurveda with slow and steady aasanas that give absolute control of the mind and help to sharpen it. This kind of yoga is accessible to all and is light so as to support the treatment process. There is no age limit and no previous knowledge or experience required. Each one is initially supported on an individual basis until he or she is ready to partake in the group exercises. This complete body and mind experience is aimed at improving your health and total well-being.

**Meditation** With Ayurveda's thrust on internal healing, meditation as a practice in disciplining the mind and the thinking process is made a core part of the treatment at CGH Earth Ayurveda. Meditation techniques are used to calm and relax both the mind and the body since both the mind and the body are closely tuned to each other. One of the effective techniques of meditation used here is the Candlelight Meditation in which a group sits around a burning candle and gazes at the flame for several minutes focusing on it as long as possible and praying together. The focus here is on controlling the mind. Initially, the patient may find it difficult to concentrate and may even get a little disturbed. But with a few days of practice, he or she will be able to focus better. This meditation and breathing exercise - Pranayama – has a calming and rejuvenating effect.

## 6. Satsang

Satsang which can be translated as 'true company' (sat- true, sang- company) has always been one of the fundamental elements of Indian philosophy and it means: 1. Company of the highest truth, 2. The company of a Guru 3. An assembly of people which listens to, talks about and assimilates the truth. This involves listening to or reading the scriptures, reflecting on them, absorbing their meaning, understanding and discussing the meaning of certain words and integrating their significance into one's daily life. The idea of Satsang may be traced back to Rishis or ancient Indian spiritual masters such as Vedavyasa and Valmiki who explained their value in numerous ways. Satsangs are thus a significant aspect of the CGH Earth Ayurvedic treatments as they add the necessary uplifting edge to the whole recovery process by enhancing positive energy. Patients are therefore encouraged to partake of a rich cultural and spiritual offering including discourses, classical music and dance performances, Mantra chanting, candlelight meditation, Yoga discourses, Kalaripayattu demonstrations and doctors' talks during the treatment course.

# Weight Management-Sthoulyaghna Chikitsa

## Treatment Duration - 14 to 28 days

This Ayurvedic treatment for weight management works by increasing metabolism, which will help in utilizing the fat and increasing the body's vitality so that less fat is accumulated in the body. It is essentially about purification of the body by eliminating excess cellulite deposits and preventing the body from disease.

## Treatment Process

### 1. Diagnosis

Any treatment offered at CGH Earth Ayurveda begins with the three kinds of diagnostic procedures in keeping with the pure Ayurveda treatments. These are: 1. Darshana – Observing 2. Sparshana - Palpating and 3. Prasna - Interrogating. The Vaidya determines your Doshas or body constitution through extensive examination of your body using these methods of diagnosis and accordingly arrive at a course of treatment

### 2. Treatment Course

#### A) Rookshana- Pre-preparatory stage

During the first stage, the patient undergoes a treatment called Rookshana which means drying. This process helps to improve the metabolism, reduce heaviness and prepares the body for the next stage of Snehanam (oleation).

#### B) Poorvakarma- Preparatory stage

Here the body is prepared for removal of toxins through two methods namely Snehanam, where the body is oledated internally and externally, and Swedanam, where the body undergoes therapeutic sweating. Depending on the medical condition and Doshas, the Vaidya will determine the course of cleansing processes.

##### i) Snehanam:

**Internal Oleation** - The body is made unctuous internally through drinking of medicated ghee (clarified butter). This helps to loosen and move the toxins towards the gastrointestinal tract. Medicated ghee consumed over 3-7 days with increasing dosage according to doctor's prescription with restricted diet is called Achapanam. The intake of medicated ghee with the normal diet is called Vicharana.

**External Oleation of the body-** The body is massaged with medicated oil to make it unctuous or oily externally. This too aids in the removal of toxins. The different methods of oil application used are:

#### External Oleation of the body

1. Uzhichil Therapeutic oil application on the body
2. Dadhupushtiuzhichil Therapeutic massage done to nourish the body with medicated oil
3. Chavituuzhichil The therapists perform deep tissue oil massage using their feet
4. Pizhichil Oil pouring treatment

### **External Oleation of the head**

1. Sirodhara Medicated oil is poured over the head
2. Sirovasthi Medicated oils contained within a column are kept on the head over a prescribed time.

### **ii) Swedanam**

The body undergoes therapeutic sweating based on each individual's dominant dosha or body constitution and medical condition. There are different classifications for Swedana therapies according to different texts. The commonly used Swedanam is Drava and Ushama classified under Agnikruth (therapeutic sweating with direct heat.)

#### **Drava**

1. Parishekam Pizhichil (pouring of lukewarm oil), Dhanyamla dhara (pouring of special fermented medicated water), Kashaya dhara - Pouring of decoction on the body
2. Avagaham Sitting in a tub with hot medicated water

#### **Ushama**

1. Pinda Swedam
  - a. Podikizhi Therapeutic massaging with warm pouches containing herbal powders
  - b. Elakizhi Therapeutic massaging with warm pouches containing different herbs, medicinal leaves
  - c. Narangakizhi Therapeutic massaging with warm pouches containing lemon, leaves and herbs
  - d. Dhanyamla kizhi Therapeutic massaging using herbal pouches dipped in special herbal decoction called dhanymla
  - e. Njavarkizhi Therapeutic massaging using pouches containing medicinal rice, milk and decoction
2. Kumbhi swedam
  1. Steam bath
  2. Nadi swedam - Local steam application through a hose etc.

