

## ***Ayurveda Bodywork Modalities***

The hallmark of Ayurvedic medicine is that the individual and not the disease is the target of treatment. In contrast to western medicine, Ayurveda views disease not as an enemy with which to grapple, but as a manifestation of the breakdown mechanisms that maintain control, resilience, and balance. Dysfunction and disease are rarely organ-specific. Rather, they are an altered systemic physiological malfunction that requires an integrated or holistic model of therapeutic intervention.

## ***Ayurveda Bodywork Short Courses***

The short courses are conducted by Amarjeet Bhamra, under the auspicious of the College of Ayurveda (UK). Amarjeet believes in a holistic approach that enshrines the body, mind and spirit, aiming to treat the cause not just the symptom of the disease thus helping the body release its healing potential.

Advisor and contributor to many health authorities and health journals, he is a leading exponent and master of different branches of complementary medicine who specialises in Indian Health Sciences.

Amarjeet has a unique and charismatic entertaining style and his professional workshops are always packed with practical and spiritual knowledge. You will learn how to perform ancient Ayurvedic modalities to a professional standard by the renowned Amarjeet S Bhamra. Trained in India and Europe, he is a leading exponent and dedicated master of Ayurvedic treatments. The College has played a large part in the renaissance of Curriculum standards largely due to his efforts.

For further details regarding workshops / short courses please contact Amarjeet S Bhamra on [indiansciences@live.com](mailto:indiansciences@live.com) or [indiansciences@gmail.com](mailto:indiansciences@gmail.com)

## ***Short Course Description***

Therapy	<b>Abhyanga</b> (Whole Body Massage)
Symptoms	Obesity, loss of skin lustre, sleeplessness, and fatigue
Technique	The concept of Ayurvedic oil massage is entirely different from that of the western massage techniques, as it balances the 'tridoshas' ( <i>Vata, Pita and Kapha</i> ) and releases the stored up stress from the mind and body, working through the deeper levels of body with gram flour. According to classical Ayurvedic texts benefits of these medicated oils: "The effect of using these oils either internally or externally strengthens the 13 <i>Agnis</i> (the digestive fires, purifies the intestines, removes <i>Ama</i> (toxins) from the <i>Dhatu</i> s (bodily tissue) such that the <i>Dhatu</i> s becomes new, and strengthens the senses, thus preventing ageing and giving 100 years of quality life'.

Tx* Duration	1 Hour
CPD Course Duration	PostGraduate One-Day Intensive Training. Total 24 learning hours including distance studying.

Therapy	Acupressure ( <b>Sand bed</b> )
Symptoms	Relieves pain, tension. Effective in stress, hypertension, etc.
Technique	The treatment is given according to various diseases, conditions with the help of Padam Abhyanga (Reflexology) and <i>Marma</i> therapy. Acupressure treatment by walking over various types of sand, grass, etc. Relieves pain, tension. Effective in stress, hypertension, etc.
Tx* Duration	1 Hour
CPD Course Duration	PostGraduate One-Day Intensive Training. Total 24 learning hours including distance studying.

Therapy	<b>Annalepa</b>
Symptoms	Effective in emaciation, debility, muscle atrophy, weakness, body ache and paralysis.
Technique	It is a type of sudation where special rice cooked in herbal decoctions is applied over the body after Abhyanga.
Tx* Duration	1 ½ Hours
CPD Course Duration	PostGraduate One-Day Intensive Training. Total 24 learning hours including distance studying.

Therapy	<b>Aromatherapy</b>
Symptoms	Psycho-physiological balance through the use of harmonising aromas
Technique	Through the use of harmonising aroma essential oils blended with organic virgin cold pressed oils that can be gently massaged
Tx* Duration	1 Hour
CPD Course Duration	PostGraduate One-Day Intensive Training. Total 24 learning hours including distance studying.

Therapy	<b>Avagaha Sveda</b>
Symptoms	Rheumatic disorders, low back ache, hernia and haemorrhoids
Technique	Avagaha Sveda is indicated in patients who need mild fomentation. After oil massage, the patient is fomented by sitting in a tub filled with medicated decoction.
Tx* Duration	1 Hour
CPD Course Duration	PostGraduate One-Day Intensive Training. Total 24 learning hours including distance studying.

Therapy	<b>Aathapa Sveda</b> (Sun Bath)
Symptoms	Depression and loss of energy
Technique	Exposure to sun after applying medicated oil.
Tx* Duration	1 Hour
CPD Course Duration	PostGraduate One-Day Intensive Training. Total 24 learning hours including distance studying.

Therapy	<b>Bhaspa Sveda</b>
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Symptoms	Stiffness of the body and Sciatica
Technique	Fomentation therapy is done as a main treatment and also as a preparatory procedure for panchakarma. It dilates the body channels for the removal of toxins, which are transported to the bowel; from there they can be effectively eliminated through emesis or purgation. After oil massage, the patient is made to sit or lie on his back in a specially made steam box, with his head outside. Herbal steam is released into the box for a specific time.
Tx* Duration	1 Hour
CPD Course Duration	PostGraduate One-Day Intensive Training. Total 24 learning hours including distance studying.

