



Actual Ayurvedic Panchkarma Centre

**Provides Traditional Kerala Ayurvedic
& Panchkarma Treatments**

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Natural Way To Restore Your Life

Panchkarma Therapy

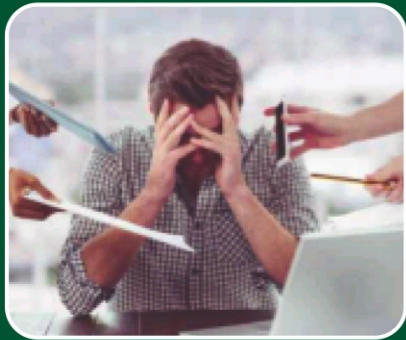
Gift Your Body A Healthy Life



You lead a busy life. Between professional commitments, and family responsibilities, you ignore the well-being of your body and mind. Due to stress, pollution, long working hours, and unhealthy Food / Dietary and drinking habits, you may have anxiety, obesity, diabetes, cardiovascular diseases, and hormonal imbalances.



*If you want to Restore
your life choose Ayurveda ?*



Untreated stress and anxiety lead to a compromised immune system. You attract multiple physical and mental problems that stop you from giving your best, professionally and personally. Learn to unwind naturally and attain sustainable peace of mind with our Panchakarma therapy.

Its Time To Reflect, Renew And Restore

We cure the root problems, not just symptoms

The Panchakarma method promotes body's healing through removing toxins and vitiated doshas by using five bio-purification techniques. It restore overall mind body balance & well



Purification & Detoxification of the Body

Panchakarma Helps Eliminate Toxins From Your Body

- ✓ **VAMANA** : Cleansing of Digestive System, by medically induced vomiting.
- ✓ **VIRECHANA** : Cleansing of intestines, through medically induced purgation.
- ✓ **BASTI** : Cleansing of colon, enema by inducing ayurvedic herbal oils/decoctions.
- ✓ **RAKTMOKSHAN** : Cleansing of Blood with the help of leeches wet cup therapy.
- ✓ **NASYA** : Cleansing of five Sense Organs and Nervous System through nostrils.

Duration : According to Disease & Patient's Condition



Vamana

Virechana



Basti



Raktmokshan



Nasya





Abhyangam

- ✓ Counteracts the ageing process.
- ✓ Relaxes the tensed muscles thus helping in relaxation.
- ✓ Improves quality of eye sight.
- ✓ Nourishes various body components.
- ✓ Increases lifespan of individual.
- ✓ Helps in inducing sound sleep.
- ✓ It makes skin intact and increases its healthy status.
- ✓ It induces strength in body, making it adaptive for tolerating all types of adverse conditions.
- ✓ Removes the dirt, improves complexion of body and increases its strength and provide relaxation to mind & body.

Duration : 3, 5, 7 Days according to patient's condition





Pada Abhyangam

- ✓ Reduces Stress & anxiety
- ✓ Promotes sleep, covers insomnia
- ✓ Improves Blood Circulation
- ✓ Improves Digestion
- ✓ Heals Cracked Feet
- ✓ Balances toe Doshas
- ✓ Calms the body
- ✓ Enhances Joint Mobility in the Lower Limbs

Duration : 3, 5, 7 Days according to patient's condition





Kati Basti

- ✓ Soothes Pain in Lower Back & Limbs
- ✓ Relieves Stiffness in Lower Back & Limbs
- ✓ Strengthens Lower Back & Limbs
- ✓ Soothes Nerves
- ✓ Enhances Blood Supply & Improves Movements
- ✓ Increase Flexibility.

Duration : 3, 5, 7 Days according to patient's condition





Greeva Basti

- ✔ Helps to relieve in occasional neck pain and inflammation.
- ✔ Heals past injuries, inflammation and recurring neck pain, gently and effectively.
- ✔ Improves flexibility.
- ✔ Lubricates joints.
- ✔ Softens rigidity.
- ✔ Improves blood circulation.
- ✔ Helps in healing in the compression fractures and frozen shoulder.
- ✔ Treats Cretical Pain.

Duration : 3, 5, 7 Days according to patient's condition



Hridya Basti

(Heart Rejuvenation Therapy) A unique Panchakarma therapy where warm, medicated oil is gently pooled over the heart region.

- ✔ This ancient treatment nourishes cardiac muscles, improves blood circulation and promotes deep relaxation.
- ✔ Strengthens heart muscles and improves circulation.
- ✔ Reduces stress, anxiety and emotional imbalances.
- ✔ Useful in hypertension, palpitations, angina (non-severe) and psychosomatic disorders.
- ✔ Helps in respiratory issues like breathlessness due to Vata imbalance.
- ✔ Promotes mental calmness and improves sleeps.