### **iii) Shodana (Elimination stage)**

Shodana means elimination. In Sthoulyaghna Chikitsa, Shodana involves a remedial system to cure chronic pathology and long-term ailments through cleansing of the body. Through Shodana the cellulite deposits are utilized and hormonal imbalances are corrected. The doctor will prescribe one or more of the following treatments, depending on the patient's condition, for Sthoulyaghana chikitsa:

1. Virechana - Therapeutic purging
2. Nasyam - Nasal cleansing
3. Vamana - Therapeutic vomiting
4. Kashayavasthi - Medicated enema
5. Snehavasthi - Medicated enema with oil

#### **iv) Samana or Paschatkarma Corrective and Rejuvenation stage**

This is the third and final stage of the Sthoulyaghana Chikitsa. Moderate intensity treatments are given to the patient to maintain the beneficial effects of the whole cleansing procedure. The right diet and lifestyle is also prescribed by the physician in order to maintain the benefits of the treatment. Lifestyle correction is the most important part of weight management. The doctor's prescribed course of action is designed to suit each body's unique needs and make-up and following the instructions in its entirety is mandatory to the healing process. Depending on each individual's condition, the treatments mentioned below may be prescribed:

1. Dhanyamal Dhara            Fermented herbal water is poured repeatedly over the body. This helps to reduce the fat deposits in the body and also uses the joint and muscular pains in the body
2. Dhanyamal Kizhi            Therapeutic sweating induced by using herbal pouches dipped in fermented herbal water and massaged over the body
3. Udwarthana                Dry powder massage to reduce cellulite deposits
  - a. Thakradhara -            Pouring of medicated butter milk which is used to correct hormonal imbalances
  - b. Elakizhi                Treatment to reduce inflammation in the body and to strengthen muscles. This help to reduce the damage caused to the muscles and connective tissue caused by bearing excessive weight
  - c. Lekhaneeyam            Herbal paste application to reduce cellulite deposits
  - d. Chavitty Uzhichil        Deep massaging the body with the feet of the therapist; this helps stimulate the body

#### **Doctor's note—**

**The treatment procedures are determined according to each person's medical condition and doshas. All of the above mentioned treatments are not given to a person at one time. Additional treatments for other ailments are given to the patient based on the doctor's diagnosis.**

### **3. Medicines**

The therapeutic treatments are supported by special internal herbal medicines. Following the traditional Ayurvedic principles, medicines, both for external and internal use, are prepared at the CGH Earth Ayurveda's healthcare facilities from organically grown local herbs at the herbal garden. These are freshly picked for use by the gardeners who care for them with love and attention. This enhances their effectiveness. The medicines are prepared at the Ayurveda kitchen based on hygienic and traditional practices. In fact, a well thought-out scientific principle is applied to the use of all these medicines which are prepared using intensive and lengthy procedures using select ingredients and with a lot of spiritual dedication. Their consumption as per the physician's instructions is very important and mandatory to the healing process. Specific medicines are also sourced from other reputed Ayurveda Pharmacies in Kerala.

### **Internal medicines used in Ayurvedic treatments typically include:**

Kashayam	A herbal decoction
Chooranam	A powdered medicine
Gulika	Tablets
Lehyam	Herbal Paste
Gritham	Medicated ghee
Arishtam/ Asavam	Fermented decoction

### **External medicine – Oils or Thailas:**

Oils used as part of Panchakarma and other procedures are prepared with herbal decoction or fresh herbal juice. They are mixed with a medicinal herbal paste and sesame oil as the base and cooked together. This process is a long procedure taking up to 2-5 days to prepare ensuring the whole mix reaches a non-sticky stage after continuous stirring. The therapist massages this oil onto the skin making sure it is completely absorbed. This oil nourishes and regenerates the cells, stimulates the lymphatic system, releases the toxins and carries them to the surface of the skin. After treatment, the skin is washed with a paste made of chickpea and lentil flour.

## **4. Food**

Diet and lifestyle being core aspects of the Ayurvedic healing process, are integral to the treatment. There are many specific guidelines to be followed while consuming food as Ayurveda distinguishes six different tastes or Rasas which interact with the five elements in the body. Food is an intrinsic factor in balancing the bio-energies according to each individual's body constitution and the balance of five elements. Ayurveda also strongly recommends the consumption of fresh and organic food and encourages mindful or meditative eating by which the full essence of food can be assimilated by the body in an aware, fully engaged and respectful manner. At CGH Earth Ayurveda these basic principles are strictly followed with the doctor prescribing a specific diet for each person with the focus being on a Sattvic diet that has a corrective and revitalizing effect. The chef at the kitchen on his part closely follows the doctor's instructions for each individual's diet and accordingly prepares his meals using freshly plucked vegetable organically grown at the herb garden, which in turn is tended to with care by a staff tuned to the healing ethos. The essential focus of this treatment is on low calorie filling food and discouraging dramatic fasting, eating and weight loss.

