

ATHREYA AYURVEDA HOSPITAL

Your Destination For Authentic Healing...



**AYURVEDIC TREATMENT
MODALITIES**

WELCOMES YOU....

SNEHA PANAM

Snehapanam is a therapeutic measure in Ayurveda, characterized by the oral intake of Medicated ghee for internal purification before doing the Panchakarma therapy.

BENEFITS:

One of the primary Snehapanam Ayurveda benefits is its ability to **detoxify the body**. The medicated ghee penetrates deep into the tissues, dissolving toxins and facilitating their elimination. This process is essential for preparing the body for further detoxification therapies in Panchakarma.



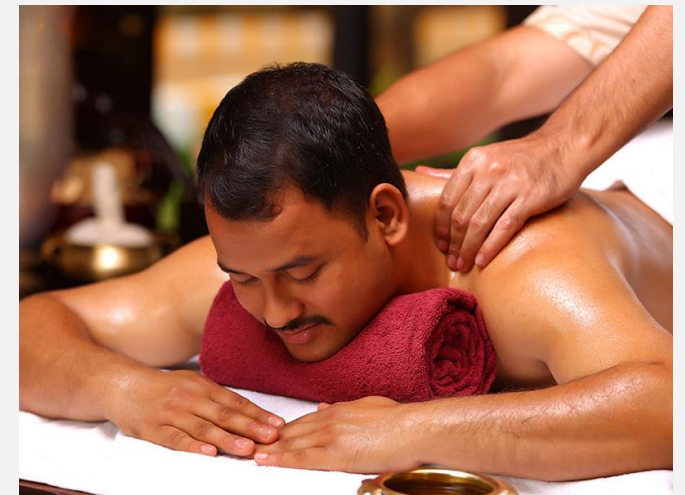
ABHYAGAM

Abhyanga is a traditional Ayurvedic massage technique that involves massaging the entire body with warm oil.

The massage is performed in the direction of arterial blood movement.

Benefits:

Abhyanga is help improve blood circulation, relieve pain and stiffness, and de-stress. It's also help correct energy imbalances in the body.



SHIRO ABHYANGAM

Shiro Abhyanga is a traditional Ayurvedic head, neck, and shoulder massage that uses warm herbal oils to relax the body and mind.

BENEFITS :

Promoting relaxation, rejuvenation, and holistic well-being.



PADA ABHYANGAM

Pada Abhyanga is a therapeutic foot massage targeting energy points to relieve stress and pain.

The massage with a circular movement will stimulate the central nervous system, increase the blood flow, and relaxes the nervous system which reduces blood pressure, and stress level.

BENEFITS:

Reduces stress, calm the mind, and allows a rejuvenated mind and body. Removes fatigue from the lower limbs and improves quality of sleep. Activates metabolism, cures headaches, and prevents onset of degeneration.

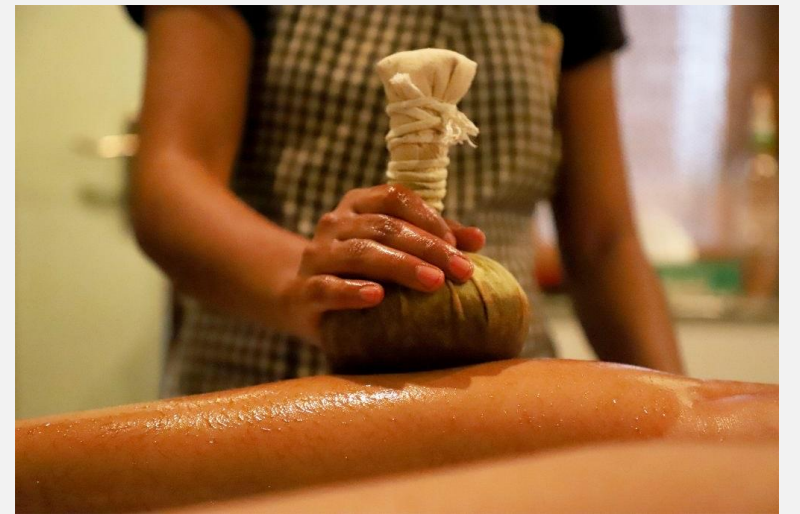


PATRA PINDA SWEDANAMA(PPS)

Patra Pinda Sweda is a type of Sweda in which leaves of medicinal plants along with other conventional drugs are roasted in a pan with little oil and a bolus is prepared from it by tying in the cloth.

