

THREE SEASONS AYURVEDA



What is Panchakarma?



Ayurveda is the “Science of Life” and is understood by the five elements found in nature connecting to all of existence. Once you understand your true nature (constitutional balance) you can then use holistic practices to bring balance and harmony. Ayurveda uses preventative and healing therapies along with various methods of purification and rejuvenation to achieve balance, and the Panchakarma process is used seasonally, when out of balance, or when ill.

Benefits:

- Eliminate toxic conditions from your body and mind, and restores constitutional balance.
- Strengthen your immune system and become more resistant to illness slowing the aging process.
- Enhance your self-reliance, strength, energy, vitality and mental clarity.
- Bring about deep relaxation and sense of well-being.

Good health depends upon our capability to fully metabolize all aspects of life- physically, mentally, emotionally, and spiritually. When we can't completely digest food, experiences, and emotions, toxins (Ama) accumulate, creating imbalance and disease.

When our digestive energies, known as Agni (fire), are healthy, we create healthy tissues, eliminate waste efficiently, and produce a subtle essence called Ojas. This essence can be envisioned as the innermost sap of our psychophysiology and is the basis for our clarity of perception, physical strength, and immunity.

Panchakarma is unique because where most cleansing modalities tax the body with powerful purification techniques. Ayurveda uses the body's power to cleanse itself while tonifying and nourishing it thoroughly, bringing overall balance and restoring our natural state of Prakruti (constitution).

The process begins with some pre-cleansing steps to prepare the body, mind, and spirit for its journey. This is followed by the ingestion of medicated ghee or oil which helps you enter the fat metabolism mode and pulls toxins from deep within the tissues. During the cleanse, you eat an Ayurvedic diet that balances blood sugar and improves digestion, assimilation and elimination. Each day, you use medicinal teas and herbs and daily "Abhyanga" massage that assists the body in moving and removing toxins. The five actions of Panchakarma are administered based on your individual case and needs, which can include:

- Removal of congestion of the lungs using the neti pot or therapeutic emesis practice.
- Nasal therapies brings balance to the respiratory system, and increases sensory perception.
- Removes excess bile and inflammation by internal oilation and purgation processes.
- Cleansing of the liver and blood by herbal medicine or regenerating blood.
- Medicated Enema therapy removes excess Vata dosha and rehydrates the body after cleansing.

The Panchakarma journey is a powerful and life-changing experience, which naturally detoxifies physically, mentally, emotionally, and spiritually, bringing rejuvenation, balance, and presence to the body, mind, and spirit.



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