## **5. Yoga & Meditation**

Yoga is an ancient Indian physical, mental and spiritual practice with the origins dating back to the 5th or 6th century BC. It means to 'integrate' 'combine' or 'unite' and it addresses ways of integrating the body, senses, life force, the mind and the consciousness. Yoga is thus used to complement the whole healing process of this treatment with the Hatha style which concentrates mainly on the practice of physical postures (Asanas) with an emphasis on meditation and Pranayama breathing techniques and no excessive or strenuous exercise or asanas. The focus is on the slow building up of physical capacity. This complete body and mind experience is aimed at improving your health and total well-being. This kind of yoga is accessible to all and is light so as to support the treatment process. There is no age limit and no previous knowledge or experience required. Each one is initially supported on an individual basis until he or she is ready to partake in the group exercises. This complete body and mind experience is aimed at improving your health and total well-being.

## Meditation

With Ayurveda's thrust on internal healing, meditation as a practice in disciplining the mind and the thinking process is made a core part of the treatment at CGH Earth Ayurveda. Meditation techniques are used to calm and relax both the mind and the body since both the mind and the body are closely tuned to each other. One of the effective techniques of meditation used here is the Candlelight Meditation in which a group sits around a burning candle and gazes at the flame for several minutes focusing on it as long as possible and praying together. This helps in gaining clarity, peace and positive energy.

## 6. Satsang

Satsang which can be translated as 'true company' (sat- true, sang- company) has always been one of the fundamental elements of Indian philosophy and it means: 1. Company of the highest truth, 2. The company of a Guru 3. An assembly of people which listens to, talks about and assimilates the truth. This involves listening to or reading the scriptures, reflecting on them, absorbing their meaning, understanding and discussing the meaning of certain words and integrating their significance into one's daily life. The idea of Satsang may be traced back to Rishis or ancient Indian spiritual masters such as Vedavyasa and Valmiki who explained their value in numerous ways. Satsangs are thus a significant aspect of the CGH Earth Ayurvedic treatments as they add the necessary uplifting edge to the whole recovery process by enhancing positive energy. Patients are therefore encouraged to partake of a rich cultural and spiritual offering including discourses, classical music and dance performances, Mantra chanting, candlelight meditation, Yoga discourses , Kalaripayattu demonstrations and doctors' talks during the treatment course .



# Rasayana Chikitsa - Ayurveda Immunity Boosting Treatment Duration starting at 14 days.

- **Post-COVID Health Rehabilitation**
- **Treatment Duration starting at 21 days**
- **Preventive Health Care: Cleansing and Rejuvenation**
- **Treatment Duration starting from 14 days**

**Rasayana Chikitsa** is a holistic treatment for cleansing, rejuvenation and regeneration of all cells and tissues, for mental well-being, intellect and boosting of immune system. Rasayana treatments are done for those who have low immune system and lack vitality. There are two reasons for this treatment: one is to help diseased person get back to normalcy and the other is help a normal person enjoy enhanced vitality, immunity and intellect. This treatment starts with a two-week process of cleansing to eliminate toxins. It is only after this that the rejuvenation treatments start along with the specific medicines and diet. The aim is to arrest the degeneration of body cells and increase immunity. In fact, the treatment helps to keep individuals free from diseases even at an advanced age. During the first stage, the body is prepared for removing toxins through Snehnam, which involves making the body unctuous or oily internally and externally, and through Swedanam which means therapeutic sweating. Afterward Shodhana or elimination is done by appropriate Panchakarma techniques. By making the patient undergo these treatments, his doshas (body constitution) and its imbalances are stabilized before the rejuvenation process is started. During the rejuvenation stage treatments are given to improve vitality.

## Treatment Process

### 1. DIAGNOSIS

Any treatment offered at CGH Earth Ayurveda begins with the three kinds of diagnostic procedures in keeping with the pure Ayurveda treatments. These are: 1. Darshana – Observing 2. Sparshana - Palpating and 3. Prasna - Interrogating. The Vaidya determines your Doshas or body constitution through extensive examination of your body using these methods of diagnosis and accordingly arrive at a course of treatment

### 2. TREATMENT COURSE

#### a). Poorvakarma - Preparatory stage

During the preparatory stage, the body is prepared for removal of toxins through two methods namely Snehnam where the body is oiled internally and externally and Swedanam where the body undergoes therapeutic sweating. Depending on the medical condition and Doshas, the Vaidya will determine the course of cleansing processes. The first stage that involves preparatory, cleansing and elimination in Rasayana Chikitsa called Poorvakarma can take up to 14 days.

## i) Snehanam

**Internal Oleation** - The body is made unctuous internally through drinking of medicated ghee (clarified butter). This helps to loosen and move the toxins towards the gastrointestinal tract. Medicated ghee consumed over 3-7 days with increasing dosage according to doctor's prescription with restricted diet is called Achapanam. The intake of medicated ghee with the normal diet is called Vicharana. For treatment at our healthcare centers, Achapanam method is mostly followed.