Benefits:

Reduces muscular pain, joints stiffness, swelling, sprains and cramps, spondylitis, and chronic back pain.



CHURNA PINDA SWEDANAM(CPS)

Churna-pinda-sweda-(podhi-kizhi)

The swedana karma by using a bolus which is prepared by the combination of different medicinal herb powder. Podikizhi increases the peripheral blood supply.

Benefits:

weight management, treating vata and kapha disorders, enabling relief from inflammation and stiffness, neurological diseases and arthritis.



SHASHTIKA SALI PINDA SWEDANAM(SSPS)

Shashtika sali pinda sweda is performed in ekanga or sarvanga with the bolus of boiled Shashtika shali with Balamoola kwatha and ksheera.

Benefits:

Improve circulation, nourishment to the body, improve the strength of the tissue of bones and muscles. preventing muscular atrophy and improving muscles and skin tone.



UDWARTHANAM

Udwarthanam is a traditional Ayurvedic massage therapy that uses herbal powders to massage the body in an upward motion against the direction of hair growth. It's also known as a powder massage or **shareera parimaarjjana**.

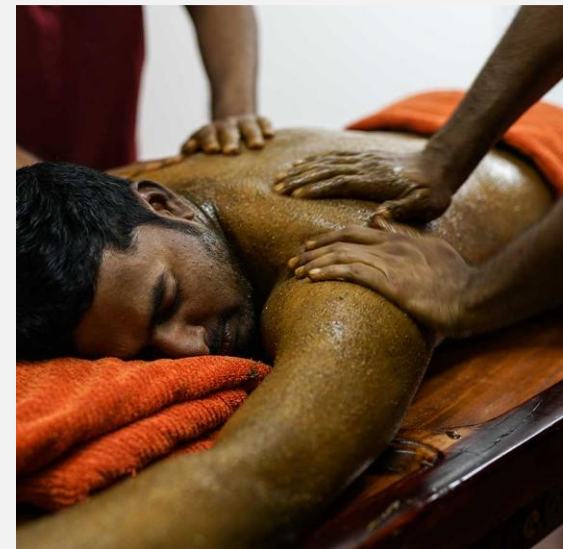
BENEFITS:

- Reduces excess fat in the body
- Increases the stability of the extremities
- Diabetes mellitus
- Obesity
- Lymphatic congestion
- Water retention and swelling



UDGHARSHANAM AND UTSADANA

Rubbing the powders of medicinal drugs over the body without the addition or admixture of oil or ghee is called **Udgharshanam**. In **utsadana**, the powders of medicinal drugs are mixed with sneha (oils or ghee) so as to make a paste. This paste is rubbed over the body in a reverse (upward direction over the body).



DHARA

Types:

1. **Shirodhara (Use medicated oil,kashayam,milk)**
2. **Sarvanga dhara (Pizhichil) (Use medicated oil,kashayam)**
3. **Takradhara (Use medicated buttermilk)**
4. **Netra dhara (Use medicated kashayam)**
5. **Dhanyamla dhara(Use warm dhanyamlam)**

SHIRO DHARA

Shirodhara - pouring a steady stream of medicated oil, milk, or buttermilk on the forehead. The word “shirodhara” comes from the Sanskrit words shiro (head) and dhara (flow).

