



Introduction to PanchaKarma

NATURAL LAW ZOOM MEETING 11/24

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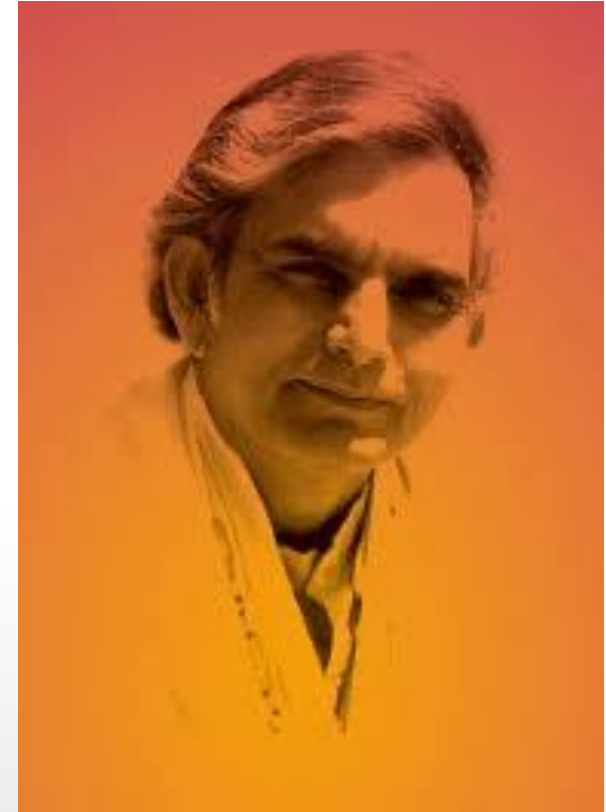


Corinna Maharani

- Since 1989 – Practicing PanchaKarma & Ayurveda, Maharishi International University
- Ayurvedic practitioner with 35 years experience
- Co-founder of multiple healing centers
- Teacher of Ayurveda at Kanyakumari, College in the Midwest, for 15 years
- Maharani Academy since 2017
- Senior Master-student of Vaidya Mishra for almost 3 decades, 1988-2017

Vaidya R.K. Mishra's family lineage served as Raj Vaidyas, personal doctors to the royalty of India.

"Corinna is one of the foremost experts in Pancha Karma in North America." Vaidya R.K. Mishra



Why do we need to cleanse and rejuvenate?



- **Increased Exposure to Toxins**
- **Elevated Stress Levels**
- **Dietary Imbalances and Poor Nutrition**
- **Mental and Emotional Toxins**
- **Weakening of *Ojas*, our Vital Essence**

PanchaKarma aims to rebuild and nurture this vital energy.

Do you have toxins (Ama)?

1. **Coated Tongue:** A thick, white, or yellow coating on the tongue is often one of the earliest and clearest signs of *ama*, indicating poor digestion and toxin buildup.
2. **Lethargy and Low Energy:** Feeling heavy, sluggish, or lacking vitality can indicate *ama* weighing down the system and hindering proper energy flow.
3. **Digestive Issues:** Gas, bloating, constipation, or foul-smelling stools suggest poor digestion and the accumulation of undigested material.
4. **Dull or Congested Skin:** Skin that appears dull, sallow, or prone to breakouts can indicate internal toxicity, as the skin is one of the primary organs for toxin release.
5. **Mental Fog and Lack of Clarity:** *Ama* affects not just the body but also the mind, leading to brain fog, confusion, and difficulty in focusing.
6. **Bad Breath and Body Odor:** Persistent bad breath or unusual body odor suggests the presence of toxins, as the body attempts to expel them through breath and sweat.



What is health?

In Ayurveda, true health (*swasthya*) is defined as a harmonious state where the body, mind, and spirit are in alignment with the natural rhythms of life. The ancient Ayurvedic text *Sushruta Samhita* beautifully captures this in the following verse:

"One is in perfect health when the doshas (biological energies), agni (digestive fire), dhatus (tissues), and malas (waste elimination) are in balance, and the soul, senses, and mind are filled with bliss."