Therapy	<b>Basti</b> (Medicated Elimination Enemas)
Symptoms	Ayurveda's remedy for improving circulation in the ear, stimulates brain, lowers blood pressure, arthritis, paralysis, hemiplegia, numbness, gastric complaints, rheumatism and chronic constipation
Technique	<p>Ayurvedic texts say that by basti alone 50% of illness can be cured by these internal elimination therapies. Abdominal pack, kidney pack, castor oil pack, leg pack, chest pack, mud pack, partial mud application, cold hip bath, mustard pack, aloe-vera with mud pack to face, cold immersion bath, contrast arm bath, contrast foot bath, etc.</p> <p>At the end of the treatment each day, after impurities from different parts of the body have been loosened and drawn into the intestinal tract, the client receives a basti. These gentle internal cleansing treatments are based on the following types of Basti:</p> <p><b>Anuvasana -</b> Unctuous materials like ghee, oils or milk is used. Both are useful in constipation, abdominal distention, seminal disorders and piles.</p> <p><b>Dhoopanam -</b> This is process of medicated fumes applied to the ears for 5 to 10 minutes. This process helps to clean the ear and avoids ailments associated to the ear.</p> <p><b>Greeva Basti -</b> A special treatment for diseases of neck and cervical vertebrae. Effective for (base of the neck) cervical spondylitis and neck strain.</p> <p><b>Hridhaya Basti -</b> Hridhaya Kashaya or Ballya oil placed in the pre-cordial/chest area. This helps regulate the blood flow.</p> <p><b>Janu Basti -</b> Retaining oil over the knees for about 30 minutes helps relieve chronic knee pain. Very effective in the early stages of Osteo-arthritis and in preventing its deterioration.</p> <p><b>Kan Basti</b> (Ear Treatment) –</p>

	<p>Remedy for improving circulation in the ear, stimulates brain, lowers blood pressure, and helps to balance Vata dosha. Also known as Karna Purna - filling ears with warm oil. This helps to treat earache, deafness, tinnitus, headache, lockjaw, giddiness as well as certain diseases of gums and teeth.</p> <p><b>Kashaya Basti -</b> Basti with herbal decoction is called kashaya basti. This procedure is performed in empty stomach, when previous food is fully digested. Oil application and fomentation is done as a preparatory procedure. After this, lukewarm and freshly prepared basti liquid is administered into the colon via rectum. The fluid should be discharged within 5 to 15 minutes. The discharged fluid will contain toxins along with faecal matter. Patient is advised to take hot water bath, after which, food should be given. Beneficial in all types of Vata disorders and abdominal disorders.</p> <p><b>Kati Basti -</b> In this process specially prepared warm medicated oil is kept over the lower back with herbal paste boundary. This treatment lasts an hour. Effective in curing low back ache and spinal disorders, sciatica and inter vertebral disc prolepses.</p> <p><b>Kukshi Basti (Epigastria Region) –</b> Useful for hiatus hernia, bloating, and phantom</p> <p><b>Niruha Basti –</b> For which herbal decoctions are used. Niruha Basti (water-based herbal decoctions) to eliminate impurities from the intestinal tract. This is one of the most important aspects of treatment</p> <p><b>Prushtha Basti -</b> A procedure in which lukewarm medicated oil is retained in the low back region. The patient is made to lie in prone position. A dam of black gram dough is made in the low back region and the lukewarm medicated oil is retained at constant temperature for a specific time. After the procedure, a light oil massage is given. Then the patient is advised to take hot water bath. Reduces Sciatica and Inter vertebral disc prolepses.</p> <p><b>Shiro Basti -</b> Medicated oil is kept over the head with the help of tubular leather or rexin cap for an hour. Effective in curing facial paralysis, epilepsy, mental disorder, headache, cataract and sleeplessness.</p> <p><b>Uttara Basti -</b> Garbhashaya Ballya or Kashaya is administered through vagina for urinary tract and gynaecological problems. Uttara Basti is useful for problems of the uterus like heavy menses, scanty menses, painful menses, prolapsed of the uterus, infertility and also urinary tract problems.</p>
Tx* Duration	1 Hour
CPD Course	PostGraduate One-Day Intensive Training.

Duration	Total 24 learning hours including distance studying.
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Therapy	<b>Choorna Kizhi</b>
Symptoms	Obesity, varicosity and rheumatoid arthritis
Technique	Choornakizhi is one among the fomentation therapy. Herbal powders warmed in medicated oil is made into a bundle (kizhi), which is used for fomentation. After oil application, therapists foment the patient with kizhi, which have been made warm in medicated oil, which is kept at a constant temperature, and massage the patient. There are seven standard positions that a patient is made to adopt during treatment. Thereafter, the patient is advised to take hot water bath.
Tx* Duration	1 Hour
CPD Course Duration	PostGraduate One-Day Intensive Training. Total 24 learning hours including distance studying.

Therapy	<b>Chavutti Thirumal or Kalari Uzhichal</b>
Symptoms	The circulatory systems, a toning and stretching of all muscle tissue, and detoxifying of all the major organs.
Technique	Pronounced cha-vo-te-tie, this massage treatment is a blend of continuously choreographed and rhythmical strokes using warm oils and is administered by the therapist's feet, whilst balancing on holding onto an overhead pole or rope. With the combination of connected breath-work of the client there is an overall balancing of all systems, including the <i>nadis</i> .  <b>Kalari:</b> This is a martial art form of Kerala. This art is used to activate the pressure points in the body called " <i>Marma</i> "s for correcting the body's energy flows and replenishing its resources. This causes compactness of body. Kalari is also called <b>Padaaghatha</b> .
Tx* Duration	1 Hour
CPD Course Duration	PostGraduate One-Day Intensive Training. Total 24 learning hours including distance studying.

Therapy	<b>Dhanyamla Dhara</b>
Symptoms	Hemiplegia, paralysis
Technique	Warm herbal liquid is poured all over the body in a rhythmic way using a special vessel.
Tx* Duration	1 Hour
CPD Course Duration	PostGraduate One-Day Intensive Training. Total 24 learning hours including distance studying.