BENEFITS:

Reduces the Impact of Stress

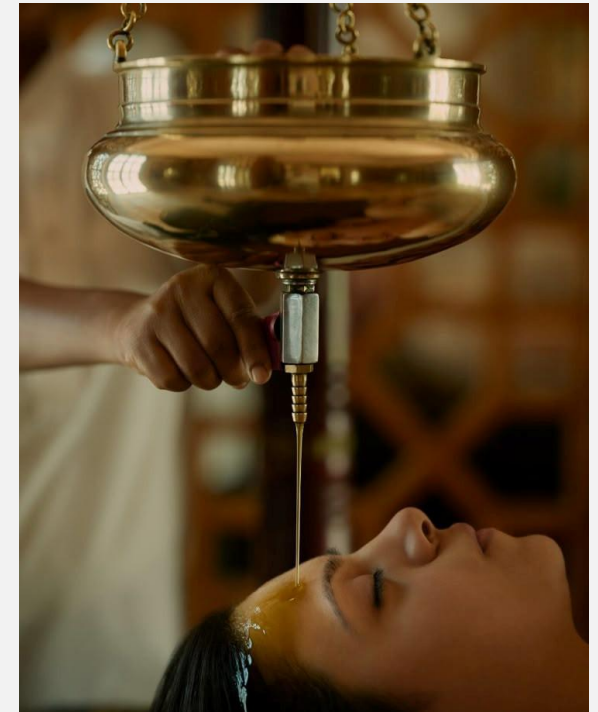
controlling excessive levels of mental stress

Reduces Anxiety

Awakens Intuition

Improves Sleep Quality

Pacifies Vata Dosha.



SARVANGADHARA(PIZHICHIL)

Sarvanga Dhara is a process in which medicated liquid is poured over the whole body maintaining a specific height, rhythm and temperature.

BENEFITS:

Physical Rejuvenation

Detoxification

Mental Clarity and Emotional Balance

Rebalancing Energy

Anti-Aging Benefits



TAKRADHARA

Takradhara is a sudation therapy with medicated butter milk in Ayurveda. It can be done either as Shirodhara (pouring the decoction over the head) or the dhara over the entire body.

This treatment is effective in insomnia, chronic headaches like migraine, ear-nose diseases, neuropathy and spondylitis.



THALAPOTHICHIL(SHIROLEPA)

Thalapothishil, the scalp will be completely covered in herbal pastes which will penetrate and nourish the brain and central nervous system, rejuvenating the individual from inside.



NADISWEDANAM

Nadi sweda is a unique form of Swedana procedure, where perspiration is induced by passing steam over the whole body or specific part of the body by using a special instrument called as **Nadi sweda yantra**.

Herbs added with water is boiled in the nadi swedana yantra and steam is generated.



VASTI

Vasti (Enema) treatments are extremely effective in removing Vata-based toxins from the system.

There are two Vasti treatments - Niruha Vasti and Anuvasana Vasti - that are administered according to the patient's body condition and treatment requirements.

Anuvasana Vasti is Enema Therapy using medicated oils.

Niruha vasti(Kashaya vasti) using medicated kashyam.



KATI VASTI

Kati Vasti is a traditional Ayurvedic therapy that involves retaining warm medicated oil over the lower back area.

It's mainly done to alleviate various lower back issues, including chronic pain, stiffness, muscle spasms, and sciatica.



JANU VASTI

Januvasti is one of the most effective and time-tested Ayurvedic treatment for chronic knee pain, stiffness, inflammation and injury. The treatment involves retaining pain relieving, warm ayurvedic oils over the affected area (**Knee joint**) for a duration of time using gram flour, followed by gentle massage or Abhyangam.