The Foundation of PanchaKarma

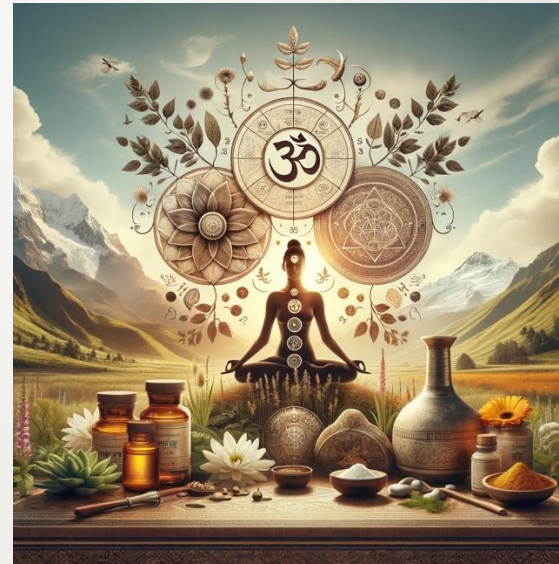
The very essence of PanchaKarma is to restore harmony with nature by cleansing toxins and blockages to allow the unobstructed flow of life force. This process echoes the cycles of nature, where cleansing occurs to renew and nurture growth.

PanchaKarma can be a milestone on your path to healing.



Origin of PanchaKarma

- The ancient people understood the intricate connection between the body, mind, and spirit. They recognized that physical purification can lead to mental clarity, emotional balance, and spiritual growth.
- We do find the first mention of the ancient principles of PanchaKarma in the Charaka Samhita, written around two thousand years ago.
- Other history books of Ayurvedic medicine tell us that physicians of Greece, Egypt, Mesopotamia, Persia, and south America were using various methods of PanchaKarma therapies as well.



The evolution of PanchaKarma:

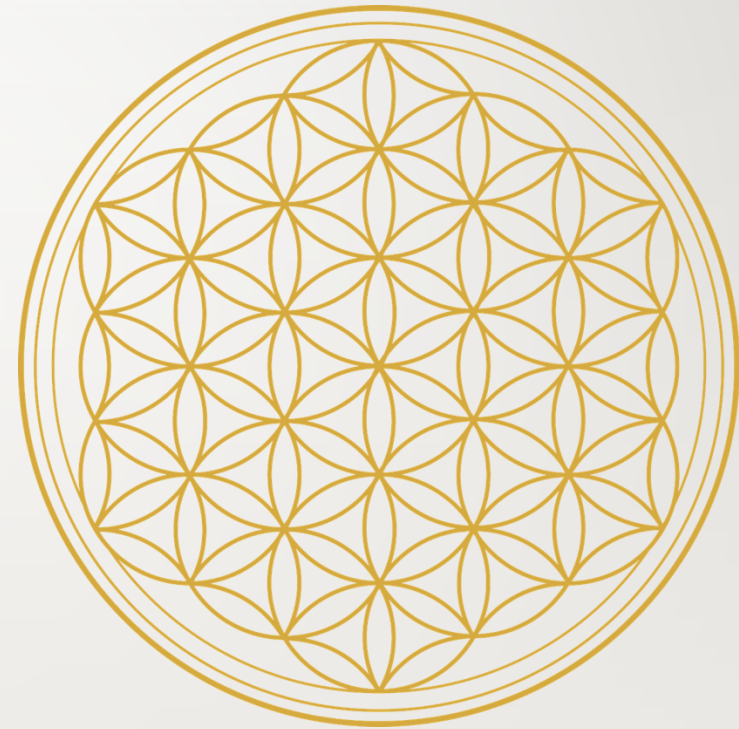
Originally a tool of Yogis and Yoginis, then adapted by India's royalty and becomes folk (original) medicine – for thousands of years.



