

Below is an outline of our current programmes. Frequently, you'll come across Sanskrit terms in our descriptions. For an understanding of many of these, please turn to our Glossary.

Anti Ageing - Rasayana Chikitsa.

28 Days.

Aims at keeping the enzymes in the tissue cells in their normal functioning condition. The cells are revitalized and their composition is changed. The nerves and bones are kept soft and smoothened; tranquility of the mind is promoted. This prevents the process of ageing and makes the individual free from diseases even at an advanced age.

Ayurveda is not only a science, but also an art of appropriate living, which helps to achieve longevity. It can guide every individual in the proper choice of diet, living habits and exercise to restore balance in the body, mind and consciousness, thus preventing disease.

According to authentic Ayurvedic textbooks, rejuvenation must be done only after detoxifying the body. Keeping this principle, Kalari Kovilakam developed a special treatment programme, which goes well with the present lifestyle.

In this Anti aging programme, the first 2 weeks are reserved for a cleansing treatment to eliminate the toxins. Then, the rejuvenation treatments start, with medicines and diet. Our programme is based on the prime treatment in ayurveda for reducing the aging processes, arresting the degeneration of the body cells and increasing the immunity of the system.

Key therapies: Nasyam, virechanam, vamanam, snehavasthi or kashayavasthi depend upon the constitution or dominant doshas along with some preparative treatments like Pizhichil, pouch massages, different types of uzhichil [massage], sirodhara, sirovasthi, kayasekam etc. for purifying the body. Followed by this cleansing, there will be some rejuvenating uzhichil [massage], uzhichil with special creams, njavarakizhi, Ksheera dhara, kashayadhara, udvardhanam, mukhalepam, thechukulli along with rasayanas and a nourishing diet.



Anti Stress Programme - Manasanthy.

14 Days

It is a proven fact that the mind plays an important role in governing not just the actions we take, but their qualitative nature, ie, how well or badly we act. Anything which manipulates the mind will thus reflect on the body. People facing a lot of stress from their hectic lives thus end up with not only mental, but a host of physical problems too, usually called 'lifestyle diseases'.

Ayurveda, combined with Yoga offers the perfect answer for this.

At Kalari Kovilakam, we've developed a special 14 days programme called 'Manasanthy', based on these two ancient systems of wellness.

Key therapies: the classical treatments like Uzhichil, Sirodhara, Sirovasthy, Nasyam, Kateevasthy, Nj avarakizhi, Sarvanga dhara, Pichu, Thalam, Thalapothichil etc. are provided in its authentic form. All these are supported by special Yoga therapies, herbal medicines and herbal teas according to the constitution.

This programme is beneficial for those who are physically and mentally stressed, and/or suffer from conditions like insomnia, lack of concentration, fatigue, tension headaches and so on. It's also good for those who travel a lot, late night workers, I.T. professionals and computer users in general.



General Rejuvenation - Pancha karma.

21 to 28 Days

Panch karma is the classic 5-point revitalisation treatment that's gaining worldwide fame these days

Although Panchakarma is often thought of as the entire procedure, it really is one part of a group of therapies belonging to a class of cleansing procedures called 'shodhana'

At Kalari, the Panchkarma process is more intensive, following closely the early texts of Ayurveda like the Charaka Samhita and the Sushruta Samhita.

Poorvakarma - Pre Purification Measures

Before the actual processes of purification begins, there is a need to prepare the body in prescribed methods and encourage the body to let go of the toxins. The two procedures are 'Snehanam' and 'Swedanam'. Snehanam means oleating the body, helping the toxins to move towards the gastrointestinal tract. It also makes the superficial and deep tissues soft and supple, thus helping to remove stress and to nourish the nervous system.

Swedanam means 'sudation' or sweating, which is followed by snehanam..This procedure liquefies the toxins and increases the movement of toxins in to the gastrointestinal tract. After this Snehanam and swedanam,doshas become well 'ripened'. A particular panchakarma is then given according to the individual's constitution and disorder.

Pradhana karma - main procedure

There are five basic Shodhanas, or cleansing methods.

- 1) Nasyam Elimination of toxins through the nose.
- 2) Vamanam Therapeutic vomiting.
- 3) Virechanam ` Purgation.
- 4) Vasthy Enema.
- 5) Rakthamoksham Detoxification of the blood.





Paschat karma - post purification measures.

It is important to follow a diet and lifestyle that is harmonious with one's constitution. If not patients could worsen their condition by suppressing the renewed healing energies. The toxins may then directly enter cleansed tissues and go deeper than before.

Some things to avoid are loud talking, bumpy rides, long walks, excessive sitting and excessive eating, if experiencing indigestion. Avoid eating unwholesome food, daytime sleep and sexual indulgence in excess. Take 'Rasayanas' to rebuild the damaged tissues and to give a new level of strength and energy. Herbs and foods can be used specifically to rebuild tissue layers and herbs also have a direct rejuvenative effect on the various organs and tissue layers.