Therapy	<b>Dhaanya Kizhi</b>
Symptoms	Reduces pain and swelling of joints
Technique	Dhaanyakizhi is one among the fomentation therapy. Herbal powders are applied in a poultice (kizhi), which is used for fomentation. After oil application, the therapists foment the patient with kizhi, which have been made warm in decoction, which is kept in a constant temperature,

	and massage the patient. There are seven standard positions that a patient is made to adopt during treatment, after which, the patient is advised to take hot water bath.
Tx* Duration	1 Hour
CPD Course Duration	PostGraduate One-Day Intensive Training. Total 24 learning hours including distance studying.

Therapy	<b>Ekanga Dhara</b>
Symptoms	Aches and sprains
Technique	Ekanga Dhara is a special treatment in traditional Ayurveda for any particular part of body. In this treatment medicated oils, ghee and emulsions are streamed on any single part of body that is upper and lower extremities.
Tx* Duration	½ Hour
CPD Course Duration	PostGraduate One-Day Intensive Training. Total 24 learning hours including distance studying.

Therapy	<b>Ela Kizhi also</b> Pacchakizhi
Symptoms	Stiff joints and back pain, relieving pain related disorders, sciatica, back pain, body ache, pain in upper and lower limbs, spondylosis, sprain, etc.
Technique	In this process medicinal leaves are tied in a poultice, which is then dipped into hot medicated oil and applied all over the body.
Tx* Duration	1 Hour
CPD Course Duration	PostGraduate One-Day Intensive Training. Total 24 learning hours including distance studying.

Therapy	Gandoosha
Symptoms	Teeth and gums.
Technique	Taking little medicated oil and swirling it between the teeth helps in strengthening the teeth and gums.
Tx* Duration	1 Hour
CPD Course Duration	PostGraduate One-Day Intensive Training. Total 24 learning hours including distance studying.

Therapy	<b>Garshan</b>
Symptoms	Cellulite
Technique	Massage with raw silk or wool, which creates friction and static electricity on the surface of the skin and increases circulation in the body. It promotes weight loss and clears away clogging impurities.
Tx* Duration	1 Hour
CPD Course Duration	PostGraduate One-Day Intensive Training. Total 24 learning hours

Therapy	Indriya Chikitsa
Symptoms	To work on the five senses so to promote their optimum level.
Technique	Multitude of massage techniques
Tx* Duration	1 Hour
CPD Course Duration	PostGraduate One-Day Intensive Training.

Duration	Total 24 learning hours
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Therapy	Istika Sveda
Symptoms	Swelling, sprains
Technique	Is a type of sudation where a brick is pre-heated (red hot) and water is streamed over the condition to release fumes and affected area is exposed to these fumes.
Tx* Duration	1 Hour
CPD Course Duration	PostGraduate One-Day Intensive Training. Total 24 learning hours

Therapy	<b>Jal Chikitsa</b> (Water Therapy)
Symptoms	Circulation disorders
Technique	Using hot and warm water stream over the body
Tx* Duration	1 Hour
CPD Course Duration	PostGraduate One-Day Intensive Training. Total 24 learning hours including distance studying.

Therapy	<b>Kasheruka</b> Pelvic+Spine Alignment
Symptoms	Spinal and pelvic mis-alignment and sciatica
Technique	The main sites for arthritic manifestation in the vertebral column are the lumbar and cervical regions. The treatment programme is to keep your spine and neck healthy and to cure the problems associated with it.
Tx* Duration	1 Hour
CPD Course Duration	PostGraduate One-Day Intensive Training. Total 24 learning hours including distance studying.

Therapy	<b>Kavalam</b>
Symptoms	Ear, nose, throat disorders and improving the voice
Technique	Retention and gargling of medicated oil or decoction in the mouth. This process is beneficial for ear, nose, throat disorders and improving the voice
Tx* Duration	1 Hour
CPD Course Duration	PostGraduate One-Day Intensive Training. Total 24 learning hours including distance studying.

Therapy	<b>Kayakalpa Chikitsa</b> (Immunization/Longevity Treatment)
Symptoms	Rejuvenation treatments
Technique	A prime treatment in Ayurveda for reducing ageing processes, arresting the degeneration of the body cells and increasing the immunity of the body. Giving Rasayana internally is the main part of this programme, along with the Panchakarma and Svedakarma treatments. The 28-day package programme includes body massage, snehapana, virechanam, nasyam, snehavasthi, dhara, pizhichil, njavarakizhi, thrapanam, sirovasthi, karnapooranam and medicated steam bath. This treatment is best effective if taken before the age of 60, for either sex.

Tx* Duration	1 Hour
CPD Course Duration	PostGraduate One-Day Intensive Training. Total 24 learning hours including distance studying.

Therapy	<b>Kizhi</b>
Symptoms	Osteo, Arthritis, spondylosis, and sports injuries.
Technique	Herbal leaves or powder are made in poultices and is applied on the whole body or a part specified after dipping it in warm medicated oils.
Tx* Duration	1 Hour - Daily for a period of 07 to 14 days.
CPD Course Duration	PostGraduate One-Day Intensive Training. Total 24 learning hours including distance studying.

Therapy	<b>Ksheera Dhara</b>
Symptoms	Strengthens the tissues, nourishes the skin and promotes longevity, and also rejuvenates the body
Technique	It is a process by which the body is made to perspire by means of pouring warm medicated milk with a special vessel from a certain height in a rhythmic manner and is rubbed into the body in seven different postures.
Tx* Duration	1 Hour - Daily for a period of 07 to 21 days.
CPD Course Duration	PostGraduate One-Day Intensive Training. Total 24 learning hours including distance studying.