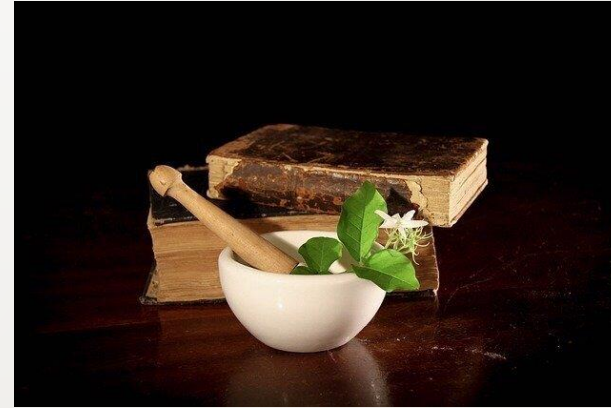
In Ayurveda, *Rta*—the natural law—governs all existence, reflecting the universal rhythms and cycles that maintain balance within creation.

PanchaKarma, the profound cleansing and rejuvenation therapy, is rooted in this understanding of natural law, aligning the individual with the harmonious forces of nature.

When we honor the principles of *Rta*, we invite alignment with these rhythms, restoring balance to our body, mind, and spirit.



When we purify the bodily systems function better, and without hinderance. Innate cellular intelligence can arise to help heal and rebalance our entire being. The process is gentle and holistic.

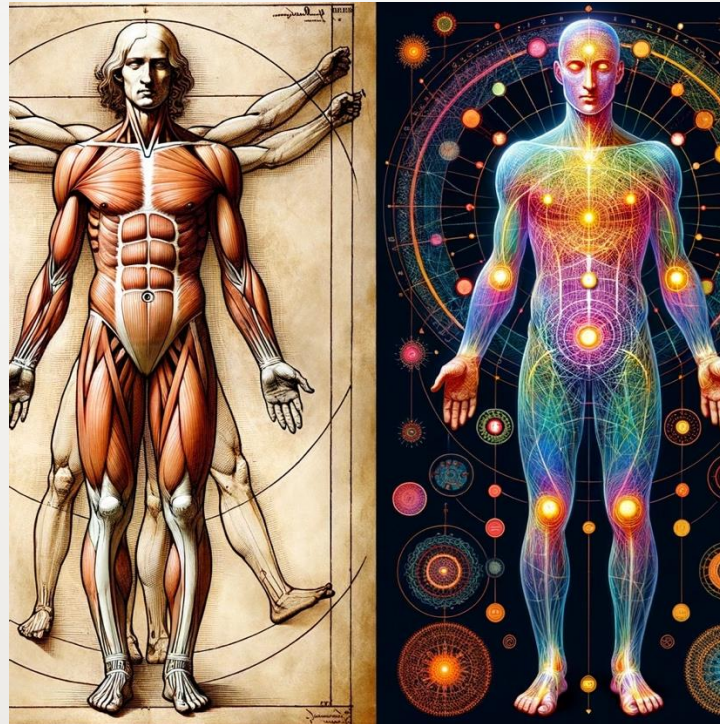


The 1. Key to Cleansing - Consider the whole, not just the parts.
Your body is made of an interconnected mesh of cells that responds to triggers, which instruct the body to perform a particular action.

