



Sample Panchakarma Program

DAY-BY-DAY

DAYS 1, 2, 3 (You're at home)

Diet modifications begin (see above)

Internal Snehana, Dietary Modifications Begin, Detox Herbs, Spiced waters.

The first 3-days of an ayurvedic cleanse are used to increase digestive fire and prepare the body and mind for deeper levels of detoxification. Diet modifications, adoption of a pure vegan diet, and spiced waters will all work to instigate detoxification.

Your morning will begin with internal snehana where you will add 1 T of ghee to hot water and sip it first thing in the morning. Following snehana you will engage your meditation practice. You can take breakfast at least 1-hour after snehana. Each day, for 3-days, you will increase the amount of ghee, but not the amount of water.

Day 1 – 1 T ghee in $\frac{1}{4}$ C hot water.

Day 2 – 1 $\frac{1}{2}$ T ghee in $\frac{1}{4}$ C hot water.

Day 3 – 2 T ghee in $\frac{1}{4}$ C hot water.

Drink 4-6 cups of spiced waters (see recipe section) through out the day. This will help to stimulate digestive agni.

Take $\frac{1}{2}$ tsp detox herbs $\frac{1}{4}$ cup warm water before bed.

Evening of Day 3 – December 1 - *Castor Oil- Virechana*

Virechana is a purgative used to eliminate all three doshas through the GI tract, but the primary purpose of virechana is to clear the ducts of the liver and gallbladder and to pull excess pitta out of the small intestine. If used appropriately, virechana reorganizes agni's function.

On the evening of the 3rd day take 1 $\frac{1}{2}$ T castor oil on an empty stomach with Detoxifying before bed. You may drink warm water or ginger tea.

Day 4 –*Begin kichadis, fasting soups on day 4 until last day of panchakarma.*

The castor oil purgative taken the evening before will cause you to have several eliminations the morning of your 4th cleansing day. It is important to not schedule anything strenuous this day.

Because this therapy temporarily weakens agni, all types must be careful about post-diet. A gradual fast from liquid to solid foods, is best.

See your recipes section for the Recipe **Fasting Soup – FOR AFTER CASTOR OIL**

Ayurveda calls therapeutic fasting a "langhana" therapy, which means to reduce or to make light. Therapeutic fasting has numerous health benefits and is well tolerated by all doshic types in the right season. For thousands of years, fasting has been part of every spiritual tradition and used to restore health all over the world. It is the oldest medicine and scientifically shown to extend life and restore youthful vitality.

Days 4, 5, 6 & 7 –Detoxifying Soups Only (choose from recipes, substitute ghee with coconut oil when necessary)

	Vegan Diet except ghee	Spiced Water 4-6 C daily	Detox Formula ½ tsp before bed in water	Ghee in hot water first thing in morning don't eat for 1 hr following	Castor Oil	Treatments At Hamsa	Kichadi/fasting soups	Fasting Soup only
Feb 7th	Yes	Yes	Yes	1 T ghee in ¼ C hot water		No	Yes	
Feb 8	Yes	Yes	Yes	1 ½ T ghee in ¼ C hot water		No	Yes	
Feb 9	Yes	Yes	Yes	2 T ghee in ¼ C hot water	Before bed 2 T	No	Yes	
Feb 10	Yes	Yes	Yes			Yes	No	YES
Feb 11	Yes	Yes	Yes			Yes	Yes	
Feb 12	Yes	Yes	Yes			Yes	Yes	
Feb 13	Yes	Yes	Yes			Yes	Yes	
Feb 14	Yes	Yes	Yes			Yes	Yes	
Feb 15	Yes	Yes	Yes			Yes	Yes	
Feb 16	Yes	Yes	Yes			Yes	Yes	

Monday, February 10th
Practitioners: Monica Yearwood & Jennifer Stahler
Fasting Day

