

Prime Ayurvedic therapeutic Procedures

Ayurvedic system of medicine is trusted for over 5000 years as a safe and effective method to attain total rejuvenation and relief from chronic aches and pains. Ayurvedic therapies focus on bringing a balance among Body, Mind, Soul and Sense organs, eliminating toxins from the body and mind. Ayurvedic therapies offer lasting relief from chronic aches and pains like backache, joint pains, stiff neck, migraine, rheumatic pains, insomnia, anxiety, stress, digestive disorders, obesity and neurological disorders.

	Name of procedure	Actual process	Benefits	Indications
	Abhyangam (General Body Massage)	Luke warm herbal oil is applied on the body and gently massaged.	Tones up muscles, improves blood circulation, relieves stiffness and rejuvenates the body and mind.	General fatigue, arthritis, neurological disorders, aches and pains.
	Aavisnanam (Medicated Steam Bath)	Steam bath in a chamber filled with herb enriched steam	Opens up skin pores, flushes out accumulated dirt and dust. Reduces subcutaneous fat.	Joint pain, back pain, neurological disorders, Obesity.
	Sirodhara (Brain massage)	Medicated oil or medicated liquids are dripped on the forehead.	Regulates functions of central nervous system and cleanses the sense organs.	Stress, depression, sleeplessness, migraine, skin diseases and neurological disorders.

	<p>Pizhichil (Medicated oil bath)</p>	<p>Luke warm herbal oils are applied all over the body by dripping and gentle massage</p>	<p>Offers sustained relief from the rheumatism, arthritis, body pain and Neurological disorders.</p>	<p>General weakness, arthritis, parkinsonism, MS, paralysis and Inflammatory conditions of muscles, joints and nerves.</p>
	<p>Njavarakizhi (Applying special warm herbal rice poultice on the body)</p>	<p>Sweating the body by applying poultice made out of special herbs and rice.</p>	<p>Rectify peripheral nervous system, promotes circulation and relieves aches and pains.</p>	<p>Body weakness, neurological disorders, arthritis and emaciation.</p>
	<p>Udvarthanam (Body massage with special herbal powders)</p>	<p>Gentle body massage with herbal powders.</p>	<p>Burns fat in the body and accelerates lymphatic drainage.</p>	<p>Obesity, Cholesterol and cellulites.</p>
	<p>Nasyam (Nasal application of herbal oils and juices)</p>	<p>Herbal juices and oils are administered as nasal drops</p>	<p>Cleanses central nervous system and sense organs.</p>	<p>Effective for migraines, headaches and nerve pains.</p>

	<p>Sirovasthy (Therapy by retaining medicated oil on the head)</p>	<p>A cap made of palm shearing is placed on the head. Lukewarm medicated oils are poured into the cap and retained for some time.</p>	<p>Rectify Central nervous system.</p>	<p>Effective for severe headaches and some paralytic condition.</p>
 <p>Netra Tarpanam</p>	<p>Tharpanam Therapy by retaining medicated oil on eyes.</p>	<p>A boundary is made around eyes and oil is retained.</p>	<p>Cleanse the eyes and relieves strain from the eyes.</p>	<p>Effective in strain in the eyes and many eye diseases.</p>
	<p>Elakizhi 'Ela' means leaf and 'kizhi' means bundle.</p>	<p>Massaging the body with heated cloth bundles filled with fried medicinal leaves like ricinus, calatropis, tamarind etc.</p>		<p>This is done in cases of rheumatism, Arthritis, paralysis, sciatica, spondylosis and nervous disorders.</p>
	<p>Vasti This is a local therapy for the back and spine</p>	<p>Particular oil is kept over the central of the body, inside a boundary made of some herbal pastes. Oil is kept over the low back region (Kati), for adoration of 45 minutes to 1 hour.</p>		<p>This therapy is very effective in all back pains and spinal disorders</p>

	<p>Thalam</p>	<p>Medicated oils or medicated herbal paste is applied in the middle of the scalp/head and is kept for an hour time</p>	<p>This treatment is also done for patients having diseases of eyes, facial paralysis, long lasting head ache and other various neurological deficits.</p>	<p>This is very useful for cases of insomnia, hypertension, migraine, burning sensation of the scalp, weak sight, skin disorders and ear, nose, throat problems (ENT)</p>
	<p>Thalapothishil Wrapping up the head with medicinal paste is known as Thalapothishil.</p>	<p>In this therapy a leather sheet is fixed around the head of the individual and medicated oil is filed in it and is held there for a duration based on the ailment and patient's condition.</p>	<p>This treatment is mainly used for mental illness or psychosis, headache migraine, sinusitis, skin disease, insomnia, hair falling and mental retardation etc.</p>	<p>It is an important treatment for many major and minor diseases that afflict the head. This is very effective in insomnia, hair loss, epilepsy, paralysis, migraines and headaches etc..</p>
	<p>Sukhanidra Sukhanidra is one of the several treatments in Ayurveda aimed at pacifying mind and to treat such conditions like insomnia (sleep deprivation), anxiety and depression. This treatment involves Thirummal, Shirovasti, ksheeradhara, Thailadhara, Talam and Thalapothishil along with Yoga and meditation.</p>			
	<p>Bandhan (Bandage) Bandhas are highly useful in fracture dislocations, low back pain, knee swelling joint pain, pain & swelling of joints etc...and we are specialized in this procedure.</p>			



Sports Medicine

Sports medicine is a globally developing system of treatment today. There are a plenty of research papers in ayurveda itself about the importance of treatments available in ayurveda to cure sports related injuries. At Pranavam Ayurveda we have a special package in ayurveda sports medicine for the treatment and rehabilitation of sports injuries under the supervision of the sports medicine specialists.

The ayurvedic system of treatment of sports injuries is by addressing the root cause of the injury. This approach ensures total cure and non-recurrence of the chronic injury.

Ksheeradhoomam

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Ksheeradhoomam is called for a method of steaming the patients face and neck with medicated milk steams.

This is a popular treatment in facial paralysis, diseases of the sense organs etc.

Snehapanam

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Snehapanam is the internal administration of medicated ghee in daily increasing doses and strict restrictions on diet and other activities.

It is effective to cure allergic asthma, psoriasis, eczema, low immunity, hyper acidity, peptic ulcer, digestive disorders and in all kinds of mental illness.