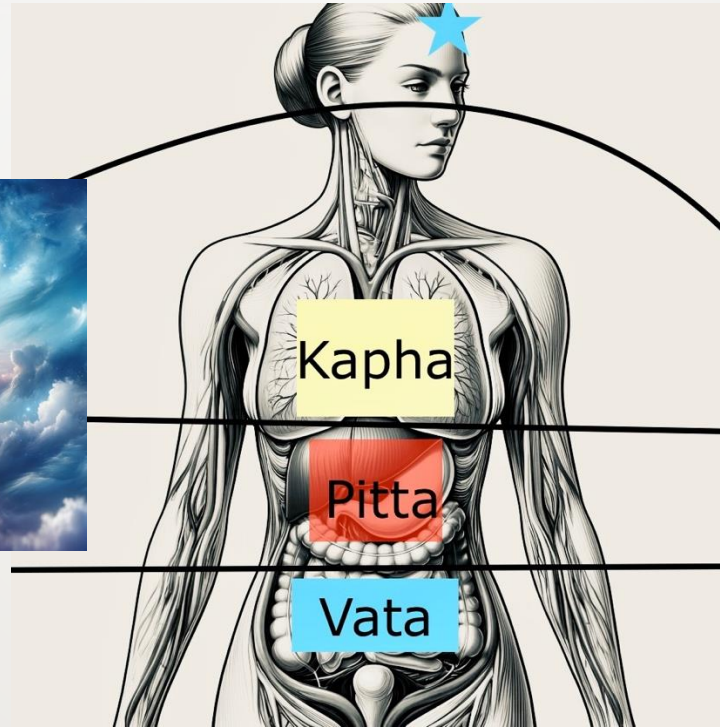
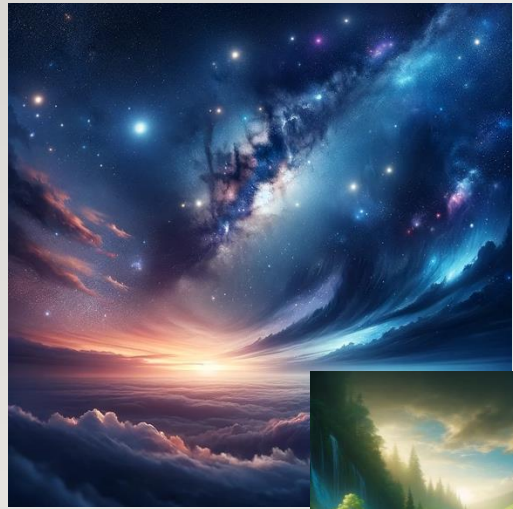
Everything is connected, everything impacts everything else.



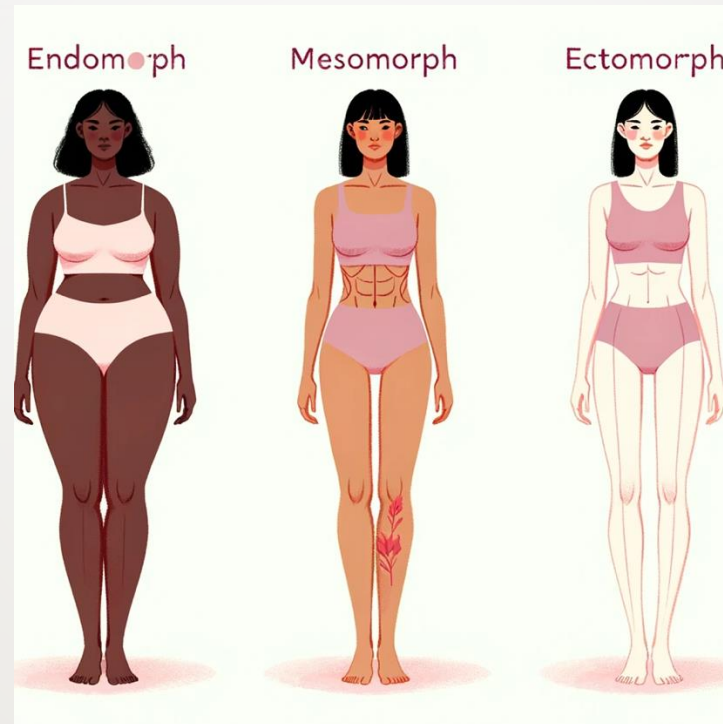
We are addressing always the whole being and using the body's natural elimination channels to detox.



We are all unique and we all share common elements



Honor your unique type or nature:
Vata, Pitta, Kapha



PanchaKarma to Optimizes your Life

PanchaKarma serves as a means to realign with your true Self by removing the blockages and imbalances that obscure our natural state of wellness and clarity.

