



Advaita

A Y U R V E D A

Hands Of Healing

Ayurvedic Treatments



Abhyanga



Abhyanga – Full body oil
massage

Benefits:

- Stress reduction
- Improved circulation
- Muscle relaxation
- Enhanced skin health
- Promoting overall well-being.

Ekanga Abhyanga



Oiling one part of the body

Benefits:

- Pain relief
- Stiffness and rigidity
- Increases the movements
- Reduces the inflammation

Swedana



Swedana - Steam bath

Benefits:

- Increases Agnibala (digestive fire)
- Increases strength of the body.
- Reduces the tiredness and fatigue
- Increase the circulation
- Eliminate the toxins from body.

Shastika Shali Sweda



Sudation by using the old rice

Benefits:

- Degeneration of the joint tissues and wasting of muscles is prevented.
- In the joints, soft tissues and muscles, it induces sweating and brings about a feeling of lightness.
- Enhances flexibility and movements of the joints.
- Enhances the complexion

Patra Pinda Sweda



Sudation using the medicated herbs.

Benefits:

- Muscular pain
- Joints stiffness
- Swelling
- Sprains and cramps
- Spondylitis

Nadi Sweda



Sudation with the medicated steam

Benefits:

- Relieves Joint pains
- Reduces Chronic pains
- Stiffness & Rigidity of the joints and muscles reduces
- Inflammation reduction

Istika Sweda



Sudation with red brick.

Benefits:

- Calcaneal spur
- Heal Pain
- Improves circulation

Udwarthana



Udwarthana - Powder massage

Benefits:

- Weight reduction
- Enhances the skin glow
- Detoxification
- Reduces the stress
- Improves the agnibala (digestive fire)

Greeva Basti



Nourishes the cervical part of spinal cord.

Benefits:

- Pain relief
- Improved flexibility
- Reduced inflammation
- Promoting relaxation and rejuvenation of the neck and shoulder muscles

Kati Basti



Nourishes the lumbar and sacral part of the back bone.

Benefits:

- Lower back pain
- Herniated disc
- Sciatica
- Degenerative disc diseases
- Spondylitis

Prista Basti



Nourishes the complete spinal
cord

Benefits:

- Back pain
- Herniated disc
- Degenerative disc diseases
- Stiffness and rigidity of
whole spine.

Janu Basti



Nourishes the Knee joint.

Benefits:

- Knee pain
- Inflammation
- Improves the mobility of the knee joints
- Decreases the rigidity of knee joint

Nabhi Basti



Nourishes the abdominal
organs

Benefits:

- Increases the digestive fire
- Relieves pain abdomen
- Gastritis
- IBS

Shiro Basti



Nourishes the scalp & Hair.

Benefits:

- Stress reduction
- Improves sleep
- Relief from headaches
- Enhanced cognitive function

Shiro Abhyanga



Oiling the scalp and Hair

Benefits:

- Stress relief
- Improves sleep
- Reduces Headaches
- Improves circulation
- Hair health
- Rejuvenate the nervous system

Pada Abhyanga



Oiling the feet.

Benefits:

- Insomnia
- Fatigue
- Headaches
- Anxiety
- Plantar fasciitis
- Foot pain

Shirodhara



Stream of medicated oil on the forehead

Benefits:

- Stress reduction
- Improved circulation
- Relieves headache
- Increases clarity of the sensory organs

Sarvanga Taila Dhara



Stream of medicated oil all over the body

Benefits:

- Paralysis
- Neurological conditions
- Rejuvenation
- Improves circulation
- Provides strength to the bones and muscles

Sarvanga Ksheera Dhara



Stream of milk all over the body

Benefits:

- Increase the circulation
- Increases strength of the body.
- Nourishes the deep tissues
- Helps in reducing the wastage of muscles

Akshi Tarpana



Nourishes the Eyes.

Benefits:

- Improves vision
- Reduces the dryness of eyes
- Reduce the burning sensation of eyes
- Increases the clarity of vision.