Key therapies

Snehapanam, uzichil, sirodhara, sirovasthy, podikizhi, elekizhi, dhanyakizhi, njavarakizhi, pizhichil, narangakizhi, dasamoolaksheera dhara, kativasthi, urovasthi, nasyam, vamanam, virechanam, kashayavasthi, ksheeravasthi, snehavasthi, mathravasthi etc. are the treatments included in this package.





Slimming Programme - Thaulyakna Chikilsa.

21 to 28 Days.

Diet pills lower the body's fat set points by speeding up the organism, making both body and brain work faster. This increases Vata, which makes both body and mind crave for more sweets to balance.

Ayurveda believes in speeding up organism in healthy natural ways, with treatments to increase fat metabolism, exercise, herb-based diet supplements and the use of light non-kapha producing foods, which control vata while relieving the system of excess kapha.

In Kalari Kovilakam, there is a programme for 28 days including yoga, which assures you of genuine metabolic change.

Key treatments: Udvardhanam, Padabhyangam, Kalari uzichil, lepanam, medicated steam bath, podikizhi, internal medication and herbal teas.





GLOSSARY

1. General Uzhichil

Uzhichil is one of the preparatory treatments for panchakarma. Here, the patient has to sit on a chair in a comfortable position for a gentle head massage. Then he/she has to lie down on the table in a comfortable relaxed position and the therapist will start full body massage in a rhythmic manner. According to the Doshic predominance and constitution the medicated oils may vary.

This massage strengthens the tissues and promotes biological fire and longevity, regenerating and rejuvenating the body. It is especially good for nervous disorders.

2. Kalari Uzhichil

'Kalari uzhichil' is one of the preparatory treatments for panchakarma. Here, the patient has to sit on a chair in a comfortable position for a gentle head massage. A special shoulder and spine massage will be done in a specific pressure. Then he/she has to lie down on the table in a comfortable relaxed position and the therapist will start full body massage in a rhythmic manner. According to the Doshic predominance and constitution the medicated oils may vary.

This special massage takes away the stiffness of the body and bestows flexibility and relaxation.

This method strengthens the tissues and promotes biological fire and longevity, regenerating and rejuvenating the body. It is especially good for nervous disorders.

3. Dhathu Pushti Uzhichil

Dhathu pushti uzhichil is one of the key rejuvenation treatments. Here, the patient has to sit on a chair in a comfortable position for a gentle head massage. Then he/she has to lie down on the table in a comfortable relaxed position and two therapists will start full body massage in a rhythmic manner. According to the Doshic predominance and constitution the medicated oil may vary.

This special massage enhances the general circulation of the body and bestows enthusiasm and creativity. This method also strengthens the tissues and promotes biological fire, longevity, regenerating and rejuvenating the body. It is especially good for tiredness.

4. Padabhyarngam

This is a special art of uzhichil in which the masseur does the uzhichil with one foot by balancing with a rope hanging on the roof. Here the person has to lie down on the bed, which is spread on the floor in a comfortable relaxed position. Therapists then administer full body massage in a rhythmic manner with his/her foot. According to the Doshic predominance and constitution the medicated oil may vary.





5. Udvartanam

Udvartanam means Powder massage. The main aim of it is to reduce fat.

Here some medicated powder will be rubbed on the body in upward direction. The purpose of this treatment is to burn down the fat. This particular treatment cleanses the skin and gives nourishment to it. This treatment helps to drain out lymph, increases fat metabolism and reduces cellulite. The patient may feel some irritation while doing the treatment due to the friction of powder with the body, and feedback to the masseur is necessary.

6. Pizhichil

Pizhichil is one of the preparatory treatments for panchakarma .It consists of both oleation (oiling)and sudation(sweating). It is a process by which the body is made to perspire by means of pouring warm medicated oil from a certain height in a rhythmic manner and is rubbed into the body in seven different postures for a certain period of 7 to 21 days. According to the Doshic predominance and constitution the medicated oil may vary.

Due to the osmotic pressure and the temperature of the medicated oil, the medicinal part of the oil is absorbed through skin pores and some of the accumulated toxins get melted and thrown out as sweat, the remaining parts ultimately reaching the alimentary tract. From there later, Virechana {purgation} and Vasthy {enema} can clean them out.. This method strengthens the tissues and promotes biological fire and longevity, regenerating and rejuvenating the body. It is especially good for vatha disorders like paralysis, hemiplegia, sexual weakness and other nervous disorders.

During the course of Pizhichil, the patient may feel tired because this particular treatment is much deeper and a lot of energy is consumed for treatment. The patient may experience ups and downs in energy levels and the body will exhibit other symptoms which usually subside after a couple of days

7. Dasamoola Ksheera Dhara

Dasamoolaksheera dhara is one of the important treatments among Kerala special treatments.