By purifying the body and mind, we can more effortlessly live in alignment with our true being, free from the distractions and distortions caused by toxic buildup and misaligned energies.



Seasonal Rhythms and PanchaKarma

According to Ayurveda, there are specific times of the year when the body is naturally more prepared to release toxins due to seasonal changes. In spring and autumn, for example, the body is more adaptable to detoxification due to the shifting elemental influences, reflecting the natural ebb and flow of energies in response to the climate.

PanchaKarma, ideally undertaken during these seasons, becomes a conscious alignment with the natural cycles, ensuring that cleansing harmonizes with the innate intelligence of nature.

Spring time (March/April) is the ideal time to cleanse.



Benefits of PanchaKarma according to research:

- Decreased cholesterol, by lowering toxic lipid peroxide levels
- Decreased rate of platelet clumping and thus lymphatic congestion
- Decreased levels of 14 major toxic and cancer-causing chemicals from body tissues
- Significantly raised good HDL cholesterol levels
- Reduced free radicals, the leading cause of all disease
- Significant reduction in physical complaints, irritability, strain, psychological inhibition and emotional instability
- Decreased anxiety, aging and reduced doctor visits

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The Phases of PanchaKarma

- Preparation
- Elimination
- Rejuvenation



Step #1: Preparation

- Everything is personalized
- Consultation determines approach
- Prepare the body in advance
- Diet, lifestyle and herbs

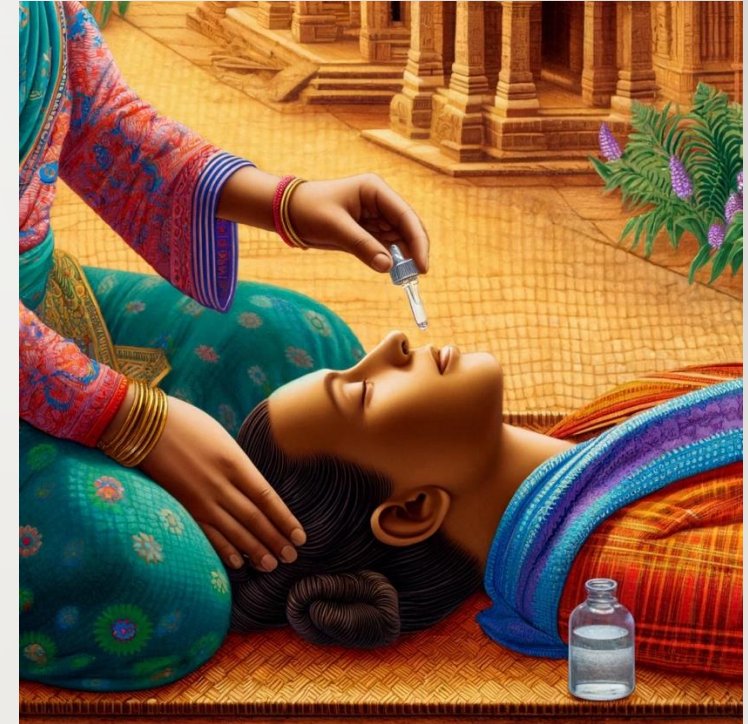


Step #2: Eliminations

- PanchaKarma process unfolds over a period of time, consecutive days.
- It is a GENTLE and holistic process.
- Both cleansing and restorative.



Abhyanga, Swedhana, Shirodhara, Nasya...