Therapy	<b>Ksheera Dhoomam</b>
Symptoms	Facial palsies, speech disorders, and various nervous disorders.
Technique	This is a special procedure in which a mixture of medicinal decoction and cow's milk is heated and the stream thus liberated is passed to a tube and applied over the affected area or whole body.
Tx* Duration	1 Hour
CPD Course Duration	PostGraduate One-Day Intensive Training. Total 24 learning hours including distance studying.

Therapy	<b>Kundalini Therapy</b>
Symptoms	Respiratory issues
Technique	The human spine is a seat of miracles. Ayurveda, Yoga and Tantra – the sciences that deal with the evolution of human consciousness are full of descriptions of the mysterious Kundalini the serpent power that lies at the base of the vertebral column. The spine is a seat of seven primary Charkas. The arousing of the Kundalini is usually brought about through co-ordination of posture, massage, breath and mantra.
Tx* Duration	1 Hour
CPD Course Duration	PostGraduate One-Day Intensive Training. Total 24 learning hours including distance studying.

Therapy	<b>Lepanam</b>
Symptoms	Various types of inflammatory conditions, skin diseases, arthritis, gout, etc.
Technique	Medicated herbal paste applied all over the body to treat skin and



	inflammatory diseases. In cases like paralysis, patient is made to lie down on the plantain leaf and Lepanam is given followed by oil massage.
Tx* Duration	1 Hour
CPD Course Duration	PostGraduate One-Day Intensive Training. Total 24 learning hours including distance studying.

Therapy	<b>Manasanthy</b> (management programme for body, mind and soul)
Symptoms	Stress
Technique	This is a combination of yoga, meditation and Ayurveda therapy in a holistic method. This treatment is very effective for stress management as well as for turning your body and mind helping you at attain the temperance's of mind. This therapy is 03 to 04 hours per day for 07 to 14 days including yoga, meditation, rejuvenation massage, rejuvenation therapy, dhara, njavarakizhi, thalam, herbal steam bath, mudpack etc. with intake of herbal medicines.
Tx* Duration	1 Hour
CPD Course Duration	PostGraduate One-Day Intensive Training. Total 24 learning hours including distance studying.

Therapy	<b>Marma Therapy</b>
Symptoms	Strengthens your deep muscles and ligaments.
Technique	Stimulating massage to all vital points otherwise called 'Marmasthana' of the body. This massage is also helpful for those involved in sports, dance and martial arts.
Tx* Duration	1 Hour
CPD Course Duration	PostGraduate One-Day Intensive Training. Total 24 learning hours including distance studying.

Therapy	<b>Moxibustion</b> (Heat Treatments)
Symptoms	Deep rooted aches and pains
Technique	Heat treatments dilate the shrotas (the channels of the body such as the arteries, veins, and lymph system). Allowing the impurities that were loosened through oil massage to be swept away. Heat helps loosen the impurities (ama) so they can more easily be broken down and eliminated. The ama becomes less solid and begins flowing toward the intestinal tract for elimination.
Tx* Duration	1 Hour
CPD Course Duration	PostGraduate One-Day Intensive Training. Total 24 learning hours including distance studying.

Therapy	<b>Mukha Abhyanga</b> (Ayurvedic Facial Rejuvenation)
Symptoms	Facial palsy, wrinkles, black heads, and cellulite destroy the natural beauty of the skin especially of the face.
Technique	To overcome these, we have a very special Herbal Pack with specially made Herbal Powder, Fresh Fruits and creams. For the beauty conscious people, this special treatment programme includes Herbal Face Pack, Herbal Cream Massage, Herbal Oil Massage, intake of herbal tea and steam bath. This treatment increases the skin

	complexion, skin tone, beautifies the body figure and also helps you to feel young. Impressive personality, good complexion, attractive features and healthy hair are the main points that make a person beautiful apart from her / his nature. Massaging the face with oils or herbal pastes or milk is done mainly to enhance beauty. Also improves complexion.
Tx* Duration	1 Hour
CPD Course Duration	PostGraduate One-Day Intensive Training. Total 24 learning hours including distance studying.

Therapy	<b>Nadi Pareeksha or Nadi Vigyan</b> (Pulse Reading)
Symptoms	Detecting an existing or latent disorder through pulse examination
Technique	Vata Pitta Kapha analysis
Tx* Duration	1 Hour
CPD Course Duration	PostGraduate One-Day Intensive Training. Total 24 learning hours including distance studying.

Therapy	<b>Nasyam</b> (Nasal Therapy)
Symptoms	Migraines, sinusitis, chronic colds, chest congestion and induces sound sleep. Headaches, facial paralysis, and mental disorders. Nasya is useful diseases of ear, nose, throat and head. Also, helps in treating hair fall, baldness, and hemiplegia, etc. Cures diseases of head region and throat, Reduces cervical spondylosis, Beneficial in epilepsy and facial palsy
Technique	The application of medicated oil or powders through the nostrils is called nasyam. Nasyam is an important treatment procedure for head and neck disorders. Nasyam is carried out in three stages - Preparatory procedure, Main treatment and Post-treatment care. As a preparatory procedure, the face and the neck of the patient is gently massaged with suitable oil and fomentation is done. Thereafter, the patient is made to lie down on his back with his head slightly bent back. Nasal drops are administrated into both nostrils, which the patient draws in. After the procedure, soft massage is given on throat, cheeks and forehead. Gargling with lukewarm water is advised after the procedure.
Tx* Duration	1 Hour
CPD Course Duration	PostGraduate One-Day Intensive Training. Total 24 learning hours including distance studying.