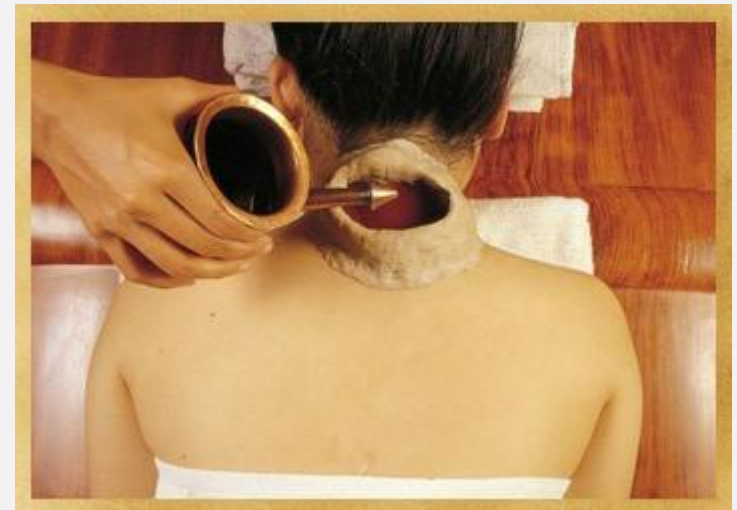


GREEVA VASTI

Greeva Vasti is an Ayurvedic treatment that involves applying warm herbal oil to the **NECK** and retaining it in a black gram paste for a set duration.

BENEFITS:

Cervical spondylitis, Disc bulge, Ankylosing spondylitis, Neurological disorders, and Musculo-skeletal disorders.



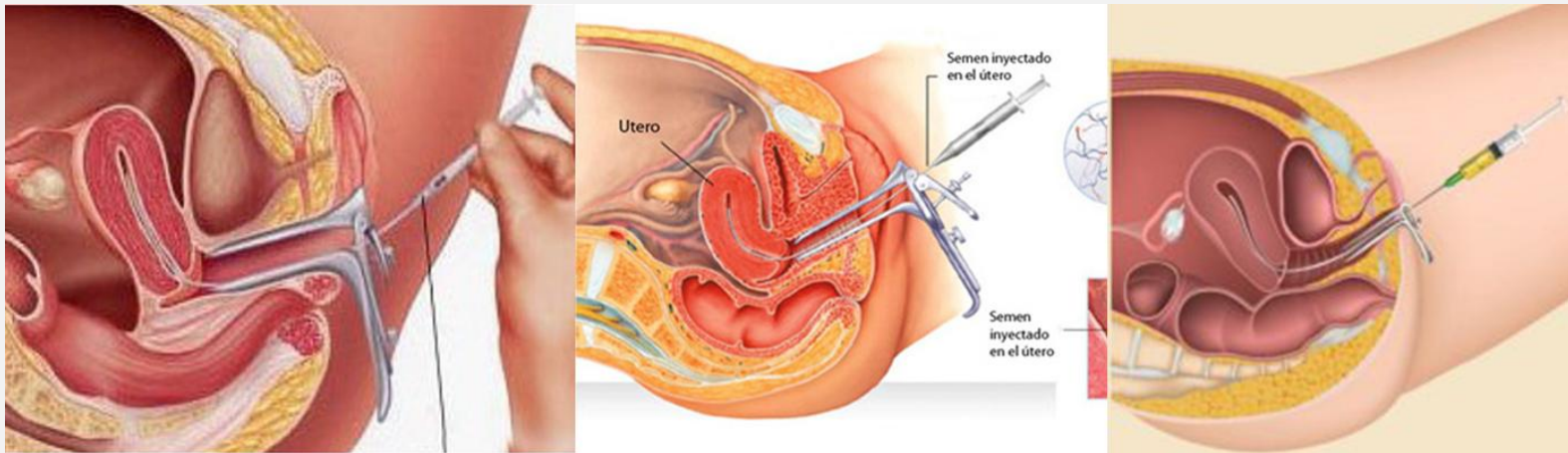
URO VASTI

Urovasti treats ailments in the **Uras** or chest region of the patient. A gap is made in the **sternum area** where the medicated oil is left on for a while to relieve pain.



