



BEZIELEN

Gezondheidsreis India

Uitleg panchakarma behandelingen

Versie 1.1

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Plek van persoonlijke groei en inspiratie

Beste deelnemer,

Wat fijn dat je geïnteresseerd bent in de reis naar India. India het land van extremen, met adembenemende natuur, eindeloos diverse cultuur en een zee aan kleurrijke indrukken die je altijd bij zal blijven.

In dit document vind je alle informatie die je nodig hebt voor de verschillende panchakarma sessies die je gaat ervaren. Per behandeling vind je wat algemene informatie ter introductie, de duur van de behandeling, de voordelen, de instructies en voorzorgsmaatregelen en de mogelijke bijeffecten. Lees deze informatie dus goed door. Heb je toch ergens een vraag over? Neem dan contact op met mij.

Met positieve groet,
Natasha, eigenaar Bezielen

Akshitarpanam

Introduction:

- “Akshi” means Eye and “Tarpan” means offering; thus a literal meaning of “Akshitarpan” is a gentle pouring or offering of medicated ghee into the eyes.
- It is a unique process to eliminate excess Dosha from eyes.
- In this procedure both eyes are filled with medicated ghee.
- This treatment strengthens this most vital sense organ and improves visual capacity.
- And it protects the eyes from degeneration due to aging and improves the eyesight.

Duration: 30 minutes

Benefits:

- Dryness of eyes
- Squint
- Falling of eye lashes
- Blurred vision
- Fifth cranial nerve atrophy
- Corneal opacity
- Watering of eye
- Diminished vision
- Night blindness
- Styetc

Instructions and precautions:

- Tension may be felt in the eyes during treatment.
- Do not go out into direct sunlight after treatment.
- Do not look at bright glowing objects.
- Do not look at the sky.
- Use sun glasses on the day of treatment.
- Some people may feel irritation in eyes after treatment. (Although rare and usually harmless, the symptom should be brought to the notice of the doctor).
- Do not wash eyes with cold water immediately following the treatment.
- Do not face cold and harsh winds.
- Do not read and write for a period of time.
- Remove your contact lenses before going for the therapy.

Complications:

- Burning and excessive lacrimation from eye
- Lack of vision for more than 24 hour
- Headache
- Infection
- Dizziness
- Burn
- Inflammatory eye diseases
- Corneal ulcer

Balancing massage

Introduction:

- A special massage which covers head, face, hands and feet.
- Mainly advised during internal snehan (ghee treatment) or during menstrual cycle.
- By giving massage and pressure to the energy centers, the energy flow is quickly regularized in the body.
- It not only gives immediate relief from stress and tension but stimulates subtle channels to release toxin.

Duration: 1 hour

Benefits:

- Release the tension
- Facilitate Internal snehan (ghee intake)
- Reduce stress
- Balance the Dosha during menstrual cycle
- Relax the body and mind after a tiring journey

Instructions and recautions:

- There is no specific instructions and precautions.
- Use soft and comfortable clothes to give maximum relaxation during treatment.
- Be relaxed and tension free during the entire period of treatment.
- There is no need to remove the clothes.
- Take rest for 30 minute after treatment.



Gandusha

Introduction

Gandusha or oil pulling involves retention of medicated oil or decoction in the mouth cavity for several minutes. The Ayurvedic text Charaka Samhita mentions Kavala gandusha – Kavala refers to that which is related to the oral cavity and gandusha is a gargle.

Gandusha assists in the process of pulling out oral toxins. Just as the skin excretes body waste and toxins, the tongue eliminates toxins and harmful microbes from the body. The treatment involves putting 1 tablespoon of oil in your mouth and swishing it for about 15- 20 minutes. It is ideally done on an empty stomach, which is best to pull out all kinds of built-up toxins from the mouth and the body.

Duration: 30 minutes

Benefits:

- Bring a glow to the face
- Improve lines and wrinkles
- Tone the skin and assist with any kind of mouth
- Voice or teeth disorders while cleansing the ear, nose and throat pathways.
- This treatment is reported to treat numerous health conditions ranging from sinusitis, migraine, asthma, and diabetes along with comprehensive oral and dental health care

Instructions and precautions

According to Ayurveda, it comes in the Dinacharya; so everyday this practice can be done in the morning and evening time (before dinner). But, for feel like effect for the patient, this therapy can be done minimum three to five days for one patient or as prescribed by the doctor.