Karna Poorana



Oiling of ears

Benefits:

- Relaxation
- Stimulates the sensory organs
- Clarity in auditory function
- Reduces the ear pain

SPECIAL PACKAGES



SOUNDARYA
VARDAKA





KHARA PADA
POSHANA

SHIRO LEPA



PANCHAKARMA



VAMANA

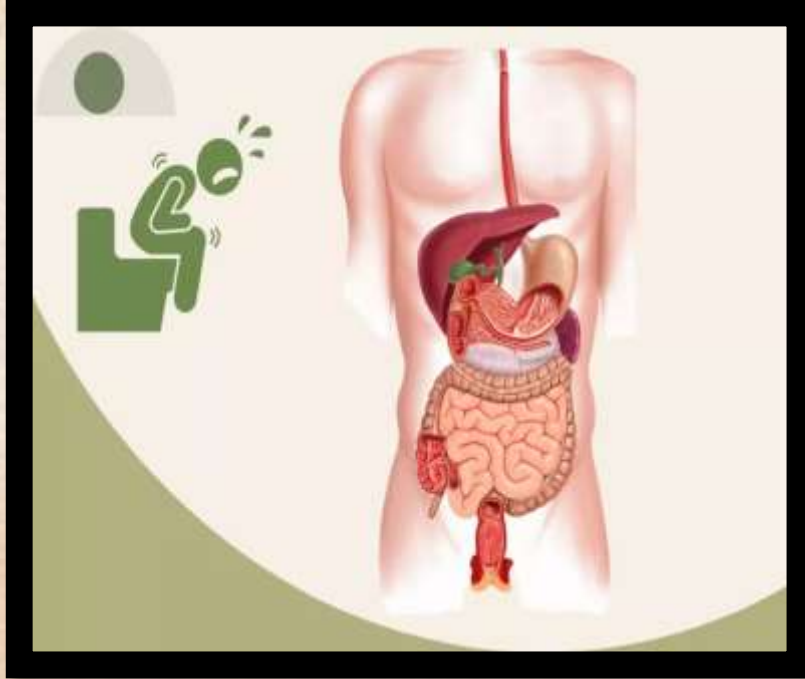


It is a detoxification procedure involved
In eliminating the excessive doshas
from the Abdomen through vomitus.

Benefits:

- Respiratory disorders
- Digestive System disorders
- Skin issues
- Mental Health
- Reproductive disorders
- Enhancing Immune System

VIRECHANA

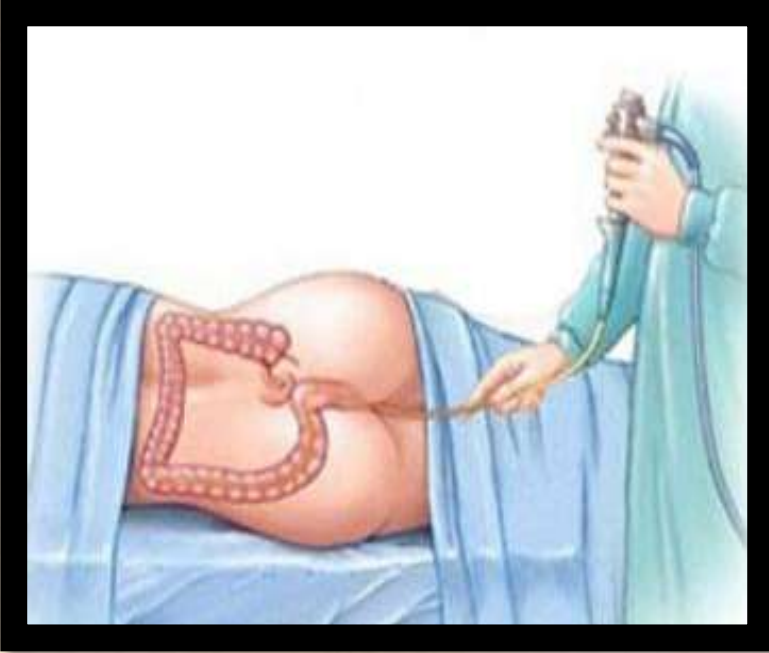


It is a detoxification procedure involved In eliminating the excessive doshas from the Abdomen through stools.

Benefits:

- Improve digestion
- Enhanced skin health
- Management of metabolic disorders
- Improved Liver function
- Boosted immunity
- Promotion of longevity

BASTI



It is a detoxification procedure involved in eliminating the excessive doshas from the Intestines through medicated enema.

Benefits:

- Regulating Nervous system
- Improving Digestion
- IBS, Ulcerative colitis
- Reproductive health.
- Overall nourishment of the body.

NASYA



Administration of medicated oils into the nostrils to cleanse and rejuvenate the upper respiratory tract and head region.