**External Oleation of the body** - body is massaged with medicated oil to make it unctuous or oily externally. This treatment aids in the removal of toxins. Different methods of oil application used are:

Uzhichil	Therapeutic oil application on the body
Dadhupushtiuzhichil	Therapeutic massage done to nourish the body with medicated oil
Kalariuzhichil	Therapeutic massage of vital points on the body

## ii) Swedanam

Here the body undergoes therapeutic sweating based on each individual's dominant dosha or body constitution and medical condition. There are different classifications for Swedanam therapies according to different texts. It can be broadly classified as Agnikruth (therapeutic steam with direct heat) and Anagnikrutha (therapeutic steam without any special apparatus).

### Agnikruth -

#### Drava

1. Parishekam
  - a. Pizhichil (pouring of lukewarm oil), Dhanyamla dhara (pouring of special fermented medicated water)
  - b. Kashaya dhara - Pouring of decoction on the body
  - c. Narangakizhi - Therapeutic massaging with warm pouches containing lemon, leaves and herbs
  - d. Dhanyamla kizhi - Therapeutic massaging using herbal pouches dipped in special herbal decoction called Dhanymla

#### • Ushama

##### 1. Pinda Swedam:

- a. Podikizhi - Therapeutic massaging with warm pouches containing herbal powders
- b. Elakizhi - Therapeutic massaging with warm pouches containing different herbs and medicinal leaves
- c. Narangakizhi - Therapeutic massaging with warm pouches containing lemon, leaves and herbs
- d. Dhanyamla kizhi - Therapeutic massaging using herbal pouches dipped in special herbal decoction called Dhanymla
- e. Njavarkizhi - Therapeutic massaging using pouches containing medicinal rice, milk and decoction

##### 2. Kumbhi swedam:

- a. Steam bath
- b. Nadi swedam - Local steam application through a hose, etc.

### Anagnikruth

This is done without using heat from any direct source. There are ten different types of Anagnikruth Swedanam and these include covering the body with a heavy blanket, sitting in a warm room for a particular duration of time, etc. Hot water bag application, fomentation, applying heat from a hot stone or cloths etc.

## B) SHODANA - Cleansing and Elimination stage

Shodanam means elimination. In Rasayana Chikitsa, the shodanam involves a remedial system to cure chronic diseases and long-term ailments through cleansing of the body. Through Shodana the toxic deposits are eliminated. The doctor will prescribe one or more of the following Panchakarma treatments to the patient:

1. Virechana - Therapeutic purging
2. Nasyam - Nasal cleansing
3. Vamana - Therapeutic vomiting
4. Kashayavasthi - Medicated enema
5. Snehavasthi - Medicated enema with oil

## C) Samana or Paschatkarma Rejuvenation stage

This is the third and final stage of the Rasayana chikitsa. Moderate corrective and rejuvenating treatments are given to the patient to maintain the beneficial effects of the whole cleansing procedure. The right diet and lifestyle is also prescribed by the physician in order to maintain the benefits of the treatment. Reverting to the old ways of life and diet could worsen the condition by facilitating faster and easier accumulation of toxins. The doctor's prescribed course of action is designed to suit each body's unique needs and make-up and following the instructions in its entirety is mandatory to the healing process. Depending on each individual's condition, one or more of the treatments mentioned below are prescribed:

1. **Dhathupushty Uzhichil** This therapeutic massage with special strokes is designed to nourish body with medicated oil
2. **Elakizhi** Therapeutic massaging with warm pouches containing different herbs and medicinal leaves. This helps reduce inflammation in the body and to strengthen muscles
3. **Kashaya dhara** Rhythmic pouring of decoction or medicated milk all over the body using a traditional vessel called kindi. This helps to pacify the dosha imbalance
4. **Njavarakizhi** Application of medicinal rice gruel contained in a pouch over the body. This will strengthen the muscles, skin, bone and joints
5. **Njavaratheppu** Application of medicinal rice paste. This treatment is more penetrating and is given for those who cannot take Najavarakizh
6. **Sarvanga Kshiradhara** Pouring of medicated milk to repair Vata and Pitta imbalance
7. **Pizhichil** Pouring of lukewarm oil on the body
8. **Thalapothichal** Application of medicated paste on the head. This treatment helps to calm the mind and is helpful in getting good sleep. With the right herbs, it is good for the hair also
9. **Thakradhara** Pouring of medicated buttermilk over the forehead in a continuous stream
10. **Ksheeradhara** Pouring of medicated milk on the forehead, body or both

## D) Upakarma or Supporting treatments

The doctor after diagnosis will determine if the patient requires supporting treatments mentioned below

### 1. Netra Kalpana - Treatment for the eye

Sekam (pouring or herbal water over closed eye), Aschyothanam (Eye drops), Vidalakam (Applying paste on eyelid), Anjanam (applying medicine inside the eyelid) Tharpanam (keeping a pool of medicated ghee over the eye) etc.