Hamsa Ayurveda & Yoga
 3807 N. Lincoln Ave
 Chicago, IL

(773) 697-3640
 www.hamsacenter.com
 info@hamsacenter.com

2:00PM – 3:00PM Meditation & Invocation w/Monica
3:00PM-3:30PM Change into robe, light snack with tea in relaxation room
3:30PM-4:30PM Dhara & Pinda treatment
4:30PM – 5:00PM Shirodhara
5:00PM-5:15PM Steam
5:15PM -5:30PM Nourishing Basti

Tuesday, February 11th

Practitioners: Jennifer Stahler

Khichadi & Soups Only Diet Begins

3:00PM – 3:30PM Robe & Tea in the relaxation room
3:30PM-4:30PM Dhara & Pinda treatment
4:30PM – 5:00PM Shirodhara
5:00PM-5:15PM Steam
5:15PM -5:30PM Nourishing Basti

Wednesday, February 12th – Jennifer Stahler

Practitioner:

3:00PM – 3:30PM Robe & Tea in the relaxation room
3:30PM-4:30PM Dhara & Pinda treatment
4:30PM – 5:00PM Shirodhara
5:00PM-5:15PM Steam
5:15PM -5:30PM Nourishing Basti

Thursday, February 13th

Practitioner: Jennifer Stahler

3:00PM – 3:30PM Robe & Tea in the relaxation room
3:30PM-4:30PM Dhara & Pinda treatment
4:30PM – 5:00PM Shirodhara
5:00PM-5:15PM Steam
5:15PM -5:30PM Nourishing Basti

Friday, February 14th trying to move to 1:00PM start time

Practitioner: Martha Ryan & Jennifer Stahler

1:00PM– 1:30PM Robe & Tea
1:30PM-2:30AM Udvartana
2:30PM – 2:45PM Steam
2:45 – 3:00 Basti

Saturday, February 15th

Practitioners: Martha Ryan & Jennifer Stahler

Hamsa Ayurveda & Yoga
3807 N. Lincoln Ave
Chicago, IL

(773) 697-3640
www.hamsacenter.com
info@hamsacenter.com

1:00 PM – 1:30PM Robe & Tea
1:30PM-2:00PM Udvartana
2:00 -2:15 Steam
2:15PM–2:30PM Basti

Sunday, February 16th
Practitioners: Jennifer Stahler

10:00AM – 10:30AM Robe & Tea
10:30AM – 11:-00AM garshana, Abhyanga, pinda & shirodhara
11:00AM-11:15AM Steam
11:15 –11:30 Basti
12:00PM -1:00PM Consultation & Closing with Monica

PANCHAKARMA PROGRAM DETAIL

TREATMENT DESCRIPTIONS

Abhyanga with Pinda Treatment

Abhyanga applied with a traditional keralan method. Using strips of cloth the oil will be poured over the entire body like one long shirodhara.

We will use dhanvantari thailam. A traditional blend for rejuvenation, post trauma, and for both preparing for pregnancy and after labor.

For the head massage & shirodhara we will use oil made with ashwagandha, jatamamsi and shankpushpi.

Treatment will conclude with crystal medicine bowl session.

Shirodhara for Vata Excess

Shirodhara is a traditional treatment used to pacify imbalance influencing the mind and nervous system. It sedates the nervous system, causes deep relaxation and healing. Warm medicinal oils are poured over the third eye for a set period.

In your case we will start by 7 minutes shirodhara and increase every day until 30 minute shirodhara is reached.

Swedana

Steam is used in ayurveda to help the absorption of medicinal oils. In this treatment you will receive a 15 minute steam bath immersion with specific essential oils that help to facilitate detoxification.

Nourishing & Detoxifying Basti

Hamsa Ayurveda & Yoga
3807 N. Lincoln Ave
Chicago, IL

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www.hamsacenter.com
info@hamsacenter.com

Ayurveda uses enemas made with herbal decoctions instead of water. The herbs are chosen according to constitution and imbalance. According to ayurveda, the whole body can be treated, restored, and healed through enema alone. It is one of the most powerful treatments in ayurvedic medicine.