UTTARA VASTI

Uttara Vasti is among the best Panchakarma treatments. This treatment includes the use of liquid medicines that are administered through the urethral or vaginal routes. This means that Uttara Vasti therapy is dedicated to treating urinary and genital system and diseases.



PICHU

Ayurvedic Pichu Treatment (Spine Therapy) Pichu is a palliative Treatment for ailments of the whole body. During this treatment, a long, thick layer of cotton wool soaked with warm medicated oil is applied over the affected area. The oil is replaced periodically to keep it warm and therapeutic.



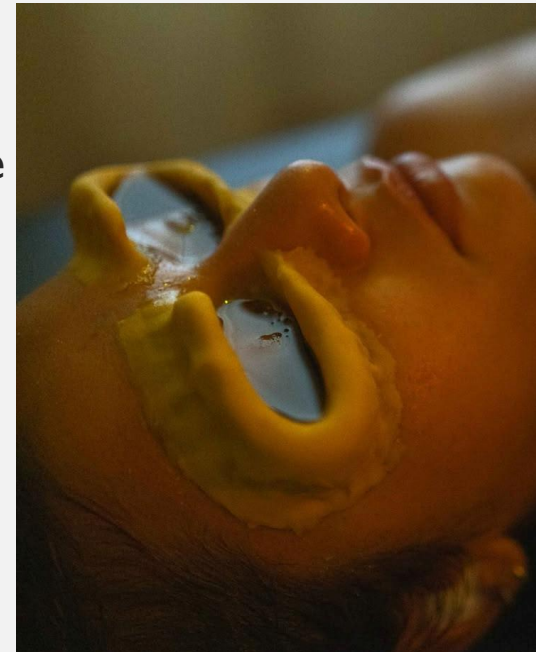
ENT RELATED TREATMENTS

TARPANAM

Tarpanam is a rejuvenation treatment for eyes. Eyes are bathed in pure form of medicated ghee for about 2 to 10 minutes.

BENEFITS:

Strengthen the optical nerves, prevent cataracts, and cool the eyes, Relieve eye strain and fatigue, improve vision clarity, and soothen dry eyes.



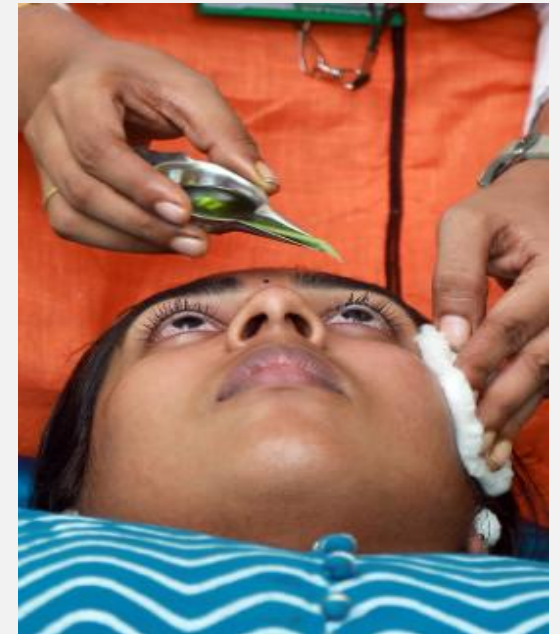
PUTAPAKA

Putapaka is a procedure where lukewarm medicated juice (swarasa) prepared with the help of putapaka vidhi is made to stay stagnant in the eyes for a speculated time with the help of a prepared frame. After tarpana therapy in order to restore the strength to eyes putapaka is done



ASCHYOTANA

Aschyotana is the instillation of the drug in the form of drops into the eyes from a height of **2 Angulas**. It is the primary method of all ophthalmic medication employed in all eye diseases where Doshik vitiation is minimal or Roga is of Alpabala.



ANJANAM

Anjana (collyrium) is procedure of applying medicinal pastes/ powders to the inner part of lower lid either from Kaneenika Sandhi (inner canthus) to Apanga Sandi (outer canthus) with Anjana Shalaka .

