



Kalari Kovilakom

Panchakarma – 14 D

Panchakarma is an intensive cleansing treatment that follows the early texts of Ayurveda like Charaka Samhita. Panchakarma, which literally means five actions, is essentially about purification of the body. The five actions of Panchakarma according to Charaka Samhitha are Vamana (induced vomiting), Virechana (purgation), Kashaya Vasti and Sneha Vasti (two kinds of medicated enemas) and Nasya (nasal medication). It is preceded by a preparatory process called Poorvakarma. At this stage the body is prepared for removing “toxins” first through Snehanam which make the body unctuous or oily internally and externally, and second through Swedanam which means therapeutic sweating. Once the preparatory stage is completed, the doctor will prescribe one or more of the 5 Panchakarma cleansing procedures depending on each individual’s condition.

**** Please note - Rates are subject to adjustment based on prevailing market exchange rates at the time of invoicing**



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The third and final stage of treatment is Samana or

Paschatkarma where the patient undergoes corrective measures through medicines, moderate therapeutic treatments, appropriate diet and activities for the body and mind. On completion of the Panchakarma treatment, the imbalances that lead to diseases in the individual is stabilized and brought to equilibrium.

Panchakarma – 14 Days

Single – Euro 7350

Double – Euro 12,420

Panchakarma – 21 Days

Single – Euro 9738

Double – Euro 16394

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Package Inclusions:

- 🌿 Doctor's consultation.
- 🌿 All ayurveda treatments including therapeutic massages and steam treatments.
- 🌿 Yoga and meditation sessions.
- 🌿 Accommodation.
- 🌿 Airport pick-up & drop

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