

## AYURVEDA - "A gateway to Indian Medical Heritage."



Ayurveda in Sanskrit means "the science of Life". It is an ancient, unfailing system of treatment based on medicines prepared from herbal plants found in abundance in India. Ayurveda is an integral part of the people of India. In the recent years this ancient knowledge system of medicine has gained global acceptance especially for alternative ways of preventive, curative and rejuvenative processes making life a more pleasurable experience.

### VARIOUS AYURVEDIC TREATMENTS

#### **01 Pizhichil**

Pizhichil is one among the rare and special treatments of Kerala. In this treatment, lukewarm herbal oils are applied all over the body by two to four trained therapists in a special rhythmic way continuously for about 60 to 90 minutes per day for a period of 7 to 21 days. This treatment is done in a special table made from a single piece of Strychnos Nuxvomica wood. This treatment is very useful for Rheumatic diseases like arthritis, paralysis, hemiplegia, paralysis-agitanus,

sexual weakness, nervous weakness and nervous disorders etc.

#### **02 Njavarakizhi**

It is a type of sudation process in which the whole body or any specific part there of is made to perspire by the application of certain medicinal puddings externally in the form of boluses tied up in muslin bag. Two to four masseurs apply this for about 60 to 90 minutes per day for a period of 14 days. This treatment is for all types of rheumatism, pain in the joints, emaciation of limbs, high blood pressure, high cholesterol and certain kinds of skin diseases.

#### **03 Sirodhara**

"Sira" means Head and "Dhara" is the continues flow of a liquid. In this process, some herbal oils, medicated milk, medicated butter mile etc., are poured on the forehead in a special method for about 40 minutes in a day for a period of 7 to 21 days. This treatment is mainly for insomnia, loss of memory, headaches, mental tension and certain skin diseases.

#### **04 Vasthi**

Otherwise known as 'Medicated Enema', Vasthi is a Therapeutic procedure in which certain herbal oils, herbal extracts etc., are applied through the rectum daily for a period of 5 to 25 days. This treatment is effective for arthritis, paralysis, hemiplegia, numbness, gastric complaints, rheumatism and chronic constipation.

#### **05 Sirovasthi**

Certain lukewarm herbal oils are poured into a cap fitted on the head and held for 15 to 60

minutes per day according to the patient's conditions for a period of 7 days. This treatment is highly effective for facial paralysis, dryness of nostrils, mouth and throat, severe headaches and other diseases of the head.

#### **06 Udvarthanam**

This treatment is otherwise known as Powder Massage. This is found very effective in obesity, hemiplegia, paralysis, skin diseases, impaired circulation etc, and similar Kapha predominant diseases. In this procedure certain 2 Therapists apply special Herbal Powders in a peculiar way on the body for abut 30 to 40 minutes daily for a period of 14 to 28 days.

#### **07 Abhyangam**

This is special type of oil massage in which strokes are given according to the circulatory channels for 45 minutes per day for 14 days. This treatment is very useful for obesity, loss of skin lustre, sleeplessness, fatigue, other Vatha predominant etc.

#### **08 Nasyam**

Being one among the 'Panchakarma' procedures, Nasyam is a treatment in which herbal juices, medicated oils etc., are applied through nose for 7 to 14 days. This treatment is highly effective for certain kinds of headaches, paralysis, mental disorders, some types of skin diseases etc.

#### **09 Snehapanam**

The word literally means oral in take of medicated oils or ghee preparations. This is done as a therapeutic procedure and also as a preparatory process during the Body

Purification Therapy. In this treatment Medicated Ghee or Oils are given internally in proportionally increasing quantity for a period of 08 to 12 days. This treatment is very effective for Osteo Arthritis, Psoriasis, Chronic Constipation, Haemorrhoids etc.

#### **10 Kizhi**

Herbal leaves or powders are made in boluses and is applied on the whole body or a part specified after dipping it in warm medicated oils. This is done for 45 minutes daily for a period of 07 to 14 days. This is very effective for Osteo Arthritis, spondylosis, sport injuries etc

#### **11 Dhanyamla Dhara**

Warm herbal liquid is poured all over the body in a rhythmic way using a special vessel. This is done for 45 minutes to 1 hour daily. This treatment is very effective for hemiplegia, paralysis, rheumatic complaints etc.

#### **12 Yoni Prakshalanam**

Herbal oils and decoctions are applied through the vaginal route. This treatment is good for gynaecological disorders. It is also a purification process for genital organ.

#### **13 Kativasthi**

In this process specially prepared warm medicated oils is kept over the lower back with herbal paste boundary. This treatment lasts for 45 minutes to 1 hour and it is good for any type of back pain and spinal disorders.

#### **14 Urovasthi**

Like Kativasthi warm medicated oils is kept over the chest for 45 minutes. This is an effective treatment for asthma, other respiratory problems, heart diseases and muscular chest pain.

#### **15 Ksheeradhoomam**

This is a special sudation procedure in which a mixture of medicinal decoction and cow's milk is heated and the steam thus liberated is passed to a tube and applied over the affected area or whole body. This is found very effective for facial palsies, speech disorders, ptosis and various nervous disorders.

#### **16 Thalam**

Special powder mixed with medicated oil is applied on the top of the head for 20 to 45 minutes. This treatment is helpful for curing ENT problems, insomnia, migraine etc.

#### **17 Lepamam**

This is a process in which medicated herbal paste is applied on the affected part. This is useful for various types of inflammatory conditions, skin diseases, arthritis, gout etc.

#### **18 Thalapothichil**

Various medicinal herbs selected according to Dosha predominance is made into a paste and applied to the scalp for 30 to 45 minutes. This treatment is good for insomnia, premature greying and other problems related to the hair and scalp.

#### **19 Sandhi Vatha Chikils**

Unlike the modern medicine, Ayurveda has very effective cures for Arthritic conditions like rheumatoid arthritis, gout, Osteo

arthritis, ankylosing, spondylosis, cervical spondylosis, osteo porosis etc. This programme includes massage Lepamam, oil application on affected parts, Kizhi, steam bath, Snehavasthi, kashaya vasthy, pizhichil, Njavarakizhi, Snehapanam and internal medicines.

#### **20 Swasa Kasa Chikilsa**

Respiratory diseases like bronchial asthma, prolonged cough, allergic rhinitis, sinusitis etc. can be very effectively treated in Ayurveda. This programme includes body massage, Urovasthi, pizhichil, podikizhi, Snehavasthi, kashaya vasthy, Nasyam and internal Ayurvedic medicines.

#### **21 Sukhanidra**

Ayurveda, the knowledge of life is not only related with the body but with the mind and soul also. This particular treatment programme is very much helpful for conditions like insomnia (lack of sleep), anxiety and it improves immunity and self confidences. This treatment programme includes body massages, Sirovasthi, ksheera Dhara, thaila Dhara, Thalam, Thalapothichil and internal Ayurvedic medicines, yoga and Meditation.

#### **22 Psoriasis Treatment Program(Sidhma Chikilsa)**

Ayurveda forms very effective treatment for all type of psoriasis and various other skin diseases. This special Ayurvedic treatment programme last for 21 to 28 days. This programme includes special Lepamam, Abhyangam, Snehapanam, pizhichil, medicated steam bath, Sirovasthi, exclusively prepared internal herbal medicines, along

with Yoga and Meditation because, Ayurveda emphasises that most diseases are psychosomatic.