



PANCHA KARMA KUUR

EUROPA AYURVEDA CENTRUM

2012

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All herbs used for treatment are grown in our own garden. The different oils are made in-house and tailored to the client.

This makes each pancha karma treatment unique!

This publication is intended as information for clients of the Ayurveda Center for Natural Healing, a division of the European Centre for Ayurveda in Witharen (Ommen).

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PANCHA KARMA



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PANCHA KARMA CURE

Pancha karma is a cleansing program which includes five cleaning activities. The purpose of this cure is to completely clean all body- and energychannels, as a result of which the metabolism will function better. Through internal cleansing often the cause of an illness is removed and the three bio-energies vata, pitta and kapha balanced. The cleaning treatment normalizes the physical constitution and calms the three bio-energies vata, pitta and kapha. It is used along with Ayurvedic therapies, nutritional advice and advices for a healthy lifestyle.



A piece of history

Pancha Karma is a very old cleaning method and is described in detail in classical Ayurvedabooks by authors such as Charaka, Susruta, Vagbhata and many others. Until a few decades ago pancha karma was continuously practised only in South-India and was almost forgotten by the rest of India. But the enormous success of this traditional treatmentmethod attracted the attention of the medical world. Rightly pancha karma is reintroduced in the

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Ayurveda schools in the rest of India. Recently, because of the enormous interest of Western countries in Ayurveda, it is possible to also follow pancha karma in many countries outside India.



Pre-treatment

Pancha Karma is preceded by purva karma, literally meaning 'pre-treatment'. Each type of cleaning requires power and energy on the part of the client. This procedure ensures therefore that the client is prepared before the pancha karma treatment begins. The aim of this treatment is to ensure that wasteproducts in the body that are embedded in the tissues, veins and arteries are transported to places where they are brought out through the natural orifices.

This pretreatment is performed in three phases:

1. By inducing perspiration.
2. By stimulation by means of oilmassage.
3. By stimulation of the digestive system.

The main treatment

This treatment consists of five or six different types of cleaning which eliminate the accumulated toxins and waste from the body.

- Vomiting (only with strongly increased kapha).
- Treatment of the mucosa in the nose and ears.
- Nutrient enemas.
- Laxative.
- Removing excess impure blood (only on medical grounds).
- Cleansing enemas.

The herbs and massage techniques vary from day to day. The cure starts mild and intensifies in the coming days, after which it is gradually being phased out.

After determining the constitution the herbs are selected on the basis of the results to treat the disturbed bio-energies to calm down and balance. Per treatmentday other herbs are used. Depending on the dosha and the condition of the client, herbs are used to reduce the high dosha so that the oppressed bio-energies are given the opportunity to recover. The herbs used during the treatment come as much as possible fresh from the herbgardens of the center. In winter herbs are used picked in late autumn and are therefore as fresh as possible.

Laboratory

In some cases, in addition to determining the constitution, in the first consultation fasting morningurine is tested for disturbances in the liver and kidneyfunction, brightness, acidity, sugar, protein, vitaminuse, density, color and fragrance. Also the sediment is examined for the presence of red blood cells, crystals, white blood cells and bacteria. Besides this general clinical picture also an Ayurvedic urinetest is done to confirm the results of the constitution.

Food advices during Pancha Karma treatment

During the course it is advisable to use easily digestible food. Avoid hot, sweet or salty flavors. Only take hot drinks such as herbal tea or drink broths. It is absolutely not the intention to fast or eat to little. The cleaning is so that additional fasting may adversely affect the treatment.

Side effects

There are virtually no side effects from this treatment. Generally it happens that the client, after the first treatment, is feeling very tired. This is normal because - despite the low strength of the herbs - the treatment itself is quite intensive and because waste is coming from the body tissues. The waste exit through the natural body orifices. Experience shows that the other treatments are less tiring. It is therefore advisable to plan no other appointments and the first treatment day and use this day only as a rest day.



Dress code during treatment

It is advisable to wear old clothes because the oils and herbs can come off. This is also for your bed linen at home. Take a hat in winter with you so you can cover your head.