Nourish and strengthen the eyes, and increase circulation in the facial muscles and nerves.



PINDI

Pindi is a procedure of applying a paste of herbs or medicines in a small pouch over the eyes. Pindi can help reduce the inflammation, pain, and itching in the eyes. Pindi is done by spreading the paste over a piece of cloth and placing it over the eyes for about 10 to 15 minutes.



BIDALAKA

Bidalaka is a procedure where the medicated herbal paste applied over the eye lids leaving eye lashes for a prescribed time in a prescribed thickness..

INDICATIONS:

Refractive errors, Dry eyes, conjunctivitis, watery eyes, computer vision syndrome, eye strain, cataracts, glaucoma, night blindness, ptosis, corneal ulcers, and inflammatory lesions of the eye.



GANDUSHA

Gandusha in Ayurveda Treatment that the oil when swished in the mouth pulls toxins from the mouth into the oil. Once the swishing is complete, the oil needs to be spit out. This helps reduce toxins from the mouth, enhances appetite, strengthens teeth and gums and provides other health benefits.



KAVALA

Kavala is an Ayurvedic oral cleansing technique that involves swishing a **small amount of medicated liquid** in the mouth for a set period of time, and then spitting it out.

INDICATIONS:

Thirst, ear disease, chronic sinusitis, excessive salivation, throat problems, mouth ulcers, stomatitis, and facial palsy.



DHOOMAPANA

Dhoomapana It is a medicated smoking therapy practised in Ayurveda by which the medicated fumes are **inhaled through(Nose)**one of the nostrils keeping the other one closed and thereby **exhaling through mouth**.



Panchkarma Treatment



Vaman



Virechana



Raktamokshana



Basti



Nasya

What is panchakarma

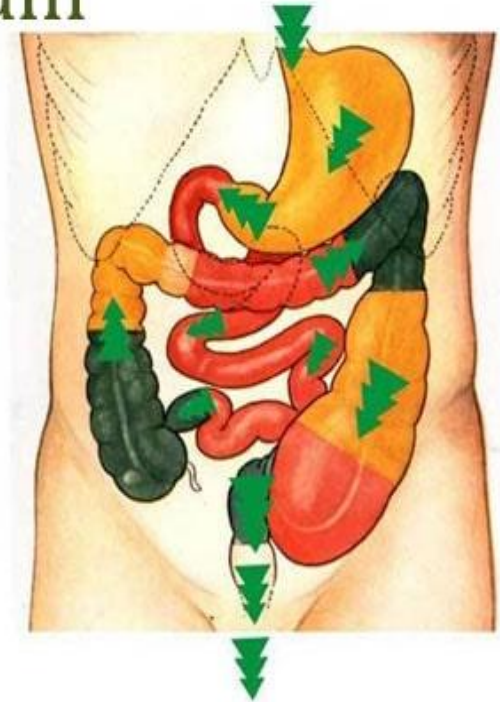
and Benefits of Panchakarma ?



PANCHAKARMA

- ▶ VAMANA
- ▶ VIRECHANA
- ▶ VASTI
- ▶ NASYAM
- ▶ RAKTAMOSHA

Virechanam



PANCAKARMA

1. **Vamanam**
2. **Virecchanam**
3. **Basti(Vasti) – Anuvasana vasti , Kashayavasti**
4. **Nasyam**
5. **Raktamokshanam – Jalaukavacharanam, Pracchanam, Sirovyadhana**

VAMANAM

Vamana, also known as Emesis Therapy, is an Ayurvedic procedure that involves inducing vomiting to eliminate excess Kapha Dosha from the body

Purvakarma

A preparatory therapy that lasts three to seven days. This includes internal and external oleation with medicated ghee or oil, and making the patient sweat.

Pradhanakarma

The main therapy, where the patient consumes items like black gram and sesame to increase Kapha, and herbal concoctions to induce vomiting.