### 2. Murdha Tailam - Treatment for the head and neck region

Sirodhara (pouring of oil over forehead), Pichu (keeping a piece of cotton soaked in oil over head) and Sirovasthy (keeping a pool of oil on the head within a contained area, for a prescribed time.)

### 3. Karna Kalpana - Treatment for the ear

a. Karna poornam - Treatment for the ear by keeping oil inside ear

b. Karnadhoopanam - Treatment for the ear by fumigation

4. Oral treatments Gandoosham (Holding medicated oil in the mouth without swallowing), Kabalam (gargling with oil) and Prathisananam (applying paste inside the oral cavity).

5. Mukahalepam Face treatment according to condition

6. Vasthy Treatments A treatment for a specific area of the body by keeping medicated oil for a prescribed duration is also called vasthy. The oil is prevented from flowing down by creating a boundary with black gram dough. Depending on the body part, there are different types like Kadeevasthy for lower back, Januvasthy for knee, Greevas vasthy for the neck and Prushta vasthy for back etc.

*–Doctor's note–*

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## 3.MEDICINES

The therapeutic treatments are supported by special internal herbal medicines. Following the traditional Ayurvedic principles, medicines, both for external and internal use, are prepared at the CGH Earth Ayurveda's healthcare facilities from organically grown local herbs at the herbal garden. These are freshly picked for use by the gardeners who care for them with love and attention. This enhances their effectiveness. The medicines are prepared at the Ayurveda kitchen based on hygienic and traditional practices. In fact, a well thought-out scientific principle is applied to the use of all these medicines which are prepared using intensive and lengthy procedures using select ingredients and with a lot of spiritual dedication. Their consumption as per the physician's instructions is very important and mandatory to the healing process. Specific medicines are also sourced from other reputed Ayurveda Pharmacies in Kerala.

## **Internal medicines used in Ayurvedic treatments typically include:**

Kashayam - A herbal decoction

Choornam - A powdered medicine

Gulika - Tablets

Lehyam - Herbal Paste

Gritham - Medicated ghee.

Arishtam/ Asavam -Fermented decoction

## **External medicine – Oils or Thailas:**

Oils used as part of Panchakarma and other procedures are prepared with herbal decoction or fresh herbal juice. They are mixed with a medicinal herbal paste and sesame oil as the base and cooked together. This process is a long procedure taking up to 2-5 days to prepare ensuring the whole mix reaches a non-sticky stage after continuous stirring. The therapist massages this oil onto the skin making sure it is completely absorbed. This oil nourishes and regenerates the cells, stimulates the lymphatic system, releases the toxins and carries them to the surface of the skin. After treatment, the skin is washed with a paste made of chicken pea and lentil flour. Continuation of the prescribed medication even after the treatment is recommended.

## **4. Food**

Diet and lifestyle being core aspects of the Ayurvedic healing process, are integral to the treatment. There are many specific guidelines to be followed while consuming food as Ayurveda distinguishes six different tastes or Rasas which interact with the five elements in the body. Food is an intrinsic factor in balancing the bio-energies according to each individual's body constitution and the balance of five elements. Ayurveda also strongly recommends the consumption of fresh and organic food and encourages mindful or meditative eating by which the full essence of food can be assimilated by the body in an aware, fully engaged and respectful manner. At CGH Earth Ayurveda these basic principles are strictly followed with the doctor prescribing a specific diet for each person with the focus being on a Sattvic diet that has a corrective and revitalizing effect. The chef at the kitchen on his part closely follows the doctor's instructions for each individual's diet and accordingly prepares his meals using freshly plucked vegetable organically grown at the herb garden, which in turn is tended to with care by a staff tuned to the healing ethos.

## **5. Yoga & Meditation**

**Yoga** Yoga is an ancient Indian physical, mental and spiritual practice with the origins dating back to the 5th or 6th century BC. It means to 'integrate' 'combine' or 'unite' and it addresses ways of integrating the body, senses, life force, the mind and the consciousness. Yoga is thus used to complement the whole healing process of the treatment with the Hatha style which concentrates mainly on the practice of physical postures (Asanas) with an emphasis on meditation and Pranayama breathing techniques. This kind of yoga is accessible to all and is light so as to support the treatment process. There is no age limit and no previous knowledge or experience required. Each one is initially supported on an individual basis until he or she is ready to partake in the group exercises. This complete body and mind experience is aimed at improving your health and total well-being.

## **Meditation**

With Ayurveda's thrust on internal healing, meditation as a practice in disciplining the mind and the thinking process is made a core part of the treatment at CGH Earth Ayurveda. Meditation techniques are used to calm and relax both the mind and the body since both the mind and the body are closely tuned to each other. One of the effective techniques of meditation used here is the Candlelight Meditation in which a group sits around a burning candle and gazes at the flame for several minutes focusing on it as long as possible and praying together. This helps in gaining clarity, peace and positive energy.

