

## AYURVEDA TREATMENT



### ABHYANGAM / OIL MASSAGE



Medicated oil is applied all over the body with gentle pressure. This massage cures dryness, fatigue & numbness. Eye sight becomes clearer. Prevention from sciatica, cracking of feet, constriction of vessels and ligaments of feet are the added benefits.

#### **Benefits:**

- Mainly for arthritis.
- Foot cracking.
- Weakness of body.
- For strong & smooth skin.
- For deep sleep.

## AYURVEDA TREATMENT



### SWEDANAM / STEAM BATH /Fomentation therapy:



After massage the patient is administered fomentation. After this the patient is made to sit in a steam chamber & steam is given for a specific period.

#### **Benefits:**

- Reduce stiffness & heaviness of the body.
- Dysurea.
- Reduce the tenderness.
- Pain & stiffness of knee & feet are reduced.
- Good for cough, dyspnoea, hoarseness of voice.
- It is helpful for Arthritis conditions.
- Sciatica.

## AYURVEDA TREATMENT



Whole body or a part is made warm by the external application of medicines packed in the form of boluses tied in cloth.

### Varieties of kizhi:

#### **1. Ela kizhi:**

Medicated leaves prepared with medicated oils tied in a cloth made warm with steam or medicated oil & massaged on body.

#### **Benefits:**

- To remove pain.
- Conditions like Hemiplegic & Paraplegia are addressed.
- Stiffness is reduced (decreased body movements)
- Pain, numbness & stiffness of feet, knee, calf muscles , multiple joint pain etc are reduced.

# AYURVEDA TREATMENT



## 2. Podi kizhi:

Boluses made with medicated powders heated in warm oil are gently run over the body.

### Benefits:

- Mainly used to remove the pain with swelling.
- Arthritis complaints with numbness
- Frozen shoulder

## 3. Dhanyamla kizhi:

Bolus of powdered medicines heated in liquid of fermented cereals are used

### Benefits:

- Severe pain with swelling & burning sensation.
- Severe degenerative changes.

## 4. Njavara kizhi:

Medicinal variety of rice (njavara) cooked in decoction of *Sida cordifolia* & milk are made bolus in cloth and warmed with same combination then gently run over the entire body.

### Benefits:

- Facilitate the elimination of impurities from the body.
- Muscle wasting.
- Improve the body health & complexion
- Eases fracture pains.
- In hemiplegic & paraplegia
- To remove morbidity in traumatic causes.