Paschatkarma

A rehabilitative treatment that includes a special diet, avoiding loud speech and sunlight, and taking adequate rest.



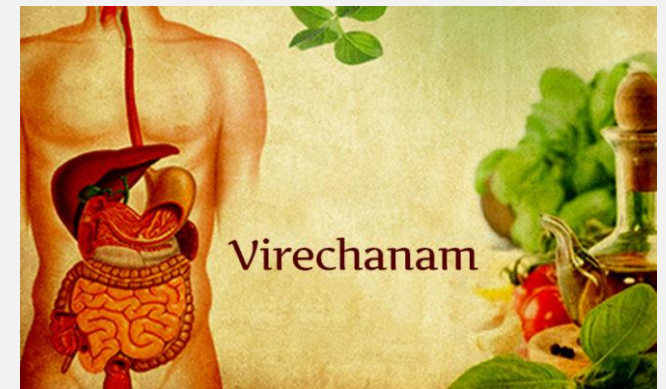
- **Vamana** is used to treat a variety of conditions, including:
- Respiratory conditions like allergies, sinusitis, and asthma
- Metabolic conditions like obesity
- Skin diseases like acne and psoriasis
- Chronic cough and cold
- Rhinitis
- Tonsillitis
- Recurrent chest infections
- Vamana is generally considered safe, but it can increase blood pressure. It's not recommended for children, the elderly, pregnant women, or people with tuberculosis or hepatitis.

VIRECCHANAM

Virechana aims to remove excess or imbalanced pitta dosha from the body.”

In Ayurveda, pitta dosha usually handles digestion and metabolism when it’s in balance. But if it gets imbalanced, it can lead to issues like digestive problems, skin conditions, and liver or spleen diseases.

This purification process involves the use of laxative medicines to cleanse the pitta-influenced intestines. It aims to eliminate toxic waste from vital organs like the liver, gallbladder, and intestines while removing excess bile toxins



VASTI

Vasti - “King” of all Ayurvedic therapies.

Among the Panchakarmas, it is regarded as the most effective therapeutic approach. It is considered one of the best forms of treatment for all conditions related to Vata (Rheumatism). In the Sanskrit Language, ‘Vasti’ means ‘to retain’. Ayurvedic drug is retained inside the body for a certain amount of time before being expelled.

Vasti, results in the bio-purification or flushing out of harmful waste from the colons.



ANUVASANA VASTI(SNEHA VASTI)

Anuvasana Basti is an Ayurvedic Panchakarma treatment involving the administration of medicated oils or ghee through the rectum. It's primarily used for nourishing, lubricating, and strengthening the body, particularly to pacify Vata dosha and address related imbalances.

Benefits:

Anuvasana Basti is believed to promote detoxification, improve digestion, strengthen the immune system, and improve joint health.

NIRUHA VASTI(KASHAYA VASTI)

Niruha Basti, also known as **Kashaya Basti**, is a type of enema used in Ayurveda that involves administering a herbal decoction (kashaya) into the rectum. It's primarily used to eliminate excess Vata dosha (a principle of energy in the body) and associated impurities from the colon. Niruha means “**to eliminate**” and is a cleansing treatment for the colon.

NASYAM

Nasyam means instillation of medicated oil or ghee through the nasal passage. The excess of toxins accumulated in the throat, nose and head is eliminated.

BENEFITS:

Congestion, allergies, sinusitis, headaches, migraine, cervical spondylosis, hair fall, premature greying of hair, rhinitis and other nasal infections.



RAKTAMOKSHANAM

Raktamokshana means to let the vitiated blood out. It is one of the five purification therapies by Acharya Sushruta. There are two ways to do Raktamokshana i.e., Shastra Visravana (using sharp instruments) and Anushastra Visravana (without using sharp instruments).