## **6. Satsang**

Satsang which can be translated as 'true company' (sat- true, sang- company) has always been one of the fundamental elements of Indian philosophy and it means: 1. Company of the highest truth, 2. The company of a Guru, 3. An assembly of people which listens to, talks about and assimilates the truth. This involves listening to or reading the scriptures, reflecting on them, absorbing their meaning, understanding and discussing the meaning of certain words and integrating their significance into one's daily life. The idea of Satsang may be traced back to Rishis or ancient Indian spiritual masters such as Vedavyasa and Valmiki who explained their value in numerous ways. Satsangs are thus a significant aspect of the CGH Earth Ayurvedic treatments as they add the necessary uplifting edge to the whole recovery process by enhancing positive energy. Patients are therefore encouraged to partake of a rich cultural and spiritual offering including discourses, classical music and dance performances, Mantra chanting, candlelight meditation, Yoga discourses, Kalaripayattu demonstrations and doctors' talks during the treatment course

# Specific Ailments & Conditions

*(Individual treatment will be decided solely by the Vaidya, as per the individual's requirement, after an extensive consultation process.)*

Prameha Chikitsa – Diabetes Management  
Annavaha srotho dushty – Gastro intestinal disorders  
Hrudroga – Cardiovascular disorders  
Kamila and Yakruth vikara – Liver disorders  
Mootravaha Srotho dushty – Urological Disorders  
Swasanavaha srotho dushty – Respiratory Diseases  
Vata Vyadhi – Neurological disorders  
Sandigata Vata roga & Vata raktha – Muskulo Skeletal and Joint Disorders  
Anthasrava granthi roga – Hormonal and Metabolic disorders  
Seethapitta, Udwartha & Koda – Allergic Disorders  
Sthreeroga – Gynec disorders  
Vandyata chikitsa- Infertility  
PALANA – Cancer Care and management  
Punarnava – Mental Health and Post de-addiction  
Rejuvenation  
Geriatric Care – Healthy aging  
Twak Rogas – Skin disorders

For patients who have more than one issue to address, the Vaidyas will decide the appropriate treatment protocol. For conditions which are not listed here, please contact our Vaidya to know the healing prospects. We do Panchakarma procedures only in those patients who are fit for that particular Panchakarma procedure as per the guidelines dictated by classical Ayurvedic text books (Ashtangasangraha, Charaka samhitha and Susrutha Samhitha) Bedridden, wheelchair bound and critically ill patients cannot be treated here.

## Treatment Process

### 1) Diagnosis

Any treatment offered at CGH Earth Ayurveda begins with the three kinds of diagnostic procedures in keeping with the pure Ayurveda treatments. These are: 1) Darshana - Observing, 2) Sparshana physical examination and 3) Prasna - Interrogating. The Vaidya determines your Doshas or body constitution through extensive examination of the individual, using these methods of diagnosis and arrives at a specific course of treatment.

### 2) Treatment Therapies

For every individual, treatments begin only after the Vaidya (doctor) does a full examination according to the Ayurvedic diagnostic techniques. He then arrives at a diagnosis, and according to each unique requirement prescribes the ideal course of treatment for the individual and his ailment. Due to this individualised approach, it is most ideal for patients to consult with the Vaidya/doctor before booking your stay, so that you will be able to do the full course of treatment required for total healing.

### 3) MEDICINES

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#### **External medicine – Oils or Thailas:**

Oils used as part of Panchakarma and other procedures are prepared with herbal decoction or fresh herbal juice. They are mixed with a medicinal herbal paste and sesame oil as the base and cooked together. This process is a long procedure taking up to 2-5 days to prepare ensuring the whole mix reaches a non-sticky stage after continuous stirring. The therapist massages this oil onto the skin making sure it is completely absorbed. This oil nourishes and regenerates the cells, stimulates the lymphatic system, releases the toxins and carries them to the surface of the skin. After treatment, the skin is washed with a paste made of chicken pea and lentil flour.

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## **6) SATSANG**

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# AYURVEDA

## Treating the source not symptoms

### **Health in Totality**

Healthy living is about living wholly, in harmony with nature, our environment and our own core self. It is about integrating our mind, body and soul. Ayurveda, the ancient Indian system of healing and living, is the only one of its kind in the world that addresses the physical, emotional and spiritual aspects of our well being. With a therapeutic approach that gets to the core of our personality, behaviour and lifestyle, Ayurveda is more than a mere system for curing ailments; it in fact charts out a complete lifestyle for disease-free living.

CGH Earth Ayurveda is part of the wellness wing of CGH Earth, who are the pioneers in responsible tourism in India, with a credible background spanning over five decades in offering uniquely immersive travel experiences. CGH Earth Ayurveda offers healthcare service which are about complete well-being based on the traditional and authentic Ayurvedic system of healing. What we offer to anyone seeking holistic healing is something that is rooted in the group's own core values.

### **What is Ayurveda?**

How do you define something that's all-pervasive, holistic, and addresses the most fundamental question regarding the individual self at a physical, emotional and spiritual level? This is why defining Ayurveda as just a healing system is tantamount to restricting the scope of what it offers. The crux of Ayurveda is that it prescribes a way of life that goes beyond merely prescribing remedies for ailments. Instead, it distils the essence of our biological, psychological, emotional and spiritual personae and accordingly arrives at a way of life that helps us realize our vitality. This was a path carved out by sage-physicians thousands of years ago which is still being followed.

