

AYURVEDA

There are some traditions which remain timeless especially those that adhere to the basic laws of nature. One such medical tradition that provides an “antidote” to literally all ailments that result from today’s stressful lifestyle is “Ayurveda”.

“Ayurveda” as the name itself means the “Science of Life” “Ayur” meaning life and “Veda” meaning Science.

Ayurveda, this Vedic science that deals with the human, mind, body and soul, is a Science, which is based on preventing disease rather than treating it. This ancient science of medicine and positive health is still relevant and beneficial to modern life.

This traditional science has been handed over through the centuries by ancient physicians, who greatly valued health and fitness of the human body. This science true to its name is well accepted as a natural and effective way of keeping the body healthy and free of toxins.

“Ayurveda” is one of India’s traditional sciences, which is most prominent and has achieved recognition world over for its curative and restorative powers. It seems that the system becomes more and more popular, may be due to some of its unique features. Viz. emphasizing the preventive aspects, treating man as a whole in a psychosomatic approach, taking into account the basic constitution of an individual while diagnosing and treating him, having less side effects and acting in accordance with the customs and traditions of the people. “Ayurveda” is your means to vibrant good health, particularly in today’s fast paced world.

It’s the natural way to stay young and beautiful with age halt therapies and the programs are offered to strengthen the immune system in order to achieve good health and longevity and directed at getting rid of the ills.

Today “Ayurveda” competes with the most advance medicinal sciences and has effective remedies for various ailments and also offers solutions to stress and strain, which is accumulated in our day to day living.

Following Ayurvedic treatment programs are available at Kairali Ayurvedic Health Resort in Kerala, India

REJUVENATION

Seasonal cleansing and rejuvenation is suggested to maintain health.

At the age of 20 or early thirties the anabolic state may stop and starts the catabolic state.

The catabolic changes will affect both the body and mind.

Manifestations are like wrinkles, sagging of skin, joint problems, lethargy, loss of memory, lack of sleep, lack of concentration, general weakness etc.

(IN REJUVENATION ASPECT RASAYANA THERAPY IS VERY HELPFUL)

SIRODHARA: Gentle pouring of oil from a pot along a thread on forehead with mild head massage. It will give good relaxed and rejuvenated feeling. It will help to improve memory, lack of sleep, stress related problems etc. As brain is the center of central nervous system, the continuous flow of oil will help to calm the central nervous system.

According to Ayurveda, in old age, vata dosha becomes dominated. The nervous system is controlled by vata dosha and best remedy for vata imbalance is oilation both internally and externally.

STRESS & RELAXATION

Being essentially a science of healing, Ayurveda concentrates on what is required to lead a healthy normal life.

Ayurveda defines health as a complete presence of physical, mental, emotional, spiritual and social balance.

Besides the methods of curing the ailments Ayurveda gives us a great idea of how to take necessary precautions from diseases and how to get good life, as prevention is better than cure.

According to Ayurveda, perfect digestion and assimilation of food, together with regular and efficient evacuation of wastes is essential for health.

Improper digestion leads to formation of toxic wastes, i.e. ama (Sanskrit term). Ama clogs the system, slow down the digestion, and block the vital channels, clouds in mind.

Ayurveda advises the practice of daily massage of the body with oil for preserving youthfulness.

It relaxes, cleanses and creates a harmony between mind and body.

Abhyangam massage is performed from masseurs in perfect synchrony, which is followed by a steam bath. It will help to loosen the ama “toxins” and to dilate the channels. Hence the toxins can move freely through the channels. Some part of the toxins will come out through sweat. It will help to improve the circulation, improve flexibility of joints, relaxation to muscles and nerves.

Abhyangam is excellent for:

Soothing joint problem arthritis.

Improving physical consistency, eye sight.

Including sound sleep.

Increasing life span and general sense of well-being.

Improving complexions and skin texture.

A synchronised massage performed by two persons give good relaxation to both body and mind as the massage is in a perfect rhythm.

PANCHKARMA

Panch = Five, Karma = Action

According to Ayurveda, there are two types of treatments, Samana and Shodhana.

Panchkarma comes under Shodhana.

It is for the purification of the body. Panchkarma draws out the toxins from the tissues, returns them to the digestive tract, where they are expelled from the body.

Panchkarma requires three processes:

Poorva Karma (Preparatory Process)

Pradhana Karma (Main Process)

Paschat Karma (Post Process)

POORVA KARMA –

a) Snehana, b) Swedhana

These poorva karmas help to dilate channels and to removing obstructions.

PANCH KARMA (Five Actions) –

Vamanam (including Vomiting) – Vamanam is mainly indicated in kapha-dominated diseases like asthma, kasam, skin problems etc.