TYPES:

1. Pracchanam
2. Jalaukavacharanam (leech therapy)
3. Siravedana



PRACCHANAM:

Pracchana Karma is an Ayurvedic bloodletting procedure where small incisions are made in the affected area to extract vitiated blood and restore balance to the doshas (vital energies). It's used to address localized skin conditions, hair loss, and other ailments by stimulating local blood flow and releasing stagnant energy.

SIRAVEDANA:

Siravedha karma, is a therapeutic bloodletting procedure. Used to manage conditions related to vitiated blood.

Jalaukavacharana (leech therapy) :

The therapeutic application of living medicinal leech to the skin in order to evacuate blood from a localized area of the body.

Vitiated blood (Rakta-Pradoshaj Vikaras) and skin disorders. It's particularly useful in treating conditions like abscesses, abdominal swellings, piles, skin diseases (vericose vein), gout, arthritis, diabetic ulcers, venous congestion, and to improve circulation in flap surgeries.



PRASAVA CHIKITSA(AFTER DELIVERY CARE)

- **PRASVA RAKSHA/ PRASAVA CHIKITSA**

Prasava Raksha is a comprehensive Ayurvedic treatment for mothers after delivery, focusing on revitalizing their energy, preventing future health complications, and ensuring their well-being.

Prasava Raksha Treatments:

These typically include full body massage, Kizhi massage, Oushuda Snanam (herbal bath), face and head massage, Yoni Pichu, and abdominal binding.

Specific Ayurvedic Practices:

Other practices like Ved bath (herbal bath), Mukhalepanam (face pack), and lepanams (herbal pastes) for stretch marks are also part of Prasava Raksha.

Ayurvedic Medicines:

Specific Ayurvedic medicines like arishtas, kashayas, and lehyas are used to prevent post-delivery ailments and promote healing.

Diet and Lifestyle:

Prasava Raksha also includes guidance on diet, lifestyle, and rest to support the mother's recovery.

HERBAL FACIAL

Herbal facial, also known as **Mukha Lepam**, is a holistic skincare treatment that utilizes natural and herbal ingredients to cleanse, exfoliate, and rejuvenate the skin. It focuses on balancing the skin's natural doshas (Vata, Pitta, and Kapha) and addresses various skin concerns like acne, pigmentation, and wrinkles.

Face Massage

Facial Scrub

Face Pack (Navara Mukha Lepam)

Kunkumadi Herbal Facial



HERBAL HAIR DYE



உயல்

முலிகை
மயிர்ச்சாயம்
Herbal Hair Dye

உட்பொருட்கள்
கருப்பு அவுரி, நெல்லி, மருதாணி, செண்பகம், மஞ்சள் கரிசாலை, கார்போகரிசி, சடாமஞ்சள், முதலான 35க்கும் மேற்பட்ட கூந்தல் வளர்ச்சிக்கான மூலிகைகளின் கலவை இவை!

ஆண், பெண் கிருபாலருக்கும் ஆனது கிளநரை முகநரை கருப்பாக்கும் சாயம் திது

தோல் ஒவ்வாமை உள்ளவர்கள் இதை பயன்படுத்த வேண்டாம்.

பயன்படுத்தும் முறை :
மூலிகை மயிர்ச்சாயமானது உங்கள் தேவைக்கு ஏற்றார் போல் ஒரு கிண்ணத்தில் இட்டுக் கொண்டு நன்கு கொதித்த சூடான நிலையில் உள்ள நீரை கொஞ்ச கொஞ்சமாக பொடியில் ஊற்றி தலைக்கு தேய்க்கும் பதத்திற்கு ஏற்றவாறு கலக்கி கொள்ளவேண்டும். 20 நிமிடம் கழித்து நரை முடி உள்ள இடத்தில் தடவவேண்டும். 20 நிமிடம் கழித்து வெறும் நீரால் தலையை அலசிக்கொள்ள வேண்டும். உடனடியாக நரை கருப்பாக மாறும். தலையில் தேய்க்கும் பொழுது முடி எண்ணெய் பிசுபிசுப்பாக இருக்கக் கூடாது.