### **Values - Integrated**

All the three classical Ayurvedic texts namely 'Sushruta Samhita' 'Charaka Samhita' and Ashtangahridaya Samhita' by the 'Ayurvedic Trinity Sushruta, Charaka and Vagbhata respectively lay great emphasis on the code of ethics to be followed by practitioners of Ayurveda including physicians, surgeons, scholars, students, nurses and patients. There is no deviation from these underlying ethics in any authentic practice of the Ayurvedic system of healing. This also necessitates a strict adherence to the physician's instructions without any compromise on the part of a patient in order to ensure full benefit of the healing process. Besides, with spirituality and a holistic view of life being integral to the healing process, universal values are a part and parcel of Ayurveda and this offers a new and rejuvenated approach to life that is tuned to the natural order of things.

## **Ancient Insights**

Ayurveda dates back more than 2000 years originating in the Vedas, the ancient Hindu texts that contain practical information related to almost all aspects of life and is that branch of the Vedas which delves into the essence of right living and healing. Literally meaning the 'knowledge or Science ('veda') of life' ('ayur), Ayurveda is an amalgamation of different knowledge systems that combine to offer a right and healthy way of life that is disease free. Some of the underlying principles of Ayurveda were laid down in the oldest known Ayurvedic texts namely 'Sushruta Samhita' by Sushruta, 'Charaka Samhita' by Charaka and 'Ashtangahridaya Samhita' by Vagbhata. These are considered the foundation texts of Ayurveda and what they reveal is an amazing insight into the human body based on pure observation and deep reflections without the aid of any of the tools that are available today. The findings and suggested techniques also reveal penetrating foresight for they seem precursors to many modern medicinal principles in the area of surgery and human anatomy.

## **Naturally Remedial**

Nature is the core of the Ayurvedic healing process. This means little or no dependence on chemicals and their toxic effects. Everything that Ayurveda prescribes is based on a scientific study of Nature: the herbs and their healing properties, the natural seasons and cycles and our own bio-rhythms tuned to them. The foods and medicines that Ayurveda prescribes are rooted in a knowledge base gathered from studying thousands and thousands of plants, medicinal herbs and our body's response to them based on mutual chemistry.

## **Why it Works**

Today caught as we are in the compulsions of a stress-inducing lifestyle, health very often connotes the existence or the lack of certain physical and mental conditions or diseases. It very often takes a breakdown in our physical and emotional health to make us seek intervention. But modern medicine, with its approach of dealing with specific ailments that have to do with specific body organs, can exclude the crucial totality and therefore miss the root cause of our condition. What is needed is an inclusive approach to healthy living and healing and this is where Ayurveda, the ancient Indian system of healing and living, comes in. In effect, Ayurveda makes us pause to reflect on some crucial questions regarding our daily living habits which are connected to our overall mental and physical health.

## **The Vital Questions**

### **1. Are we eating right?**

Food is one of the most essential aspects of our living, vital to our physical and mental sustenance. And yet persuaded by a commercial environment and driven by the urgency of our lifestyle and also our lack of understanding, we very rarely pay close attention to what we feed into our body.

Ayurveda categorizes and prescribes food based on the principle of five natural elements and the three Doshas or body constitution which are linked to the elements as also the 'Gunas' or natural forces which govern body and mind. A specific diet for a person is prescribed given his own body type. Ayurveda also strongly recommends the consumption of fresh and organic food. More importantly, Ayurveda encourages mindful or meditative eating by which the full essence of food can be assimilated by the body in an aware, fully engaged and respectful manner

### **2. Do we know our body type?**

The crux of right eating and healing is in knowing what suits our body because every individual is unique physically and mentally depending on the body type he or she may have. This in turn depends on the bio-energies in our body called Doshas (Pitha, kapha and Vata) which in combination with the five elements in nature determine the mental, physical and emotional and constitution of each person. Thus what Ayurveda prescribes as a lifestyle solution and as a cure for specific ailments is based on a close understanding of the body as against a one-size-fits-all approach.

### **3. Do we listen to our body enough?**

The body is a wonderful mechanism that has its own self-healing processes at work to repair itself. It is when despite its own recovery processes, there is a malfunction that it starts sending us signals to sit up and take notice. And yet, even after this, we fail to listen to what our body is communicating to us. We also increasingly distance ourselves from our body's inherent needs due to reasons based on lifestyle and social considerations. This results in suppressing of bodily urges that lead to accumulation of toxins and their manifestation in the form of diseases. We then rush to seek medical intervention. Ayurveda encourages us to be more mindful of our body and its messages so that living minus diseases is a natural process.

## **4. Are we aware of our breathing pattern?**

Breathing is the most important action of our body that determines all aspects of our health. Which nostril is operating at a given point of time? What is right breathing? How does breathing impact our daily activities? These are questions we seldom ask ourselves. And yet they are the crucial indicators of our health awareness. Ayurveda goes into an in-depth understanding and explanation of the right breathing techniques for our daily activities which is finely tuned to the overall environment and also to our bio-energies.

