

THREE SEASONS AYURVEDA



What is Panchakarma



Panchakarma (meaning five actions) is the Ayurvedic detoxification and rejuvenation process that cleanses the body and mind, strengthens the immune system, and restores balance and wellbeing. It is a cornerstone of an Ayurvedic lifestyle and is done seasonally when out of balance or experiencing illness.

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 products 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.

While it is easy to understand Agni and Ama in relationship to food, it is essential to consider that mentally, emotionally, and spiritually we are continually digesting information that affects our overall health. When our emotional Agni is healthy, we extract the positive aspects and eliminate the negative and long-term discontent, bringing disharmony.

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 completely, bringing the body, mind, and spirit into balance and restoring its natural state.

The process begins with internal oleation, which helps you enter the fat metabolism mode and pulls toxins from deep within the tissues. The Ayurvedic diet is made up of organic foods that balance blood sugar and improves digestion as the body goes through purification.

Each day you receive different body therapies and massages and that are individually designed for your specific concerns and constitution, which ultimately move the toxins towards the colon and purgation.

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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