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 for a certain period of 7 to 21 days. This method strengthens the tissues, nourishes the skin and promotes longevity, and also rejuvenates the body. It is especially good for vatha pitta disorders.As with Pizhichil, the patient may find ups and downs in energy level.

8. Kayasekam

Kayasekam is a sweating treatment, using both oilation and sudation. It is a process by which the body is made to perspire by means of pouring warm medicated oil with a special vessel from a certain height in a rhythmic manner. The oil is then rubbed into the body. According to Doshic predominance and constitution the medicated oil may vary. Due to the osmotic pressure and the temperature of the medicated oil, the medicinal part of the oil is absorbed through skin pores and accumulated toxins get melted and thrown



out as sweat.

This method strengthens the tissues and promotes biological fire and longevity, regenerating and rejuvenating the body. It is especially good for vatha disorders like paralysis, hemiplegia, sexual weakness and other nervous disorders.

9. Sirodhara

Sirodhara is one of the important treatments in Rejuvenation Therapy.

'Siras' means head and 'Dhara' means continuous flow. Here, the patient is made to lie down on the massage table. A small piece of cloth is tied gently over the eyebrow in order to prevent the leakage of oil to the eyes. Then, medicated liquids like herbal oils, buttermilk, milk etc (which are prescribed by the doctors according to the condition) are poured on the forehead from a certain height and oscillated from one side to other in a specified manner. From time to time, a smooth gentle massage is given to the head. This particular treatment is highly beneficial in driving away mental tension. It regulates hormonal imbalances by activating the hypothalamus of the brain, It enhances the circulation in the brain and helps to improve the vital capacity of brain cells. It strengthens the nervous system and bestows a long healthy life.

10. Sirovasthi

Sirovasthi is the term applied to the process of allowing medicated oil to remain on the head for a prescribed time. This is highly beneficial for facial paralysis, dryness of nostrils and throat, certain varieties of cataracts and headache, cases of insanity, dullness and weakness of brain functioning and many other diseases of head, ears, eyes and nose. The patient is prepared for the treatment through snehana and swedana..

Lukewarm herbal oil is poured in to a cap fitted on the head for 15 to 60 minutes per day according to the condition for a prescribed duration.

11. Njavarakizhi

Njavara kizhi is one of the most important among our special treatments. Here, the whole body is made to perspire by the application of certain medicated rice puddings externally in the form of boluses tied up in a muslin bag. 'Njavara' is name of the special nourishing rice we use for Niavarakizhi. This method of treatment has been prevalent in Kerala from time immemorial.

The patient is made to lie down on the table in a comfortable position. External oleation is done before starting the rice pudding treatment. The rice pudding boluses are dipped in medicated warm milk and then applied to the body. The temperature will vary depending on the tolerance capacity of the person and is done in seven different postures. Again, there will be an oil application after the main treatment.

This treatment makes the body supple and removes stiffness. It is highly beneficial in emaciation of limbs, rheumatism and joint pains. It clears the obstructions, improves blood circulation, removes waste from the body, improves complexion and restores vigor. It prevents excessive sleep while promoting sound sleep. It makes entire body strong, sturdy and well developed. It sharpens the senses and it slows down the ageing process.





12. Podikizhi

"Podi" means "Powder" and "kizhi" means "pouch"

In this treatment, the patient has to lie in a comfortable position. External oleation is done before starting. A pouch with herbal powder is dipped in medicated oil and then applied to the body. The temperature will vary depending on the tolerance of the person. The main treatment is followed by an oil application.

13. Dhanyakizhi

"Dhanyam" means "Grains" and "kizhi" means "pouch".

This particular treatment drives away the stiffness of the body. Here the patient is made to lie in a comfortable position. External oleation is done before starting the treatment. A pouch with processed grains is then dipped in medicated oil and applied to the body. Again, there will be an oil application after the main treatment.

14. Narangakizhi

"Naranga" means "lemon" and "kizhi" means, "pouch".

The person has to lie down in a comfortable position. External oleation is done before starting the treatment. A cloth pouch with lemon and herbs is dipped in medicated oils and then applied on the body.

15. Elakizhi

'Ela' means 'leaves' 'Kizhi' means 'pouch'

After the external oleation, the person has to lie down in a comfortable position. The pouch with leaves and herbs will be dipped in the medicated oil and then it will be applied on the body. The temperature will vary depending up on the tolerance capacity of the person. Again there will be an oil application after the main treatment.

16. Special treatments

There are a range of special localized treatments for stiffness, pain, wastage of tissues, Nerve pinching etc.

A special herbal paste boundary is prepared and kept on the affected area, which is filled with special medicated Oil/ghee/extracts for a prescribed time and temperature.

This particular treatment if it is done on the lower back is known as Kadivasthi.

When it is doing on chest, it is called Urovasthi ,on the knees ,it is called Janu vasthi and around the eyes, it is called Tharpanam.