Udvardhana

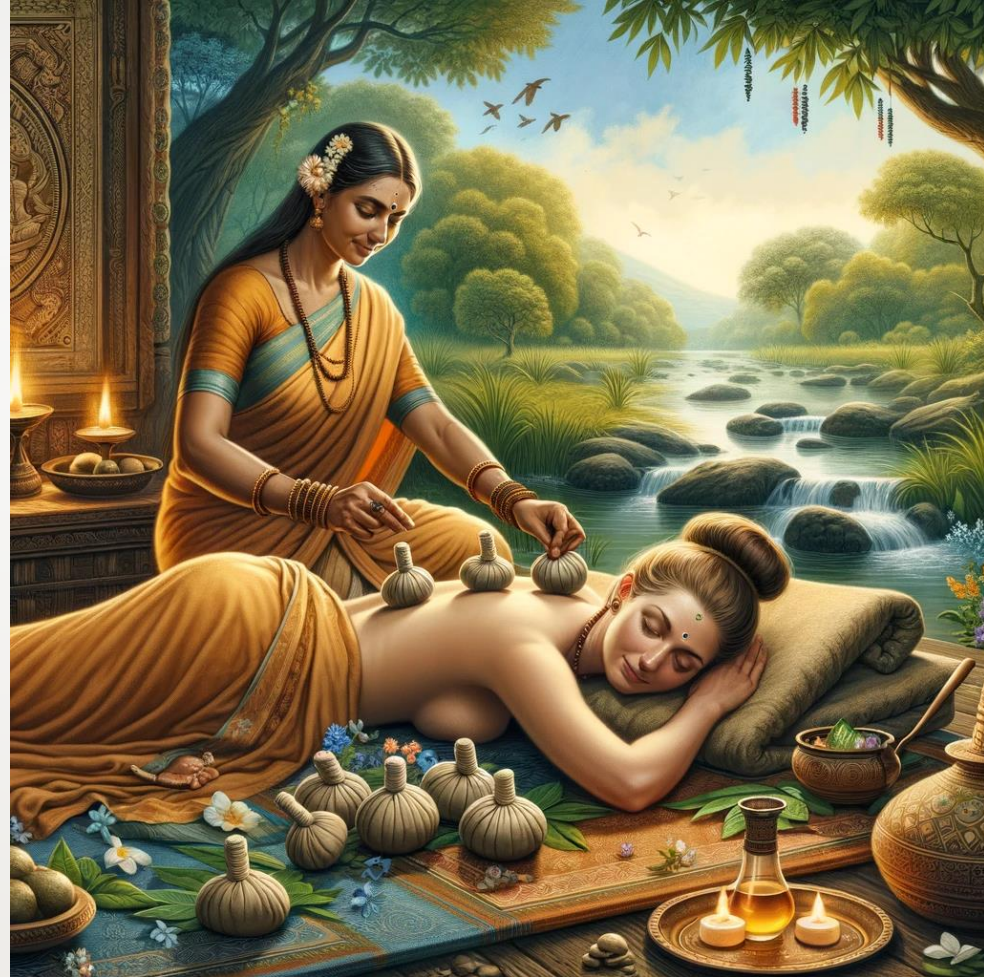
This is a brisk massage that uses herbal powders and pastes to stimulate the release of toxins and supports the removal of excess fatty tissue.



Pinda Swedhna



This is a cooling therapy using herbal rice bolus bags warmed in a specialized milk decoction and vigorously massaged into the skin to reduce inflammation and rejuvenate the body.



Garshana

- Raw silk garshana gloves are used to exfoliate the skin. With vigorous brushing, the silk gloves release static electricity from the skin, supporting lymphatic flow and the appearance of smooth skin. Garshana is also said to minimize the appearance of cellulite.



Marma

Marma Therapy uses sound, touch, aroma, and intention to direct the flow of prana for healing.