Internal snehan

Introduction:

- Oral administration of ghee or oil is called internal snehan.
- The dosage of ghee or oil will be systematically increased daily.
- Ghee or Oil is used for this purpose because of having properties of smooth, unctuous, fast, hot and easy penetration into the micro channels.
- Medicated ghee or oil reaches very subtle levels through the channels and binds up with the toxins.
- The toxins relocate from the periphery of the body to the centre, i.e. the alimentary tract.
- There are two methods to expel the toxins from the body viz. Vaman (medically induced vomiting) and Virechan (medically induced purgation).
- The toxins expel from the body either via Vaman (medically induced vomiting) or Virechan (medically induced purgation).

Duration: 3, 5 or 7 days.

Purpose: To prepare the body for detoxification.

Dose and duration of ghee/oil: Depends upon the body and Doshik conditions.

- Ghee- starts either from 25 ml or 50 ml reached maximum up to 175 or 200 ml.
- Oil- Starts either from 25 ml or 35 ml reached maximum up to 140 ml to 150 ml.

Observational points during Internal Snehan

- Appetite: normal, diminished or increased
- Stool: frequency, smell, consistency and colour
- Skin: texture, smooth or dry

Instructions and precautions

- Take the prescribed medicated ghee from ayurveda canteen.
- Timing of ghee or oil administration may varied, either morning or evening depending upon the season, climate and doshik condition.
- Do not eat or drink in the morning before drinking ghee. Do not take breakfast after drinking ghee.
- Ginger may be chewed at the time of drinking ghee to alter the unusual taste of the ghee and to increase the bio-availability of the ghee from the gut.
- Take only warm water after drinking the ghee for the entire day and night; a little herbal tea is permissible.
- Take lunch only if real hunger persists.
- Do not indulge in any heavy physical labour. Tiredness and emotional upset may occur.
- Observe any physical disturbance (nausea, heaviness etc.) and notify the doctor before 4 pm (16:00).

Karnpooran

Introduction

Karn means ear and Pooran means Pouring. So the literal meaning of Karnpooran is pouring of medicated oil, ghee or decoction in the ear is called karnpooran

Ear is a vital sense organ which plays an important role in balancing the body

Karnpooran is one of the treatments to balance the Dosha above neck region

Use of medicated oil or ghee for treatment depends upon individual dosha condition

Duration: 30 minutes

Benefits:

- Tinnitus
- Otitis media
- Lack of hearing
- Deafness
- Migraine
- Sinusitis
- Allergic rhinitis
- Wax in ear
- Dizziness
- Ear discharges
- Itching in ear etc.

Instructions and precautions:

- Lie on the back for 15 minutes after Karnpooran.
- Ears and head must be covered with a cloth on the day of treatment. This cover must be in addition and over the cotton balls which must remain in the ears overnight.
- Remove the cotton balls from the ears the next morning.
- Mild drowsiness might be caused by the treatment. This should not be a cause for worry.
- Do not expose body to cold winds during treatment.
- Do not take any cold items in the diet.

Complications:

- Burn because of using too hot oil
- Severe pain
- Perforation in the ear
- Headache
- Loss of consciousness
- Loss of hearing



Kati prisht vasti

Introduction:

- “Kati” means lower back and “Prisht” means entire back, below from cervical up to lumber region.
- The literal meaning of Katiprisht Vasti is filling of medicated oil in a unique compartment made of white flour paste placed on the entire back
- Filling of medicated warm oil only on the lower back is called “Kati vasti”
- 1,5 liter of warmed (depending on the patients’ tolerance) medicated oil is cautiously poured into the different compartment
- As the oil become cold, it is removed and replaced with fresh warm oil
- The same process is repeated over a 45-minute period, maintaining the temperature of the oil constantly
- Followed by a gentle massage over back, shoulder and neck

Duration: 1 hour

Benefits:

- Ankylosing spondylitis
- Cervical Spondylitis
- Low back pain
- Sciatica
- Degenerative disc diseases
- Disc herniation
- Prolapsed of disc
- Scoliosis
- Etc.

