

# THREE SEASONS AYURVEDA



## What is Panchakarma



Ayurveda translates to the "knowledge of life" (Ayur - Life, Veda - Knowledge) and is the ancient medical system developed thousands of years ago in India. It is said to have been transmitted to humans by the gods and evolved from the Atharva Veda, which dates back five thousand years and refers to yoga as its sister science. This ancient Vedic literature defines maintaining health and combating illness through lifestyle, body therapies, herbal medicines, diet, and spiritual practices.

Panchakarma (five actions) is the ultimate mind-body healing experience. It detoxifies the body, strengthens the immune system, and restores balance and well-being. It is the cornerstone of an Ayurvedic lifestyle and is recommended on a seasonal basis and during times of imbalance or illness. Panchakarma removes toxins from the body and mind, reversing the disease path. It is achieved through special diets, medicines, oil massage therapies, steam therapy, and purgation. After removing toxins, Ayurveda rejuvenates and rebuilds the body's cells and tissues with appropriate lifestyle practices.

According to Ayurveda, good health depends upon our capability to fully metabolize all aspects of life—physically, mentally, emotionally, and spiritually. When we can't completely digest our food, experiences, and emotions, toxins accumulate in our bodily tissues, creating imbalance and disease. Panchakarma releases these stored toxins, restoring the body's innate healing ability.

When our digestive energies, known as Agni (fire), are strong, we create healthy tissues, efficiently eliminate waste products, and produce a subtle essence called Ojas. This essence can be envisioned as the innermost sap of our psychophysiology and is the basis for clarity of perception, physical strength, and immunity. On the other hand, if our Agni is weak or digestion is incomplete, this creates toxins in the body known as Ama.

When toxins (Ama) accumulate in the body, they block the flow of energy, information, and nourishment throughout the system. Ayurveda considers this buildup the underlying cause of all diseases. One example is when saturated fat and cholesterol accumulate beyond the body's capacity to metabolize. This can lead to blockages in the circulatory system, which can lead to heart attacks and disease.

So, for optimal health, it is crucial to maintain strong digestion and eliminate all types of toxins from the body. Panchakarma is unique because, while most cleansing modalities tax the body with strong purification techniques, Ayurveda uses its power to cleanse itself while tonifying and nourishing it completely. Thus, it brings the body, mind, and spirit into balance and restores their natural state.

It all begins with internal oleation, which helps you enter the fat metabolism mode and starts pulling toxins from deep within the tissues. The Ayurvedic diet during cleansing is based around kitchari (split-mung dal and basmati rice cooked with specific spices and vegetables) that balances blood sugar (moods and energy) and improves digestion as the body goes through purification. Each day, you receive body treatments designed for your specific concerns and constitution, which move physical, mental, and emotional toxins toward the digestive system and eliminate them.

The Panchakarma journey offers an incredible and rare opportunity to explore your inner self, physically cleansing the body by removing toxins, emotional residues, and old behavioral patterns while calming the mind and revitalizing the nervous system. This powerful and potentially life-changing experience rejuvenates your spirit, creating a new sense of presence and balance in life.



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