Furthermore, a pair of plastic sandals you can wear during the treatment, an old bathrobe you can wear after the Swedanacabin and two old towels.

Duration of treatment

The treatment lasts, depending on the constitution of the client, at least 2 up to 6 hours per day. The remainder of the day you can use to view the beautiful surroundings of Ommen. The medication is prescribed for 10, 15 or 20 days depending on the constitution of the client.

Tariffs

Consultations cost € 100, - per hour. All treatments also cost € 100, - per hour. Treatment of pancha karma takes standard 2 hours, except on the day of cleansing enemas, then does it takes 3 hours. The standard ten-day Pancha Karma therapy residential costs € 3000.00

including accommodation, book with nutritional advices and herbal supplements after the treatment. The standard ten-day Pancha Karma therapy external costs € 2780.00 exclusive stay and includes a booklet with nutritional advices and herbal supplements after the treatment. All prices include 19% VAT. The total amount of the required treatment must be paid in advance to the ABN AMRO account 62 70 15 808 of the Europe Ayurveda College, Witharen, with mentioning your name. You will receive a written confirmation of your reservation. After treatment you will receive an invoice which you can send to your insurer. Currently over 70 health insurance companies reimburse our treatments. You can check our site and your own insurer. Make sure you inquire well so there are no surprises later. We can advise and assist with your questions to your health insurer.

Subsequent therapy

After the Pancha karma treatment, depending on the condition of the patient and his/her response to the treatment, the treatments can be continued in the form of dietary advices, possibly supplemented with herbal supplements, rasayanatherapies, health promotion and soothing therapies, supporting exercises and meditation techniques.

Stay

You stay in the guesthouse designated by the Ayurveda center. You will have a private room. You share the kitchen and the living room with other guests. The costs of staying in are included if you opt for a residential treatment. For reasons of hygiene, take yourself a fitted sheet, twin duvet cover, pillowcase and towels.

Food

Food is not included in the treatment. There is a spacious kitchen with all the standard amenities such as ceramic plate for cooking, fridge, kettle, dishwasher, etc. You get nutrition during treatment and some simple but very good Ayurvedic recipes. On this basis cook your own meals.

Cancellation fees for the course

Until two weeks before start € 50, -. From two weeks to one week before 50% of the cure amount. Within one week before 100% of the cure amount.

Comments from our clients after the course

1. It's been one month since I've done the pancha karma treatment. It did me good at different levels. Physically fit and rested, mentally clear and alert, more contact with my soul and conscious of the cosmic soul. It made me emotionally vulnerable, and that gave a little adjustment problems when I went up again into the bustle of everyday life. But that has found its way. I have fond memories of you and of the center. The combination of knowledge, dedication and kindness made the week very special and I hope to come back in spring.(K.R.)
2. This fall for the second time I have had a Pancha Karma therapy and my experiences differed clearly from the first time. Not only the cleaning worked better and more thorough, the massages had a much more profound effect, especially on the second day of marmamassages. Cornelis is not only knowledgeable but also inspired masseur, by which deep blockages open and ask to be seen, recognized and to be healed. Anything is possible as there are follow up treatments on pancha karma, as I understand. Afterwards I felt clearly that I had come to a higher level, thus every reason to continue. (P.V.)
3. Everything is different. Once you enter you will already experience it is different. Lush vegetation, sculptures, small paths, little structure, live and let live is the creed. Back to basics/nature: the room where you sleep, the shower, not a five star but tailored to what you're doing. No distractions from television or the internet. Space for encountering and relaxing. The first day was getting used to it. "Am I the only one?" and "i'm bored". Then you see peers. People you would pass in everyday life. Here you meet each other. Totally different lives, but pancha karma binds. It appeared to be great to spend so much time together and having nowhere to go. When do you really take time together on a folding chair to listen? In these five days I learned to let go everything and to enjoy in the here and now with what is. The course is intensive and relaxing! I'm glad I knew nothing and yet chose well! (C.K.)

