



Earth Roots Ayurveda

WELLNESS PROGRAMMES

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✧ Earth Roots Ayurveda Panchakarma ✧

The traditional science of Ayurvedic Panchakarma offers the most natural and complete cleanse. It is the ideal method of *detoxifying* and *rejuvenating* the body and mind and healing from within.

The panchakarma programme is for 7, 14, 21 nights and follows 3 distinct stages.

Who is this programme for: Deep cellular detox and for restoring the body's innate balance. Also for those experiencing diabetes, migraines, uncontrollable weight gain or chronic digestive issues.




❖ Earth Roots Ayurveda *Holistic Detox* ❖

Toxins constantly build up in the body due to pollution and other environmental factors leading to lack of energy, weight gain, inflammation and related issues. Detoxification focusses on toxin mobilisation and their removal by stimulating the liver to filter toxins from the body. It *cleanses* the entire digestive system to optimize digestive capacity and assimilation process, metabolic activities and evacuation abilities, improving the circulation of the blood and lymphatic systems, and finally *nourishing* the body with essential nutrients post detox completion.

The ultimate goal is to detoxify both the *mind and body* of harmful toxins and negative thoughts in a controlled and safe manner.

Who is this programme for: Those experiencing slow metabolism, liver issues, digestive and cholesterol Issues. Also important for active travellers and for overall wellbeing.



Earth roots ayurveda's signature Holistic Detox programme uses detoxifying experiences along with yoga, meditation and a dosha (body type) specific diet. It cleanses the digestive system including the organs attached to it like the liver, gallbladder and pancreas with the help of shodhana methods of Ayurveda, yoga, and oriental therapies. Personalized fitness sessions with a focus on cardiovascular exercises, light muscle toning and passive stretching improves the circulatory function thereby helping the mobilization of toxins and metabolic wastes accumulated in muscles and circulatory pathways. Dosha based diet made from fresh ingredients with balanced micro and macro nutrients helps to balance the agni or metabolic power in the body.

The Comprehensive Holistic Detox Programme starting 7 nights, flushes out toxins from the entire system by various ayurvedic cleansing methods. Yoga asanas and breathwork release the physical as well as psychic blockages. Yogic cleansing techniques help to flush out toxins from the oesophagus, and sinuses. Personalised detox diets optimise metabolism and aid in the cleansing process and replenishing vital nutrients in post detox nourishment. The comprehensive Holistic Detox programme helps achieve an increase in energy levels, improved focus and concentration, better digestion and absorption of nutrients, better immunity and stamina, glowing skin and toned body.

Consultations with Lead Consultant – Ayurvedic Doctor

On arrival, ongoing progress checks, debrief prior to departure, and post stay follow up consultation. In addition, comprehensive programme includes consultation with Emotional Healer and Physiotherapist.

The inclusions shown above are indicative only and may be modified by the lead consultant after on-site assessment. The lead consultant may also recommend additional therapies and guidance by other modalities based on initial or ongoing assessments during the course of the programme.

The first stage is Purvakarma or pre-purification measures. Before purification begins, there is a need to prepare the body to aid toxin removal. The programme starts with improving digestion both at the cellular and gastrointestinal level through digestive juice stimulants (dipana), and digestants (pachana). This is followed by Snehapana or escalating consumption of medicated ghee for three to seven days, depending on the strength and nature of an individual.

Next is Snehana which is the application of oil to the entire body with a massage technique that helps toxins move towards the gastrointestinal tract. Alongside this is Svedana or therapeutic sweating and is given every day immediately following the Snehana.

The second stage consists of main panchakarma cleansing therapies which include Vamana (emesis), Virechana (Purgation), Kashaya Vasti (Decoction enema), Sneha vasti (medicated oil enema) and Nasyam (elimination of toxins through the nasal passages and para-nasal sinuses).

The third stage is Paschatkarma which focuses on special diets to rest and rejuvenate the cleansed system, along with natural herbal remedies to replenish the digestive enzymes and immune system. Lifestyle changes are prescribed following return from Earth roots ayurveda.