We are using dashmula roots, black seed sesame oil, raw honey & sea salt in your therapeutic enemas.

HERBAL REGIMENT

Bhumyamalki, Licorice, Harataki

Gentle detoxifying herbal blend for the blood and liver that does not provoke vata excess.

Benefits Include: Weight loss, improved complexion, balanced digestion.

To Use: For detoxification Mix 1/2 Tsp in water or raw honey at night before bed.

For maintenance use ¼ tsp – 3 tsp and take with meals or before bed.

Castor Oil

Castor oil heals and regenerates cells, and slows the aging process of the skin. Applied directly to the skin, it can extract toxins. Applied directly to burns and even to deep wounds, the oil promotes healing. A full body castor oil massage has been known to purify the mind of negativity. Castor oil provides mental stamina and improves memory. It can be taken as a purgative to help flush out toxins from the small intestine. It is a common vehicle used in virechana (purgation). It can help restore agni in small amounts for those with weak digestive agni.

Most importantly, castor oil dilates the biliary ducts of the liver and gallbladder, and causes a large amount of bile secretion. It stimulates peristalsis from the small intestine, rather than many laxatives that only stimulate the emptying of the large intestine. This causes evacuations to begin from the small intestine, ensures the proper elimination of toxic bile, and the successful removal of excess pitta.

Uses: Castor oil heals and regenerates cells, and slows the aging process of the skin. Applied directly to the skin, it can extract toxins.¹ Applied directly to burns and even to deep wounds, the oil promotes healing. A full body castor oil massage has been known to purify the mind of negativity. Castor oil provides mental stamina and improves memory. It can be taken as a purgative to help flush out toxins from the small intestine. It is a common vehicle used in virechana (purgation). It can help restore agni in small amounts for those with weak digestive agni.

For detoxification: Take 2 ½ T at night before bed, **the evening before your first day of treatments.**

DIET

The texts Charaka Sushruta and Ashtaṅga Hridayam deliberate that diet during panchakarma should be liquid, warm, and limited in quantity. Herbal soups and easy-to-digest foods that are mostly liquid are preferred in late fall and winter. Juices and liquid-based diets (e.g., soups) are preferred in spring and summer. All doshic types generally fare well following a vegan sattvic diet, especially for short periods. A vegan sattvic diet includes foods in their whole form (i.e., a potato, instead of French fries), grains, vegetables, fruits, and legumes.

Traditionally, meat and animal products were used in panchakarma programs, especially when there was debilitation, weakness, or emaciation. Today, because of sustainability concerns and alternatives that can safeguard life, we advise a vegan diet for cleansing. However, if there are intolerances to grains and many foods, you may need to tailor your dietary program as you see fit, and incorporate meat, or consult with a practitioner who can guide you.

Attached find recipes to assist you during your detoxification program. In general you can eat: legumes, grains, vegetables, fruit, and ghee. Your diet is vegan (except ghee) for the next 10-days.

Eliminate: Dairy; meat; processed, frozen, pre-packaged, old, and dead foods; and all stimulants. If you are a daily coffee drinker, avoid a withdrawal headache by reducing intake gradually. (Although a little caffeine in the morning is okay for many, it should be taken without dairy and without sugar.) Add a dash of cardamom to help nullify the effects of the caffeine. Continue to avoid all dietary triggers, and augment diet as necessary for you to maintain your agni.

Include: Eat a whole food diet, as much as possible. Eat only whole grains in their whole form (e.g., quinoa, brown rice, white rice, and millet), vegetables, beans, and fruits. Carry fruits as snacks. Make soups. Cook for yourself, as much as possible.

Intolerances: If you are on a regimen where you must avoid many food items that are frequently taught as ayurvedic dietary staples (e.g., grains, dairy, and legumes), continue your diet in the cleanest (meaning organic, ethically sourced, and freshly prepared) manner and employ the treatments as defined in the following sections.

¹Castor oil heals and regenerates cells,