

## **PANCHAKARMA – THE IDEAL PATH TO DETOXIFICATION AND RESILIENCE**

### STAY HEALTHY DURING THE COLDER MONTHS WITH STABLE VATA



According to Ayurvedic tradition, detoxification is so much more than just fasting – this is because, in addition to the body, the mind and soul also need renewal and increased strength, especially in autumn. The Panchakarma treatment at the Ayurveda Resort Mandira in Bad Waltersdorf, Austria, has a holistic effect, meaning it is effective on all levels of being. In addition to cleansing and detoxification, Panchakarma has a long-lasting effect on resilience to harmful environmental influences, whether physical, mental or spiritual. Balancing the doshas plays an important role in this. In autumn, this means reducing vata!

#### **What Does a Panchakarma Treatment Do?**

When body, soul and spirit become imbalanced as a result of stress, anxiety and discomfort, a 'reset' is needed to bring the life energies back into balance. This is precisely the balance that Panchakarma strives for. 'Step by step, the doshas that cause illness are expelled from the body's main seats. Ayurvedic teachings state that the doshas are first disturbed in their seats, then swell and eventually spread throughout the body,' explains Holistic Ayurveda mastermind Christina Mauracher. 'If there are weak points, this is precisely where they'll settle, penetrate the tissues and trigger a wide variety of both illnesses and blockages.' Over the summer months, for example, a surplus of pitta accumulates, which can be balanced out in early autumn with a diet rich in bases, lots of seasonal vegetables and low-acid fruit. In late autumn, a vata surplus can be balanced out with juicy, nourishing, warm and easily digestible food. Sweet fruits (steamed, stewed or as a compote) and root vegetables (in a soup or stew) are excellent for re-stabilising out-of-control vata.

**The aim** of a Panchakarma treatment is to drain the excess doshas from their main seats while reducing those in the afflicted or weakened areas of the body, thus triggering healing processes.

#### **What Exactly Happens During a Panchakarma Treatment?**

Before the treatment, a pulse diagnosis is carried out and a consultation with the in-house Holistic Ayurveda specialists takes place. Depending on the guest's medical history, an individual treatment plan is drawn up. Pre-treatment is the first step of a Panchakarma treatment. This involves internal and external oil treatments – ingesting clarified butter (ghee) and oil massages – to bind not only the disturbed doshas, but also any waste products and toxins, which are then channelled into the hollow organs. From there, they are ultimately expelled during the Panchakarma therapy itself – supported by Ayurvedic herbs and applications. Superficial waste products from the skin and the underlying fatty tissue are sweated out during a Swedana treatment. This process is supported by drinking both ginger-infused water and hot water. This process literally fires the metabolism up and cleanses it of toxins; the tissues are flushed and waste products are removed from the intercellular fluid. The aftercare phase of the treatment is designed to strengthen the body after the cleanse and rebuild a healthy balance within the doshas. This stabilises the body's defences and lays the foundation for mental and spiritual resilience.

### How Does a Panchakarma Treatment Strengthen the Immune System?

As this is about deep cleansing and targeting stress, the resulting regeneration and resilience should last a long time. Many discover fresh vitality and renewed joie de vivre, finding their way back to harmony. Blockages are overcome, balance is restored, and performance and strength increase. By purifying the gastrointestinal tract and, in turn, the entire organism, the typical autumn illnesses can be prevented and the immune system strengthened. This is also an effective remedy for chronic complaints.

### How are Emotional Stability and Resilience Built Up?

The emotional status quo (ESQ) is the key to success. 'Scientific research into the causes of illnesses or symptoms sometimes neglects factors such as a patient's social environment and psychological/emotional circumstances,' explains Christina Mauracher. 'Emotions in particular have a massive impact on physical health.' In autumn, emotional blockages become particularly evident in combination with decreasing amounts of sunlight – for example in the form of the autumn blues. 'At Holistic Ayurveda, we offer ESQ, a simple screening tool to highlight emotions and complex issues that cause blockages and activate your self-healing powers. An ideal complement to the Panchakarma treatment for building resilience in a sustainable way.'

### The Holistic Ayurveda Panchakarma Treatments at a Glance

Ayurveda Resort Mandira offers four Panchakarma treatments that vary in duration and intensity. Basically, though, the longer the treatment, the more thorough the detoxification process and the longer its effects will last. Even changes in behaviour can be established within 21 days. Catering based on Panchakarma principles is included. The treatment plan is prepared individually based on the guest's pulse diagnosis and medical history.

- ||| **Panchakarma LIGHT:** is a gentle introduction to the world of Panchakarma and a mild purging of the disturbed doshas | 7 nights, 6 treatment days from €2,365 per person
- ||| **Panchakarma CLASSIC:** includes both a physical and mental detox and leads to inner balance | 10 nights, 9 treatment days from €3,668 per person
- ||| **Panchakarma DELUXE:** provides a truly intensive detox experience on all levels | 14 nights, 13 treatment days from €4,933 per person
- ||| **Panchakarma SUPREME:** the queen of all Panchakarma treatments, promoting lasting health and inner balance | 21 nights, 20 treatment days from €6,773 per person



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