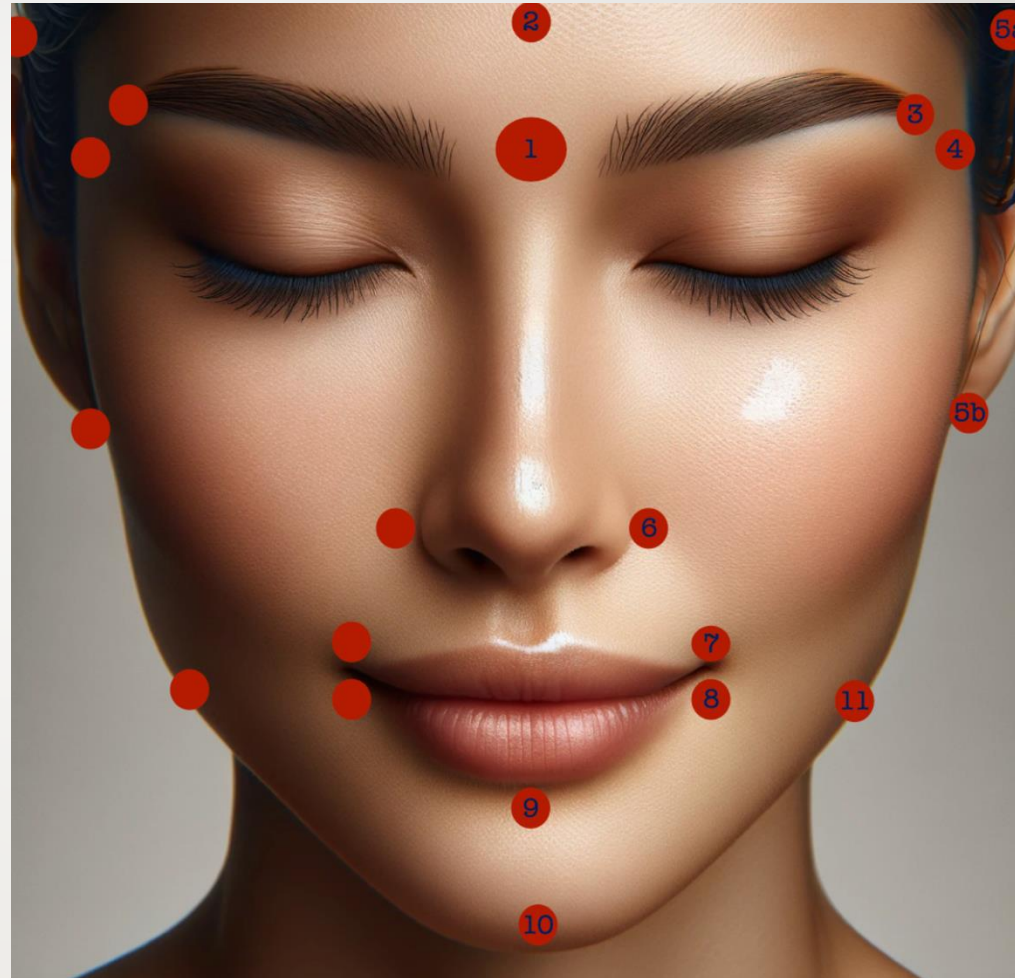
Facial Marma

Spinal Marma

Kurma (Digestive) Marma

Full-body Marma

Localized Marma (Head, feet etc)



Step #3: Rejuvenation

- Period of Rejuvenation
- Diet, Lifestyle and Herbal Support
- Repeat seasonally or annually.



As the body purifies, lifeforce begins to flow and our inner light rekindles

In Ayurveda, *Agni*, or digestive fire, is seen as a microcosmic counterpart to the sun, the source of life and transformation in nature. When Agni is strong, the body remains in balance with natural law, digesting food and emotions without obstruction.

PanchaKarma nourishes Agni by clearing toxins, thereby rekindling our inner fire and allowing lifeforce to circulate freely through the body and mind.



What is the “*PanchaKarma Glow*”???



- Increased immunity is visible as “glowing” skin, shiny eyes, relaxed facial features etc.
- Feeling peaceful inside reflect outwardly.
- The body suffers from less bothersome toxins and feels overall more rejuvenated.
- Deep rest leads to having a calm nervous system.



PanchaKarma invites us back into harmony with the natural, universal rhythm, restoring the natural balance within so we may walk in alignment with the natural law beyond.

As our personal healing unfolds we remember that our health is not separate from the well-being of the entire world.