Instructions and precautions:

- Take light breakfast or meal before treatment because you will have to lay down in prone position (face down) for 45 minutes
- If you have history of fractured spine, disc prolapsed or disc herniation then tell to the therapist not to give any pressure over the sensitive area of the spine
- Inform to the Doctor regarding any hypersensitivity after the procedure
- This treatment should be continue for minimum 3 days
- Do not take bath after the procedure
- Back of your body should not be exposed with cold after the treatment
- It is always better to take rest minimum for 30 minute after this procedure

Marma massage

Introduction:

- Marma therapy is an ancient Indian practice whose focus is the manipulation of subtle energy (prana) in the body for the purposes of supporting the healing process.
- Marma therapy is based on the utilization of 108 points in the body which are considered to be access points to body, mind, and consciousness.
- Knowledge of Marma allows the practitioner to influence the flow of prana through both the gross and subtle bodies for the purposes of restoring health and peace of mind.
- “Marma” comes from the Sanskrit “Mru”, which means “To Kill”.
- The 108 Marma points are categories in terms of their effect on the vitality of the body.

Duration: 1 hour

Benefits:

- Paralysis
- Sciatic pain
- Migraine
- Tremors
- Diabetic neuropathy
- Muscular twitching & cramps
- Trigeminal Neuralgia
- Facial or Bell's palsy
- Urinary incontinenc
- Lumbar Spondilitis
- Lumbar Spondilolisthesis (Disc bulge or prolapse)
- Cervical Spondilitis
- Cervical Spondilolisthesis (Disc bulge or prolapse)
- Frozen shoulder (periarthritis)
- Carpal tunnel syndrome
- Muscular and joint pain
- Frozen joints
- Muscular strain
- Respiratory conditions
- Digestion and elimination problems

Instructions and precautions:

- Expect some of the marma points to be very painful, wherever there is an imbalance or toxins stored.
- The treatment begins after an initial consultation.
- Either Marma is given as a treatment for a particular ailment, disease or imbalance or as a full or part body massage.
- It is given as massage treatment when the client wants to detoxify the body or for general rejuvenation.
- You will definitely feel the difference after your first treatment, although marma point therapy was traditionally practiced daily for 7 to 14 days, however 3 to 5 consecutive treatments can provide the intensity to transform the body on both an emotional and physical level.



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Nasyam

Introduction:

- The Literal meaning of Nasya is instillation of medicines through the nasal route
- Nose is considered to be the main gate of head
- Administration of medicine through nasal route used to alleviate most of the diseases related to the head
- Nasya is an important procedure to eliminate the excess Dosha from the head
- Used medicines may be in the form of powders, plant juices, medicated oils or ghee
- There are of various types of Nasya which are to be instilled according to the illness and Dosha condition
- Time and duration of Nasya may varied from person to person

Duration: 1 hour

Benefits:

- Chronic sinusitis
- Allergic rhinitis
- Otitis media
- Alopecia
- Hair fall
- Immature whitening of hairs
- Epilepsy
- Facial paralysis
- Headache
- Migraine headache
- Lack of memory
- Diminished vision
- Nasal polyp
- Nasal septal deviation
- Dacriocystitis
- Loss of smell
- Nasal bleeding
- Cleans subtle channels of the head
- All other diseases above neck due to imbalance of three Dosha.

Instructions and precautions:

- During treatment do not move head
- Inhale liquid through one nostril, and then through the other
- Do not talk or laugh during treatment
- Do not swallow the oil
- Spit it out in the container provided for the purpose
- The oil runs down the throat causing irritation, and burning sensation all over the face
- These symptoms are usual and automatically subside after some time without any adverse effect
- Do not blow the nose immediately following Nasya
- Do not wash hair during Nasya
- Avoid exposure to cold during the treatment
- Preferably keep the head and neck covered till the therapy is over

Complications:

- Nasal bleeding
- Headache
- Vomiting
- Hypertension
- Palpitation
- Dizziness
- Fever

Pizhichil

Introduction:

- Pizichil is a special Abhyanga (massage) procedure
- In this process warm medicated oil is squeezed over the body of the patient from a piece of cloth, which is frequently dipped in more viscous oil
- Nearly 4 to 5 liter of oil is used to perform one massage
- 3 to 5 therapists performed this procedure
- This is a soft but intensive procedure
- Effect goes on a deeper level of “Dhatu” (tissue level) and balance all the three Dosha (Vata, Pitta and Kapha)
- In case of severe imbalance of Vata, this procedure might be a choice of treatment

Duration: 1 hour

Benefits:

- Rheumatoid arthritis,
- Osteo-arthritis,
- Paraplegia,
- Hemiplegia,
- Neuro-muscular disease,
- Degenerative disease,
- Loss of weight,
- Parkinsonism,
- Senile debility,
- Diabetic neuropathy and other Vata predominant disorders

Instructions and precautions:

- Inform to the Doctor if there is history of allergy with sesame oil
- During procedure; treatment tub becomes very slippery so be careful while changing posture
- Inform to therapist about the tolerance of oil’s temperature during treatment
- Keep your muscles relaxed during procedure
- Tiredness is a common symptoms appeared after treatment
- Light diet should be taken during the treatment
- Heavy exercise and brisk walk should be avoided
- Body becomes very soft if treatment is given for a longer duration, in such cases even simple and mild physical work is also should be avoided.
- For the maximum benefit of the treatment it is better to avoid shower as maximum as possible
- After the treatment take rest at least for 30 minutes
- Sometimes consistency of stool becomes soft and frequency of stool and urine may increase

Patrapottali sweda

Introduction:

- “Pattra” means leaves, “Pottali” means bundle (cloth packs), thus the literal meaning of “Patrapottali massage” is a massage with the bundle (cloth packs) of fresh leaves
- These bundles are prepared by mixing and steaming of fresh leaves, garlic, salt medicated oil etc. putting in a piece of cloth and giving a shape of bundle
- This treatment is highly recommended for reducing Vata and Kapha aggravation
- This is a synchronize (4 hand) whole body massage
- In this treatment bundle are heated (bearable to the body) with medicated oil then applied to the body accompanied by massage
- Body gets enough heat during the treatment therefore steaming is not indicated after this massage

Duration: 1 hour

Benefits:

- Rheumatoid arthritis
- Osteo-arthritis
- Traumatic arthritis
- Muscular sprain
- Tendonitis
- Bursitis
- Joints stiffness
- Inflammation
- Neurological diseases
- Muscular atrophy
- Paralysis
- Obesity
- Joints pain
- Avrit Vata
- Excess Kapha
- Other Vata and Kapha disorders

Instructions and precautions:

- Inform Doctor if suffering from high blood pressure before start of treatment
- Inform the therapist about tolerance to heat and pressure during the treatment
- Do not take shower within two hours of the treatment
- Do not get exposed to the cold after the treatment
- Do not take the treatment if there is history of bone fractures, varicose veins or eczema
- Take minimum 30-minute rest after treatment.

Shirodhara

Introduction:

- “Shir” means head and “Dhara” means continuous flow
- A continuous flow of medicated oil, decoction, butter milk or milk above head is called “Shirodhara”
- Any one of these selected items are poured slowly from a distance (approximately 5 to 6 inches) above the forehead
- From a fixed distance in a constant oscillating motion on a set temperature pouring of medicated liquid above forehead produces a wave of energy which relaxes the higher center of brain and thus calm down the mind
- This treatment is meant for mental purification

Duration: 1 hour

Benefits:

- Psychosomatic disease
- Stress disorder
- Anxiety
- Insomnia
- Hysteria
- Epilepsy
- Migraine headache
- Lack of memory
- Lack of concentration
- Hair fall
- Hyperactivity
- Depression
- Etc.