Therapy	<b>Navarakiri</b>
Symptoms	Chronic muscular pain and neuromuscular disorders.
Technique	Deep tissue nourishing fomentation and massage
Tx* Duration	1 Hour
CPD Course Duration	PostGraduate One-Day Intensive Training. Total 24 learning hours including distance studying.

Therapy	<b>Navara Kizhi</b>
Symptoms	Muscle wasting disorders and degenerative disorders.
Technique	Poultice bags filled with hot medicated rice mixed with herbs and oil is applied over the body and made to perspire.

Tx* Duration	1 Hour
CPD Course Duration	PostGraduate One-Day Intensive Training. Total 24 learning hours including distance studying.

Therapy	<b>Netra Basti (Eye Treatment) Netra Tarpana/Tharpanam or Anjanam</b>
Symptoms	Eye disorders (diabetic retinopathy, macular degeneration, retinitis pigmentosa).
Technique	Bathing eyes with medicated oil to relieve eye-fatigue and to treat various eye-ailments. It is a cleaning process of the eyes, which gives a cooling effect, prevents eye diseases and strengthens the optic nerve.
Tx* Duration	1 Hour
CPD Course Duration	PostGraduate One-Day Intensive Training. Total 24 learning hours including distance studying.

Therapy	<b>Njavarakizhi</b>
Symptoms	This treatment is for all type of rheumatism, pain in the joints, emaciation of limbs, high blood pressure, high cholesterol and certain kinds of muscular diseases (atrophy), emaciation, debility, muscle atrophy, weakness, body ache and paralysis.
Technique	It is a type of sudation process in which the whole body or any specific part there of is made to perspire by the application of certain medicinal puddings externally in the form of poultices tied up in muslin bag.
Tx* Duration	1 Hour
CPD Course Duration	PostGraduate One-Day Intensive Training. Total 24 learning hours including distance studying.

Therapy	<b>Nrithya (Indian Classical Dance Therapy)</b>
Symptoms	Very helpful in diseases like paralysis and obesity. Different Indian classical dance forms are used in treating various problems.
Technique	The movements strengthen the bone structure and ligaments and stimulate cardiovascular system by increasing heart rate for a sustained period of time. The body becomes supple and the mind becomes calm thus integrating body, mind and spirit.
Tx* Duration	1 Hour
CPD Course Duration	PostGraduate One-Day Intensive Training. Total 24 learning hours including distance studying.

Therapy	<b>Nakh Pariksha/Nuh Therapy (Nail Diagnosis)</b>
Symptoms	White spots on nails show calcium and zinc deficiency. Bitten nails show nervousness, mineral deficiency. Hang nails show lack of proteins, vitamins. Brittle nails show low iron or Vitamin A. Split nails show low Agni in the stomach. Yellowish nails show liver imbalance. Bluish nails show lung and heart imbalance. Pale nails show poor blood circulation, anaemia.
Technique	Massage and herbal vitamins
Tx* Duration	1 Hour
CPD Course Duration	PostGraduate One-Day Intensive Training. Total 24 learning hours including distance studying.

Therapy	<b>Padham-Abhyanga</b> (Reflexology)
Symptoms	Stress and Tension
Technique	Before going to sleep, foot massage is highly praised in Ayurveda. The art of reflexology states specific points on the feet and hands mirror various organs of the body, which may be stimulated by foot/hand massage.
Tx* Duration	1 Hour
CPD Course Duration	PostGraduate One-Day Intensive Training. Total 24 learning hours including distance studying.

Therapy	<b>Pancha-Karma</b> (Preliminary Detoxification)
Symptoms	Tridoshas vitiation
Technique	<p>According to Ayurveda medicine, once the disease or disorders have become acute or chronic, the balancing Ayurveda therapies are superseded with Shodhana herbal decoctions because of the span of time it would require the therapy to completely rebalance the Doshas. Preliminary Detoxification necessary as a first stage of almost all healing processes. Most individuals suffer from an accumulation of toxins (Ama in Sanskrit). A purification therapy is designed to assist the body in the internal cleansing process by eliminating the toxins, wastes and other excesses to bring the supportive forces of life - the 'Tridoshas' into balance. PanchaKarma means five procedures:</p> <ol style="list-style-type: none"> <li>1.Vamana (Therapeutic vomiting)</li> <li>2.Virechana, Vireka (Purgation Therapies)/</li> <li>3. Basti</li> <li>4. Nasya</li> <li>5. Rakta Mokshana (Blood Letting)</li> </ol> <p>There is set of preliminary treatments called '<b>PurvaKarma</b>' given prior to PanchaKarma, which are:</p> <ol style="list-style-type: none"> <li>1.Sneha - Herbal oil application (external, oral, rectal)</li> <li>2.Swedana - Herbal diaphoretic Therapy (steam bath)</li> <li>3.ShiroDhara - Special oil stream for the 3<sup>rd</sup> Eye</li> </ol>
Tx* Duration	5 Hour
CPD Course Duration	PostGraduate One-Day Intensive Training. Total 24 learning hours including distance studying.

Therapy	Pichu
Symptoms	Back pain, Osteo-arthritis, Spondylitis, etc.
Technique	Cotton wool soaked with warm medicated oil is applied over the affected area.
Tx* Duration	1 Hour
CPD Course Duration	PostGraduate One-Day Intensive Training. Total 24 learning hours including distance studying.

