Shree Saptashrungi Ayurved Hospital

Kamal Nagar, Hirawadi, Nashik

DEPARTMENT OF PANCHAKARMA

OPD NO 7

Panchakarma: The Ultimate Detoxification Therapy

Panchakarma is a traditional Ayurveda therapy designed to detoxify, rejuvenate, and restore the body's natural balance. It is a holistic healing process that eliminates toxins (Ama) and strengthens the immune system while promoting overall well-being.

The word "Panchakarma" means "Five Actions" in Sanskrit, referring to the five therapeutic procedures used to cleanse the body of accumulated toxins. These therapies help to restore the balance of the three dosha-Vata, Pitta, and Kapha leading to improved health and vitality.

The Five Therapies of Panchakarma

1. **Vamana** (Therapeutic Emesis):

Induced vomiting to expel excess Kapha dosha.

Effective for respiratory issues, allergies, and skin disorders.

2. **Virechana** (Purgation Therapy):

Herbal laxatives are used to cleanse excess Pitta dosha from the intestines.

Beneficial for liver disorders, digestive issues, and skin diseases.

3. **Basti** (Medicated Enema Therapy):

Herbal decoctions and oils are administered through the rectum. Also called as ARDHA-CHIKITSA in Ayurveda.

Helps with chronic constipation, arthritis, and neurological disorders.

4. **Nasya** (Nasal Detoxification Therapy):

Herbal oils or powders are administered through the nose.

Treats sinus congestion, migraines, and respiratory issues.

5. **Raktamokshana** (Blood letting Therapy):

Removes toxins from the blood using leech therapy or controlled bloodletting.

Useful for skin diseases, hypertension, and chronic inflammation

Along with above 5 major Karmas various Upakarmas are also conducted patients. They are as follows:

- Shirodhara, Shirobasti, Shiropichu, Shiroabhyanga, Sthanik Basti, Udvartanam, Avagaha Sweda, Pinda Sweda, Upnaha Sweda, Sarvang Abyanga, Sarvanga Swedana, lepa, Dhumpana, Tarpana, Dhara.
- Research activities are done periodically by faculties and PG students of Panchakarma department.
- We offer customized Panchakarma therapies under the supervision of expert Ayurveda doctors.
- Authentic panchakarma procedure perform yearly as preventive and Curative measure through seasonal Camp.

<u>Yearly schedule and Duration of seasonal purification:</u>

Vasantik Vaman	15 Feb – 15 Apr
Varsha Rutu Basti Shibir	15 June – 15 Aug
Shardiya Virechan Shibir	15 Oct – 15 Dec

Our Specialty

We offer customized Panchakarma therapies under the supervision of expert Ayurveda doctors.

Keraliya Panchakarma – Pizzichil, Kayaseka, Navarkizzi, Annalepan, Shirolepam, Jambir Pinda, Patra-pinda, Andakizzi.

Cosmetic Procedures- Ayurvedic Facial, Panchamruta Facial, Shirolepam, Pinda Facial, Romshatan etc.

Preconceptional Sharir Shuddhi for Male & Female as well as in cases of Infertility.

Physiotherapy:

We offer highly advanced Physiotherapy services with all physiotherapy equipment and instruments.

Our expert physiotherapists provide personalized care using advanced techniques to promote healing and enhance quality of life.

Physiotherapy can help manage and treat various conditions like:

- Musculoskeletal disorders
- Neurogical disorders
- Post-Surgical Rehabilitation
- Pediatric Physiotherapy
- Geriatrics Care
- Cardio-respiratory Disorders.

Time for physiotherapy OPD- 9am to 5pm.

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1, Hirawadi Rd, Panchawati, Hirawadi, Nashik, Maharashtra 422003, India
Lat 20.018499°
Long 73.815464°
15/10/24 02:33 PM GMT +05:30
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Lat 20.018359°
Long 73.81541°
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Our experts

Sr no	Name	Designation	OPD day	OPD time
1.	Dr Manjusha More	Professor and HOD	Monday	9.00 am to 4.00 pm
2.	Dr Dipali Sonawane	Professor	Wednesday	9.00 am to 4.00 pm
3.	Dr Ravindra Phadol	Associate professor	Thursday	9.00 am to 4.00pm
4.	Dr Anupama Patil	Assistant professor	Friday	9.00am to 4.00 pm
5.	Dr Aditi Joshi	Assistant professor	Saturday	9.00 am to 4.00 pm
6.	Dr Nehal More	Assistant professor	Tuesday	9.00 am to 4.00 pm
7.	Dr Bhavana Patel	Physiotherapist	Monday to Saturday	9.00 am to 1.00 pm
8.	Dr Shanu Jaju	Physiotherapist	Monday to Saturday	1.00 pm to 5.00pm