

FREQUENTLY ASKED QUESTIONS (FAQ's)

Why Ayurveda?

Ayurveda takes into consideration the root cause of the disease, the constitution of the person as well as the environment. Nidana parivarjana or staying away from the root cause is the first step towards the healing process. We at Ayurvedashram find the root through various pulse reading and marma techniques and start addressing the disease from there.

What is Panchakarma?

There is always accumulation of toxins in our body from our food, water and air. Periodic cleansing through Abyanga (Systematic oil application), Swedana (steam), Vaman (Emesis), Virechan (Purgation), Vasthi (Self-administered enema) and various other therapies like potali (fomentation with bolus made of pain relieving herbs), Shirodhara (oil dripping therapy), etc. helps the organ systems to function better. These have both preventive and curative effects.

Why Marma?

Marmas are special energy points in the body which when stimulated releases blocks in circulation. These points are stimulated along with the regular Panchakarma (detox) therapies to get quicker results especially in pain conditions.

What is unique at Ayurvedashram?

Everyone takes responsibility to manage their own health. Help is provided at Ayurvedashram by educating the clients about ways to take care of their condition like Ahara (diet), Dinacharya (daily routine), Everyday self-help Marma, Yoga, Energy exercises, meditation, herbal supplements and dos and don'ts to follow all under one roof. This wholesome approach gives an overall sense of wellbeing in the individual as well as peace in the family.

I am currently on certain prescription medications. Can I follow Ayurveda interventions concomitantly?

Yes, you certainly can! We highly recommend Ayurveda as an adjunct therapy to all your conditions. Once your condition improves, you can collaborate with your primary care to adjust or lower your dosage.

Is there any age restriction for Ayurveda therapy?

Ayurveda remedies can be applied to all ages, except certain panchakarma therapies. It is best to consult with an Ayurveda Practitioner for specific solutions.

What is an ideal cleanse for a healthy person?

Ayurveda holistic health consultations twice a year and detox program once a month with Marma will be sufficient for maintaining optimal health. Regular Yoga and meditation will add to peaceful living.