Therapy	<b>Pinda Svedana</b>
Symptoms	Rheumatoid arthritis.
Technique	A medicated paste of herbs and grains boiled in milk is made into a poultice; it is then rubbed on the whole body continuously in a synchronised pattern. The treatment revitalises the body by imparting nourishment to the tissues, restores energy and mobility and relieves stress.
Tx* Duration	1 Hour
CPD Course Duration	PostGraduate One-Day Intensive Training. Total 24 learning hours including distance studying.

Therapy	<b>Pizichill</b> also <b>Sarvanga</b>
Symptoms	Arthritis, paralysis, hemiplegia, paralysis-agitanus, sexual weakness, nervous weakness and nervous disorders etc. Highly effective in Nervous System Disorders (Paralysis, Muscle spasms) and degenerative disorders. Improves blood circulation, improves skin texture and lustre, delays the process of ageing, strengthens muscles and tissues.
Technique	The massage is carried out through a constant flow of hot, herbal oil on a special table made from a single piece of Strychnos Nuxvomica wood. Pizichil literally means pouring of lukewarm oil over the body. It is a unique contribution of Kerala. Warm medicated oil is squeezed over the patient's body from a piece of cloth that is periodically dipped in a vessel containing the oil. Patient is made to sit on Thaila Droni and a thalam is kept over the crown. After oil massage, the therapists squeeze the oil from a cloth piece with their right hand and simultaneously massage it with the left hand in downward direction. There are seven standard positions that a patient is made to adopt during treatment.
Tx* Duration	1 Hour
CPD Course Duration	PostGraduate One-Day Intensive Training. Total 24 learning hours including distance studying.

Therapy	<b>Podikizhi</b>
Symptoms	Arthritis, paralysis and neuro-muscular diseases.
Technique	Massage with herbal powders
Tx* Duration	1 Hour
CPD Course Duration	PostGraduate One-Day Intensive Training. Total 24 learning hours including distance studying.

Therapy	<b>Reiki</b>
Symptoms	Stress reduction and relaxation, which also promotes healing.
Technique	It is administered by lying of palms on the Chakras and affected parts of the body and is based on the principles of Prana (life force) flows through us and is what causes us to be alive. If the Prana is low, it is more likely to get sick or feel stressed, and if it is high, more capable of being happy and healthy
Tx* Duration	1 Hour
CPD Course Duration	PostGraduate One-Day Intensive Training. Total 24 learning hours including distance studying.

Therapy	<b>Rasayana Chikitsa</b> (Rejuvenation Therapy)
Symptoms	Mental tension, sexual weakness, to improve vitality, etc. the various cells and tissues of the body undergo changes as age, rejuvenating the body
Technique	Whole body massage with herbal oil or herbal powder by hands and feet.
Tx* Duration	2 Hours - per day for 7 to 14 days
CPD Course Duration	PostGraduate One-Day Intensive Training. Total 24 learning hours including distance studying.

Therapy	<b>Raktha Mokshana</b>
Symptoms	Indicated in all types of skin disorders, pimples, itching, inflammation, alopecia, discolouration, abscess, gout, and etc.
Technique	Raktha Mokshana is a method to eliminate the vitiated blood. It is done using leeches. Hence, it is also called as leech therapy.
Tx* Duration	1 Hour
CPD Course Duration	PostGraduate One-Day Intensive Training. Total 24 learning hours including distance studying.

Therapy	<b>Sandhi Vatha Chikitsa</b>
Symptoms	Rheumatic conditions like rheumatoid arthritis, gout, osteo arthritis, ankylosing spondylosis, cervical spondylosis, osteo porosis etc.
Technique	This programme includes massage, lepanam, and oil application on affected parts, Kizhi, Medicated Steam Bath, Snehavasthy, Kashaya Vasthy, Pizhichil, Njavarakizhi, Snehapanam and internal medicines.
Tx* Duration	2 Hours
CPD Course Duration	PostGraduate One-Day Intensive Training. Total 24 learning hours including distance studying.

Therapy	<b>Shamana</b> (Balancing Therapy)
Symptoms	Vitation of Vata Pita Kapha
Technique	Shamana means to suppress or balance and used incase the doshas are not deep rooted and the disease is not chronic these therapies are advised. It aids elimination therapies with special vegetarian diets; contradictory to the qualities of the increased dosha is prescribed to the patient for suppressing or balancing the aggravated doshas. i.e. a cooling diet to decrease the Pitta dosha. Different types of herbal powders, decoctions, medicated oils or ghee are used in this type of treatment. Shamana mal also involve the following: <ul style="list-style-type: none"> <li>• Fasting</li> <li>• Exercise</li> <li>• Sweating</li> <li>• Exposure to sun or air</li> </ul>
Tx* Duration	1 Hour
CPD Course Duration	PostGraduate One-Day Intensive Training. Total 24 learning hours including distance studying.

Therapy	<b>Sidhma Chikitsa</b>
Symptoms	All type of psoriasis and various other skin diseases.
Technique	This programme includes special Lepamam, Abhyanga, Snehapanam, Pizhichil, Medicated Steam Bath, Sirovasthi, exclusively prepared internal herbal medicines, along with Yoga and Meditation because, Ayurveda emphasis that most diseases are psychosomatic.
Tx* Duration	2 Hours every day for 28 days
CPD Course Duration	PostGraduate One-Day Intensive Training. Total 24 learning hours including distance studying.