## AYURVEDA TREATMENT



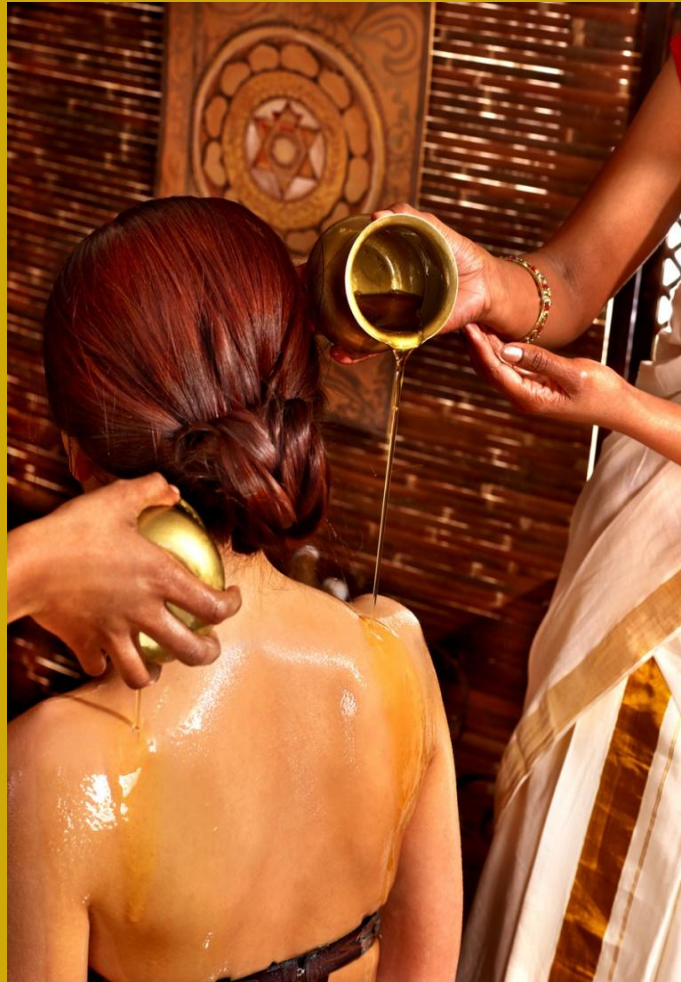
### **Njavara Lepamam :**

For children Njavara kizhi is not suggested, for them njavara lepanam is preferred.

### **Benefits:**

- In emaciated body parts & strengthening of the body.

### **AVAGAHAM**



In this treatment patient is made to sit or immerse the affected part in lukewarm decoction..

### **Benefits:**

- Relives acute pain.
- Post natal care.
- Urinary calculi.
- Skin diseases.

# AYURVEDA TREATMENT



## DHARA



A non stop continuous stream of medicines poured in a rhythmic manner on the affected body part.

### **1. Kashaya dhara**

Continuous pouring of medicated decoction on the body for a specific time.

#### **Benefits:**

- As a nerving tonic.
- Pain & burning sensation of multiple joints.
- Dry skin.
- Severe degenerative changes.

### **2. Thakra dhara :**

Pouring of medicated butter milk on the forehead from a specific height.

#### **Benefits:**

- Brain disorders.
- Sleeplessness.
- Stress related disorders.
- Psychosomatic disorders.

## AYURVEDA TREATMENT



### 3. Ksheera dhara :

Pouring of medicated milk on the affected part.



#### Benefits:

- Severe degenerative change.
- Arthritis.
- Pain & swelling with stiffness of joints.
- Improve the health & complexion.

### 4. Shiro dhara :

The medicated oil is poured in a rhythmic manner on the forehead & massaging is done on head.

#### Benefits:

- Treatment for insomnia.
- Mental disorders.
- Loss of memory.
- Paralysis.
- Head ache.
- Vertigo.

## AYURVEDA TREATMENT



### 5. Dhanyamla dhara :

Liquid of fermented cereals are poured on the whole body or affected part & massaged.

#### Benefits:

- Anti-inflammatory
- Good for rheumatic patient

### SIRO VASTHI



Medicated oil is retained on the head in a special cap tied over the forehead for a specific period of time.

#### Benefits:

- Severe pain with swelling & burning sensation.
- Severe degenerative changes
- Insomnia.
- Bell's palsy.
- Neurological & Mental disorders.
- Headache.
- Stress.
- Brain disorders.



## AYURVEDA TREATMENT



### THALAM

Medicinal paste is applied over head for required time.

#### **Benefits:**

- Insomnia.
- Head ache
- Burning sensation of scalp.

### THALA POTHICHIL



Medicines are made into a paste form & applied over the head and is covered with a leaf & tied it for a specific time.

#### **Benefits:**

- Headache.
- Insomnia.
- Depression.
- Burning sensation of head.

## AYURVEDA TREATMENT



### KATEE VASTHI



Keeping a pool of warm medicated oil on the lower back for a specified time.

#### **Benefits :**

- Chronic & acute back ache.
- Disc protrusion
- Sciatica.

### GREEVA VASTHI



Keeping a pool of warm medicated oil on the back of the neck for a specific time.

#### **Benefits:**

- Cervical spondylosis.
- Radiating pain & numbness of hand.
- Other pains related to neck.

## AYURVEDA TREATMENT



### PIZHICHIL



A piece of cotton dipped in warm medicated oil is poured in a continuous stream over the patient's body from a specific height followed by a gentle massage.

#### **Benefits:**

- Ensure better blood circulation.
- Muscular dystrophy.
- Arthritis.
- Back pain.
- Spondylosis.
- Hemiplegic.

### UDAVARTHANAM



Using medicated powder or past applied over body & deep massage is done.

#### **Benefits:**

- Weight reduction.
- Toning the skin & muscle.
- Improves skin complexion.