Panchakarma is a very special Ayurvedic procedure and requires proper guidance from a highly trained and skilful Ayurvedic practitioner. At Earth roots ayurveda, Panchakarma is performed under the supervision of our expert Ayurvedic doctors and customized for each guest with their specific constitution in mind.

While the sessions are a broad guideline of inclusions, Earth roots ayurveda's Panchakarma programme is customized for each individual based on age group, health conditions, constitution, gender and other factors like digestion, and existing toxin levels. Hence it is important to share a detailed medical history prior to the inception of the programme. Based on this assessment and with a detailed consultation on arrival, a customized programme is created by Earth roots ayurveda's Ayurvedic experts.

Consultations with Lead Consultant - Ayurvedic Doctor - on arrival, ongoing progress checks, debrief prior to departure, and post stay follow up consultation. In addition, comprehensive programme includes consultation with Emotional Healer and Physiotherapist.

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❖ Earth Roots Ayurveda Rejuvenation ❖

Earth roots ayurveda's Rejuvenation and Immunity Booster Programme is designed to improve body vitality through intensive Ayurvedic treatments, nourishing diet, immunity boosting rasayanas and yoga practices. These therapeutic and cleansing therapies are known for their immuno-enhancing, neuro-nutrient, healthy ageing and anti-cellular stress effects. The programme focuses on balancing nutrition, creating a richer ojas system, boosting agni and enhancing microcirculation to strengthen immunity. This results in improved *immunity* and *energy*, better *metabolism* and healthy, glowing, *refreshed skin*.

Who is this programme for: For healthy aging and improving immunity. Also for those experiencing , post-surgical care, post cancer care, gynaecological issues.

The **7-day Programme** contains a series of detoxifying, de-stressing and revitalizing experiences. Key treatments help in improving the digestive fire and boost the circulatory functions. Purvakarma or pre-operative measures are done to dislodge the toxins from 'Srothas' or circulatory pathways to prepare the body for major cleansing therapies.

The **14-day Ayurvedic Rejuvenation Sodhanam** results in deep therapeutic effect and relief from specific medical and health conditions. Intensive cleansing procedures over 3 to 4 days eliminate toxins and balances the doshas (elements) in the body. A balanced diet, based on one's body type and ayurvedic lifestyle routine, is prescribed as aftercare or 'Paschatkarma' to maintain the result of the cleansing and to boost metabolism.

The **21-day Ayurvedic Rejuvenation Rasayanam** programme results in complete wellbeing. After two weeks, the cleansing treatments make the body more receptive to rasayanam, a medicinal programme, which helps in keeping the body young and agile, preserving health and longevity and increasing physical and mental capabilities.

Rejuvenation/Rasāyana agents promote nutrition through different modes like, at the level of rasa (tissue transfer), agni (digestive fire) and srota (micro-channels). This is how Ayurvedic immunology conceives a bond between micro nutrition with immune enhancing effect. Major cleansing treatments like medicated enemas will be included in this programme for 5 to 6 days to balance the doshas in the body.

Earth roots ayurveda's signature Rejuvenation and Immunity Booster programme improves immunity, enables better metabolism, enhances energy and vitality and ensures glowing and refreshed skin. The weekly progress checks and programme revisions make the comprehensive Rejuvenation programme more intense, personalized and result oriented.

Consultations with Lead Consultant - Ayurvedic Doctor

On arrival, ongoing progress checks, debrief prior to departure, and post stay follow up consultation. In addition, comprehensive programme includes consultation with Emotional Healer and Physiotherapist.

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↻ Earth roots ayurveda *Stress Management* ↻

Earth roots ayurveda's Stress Management programme helps to lead a well-balanced, healthy life by reducing stress and relaxing the mind. This programme is a *customized* holistic approach of Ayurveda, Yoga, meditation and emotional healing to tackle the stress naturally. The whole programme is designed to provide *tranquillity* to the stressed body & mind and to bring back the *natural rhythm* of the psychosomatic system. Holistic healing treatments intensify the experience of *deep relaxation* by removing tensions from physical, mental & emotional levels.