Virechanam (Purgation) – In pita dominated cases. It helps to remove excess pita. Virechana is effective in Jaundice, Anemia etc.

Vasti – 1) Niruham 2) Anuvasanam

1) Niruham (Decoction Enema)

2) Anuvasanam (Oil Enema) – Vasti treatment is very effective in vatic disorders like Paralysis, Arthritis etc.

Nasyam (Nasal Drops) – It clears and rejuvenates the organs of head and neck. Improves oxygenation and brain functions and eliminates kapha. Effective in Sinusitis, Migraine, hearing problems etc.

PASCHAT KARMA –

After each panchkarma process there is a special diet restriction to be followed. That is explained in Paschat Karma.

Starting from a light meal (like Veg Soup, Gruel water) to normal diet. It is for 3-5 days.

EYE CARE

There are four types of eye treatments:

Anjanam
Aschyothanam
Tharapanam
Putapakam

ANJANAM (Applying Medicine) – Anjanam helps to improve eyesight and gives thick and black eye lashes.

In disease condition, we can use the medicine accordingly.

ASCHYOTHANAM (Eye Wash) – This is washing of eyes with herbal decoctions (eg. Triphla decoction). It is advised in blepharitis, sty etc.

For this there is a special apparatus (Gokarnam). By using this apparatus-pouring decoction in each eye simultaneously in the medial canthus region, from a height of “12 angula” and it should be continuous for 5-10 minutes according to the condition.

THARAPANAM – In this, we make a boundary of black gram paste around both the eyes, firmly and pour suitable medicated ghee in each eye. It is for 15-30 minutes according to the conditions. After the treatment it is advised to avoid sunlight reading and strainful eye movements.

It is effective in vision problems like myopia, ophthalmic, nerve atrophy etc.

PUTAPAKAM – After the tharpanam (Ghee treatment) eyes become weak. To strengthen the eyes putapaka has to be done. Same like tharpana, but instead of medicated ghee, here we are using Mamsa rasa. (Soup of particular birds)

During the eye treatment don't give stress to eyes like television watching.

OBESITY

Obesity is caused by excessive fat accumulation in the body. It leads to serious health problems affecting the functions of the vital organs like heart, liver and kidneys. It might also give way to diabetes.

Courses of Obesity are:

Intake of excessive calories, complete lack of mental and physical exercise, disturbances of thyroid or pituitary glands, excessive and regular intake of alcohol.

Symptoms are:

Abnormal weight Gain, which hinders normal life activity, makes prone to many diseases as heart problems, diabetes etc. Breathlessness even on slight exertion, development of arithmetical tendencies.

According to Ayurveda obesity is called mecloroga. It due to the imbalance of Kapha dosha and medo dhatu.

Diagnosis of obesity is done with excessive sweating, palpitation, excess thirst, and breathlessness bad sweating, palpitation, excess thirst, breathlessness bad sweating odour etc. Every human body is made of 3 doshas, 7 dhatu and 3 malas 7 dhatus are nourished in sequence and they are Rasa, Rakta, Mamsa, Meda, Asthi, Majja, Sukla. But in obese persons meda is overnourished and other dhatus get mal nourished.

Ayurvedic remedies correct basis of fat accumulating and improves complete metabolism. Hence, once the metabolism is corrected it is easy to maintain weight.

Diet therapy can avoid further possibilities of obesity, but the fat has to be treated and metabolism has to be corrected with Ayurvedic medicines and treatment. Exercises also helps in obesity.

Guggulu preparations, Triphala and Punarnava preparations are very effective in obesity.

Udwarthanam (Powder Massage)

It is rough massage, very effective in obesity. In this, we are using special herbal powder, which helps to maintain kapha dosha and medo dhatu. That massage is in upward direction.

Certain types of boundlessness ages also effective.

BEAUTY CARE

Beauty is an intimate part of the human personality and plays an important role in achieving health and happiness.

Kairali Beauty Therapy treatments reduce pimples, wrinkles, acne, sagging skin and hair loss through the use of head massage, facial massage and face packs. This beauty treatment is part of a complete treatment of the body.

Massage of the Head: Kairoil is applied to the head, which gets absorbed deeply into the scalp through the roots of the hair. It nourishes, lubricates and strengthens the hair roots and scalp; preventing hair loss, headaches, premature graying and activates pituitary glands. It also improves memory and relaxes the muscles of the face.

Facial Massage: Kaircin is used for the face. This oil nourishes, cleanses and beautifies the tissues bringing a smooth youthful glow to the complexion thus reducing wrinkles.

Face Pack: After the facial massage Kairali's face pack is applied and can be left on until the full body massage is completed. This makes the skin soft and glowing.