Therapy	<b>Shiro Abhyanga</b> (Indian Head Massage)
Symptoms	Stress, tension, anxiety, depression, headache, insomnia, refractive errors of eye, and etc
Technique	Clothed treatment whilst the patient sits upright on a chair. This provides nourishment to central nervous system and sensory organs.
Tx* Duration	1 Hour
CPD Course Duration	Three-Day Intensive Training. Total 24 learning hours including distance studying.

Therapy	<b>Shiro Basti</b>
Symptoms	Headaches and migraines, insomnia, dryness of nose, eye and mouth. Also useful for memory loss, mental stress and strain, Vata vitiation as well as Vata diseases, back and spine problems, sinusitis, chronic colds, facial paralysis and hallucinations.
Technique	Warm herbal medicated oil is retained for about one hour within a closely fitted cap around the head, thus allowing the scalp to soak in the therapeutic oil. This is one of Ayurveda's important external oleation methods.
Tx* Duration	1 Hour
CPD Course Duration	PostGraduate One-Day Intensive Training. Total 24 learning hours including distance studying.

Therapy	<b>Shiro Dhara</b>
Symptoms	Insomnia, loss of memory, insomnia, anxiety, worry, headaches, mental tension and certain skin diseases. Induces vasodilatation to promote increased flow of oxygen to the brain, nervous system, facial palsy and hemiparesis
Technique	A stream of sesame oil is poured over the forehead, balancing Vata dosha disorders such as. ShiroDhara is a cooling treatment that settles the mind and profoundly relaxes the central nervous system. It is specifically said to strengthen the dhatus, to nourish the nervous system, to increase the glow of the complexion, to increase Audis and stability in the mind, and to remove malaise.
Tx* Duration	1 Hour
CPD Course Duration	PostGraduate One-Day Intensive Training. Total 24 learning hours including distance studying.

Therapy	<b>Shiro Lepa</b> (Thalapothishil)
Symptoms	Problems related to the head and neck regions like sleeplessness, Alzheimer's disease, migraine, certain psychosomatic diseases, headache, mental illness, hypertension, sinusitis, and etc.
Technique	The head and shoulders are given a mild massage after which a medicated paste is applied on the head. It stabilises the nervous system and activates the Marma Points in the scalp and head offering a unique soothing effect to the whole body.
Tx* Duration	1 Hour
CPD Course Duration	PostGraduate One-Day Intensive Training. Total 24 learning hours including distance studying.

Therapy	Shiro Pichu
Symptoms	Effective in hair fall, premature greying of hair, dandruff and diseases of head.
Technique	Gauze soaked in lukewarm oil is kept over the head for an hour.
Tx* Duration	1 Hour
CPD Course Duration	PostGraduate One-Day Intensive Training. Total 24 learning hours including distance studying.

Therapy	<b>Snehapanam</b>
Symptoms	Osteo Arthritis, Psoriasis, Chronic Constipation, Haemorrhoids and etc.
Technique	This word literally means oral intake of medicated oils or ghee preparations. This is done as a therapeutic procedure and also as a preparatory process during the Body Purification Therapy. In this treatment Medicated Ghee or Oils are given internally in proportionally increasing quantity
Tx* Duration	1 Hour daily for a period of 08 to 12 days.
CPD Course Duration	PostGraduate One-Day Intensive Training. Total 24 learning hours including distance studying.

Therapy	<b>Sukhanidra</b>
Symptoms	Insomnia (lack of sleep), anxiety and it improve immunity and self-confidences.
Technique	Ayurveda, the knowledge of life is not related with the body but with the mind and soul also. This treatment programme includes body massages, Sirovasthi, Ksheera Dhara, Thaila, Thalam, Thalapothishil and Internal Ayurvedic medicines, Yoga and Meditation.
Tx* Duration	1 Hour
CPD Course Duration	PostGraduate One-Day Intensive Training. Total 24 learning hours including distance studying.

Therapy	<b>Swasa Kasa Chikitsa</b>
Symptoms	Respiratory diseases like bronchial asthma, prolonged cough, allergic rhinitis, sinusitis and etc.
Technique	This programme includes Abhyanga, Urovasthy, Pizhichil, Podikizhi, Snehavasthy, Kashaya Vasthy, Nasyam and Internal Ayurvedic Medicines
Tx* Duration	1 Hour



CPD Course Duration	PostGraduate One-Day Intensive Training. Total 24 learning hours including distance studying.
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Therapy	<b>Svedana</b> (Sweat Treatments)
Symptoms	Letherigic stiffness, musco-skeletal problems, earache, headache, asthma, cough, and many other disorders. Pores and channels of the body open in order to release ama (toxins)
Technique	Tub bath is Svedana, the patient by way of immersing the whole body in a tub, which is filled with oil or herbal decoctions or milk (Ksheera) according to the patients' Prakruti (constitution).
Tx* Duration	1 Hour
CPD Course Duration	PostGraduate One-Day Intensive Training. Total 24 learning hours including distance studying.

Therapy	<b>Takra Dhara</b>
Symptoms	Chronic Insomnia, burning sensation of palms and soles, and helps reduce headache. It reduces Stress and Hypertension, cures premature greying of hair and improves vision
Technique	Takra Dhara is a procedure of pouring medicated buttermilk over the forehead of the patient. After the preparatory application of oil on the body, the patient is made to lie on his back on a Dhroni. Medicated buttermilk from a Dhara vessel hung 6-8 inches above the patient's forehead is poured in a continuous stream through a hole at the bottom of Dhara vessel. A headband is tied around the forehead just above the eyebrows to prevent medicated buttermilk from flowing into the eyes and to direct its flow.
Tx* Duration	1 Hour
CPD Course Duration	PostGraduate One-Day Intensive Training. Total 24 learning hours including distance studying.

