

Rejuvenation and Pancha Karma

The California College of Ayurveda^{i[1]}'s "Healing Experience" utilizes some of the most powerful tools used in Ayurveda to restore balance to the body and mind. Receiving the specialized body therapies are one of the most powerful experiences our patients have while under our care and sometimes even in their lives. There are two kinds of Healing Experience Programs. Our patients are either prescribed a Rejuvenation therapy Program or Pancha Karma^{i[2]}. Your practitioner will make the determination as to which therapy is best suited for your needs.

Rejuvenation Therapy

Rejuvenation is the process of building up your internal strength and your ability to withstand stress. This is the ideal program for those who feel weak, are experiencing chronic disease or are exhausted or debilitated. This Healing Experience lasts between 3-10 days and includes therapies that are both deeply relaxing and deeply nourishing. During this program, you will be receiving blissful oil massages (abhyanga^{i[3]}) provided by one or two practitioners at a time. You will also be receiving a beautiful therapy in which a stream of warm herbal oil is poured in a continuous stream over your forehead (shirodhara). This is often followed by a relaxing herbal steam bath (svedana^{i[4]}). We call the combination of these therapies "Bliss Therapy^{i[5]}." There are other relaxing and nourishing therapies that are sometimes prescribed as well including special oil treatments for back pain (katti basti^{i[6]}) emotional hurt (hrd basti), chronic fatigue (adrenal baths) and more. Relaxing facials to improve skin tone and complexion are often integrated into these therapies. These programs are individually designed to meet your specific needs.

Pancha Karma

Pancha Karma (Panchakarma) removes toxins that have accumulated in the body. These toxins are often buried deep inside the tissues of the body where Ayurveda teaches they interfere with normal body functioning. These toxins, called "ama" weaken the body, making the body more susceptible to disease and making it more difficult for the body to heal itself. Pancha Karma (Panchakarma) is a process which when applied properly, helps you to make a giant leap forward in your health and well-being. The first phase of your Pancha Karma program is called the Preparation Phase or Purva Karma. This phase begins about one week before you come to our clinic. During this phase of your care, you will follow a special food program and take special herbs. The next phase of your care is the Therapeutic Phase or Pradhan Karma. During this phase, you will typically spend between 5 and 14 days at our clinic receiving a variety of therapies including the "Bliss Therapies". This program is designed to quiet and purify your mind as well as your body. Special therapies for purifying your small and large intestine as well as your sinuses will be applied. The final phase of your care is the Reintegration Phase or Praschat Karma. This is the process of re-establishing a long term food program and a healthy lifestyle. This phase typically lasts 30 days. During this time, you will be receiving regular follow up consultations at which time you will be receiving on-going lifestyle, herbal and dietary advice.

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[4] <http://www.ayurvedacollege.com/glossary/term/4>

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