

Ayurvedic Treatments



🇹🇭 การบำบัดแบบอายุรเวทอินเดีย 🇩🇪 Ayurvedische Behandlungen 🇫🇷 Les traitements ayurvédiques
🇨🇳 草药治疗 🇰🇷 아유르 베다 트리 트먼트 🇲🇾 Rawatan Ayurvedik 🇯🇵 アーユルヴェーダトリートメント
🇮🇩 Ayurvedic Pengobata 🇷🇺 аюрведических процедур 🇪🇬 العلاج الايورفيدا

(only by appointment; Consultation Charges 1st: 600 ₪; Next: 350 ₪)

Shirodhara

Shirodhara is the pouring of oils, decoctions or juices (drop wise or in a thin stream) from above the head onto the center point of the forehead.

3 different herbal decoctions, juices or oils are used for different beneficial effects.

Benefits in

Type I:- tension, anxiety, anger, depression, low concentration, schizophrenia, insomnia, low focus, stress, epilepsy, CNS problems

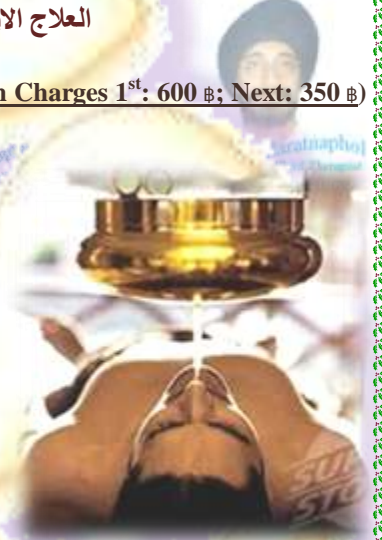
Type II:- high blood pressure, hypertension

Type III:- hair fall, gray hair problem

Effects: - balances mainly vata - prana vayu (Wind Energy that supports life) and pitta (Heat Energy) - calms the mind and senses - nourishes majja dhatu (marrow) - improves mental clarity and comprehension

Time: 35 – 40 minutes; (best to be done in the morning)

990 890 ₪/session; 4,950 3,495 ₪/5 sessions



Shiro Basti

A leather belt, resembling a hat, is fitted on to the head and sealed with urid dal or flour and cotton. Herbal and oil decoction slowly poured over the head.

Benefits in

Type I:- paralysis, mental retardation, schizophrenia, hypertension, sinus headaches, disorientation, vascular headaches, vata in the head, glaucoma

Type II:- skin problem

Type III:- hair fall, dandruff

Effects: Improves the functioning of prana vayu (Wind Energy that supports life) and revitalizes sensory functioning. It also promotes kapha secretions in the para-nasal sinus zone, which reduces congestion in the head. It helps to remove blockages in the brain and clots within the blood vessels. It balances all doshas, removes aam (Toxins) from the hair root and gives nourishment to the new hair that begins to grow.

Time: 35-40 minutes; (The best time is in the morning)

990 890 ₪/session; 4,950 3,495 ₪/5 sessions



Netra (Eyes) Basti:

Medicated liquids are only applied externally and to be retained on the eyes for a period of time.

Benefits in

Type I:- retina problems, burning pain, tension, headache, glaucoma

Type II:- vision and number problems, cataract, scars

Effects: balances all doshas but mainly pitta (alocaka), rejuvenates the eyes and acts as an internal dressing for scars in the eye, gives nourishment, helps vision, reduces inflammation and tones internal muscles.

Time: 15-20 minutes for each eye; (anytime of the day)

890 790 ₪/session; 4,450 2,995 ₪/5 sessions



Heart Dhara:

Benefits in - all types of cardiac problems, mitral stenosis, angina pectoris.

Effects: balances mainly vyana vata, (outward moving air) and moves from the center of the body out to the periphery. This vayu is a coordinating, connecting force. It coordinates all the powers such as sensory awareness, and runs through the whole network of the 72,000 nadis or passageways of prana in the body, connecting the functions of the nerves, veins, muscles and joints and circulates nutrients and energy. Vyana vayu is fundamental to making one feel and function as an integrated whole. It is felt especially in the skin. Removes blocks and gives strength to cardiac muscles.

Time: 30-35 minutes; (anytime of the day)

Duration: 1st month - daily; 2nd month - alternate days; 3rd month - every 3rd day; 4th month - every 4th day

790 690 ₪/session; 3,950 2,595 ₪/5 sessions

Kidney Dhara:

Healthy kidneys, give a sense of energy, enthusiasm, well being. In Kidney Dhara Medicated decoctions and oils are only applied externally on the kidney areas one at a time and are to be retained for a period of time, with gentle massage using cotton or sponge.

Benefits in - Type I Lekhan Dhara:- mass growth or swelling of kidney, cystic kidneys
Type II Bruhan Dhara:- shrinking of kidney

Effects: reduces vata (wind energy) and has either a 'nourishing' or 'scraping' effect on the organ.

Time: 35-40 minutes; (anytime of the day)

Recommended Duration: 1st month - daily; 2nd month - alternate days; 3rd month - every 3rd day; 4th month - every 4th day

890 790 ₪/session; 4,450 2,995 ₪/5 sessions

Kati Dhara:

Katti Bastis are external application of oils, decoctions or juices given in localized areas such as the lower spine, knee, elbow etc. They are helpful in all degenerative diseases (muscular and bone atrophies, spondylosis, sclerosis). The treatment procedure is the same as for Heart or Kidney Dhara, the difference being in the use of different herbal decoctions and oils.

Benefits in - Intervertebral disc prolapse, degeneration of lumbar vertebra, lumbar lordosis, lumbar Spondylolisthesis, lumbar spondylosis, Osteo arthritis of Lumbosacral area, soft tissues injuries at the lumbo sacral region.

Effects: Balances all doshas especially Vata -Apana Vayu(downward moving wind energy) and removes Ama (toxins), softening and strengthening muscles, tendons and ligaments

Time: 30-35 minutes; (anytime of the day)

890 790 ₪/session; 4,450 2,995 ₪/5 sessions

Spinal Dhara:

Medicated warm liquids comprising herbal decoctions and oil is continuously poured over the spine and back and is followed by Abhyangam (Massage).

Benefits in - Imbalances in back bone, Back pain and aches, slip disc and degenerative changes in the spine.

Effects: deeply relaxes the nerves and muscles surrounding the spinal cord. Strengthens the spinal cord, improving its flexibility.

Time: 40-45 minutes; (anytime of the day)

1290 1,090 ₪/session;

6,450 4,395 ₪/5 sessions