Therapy	<b>Thalapothichil</b>
Symptoms	Insomnia, premature greying and other problems related to the hair and scalp.
Technique	Various medicinal herbs selected according to Dosha predominance is made into a paste and applied to the scalp.
Tx* Duration	1 Hour
CPD Course Duration	PostGraduate One-Day Intensive Training. Total 24 learning hours including distance studying.

Therapy	<b>Thalam</b>
Symptoms	Ear Nose Throat problems, insomnia, migraine and etc.
Technique	Special powder mixed with medicated oil is applied on the head.
Tx* Duration	1 Hour
CPD Course Duration	PostGraduate One-Day Intensive Training. Total 24 learning hours including distance studying.

Therapy	<b>Uzhichil</b>
Symptoms	Blood circulation, alleviating pain, relieving tense nerves and muscles.

Technique	This full body massage
Tx* Duration	1 Hour
CPD Course Duration	PostGraduate One-Day Intensive Training. Total 24 learning hours including distance studying.

Therapy	<b>Udvardana</b> (Powder Massage)
Symptoms	Obesity hemiplegia, paralysis, skin diseases, impaired circulation and similar Kapha predominant diseases.
Technique	Herbal powder massage is a treatment procedure in which herbal powders are rubbed over the body.  <b>Udvardana for beauty (herbal body scrub):</b> for detoxification and nourishment of body tissues, activation of skin's natural metabolism and improvement of lymph flow. It gives the skin a soft healthy texture and a lustrous glow.  <b>Udvardana for reducing body fat:</b> done by two massage therapists with special herbal powders applying reinforced friction and pressure.
Tx* Duration	1 Hour
CPD Course Duration	PostGraduate One-Day Intensive Training. Total 24 learning hours including distance studying.

Therapy	<b>Uro Basti</b>
Symptoms	Asthma, other respiratory problems, heart diseases and muscular chest pain.
Technique	Like Kati Basthi warm medicated oil is kept over the chest for 45 minutes.
Tx* Duration	1 Hour
CPD Course Duration	PostGraduate One-Day Intensive Training. Total 24 learning hours including distance studying.

Therapy	<b>Valuka Sveda</b>
Symptoms	Rheumatoid arthritis (Amavatam)
Technique	Valuka Sveda is one among the fomentation. Heated sand is put on a piece of linen and a bundle (kizhi) is made which is used for fomentation. The therapists foment the patient with kizhi, which is heated in an iron pan. There are seven standard positions that a patient is made to adopt during treatment. Thereafter the patient is advised to take hot water bath.
Tx* Duration	1 Hour
CPD Course Duration	PostGraduate One-Day Intensive Training. Total 24 learning hours including distance studying.

Therapy	<b>Varna Chikitsa</b> (Colour Therapy)
Symptoms	Physical, mental, emotional or spiritual
Technique	Colour is energy that we cannot hear but only see. This light energy affects all living cells and can have a profound and healing effect on all creation, human or otherwise. Colour Therapy can be used for any

	problem - physical, mental, emotional or spiritual and as well as an over all relaxation therapy.
Tx* Duration	1 Hour
CPD Course Duration	PostGraduate One-Day Intensive Training. Total 24 learning hours including distance studying.

Therapy	<b>Virechana</b>
Symptoms	Chronic fever, abscesses, diseases of spleen, fistula, intestinal worms, disorder of semen and vaginal tract, gout, skin and eye disorders, constipation, all types of skin disorders, reduces jaundice and spleen enlargement etc.
Technique	Process of cleaning and evacuation of the bowels through the use of purgative medicines to eliminate toxins.
Tx* Duration	1 Hour
CPD Course Duration	PostGraduate One-Day Intensive Training. Total 24 learning hours including distance studying.

Therapy	<b>Vajikaran</b> (Virilification Therapy)
Symptoms	Vajikarana is one of the eight branches of Ayurveda, which deals with all types of physical, and psychological sexual problems like impotence, libido, and poor erection, early ejaculation in males and sterility, frigidity in females.
Technique	Longer and better sexual performance. Vajikaran Tantra is promoted for mature Shukra Dhatu, which is ultimately essential for satisfying and productive sex. The treatment adopted in Ayurveda to increase libido, quality and quantity of semen, duration of erection and to treat infertility effectively is known as Vajikaran
Tx* Duration	1 Hour
CPD Course Duration	PostGraduate One-Day Intensive Training. Total 24 learning hours including distance studying.

Therapy	<b>Valuka Sveda or Lavana Sveda</b>
Symptoms	Joint pains.
Technique	Valuka Sveda sudation is given using pre-heated sand/salt. Made into poultices and applied over affected part or whole body.
Tx* Duration	1 Hour
CPD Course Duration	PostGraduate One-Day Intensive Training. Total 24 learning hours including distance studying.

Therapy	<b>Vishesh</b>
Symptoms	Aches and pains and for removing stubborn toxins.
Technique	Deep-seated tissue muscle massage
Tx* Duration	1 Hour
CPD Course Duration	PostGraduate One-Day Intensive Training. Total 24 learning hours including distance studying.

Therapy	<b>Yoni Prakash lanam</b>
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Symptoms	Gynaecological disorders
Technique	Herbal oils and decoction are applied through the vaginal route. It is also a purification process for genital organ.
Tx* Duration	1 Hour
CPD Course Duration	PostGraduate One-Day Intensive Training. Total 24 learning hours including distance studying.

Tx\* = Therapy

*Take care of YOUR body...it's the only place YOU have to live"*