



Information about the Panchakarma cure

What is the Panchakarma?

This cure is the supreme discipline in Ayurveda. The Panchakarma cure is a way of detoxification and has been used in traditional Ayurveda medicine for thousands of years using traditional cleansing methods.

Panchakarma is a Sanskrit word that means "five actions" or "five treatments".

These are the 5 main applications in the Panchakarma cure that can free the body from toxic substances and the mind from mental toxins and indigestible thoughts. The imbalances of the doshas (Vata, Pitta, Kapha) are balanced - the whole person can regenerate, a physical and mental reset. The very deep cleansing also strengthens the immune system and supports and cleans the body's own organs and excretory channels. So it is a five-step process in which the human body can be sustained from the negative effects of bad health choices, disease and pollution. By restoring our natural healing ability and the body's own detoxification system, quality of life and health are improved - a holistic path for body, mind and soul that can also be used preventively.

The cure is supplemented with meditations, yoga and exercise in nature in order to create perfect health and a natural balance.

Our goal of the Panchakarma cure is above all to activate the self-healing powers and to maintain and build up health in a comprehensive sense.

What does the 1st Panchakarma cure day look like?

At the beginning there is a detailed examination, which serves to evaluate any existing disorders according to Ayurvedic and Western criteria.

Ayurvedic pulse reading is the most important Ayurvedic examination procedure. By feeling the pulse quality and further careful examination through examination of the tongue, eyes and face, the Ayurveda doctor receives information on possible causes of the disorders. These findings are the basis for further, individual measures in the Panchakarma cure.

How is the treatment process going on?

This intensive cleaning process can take several weeks, through which we accompany you. There are several phases that can be supported by preparation at home.

When booking the Panchakarma cure, you will receive detailed information from us in advance.

We can then intensify this preparatory phase on site and support the removal. We support this path with detox drinks, Ayurvedic preparations, oil massages, various applications and sweating treatments, as well as good and healthy Ayurveda vegetarian cuisine. You can also use our daily Yoga, meditation and exercise offer to be able to free yourself from negative thoughts.

The order of the individual applications is based on the findings of the initial examination and is adapted to the age, digestive health, immunity and your personal healing needs. In harmony with the professional execution of the treatments by our experienced therapists, these can lead to a profound, cleansing and harmonizing effect.

Which massages and cleaning measures are carried out?

Massages:

Some massages such as Abhyanga (full-body synchronous oil massage), Vishesh (deep muscle massage), Udvartana (full-body peeling massage) or Kalari (firm massage to activate vital or marma points) differ in the intensity of the pressure during the massage and the influence on the energetic situation of the guest.

We also use other treatments and massages, which the Ayurveda doctor integrates individually into your cure program. The massages stimulate blood circulation and at the same time act on the lymphatic system, in this way mobilizing toxins from the tissue and helping to excrete them through the skin. The calm and synchronous massage movements have a positive effect on the condition of the person.

Cleaning measures:

The 5 elimination procedures or treatments can eliminate deep-seated toxins or metabolic waste products (Ama) and bring the body's physiological control system back into harmony.

The two most important cleansing methods are Virechana and Basti, which form the basis of our Panchakarma cure. Virechana: Through the administration of gentle laxative substances, all those toxic products are excreted through the intestine, which were mobilized and collected in the body through oil and sweat treatments, but not eliminated via the kidneys, colon, sweat and lungs. Virechana can remove indigestible toxins from the body and above all from the digestive tract and balance the metabolic processes in the body.

Basti: Stands for different types of Ayurvedic medical enemas. During the cure, we use regenerating and nourishing bas-tis (Matra Basti) as well as cleansing and laxative enemas (Shodana Basti) to cleanse the colon, as well as to nourish it and make it supple again. The bastis are given by our therapists in a very sensitive and careful manner after a massage. You will find that the enemas are not uncomfortable to administer. Nasya: The sinuses are cleaned by means of a massage in the head area, warm compresses, steams and special cleansing oils. This treatment is used for imbalance in all organs in the neck and head area and, according to experience, helps with chronic sinus infections, hay sniffles, migraines and headaches. In addition, Nasya clears and strengthens the mind and sense organs. Rakta Moksha (bloodletting - will not work with us carried out). Vamana (therapeutic vomiting - we do not do this treatment method).

What effect can the cure have on my body?

Along with changes in lifestyle and diet, one can feel the benefits of the Panchakarma regimen treatments and experience them physically and mentally. Each treatment is individual; the cure itself can either only last 9 days, 14 days or up to 21 days. Your life should change for the better, you should feel more vitality and energy and if you stick to the recommendations, the cure will have a very lasting effect. Emotions, mind and soul are more balanced and self-confidence can also increase. Body, mind and soul are in harmony again.

What happens when I go home again?

After your body has been cleansed and your mind has been freed and calmed down, it is necessary to strengthen and tone your digestive fire (Agni) and any weak spots in your body. Most of the time during the build-up phase, however, you will spend at home again, because overall you can expect a follow-up treatment phase that should be twice the number of treatment days in our Our Way of Healing Center.

Ayurveda gives more years to life!