Benefits:

- Sinusitis
- Migraines
- allergies
- Stress
- Hormonal imbalance

RAKTHAMOKSHANA

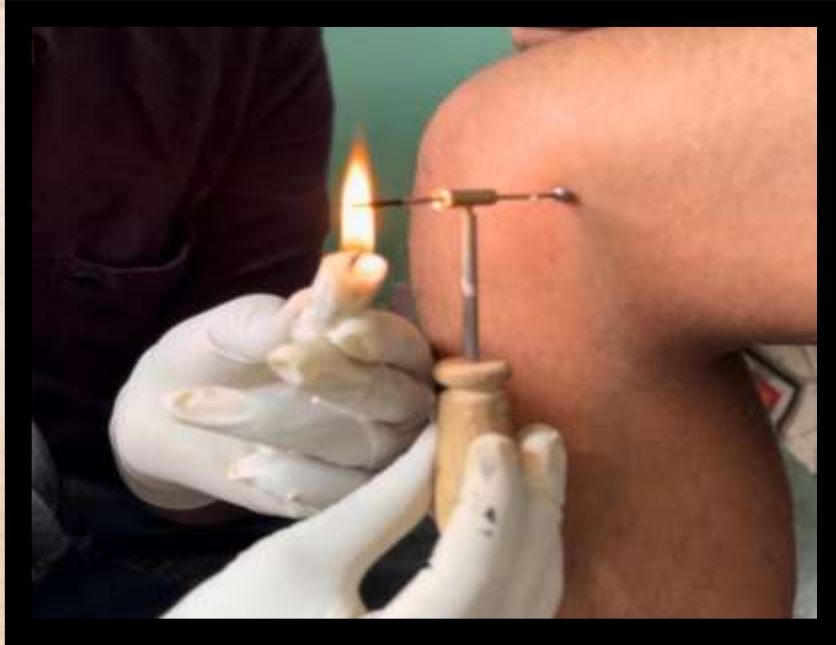


Eliminating the excessive doshas through blood letting treatment.

Benefits:

- Remove deep-seated circulating toxins from the blood.
- It relieves varicose veins.
- It improves circulation to a specific area, reduces inflammation
- Improves healing of a specific location

AGNI KARMA



It is a Para surgical procedure treated with the heat through Agni(Fire)

Benefits:

- Painful conditions of bones and joints.
- Calcaneal spur
- Headache
- Sciatica
- Low back ache

VIDHA KARMA

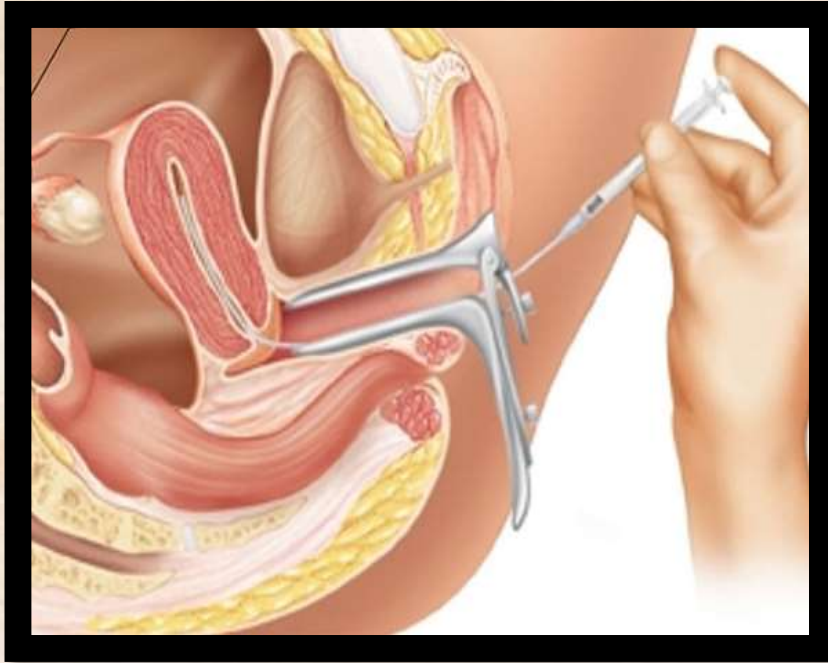


It is a Para surgical procedure of piercing a part of body through needle.

Benefits:

- Painful conditions of bones and joints.
- Instant Pain management.

UTTARA BASTI



It is a Para surgical procedure of inserting a medicated ghee/oil in the uterus – female / Vasa deference – Male.

Benefits:

- Infertility
- Increase Sperm count - Males
- Fibroids - Females
- Anovulation - Females

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THANK YOU

