



PANCHAKARMA

"Swasthasya, swashtha, samrakhshanam, aturasya, vikara, prashamanam cha"

"To maintain the health of the healthy and cure the disease or imbalances of a person"

- Charaka Samhita Sutra



According to Ayurveda our bodies are generally naturally healthy. However, we are ingesting toxins on a regular basis whether it's our food, air, water and our day to day activities (both mental and emotional). The toxicity in our bodies is further exacerbated by negative relationships, stressful jobs, unhealthy lifestyle, and lack of spiritual orientation. All of these factors increase the formation of ama. Ama is classified as toxins, blemishes, by-products of undigested matter in our bodies that lodges in our tissues (dhatus) that eventually become the cause and the breeding ground for many diseases.

Panchakarma is a unique, natural, holistic, health-giving series of therapeutic treatments that cleanse toxins from the body's deep tissues, open the subtle channels, brings life-enhancing energy, and thereby increases vitality, inner peace, confidence and overall well-being. Panchakarma uses a broad set of five cleansing therapies that are combined as a detoxification program. The program is a personalized 3, 5 or 7 day detoxification and rejuvenation process to eliminate accumulated ama or toxins. Each program is designed according to an individuals imbalanced state of mind and body.

ELIMINATE toxins and toxic conditions from your body and mind

RESTORE your constitutional balance improving health and wellness

STRENGTHEN your immune system

REVERSE the negative effects of stress on your body and mind

PROMOTES longevity, self-reliance, strength, energy, vitality, mental clarity

INDUCES deep relaxation and sense of well-being

The Healing Gardens offers authentic and traditional Ayurvedic Panchakarma, which is an effective and comprehensive detoxification tool and process to help return balance to your system. All procedures are customized to your specific imbalance.



The Panchakarma process starts with a broad inquiry into an individual's health and lifestyle history to understand how they are prone or vulnerable to various conditions. Based on this understanding a complete therapy plan is prepared, including pre-therapy supplements, exercises, diet etc. This is followed by hands-on therapy administration, followed by an at-home self therapy plan for the specific conditions and imbalances. The at-home self therapy plan includes guidance for long-term self management of diet, routines, lifestyle, yoga poses, and breathing exercises.

Panchakarma at The Healing Gardens includes:

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| - pre and post care | - mild herbal purgation | - shirodhara |
| - personalized herbs and diet | - enemas | - personalized yoga |
| - lifestyle counseling | - nasal therapy | - personalized breathing exercises |
| - therapeutic massages | - eye treatments | - meditation & guidance |
| - therapeutic sweating | - back / neck therapy | - organic meals |



Ayurveda uses nature's herbs and plants to help eliminate the excess waste and ama in the body. It considers the broader energetic effects of the herbs on overall metabolic processes. According to Ayurveda, properties of herbs are measured by their taste, elemental makeup (space, air, water, fire, earth), the heating or cooling effects, their post-digestive effects, as well as their potency and unique properties. All herbs and oils are customized based on the individual's constitution and imbalance.

Restore energy and heal your body
Detoxify your body and build immunity
Calm your mind for mental clarity



Questions? please email: sujata@thehealinggardens.com or call 949-515-4855

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