Duration : 3, 5, 7 Days according to patient's condition





Lungs Detox

(Prana Shudhi Therapy) A specialized Ayurvedic cleansing treatment that removes toxins from the respiratory system. Using herbal steam, oils, and detox formulations, it strengthens lung capacity, ease breathing and rejuvenates vital energy (Prana),





Shiropichu/Shirobasti

- ✔ Reduces the burning sensation in the scalp and other scalp diseases.
- ✔ Prevents hair fall, split hair and premature greying of hair.
- ✔ Induces sleep.
- ✔ Improves memory.
- ✔ Decreases stiffness in neck and eye strain.
- ✔ Treats psychological as well as neurological disorders like paralysis and facial palsy.

Duration : 3, 5, 7, 10 Days according to patient's condition





Udgharshan/ Udvartanam

- ✔ Aids the body's elimination of wastes and toxins.
 - ✔ Helps in weight loss.
 - ✔ Stimulates the circulatory and lymphatic systems.
 - ✔ Increases the tone and strength of muscles.
 - ✔ Improves mobility of the joints and limbs.
- Reduces Vata and Kapha

Duration : 3, 5, 7 Days according to patient's condition





Eye Health

Ayurveda views eye health as an important factor. The therapies focus on rejuvenation, detox and strengthening of vision.



For Example

NETRA SEKA

Netra = Eyes

Seka/Parisheka = Sprinkling or Pouring

Netra Seka is an Ayurvedic eye therapy where medicated liquids (herbal decoctions, medicated milk, ghee, or oils) are gently poured over closed eyes in a continuous stream.

AKSHI TARPAN

Akshi/Netra = Eyes

Tarpan = Nourishment/Rejuvenation
Akshi Tarpan is a unique Ayurvedic therapy where medicated ghee (clarified butter) or herbal oil is retained over the eyes for a specific time using a boundary made of flour paste. It is a rejuvenative and nourishing procedure for strengthening vision and maintaining eye health.

VIDALAK

Vidaluka = application of herbal paste over the closed eyelids
It is an external Ayurvedic therapy used to cool, strengthen and protect the eyes.

Duration : 5, 7 to 14 Days according to patient's condition



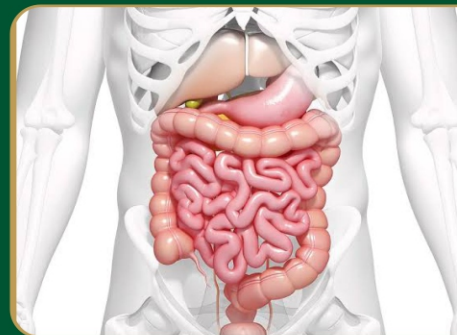
Basti Therapy in Panchkarma (Basti Karma)

Ayurveda views eye health as an important factor. The therapies focus on rejuvenation, detox and strengthening of vision.

- It is a therapeutic procedure where medicated oils, ghee, decoctions, honey or herbal pastes are introduced into the rectum.
 - Considered the best therapy for Vata Dosha disorders.
- ✓ Eliminates toxins from colon (primary site of Vata).
 - ✓ Improves digestion and metabolism (Agni).
 - ✓ Relieves joint pain, stiffness, arthritis.
 - ✓ Promotes strength, vitality, longevity.
 - ✓ Balances nervous system and immunity.
 - ✓ Supports male and female infertility.
 - ✓ Considered as *Ardha Chikitsa* (half of all treatments) in Ayurveda.

Basti Karma (Enema Therapy) is one of the five main Panchakaram therapies, mainly targeting Vata imbalance. Unlike modern enemas which are only cleansing. Ayurvedic basti is both detoxifying and nourishing, making it useful for digestive, neurological, musculoskeletal, and degenerative diseases.

Duration : 3, 5, 7 to 14 Days according to patient's condition





Benefits of Karna Purana

- ✓ Improves Hearing.
 - ✓ Relieves Ear Ache.
 - ✓ Prevents Neck & Jaw Stiffness.
 - ✓ Provides Strength To Eary Bone & Surrounding Structures.
- Provide relief from Tinnitus.





ACTUAL AYURVEDIC PANCHKARMA CENTER

Treatment Available for the following diseases :

- Lifestyle Disorders • Joint Disorders, Knee Pain, Rheumatoid
- Rheumatoid Arthritis, Osteo Arthritis
- Neck & Back Pain, Cervical & Lumbar Spondylosis
- Hair Fall, Migraine, Sinusitis, Stress, Insomnia
- Blood Pressure, Diabetes, Asthma
- Skin Diseases, Psoriasis, Eczema
- Anaemia, Piles, Acidity, Gastric Problems
- Gynaecological/Menstrual Disorders, Infertility
- Uttar Basti for tubal Blockage and urine incontinence.

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