

### **Panchakarma Treatments available:**

Abyanga	Agni lepa	Akshi Seka
Akshi Tarpana	Bhaspa Sweda	Gandusha & Kavala
Greeva Basti	Ishtika Sweda	Janu Basti
Niruha Basti (Decoction enema)	Anuvasana Basti (Oil enema)	Kati Basti
Kaya Seka (Pizichil)	Ksheera Dhooma	Kukkutanda Nimba Sweda
Choorna Pinda Sweda	Mamsa Pinda Sweda	NadiSweda
Nasya Karma	Patra Pinda Sweda	Jambira Pinda Sweda
Prishta Basti	Putapaka	Shashtika Shali Pinda Sweda
Shiro Basti	Shiro Dhara	Shiro Pichu
Parisheka	Shirolepa (Talapothichil)	Takra Dhara
Udvartana	Upanaha	Valuka Sweda
Vamana Karma	Virechana	Rakta Mokshana