Instructions and precautions:

- The patient should come prepared to relax since it is basically a relaxation treatment
- For maximum benefit it may be taken for 7 days but never less than 3 days
- The second or third day of the treatment may produce dizziness or mild headache which will automatically subside on the 4th or 5th day
- Do not move head during therapy
- Maintain silence during and after the treatment
- Cover the head after treatment
- Do not wash hair until the Shirodhara treatment has ended
- Avoid exposure to excessive cold or heat after treatment
- Smoking and sexual activities are strictly prohibited (neglect might produce restlessness, disturbed sleep, confusion, and irritation).
- Since the treatment works directly on the “agya chakra” (the subtle centre between the two eyebrows) any blockage in the channel or old thoughts or past events deep seated in the sub-conscious mind, may be thrown up during treatment.
- Some people may experience emotional upsets and feel depressed. Being aware of the elimination process will help in understanding the feelings and creating a balance.

Udwarthanam

Introduction:

- Massage in the counter direction to the natural growth of hairs on the body is called Udavartanam
- This is a specialized massage to mobilize accumulated fat and to open the fine channels under the skin.
- In this treatment massage is given below the neck with oil or herbal powder
- Various medicinal powders are used according to the body constitution and illness
- This is an effective treatment to reduce Kapha

Duration: 1 hour

Benefits:

- Reduces excess fat in the body
- balances Kapha and Vata dosha
- improves body complexion
- promotes skin texture
- cures itching sensation
- Etc.

Instructions and precautions:

- Do not take treatment if there is lot of hairs on the body
- Inform the therapist about tolerance of pressure during the treatment
- Do not take shower within two hours of the treatment
- Do not get exposed to the cold after the treatment
- Do not take the treatment if there is history of bone fractures, varicose veins or eczema
- Sometimes skin becomes so sensitive that even a soft touch may not be tolerated
- Stop the treatment and inform to the doctor
- In case of any bruise, hyper pigmentation, erythematic plaques or abscess appears on the skin, inform immediately
- Benefits of the treatment is based on individual response
- Take minimum 30-minute rest after treatment

Complications:

- Allergic reaction (rarely) with the herbs
- Fever
- Pain in the joints and muscles
- High blood pressure if patient is already having history of Hypertension
- Fainting may be because of excess steam
- Dehydration
- Thrust
- Dizziness

Vaman

Introduction:

- Vaman is the first and foremost karma (treatment) in Panchkarma
- In this procedure, dosha are eliminated through the mouth – in upward movement
- Vaman is best indicated for elimination of Kapha dosha, and predominant diseases from its imbalance
- Vaman (or vomiting) is brought up the day following the completion of internal snehan
- In some cases a gap of one day may be given
- At dinner the previous evening the patient should have food which aggravates Kapha dosha (e.g. curd, ghee, rice etc.)

Duration: Approximately 2 to 3 hours

Benefits:

- Nasal diseases
- Skin diseases
- Fever
- Cough
- Tuberculosis
- Asthma
- Thyroid dysfunction
- Diabetes mellitus
- Indigestion
- Poisoning
- Hemorrhoids
- Anorexia
- Insanity
- Epilepsy
- Edema
- Obesity
- Pharyngitis
- All Kapha disorders

Instructions and precautions:

- Whole body massage and steam to be given in the morning.
- No food or drink to be taken in the morning, only water may be taken
- After massage and steam, the main procedure of Vaman starts (between 7 to 9 a.m.)
- Remain calm and quiet and consider the procedure as a betterment of health
- Sit properly on a chair. Milk or sugarcane juice may be taken in plenty
- After drinking milk/sugarcane juice, liquorice water will be given
- Followed by a paste of “emetic nut” (Randia Spinosa Poir.) and sweet flag (Acorus Calamus Linn) and then a wait of 15 to 45 minutes
- The first symptom is perspiration which indicates that the Dosha have begun the process of loosening up from their position
- Second symptom is distension of abdomen, which indicates that dosha have reached the intestines and stomach



