



Panchakarma

Raktamokshan

Vaman

Virechan

Nasya

Basti



Definition

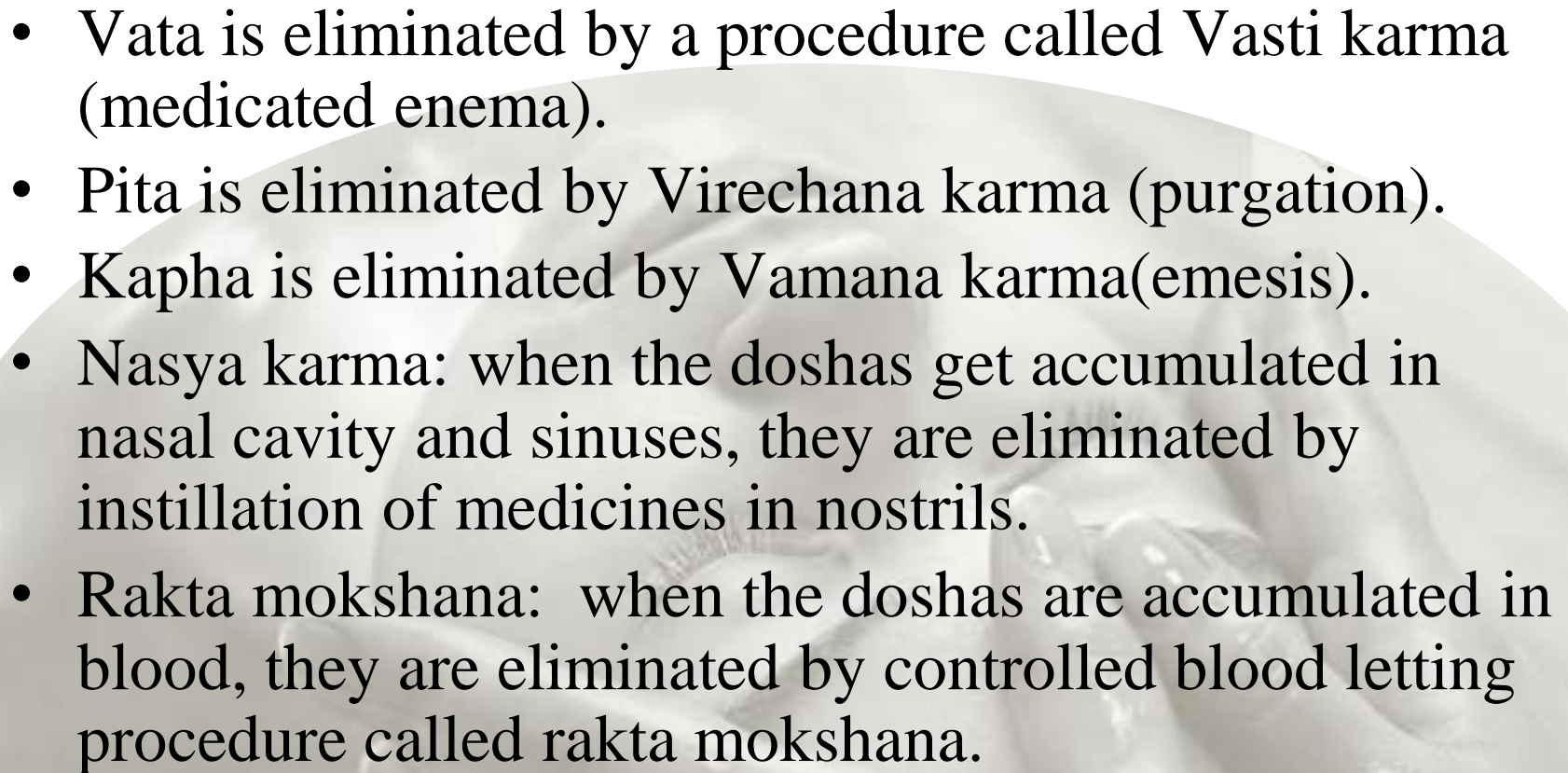
- Pnacha = Five
- Karma = Procedure.
- It is the five types of procedures which were explained in Ayurveda for the detoxification of the body.



Doshas in body

- There are 3 doshas in the body. When these doshas are in their normal quantities, they keep the body healthy.
- But when the levels of these doshas increase in the body, then they have to be eliminated from the body.



- 
- Vata is eliminated by a procedure called Vasti karma (medicated enema).
 - Pita is eliminated by Virechana karma (purgation).
 - Kapha is eliminated by Vamana karma(emesis).
 - Nasya karma: when the doshas get accumulated in nasal cavity and sinuses, they are eliminated by instillation of medicines in nostrils.
 - Rakta mokshana: when the doshas are accumulated in blood, they are eliminated by controlled blood letting procedure called rakta mokshana.



- These panchakarma procedures are carried out by experts in our centers with utmost care.
- Panchakarma helps in curing and preventing many ailments and removing the root cause of the disease.

FEE STRUCTURE

Particulars	Amount
Registration fee	500-00
Yoga classes online	2000-00 One month (1 hour)
Yoga & Diet Consultancy academy	3000-00 six days in week (1 month)
Yoga at home	300.00 each class
Ayurveda Doctor Consultancy	500-00
Diet Consultancy	500.00
Panchakarma Therapy	500.00 To 1500.00 each therapy



THANK YOU