Who is this programme for: For psychological wellbeing, mental detox and emotional fitness. Also for those experiencing anxiety, depression, stress, grief, PTSD.

The objective of the programme is to improve the nervous system and to stimulate the free flow of energy within the body. Other meditative techniques and emotional healing sessions uses the universal life force energy to break up energy blockages within the body, allowing healing energy to flow again freely and stimulating the body's natural ability to heal itself.

The first phase is to understand the basic cause of stress, the imbalance in the body and mind. Planning of the diet and activities is streamlined based on these findings. It helps the body and mind to relax and release the tension accumulated through various deep work treatments.

In the second phase, treatments and procedures help to soothe the mind and bring about relaxation on a deeper level. These include sessions on meditation and yoga, which help cleanse the mind and facilitate stress management on a long-term basis.

In the third phase of the programme, procedures with even deeper impact on the mind and spiritual level. Earth roots ayurveda's Stress Management reduces stress and anxiety, improves sleep, strengthens immunity, provides relief from discomfort of the mind and emotional energy blocks.

Consultations with Lead Consultant - Ayurvedic Doctor

On arrival, ongoing progress checks, debrief prior to departure, and post stay follow up consultation. In addition, comprehensive programme includes consultation with Emotional Healer and Physiotherapist.

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⇒ Earth Roots Ayurveda *Weight Management*

Earth roots ayurveda is the perfect haven to *gain control* over your body through Ayurvedic treatments, detox therapies, exercise, yoga, diet and meditation. A safe and effective way to lose weight, this programme *improves* your metabolism and leaves you with a toned body and renewed vigor. It is also one of the few programmes in the world where *release of emotional blockages* is such a key component. The whole approach behind Earth roots ayurveda's Weight Management programme is through a supportive, *non-aggressive* process, yet yielding the desired results.

Who is this programme for: Those who are overweight and need targetted but sustainable weight and inch loss. Also suitable for sustainable weight gain.

The pillars of Earth roots ayurveda's Weight Management programme are detox therapies, exercise, Yoga, meditation and a personalised diet. Emotional healing is a key component here. The fitness activity in weight management programme is primarily focused on burning calories. The fitness consultation on the day of arrival helps our trainers understand the body based on cardiovascular function, muscle strength and flexibility. Specific training patterns like interval training will be planned according to these three parameters. Dosha based diet made of organic ingredients with balanced micro and macro nutrients, helps to balance the agni or metabolic power in the body. When Agni is out of balance it builds pseudo appetite and improper digestion leading to accumulation of metabolic wastes and thereby causing an increase in cellulite and fat deposition in the body.

The **Comprehensive Weight Management Programme** starting 14 nights starts with procedures to eliminate the ama or the metabolic waste and to reduce the subcutaneous fat from the body. Essential oils are infused with sea salt for a powerful aromatherapy body scrub to remove toxins from the skin. Other therapeutic treatments move the toxins and metabolic waste through the 'srothas' or circulatory channels as a preparation to eliminate them through the Panchakarma or cleansing procedures.

Sodhana procedures like medicated oil enema and decoction enemas completely eliminate the toxins from the body and boost the metabolic rate. Proper balanced diet based on one's body type and Ayurvedic lifestyle routine is prescribed as after care to maintain the result of the cleansing and to boost metabolism. The Earth roots ayurveda weight management programme enables better metabolism and lightness of body, better digestion and absorption of nutrients, weight loss and toned body and better strength, flexibility and stamina. The emotional healing sessions work on releasing repressed emotions to ensure balanced mind body balance and functioning.

Consultations with Lead Consultant - Ayurvedic Doctor

On arrival, ongoing progress checks, debrief prior to departure, and post stay follow up consultation. In addition, comprehensive programme includes consultation with Emotional Healer and Physiotherapist.

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