

AOM Self Panchakarma Package

According to Ayurveda as practiced in India, the Five Actions are:

- 1 Vamana (medical vomiting) to remove Kapha *Dosha* (*No longer practiced, replaced with massage and other therapies*)
- 2 Virechana (medical purgation) for Pitta *Dosha**
- 3 Abhyanga (self-massage)*
- 4 Basti (herbal enema)*
- 5 Rakta Moksha (bloodletting) (No longer practiced due to the risk of infection.)

According to Ayurveda, seasonal change is a good time for cleansing/Panchkarma.

If you can't afford to visit a Panchakarma clinic, one can still do it on their own.

If you have never done this before please discuss with your Ayurvedic practitioner or research the literature in books or online for information available on cleansing at home.

Even though our body has the innate ability and intelligence to process and remove accumulated toxins (Ama) and thus align all 3 Doshas (constitution). Unfortunately, our regular repeated violations on our bodies, e.g. irregular eating habits, eating on the run, everyday stress, lack of exercise or over exercise all deplete the body's natural intelligence, thus aggravating the Doshas. Panchakarma helps restore balance and harmony to our system.

Discover your Dosha <https://shop.chopra.com/dosha-quiz/>

Please start slowly for 1 or 2 days. Do not forget that this is an immersive experience - meditate, rest, eat lightly, light reading, turn off your phone & computer. Plan to get away from distractions and obligations. According to Dr. Lad, "Panchakarma releases old, unresolved emotions. To cope," he says "avoid the urge to re-suppress them and practice regular meditation to soothe your heart and soul."

To get the most from your Panchakarma cleansing eat only kitchari for breakfast, lunch, and dinner. <https://yogainternational.com/article/view/basic-kichari>

Tikta Ghee (Bitter Ghee) Virechana

- Is taken for 3-4 days before doing basti (herbal enema).

First thing in the morning add **Tikta Ghee** to warm water and drink.

1 Tablespoon first day

1 1/2 Tablespoon second day

2 Tablespoons third day

Herbal Enema

Dashmool Tea & Guduchi Tea

Vata individuals use **Dashmool** Tea

Pitta individuals may use a combination of 1 Tablespoon **Dashmool** plus 1 Tablespoon **Guduchi**

Kapha Dashmool Tea

Preparation of Herbal Enema:

Items Needed:

- **Enema bag or bucket**
- **Herb Tea**
- **Sesame Oil**

1. Boil herbs in about 30 oz of water for about 10 min, strain the water.
2. Add **Sesame Oil** to the water. How much oil should be added depends from 2 Tablespoons to 1 cup, please start with smaller amounts to gauge how your body's reaction.
3. Total amount of liquid (Tea plus oil) for the enema also depends on the individual. Some people are comfortable holding 34 oz or more, some can barely handle 16 oz.
4. Place liquid in a sterile container
5. Water temperature should be warm – NOT HOT

Always consult your Physician or Ayurvedic practitioner before you start any new practice.

Trifala powder *Virechana

Before bedtime, drink a Triphala tea. Mix 1 teaspoon of Triphala powder with ½ a cup of boiling water. Infuse it for 10 minutes. This is a mild laxative drink that will cleanse your digestive tract.

Swooshing Oil *Virechana

Oil pulling, also known as "kavala" or "gundusha," is an ancient Ayurvedic dental technique that involves swooshing a tablespoon of oil in your mouth on an empty stomach for around 20 minutes. This action supposedly draws out toxins in your body, primarily to improve oral health but also to improve your overall health.

Self Abhyanga (self massage)

Tri Doshic Massage oil or Extra Virgin Sesame Oil *Abhyanga

If you are not familiar with your Dosha (constitution), worry not our Tri Doshic massage oil is specially formulated to balance all constitutions. Self Abhyanga (self massage) strengthens the immune system, thus combats premature aging and prevents muscular injuries.

Here is a resource for self massage <https://www.wikihow.com/Do-Ayurvedic-Self-Massage>

Nasya oil: *Abhyanga

Helps keep nasal passages clean, well oiled to prevent spring allergies

Just place a few drops in your palm, dip your finger into it and then bring finger to your nostril and sniff. Once in each nostril.

Castor Oil 4 oz *Virechana

We do not suggest you ingest castor oil. According to Ayurveda literature castor oil has been used for Virechana. Generally one would start with ½ teaspoon to 1 teaspoon of castor oil with warm water – fresh ginger can be added. This is a laxative drink that will cleanse your digestive tract.