- Nausea, excessive salivation and standing up of hairs indicate the upward movement of dosha toward the mouth
- Patients are instructed to vomit in the vessel kept for the purpose
- The patient may be assisted by two persons on either side to support the forehead and to gently massage the back
- If the vomiting does not begin on time, it may be induced either by pushing the fingers down the throat or by administering a mixture of herbs
- Palpitation and discomfort which may occur should be considered normal
- Do not try to prevent the force of vomiting
- After completion of Vaman, take rest for 45 minutes
- Dhoomrapan (herbal smoking) may be undertaken to clear throat, mouth and nasal passage of obstruction by residual kapha
- Do not speak loudly
- Do not sleep during the day
- Do not take lunch
- Do not be exposed to the sun and wind
- After 4 p.m. light tea with a light rice snack may be taken
- Dinner should be light (preferably vegetable soup)
- The next morning at breakfast, only liquid khichari (rice broth) from the canteen, but no heavy breakfast, may be taken
- The entire process can lead to a feeling of complete exhaustion and lack of energy, but should be considered as normal reactions
- Normal health is regained after couple of days

Vasti

Introduction:

- Vasti is referred to as “half the treatment” in Ayurveda
- Vasti is best indicated treatment to balance “Vata”
- In this procedure, medicines are administered through the anal route
- Medicines, as decoction enema (consisted of a mixture of oil, honey, salt and decoction of various plants) is called Niruh Vasti
- Medicines as oil enema (specific medicated oil) is called Anuvasan Vasti

Duration: 1 hour

Benefits:

- Paralysis
- Osteo-arthritis
- Rheumatoid arthritis
- Inflammation
- Cervical spondylitis
- Sciatica
- Backache
- Neurological diseases
- Worm infestation
- Urogenital diseases
- Reproductive disorders
- Obesity
- Insomnia
- Digestive disorders
- Gout
- Muscular sprain
- Pain in joints
- Constipation
- Irritable bowel syndrome
- Etc.

Instructions and precautions:

- Anuvasan vasti (oil enema): administered after lunch
- Niruh vasti (decoction enema): administered in the morning on an empty stomach
- Both enemas: administered after a whole-body massage and steam every day (the patient should be mentally prepared for such treatment)
- Discomfort may be felt during the administration of enema.
- (The amount of decoction enema ranges from 400 ml to 800 ml).
- After decoction enema visit the toilet immediately
- After oil enema hold as long as possible. If beyond toleration, visit the toilet
- After completion of vasti, rest for at least 30 minutes.
- Avoid a bath after oil enema.

Complications:



- If decoction or oil is too hot patients may feel dizziness and can go in fainting
- Pain abdomen with cramp
- Muscular cramp in both leg
- Weakness
- Fever
- Anxiety
- Back pain
- Vomiting
- Dysentery and diarrhea

Virechan

Introduction:

- Virechan (purgation) is the second karma (treatment) in Panchkarma
- In this procedure, dosha are eliminated through the anal rout – in downward movement
- Virechan is best indicated for elimination of Pitta dosha, and predominant diseases from its imbalance
- Following the completion of internal snehan, a gap of one day is given for this procedure
- At dinner the previous evening the patient should have food which aggravates Pitta dosha (e.g. khichari with ghee)

Duration: Approximately 4 to 6 hours

Benefit:

- Leprocy
- Skin diseases
- Digestive disorder
- Fistula-in-ano
- Hemorrhoid
- Worm infestation
- Diabetes mellitus
- Headache
- Anemia
- Respiratory disorder
- Bloating
- Asthma Bronchitis
- Jaundice
- Obesity
- Gout
- Indigestion
- Anorexia
- Swelling
- Acne
- All Pitta disorders

Instructions and precautions:

- No food or drink to be taken in the morning only water and herbal tea may be taken in the morning. Do not take breakfast or lunch
- Take the prescribed decoction from the canteen (at 9 a.m.)
- Drink warm water and try to balance the body if nausea is felt
- After taking the decoction, drink warm water, and lie on the back, but do not fall asleep
- After one or two hours of taking the decoction, purgation may start.
- Drink warm water all the time – more than desired – after every visit to the toilet, and until the purgation is complete
- Count the number of purgations and check the consistency of the stools, particularly the last one
- Usually the purgation starts around 10:00/11:00 a.m. and should stop by 4 p.m.



- After 4 p.m. light tea with a light rice snack may be taken
- Dinner should be light (preferably vegetable soup)
- The next morning at breakfast, only liquid khichari (rice broth) from the canteen, but no heavy breakfast may be taken
- During the entire process the high digestive fire might give rise to intolerable hunger, but no solid or heavy food is to be taken that evening at dinner or next morning at breakfast