## **5. Are we nurturing our mind?**

The mind and the body have a symbiotic relationship. What affects the mind affects the body and what affects the body affects the mind. But while modern medicine seeks to offer ready solutions to many physical ailments, when it comes to the mind, a holistic approach is still a challenge. A majority of mental conditions such as Depression depend on chemically induced solutions such as anti depressants. Ayurveda on the other hand approaches the mind as part of the overall integrated system of human life and therefore offers a natural way that is radical and lifestyle inclusive. Age old practices such as Yoga and meditation, which help us heal internally, combined with the right foods and breathing patterns that are suited to our body, ensure a healthy mind in a healthy body.

## **6. How do we sleep?**

Most of us are aware that the right amount of sleep repairs the body tissues and yet we very often fail to grasp the implication of how much to sleep, when to sleep, how to sleep, what food to eat before sleeping and the related activities such as waking up. Ayurveda helps us look closely at these aspects of sleep in a scientific manner that is again connected to our overall health and suited to our own constitution.

## **How it Works?**

We are all part of a Universal Life Force that permeates every living entity on Earth. This is the underlying conviction behind the Ayurvedic approach. But where it goes beyond being an esoteric concept is in the way it integrates this tenet into its therapeutic and healing methods. With Nature being the most visible expression of this Universal Life Force, Ayurveda helps us become aware of our connect to Nature, its elements and cycles which are reflected in our own bodies. By guiding us to acknowledge the existence of these Natural elements in us, Ayurveda helps us tap into the right energies for living well.

## Body Types and the Elements

Ayurveda derives its healing philosophy from the fact that our body is composed of all the five elements (Panchamahabhoota) in Nature – Ether, Air, Earth, Fire, Water and Earth. These elements and their combination or proportion determine the constitution of our body. They are accordingly clubbed into three 'humours' or body types or what Ayurveda calls the Doshas. There are three types of Doshas (Tridoshas) and when joined with the 'Universal Force' that resides in each living creature, these Doshas make up the bio-energy of each body. These bio-energies or Doshas are:

### Doshas

**Vata:** This is composed of air and governs all bodily movements.

**Pitta:** Pitta is composed of fire and water and governs heat, metabolism, digestion and other transformation processes of the mind and body.

**Kapha:** Kapha is a watery humour that binds the elements in the body.

A large part of our illnesses may be attributed to lack of adequate attention to our body signals caused by an imbalance in the Doshas resulting in accumulation of toxins and blocking of energy points in the body. The curative process in Ayurveda therefore includes removing these blockages and toxins by making us listen to our body signals and accordingly taking corrective steps based on our Dosha.

### Curative & Eliminative procedures

So Ayurveda can be classified into Curative and Eliminative procedures according to the body condition caused by the imbalance in the Doshas:. **1. Curative or Samana** : This is to cure acute diseases and illnesses and includes all or any of these seven methods: Panchana (using digestives or medicinal herbs), Deepana (generating heat by increasing digestive fire) , Kshut (fasting), Thrit (regulating fluid Intake), Vyayama (exercises), Athapa (sun bathing) and Marutha (breathing exercises).

## **Treatments**

The Ayurvedic treatments offered by CGH Earth Ayurveda follow the eliminative process of Ayurveda called Shodana. They are offered at both its healthcare facilities in Kerala, India. Kalari Kovilakom and Kalari Rasayana (certified and accredited by NABH-National Accreditation Board for Hospitals and Healthcare providers). These treatments offered at CGH Earth Ayurveda adhere to the strict tenets of the old school of Ayurveda. A patient is made to understand the complete procedure of the treatment and they are expected to follow through strictly to for the best results from the treatment. In keeping with our principles, we take only residents of 14 years and above.

## **The Vaidya and the Therapists**

An Ayurvedic doctor is called a Vaidya and is central to the whole healing process. The Vaidyas who are part of CGH Earth Ayurveda are closely tuned to the healing philosophy of Ayurveda and also to the Group's core values.

### **Note from the Vaidya at CGH Earth:**

“At the CGH Earth Ayurveda , we closely practice the traditional Ayurvedic approach which involves a holistic approach to physical and mental wellbeing. The entire team is trained to be sensitive to the environment, to individual care and to the CGH Earth's ethos. The treatment processes are intensely focused on patient care and recovery. Every patient is gently guided and supported through each aspect of the treatment and is encouraged to conform to a disciplined adherence and the prescribed lifestyle thereafter. This ensures a permanent state of healthy living.”

## **The Therapists**

The therapists engaged in offering massages and other treatments as part of the process of healing, further play a vital role by being able to exude Positive energy. They are able to achieve this through effective training and practice of Kalaripayattu, an ancient martial art form from Kerala, which effectively brings healing energy and flexibility to the body. The therapists/masseurs offering Ayurvedic treatments at CGH Earth use Kalaripayattu to increase their own energetic potential and recharge themselves with positive energy.

