



Chaitanya Ayurved Mahavidyalaya

"Chaitanyavan" N.H.No.6, A/p.Sakegaon, Tal.Bhusawal, Dist.Jalgaon,
(Maharashtra) - 425201, Mb.No. 8459964934

Web :- camsakegaon.org, E-mail :- ayurvedchaitanya@yahoo.in

Hospital :- Jamner Road, Bhusawal - ☎ 02582- 240661, 240861


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New initiations in administering Panchakarma Procedures

- 1) **Abhyanga:** An individually prepared herbal oil massage designed to deeply penetrate the skin relax the mind- body, stimulates arterial and Lymphatic circulation. It enhance the peristaltic movement of stomach and intestine so hunger of baby increase and baby needs more food so weight increased in LBW baby. Most useful Abhyanga by Coconut-oil.
- 2) **Pinda Swedana:** A deep cleansing treatment using rice cooked in milk and herbs that is massage into joints and tissues which is very useful in neuromuscular weakness.
- 3) **Swedana:** An herbalized steam bath, during head and heart are kept cool while the body is heated to remove mental, emotional and physical toxins lodged deeply in the tissues it will help to baby circulation.
- 4) **Shirodhara:** A warm, gentle and methodic pouring of herbalized oil over the forehead synchronizing brain waves profoundly coordinating and calming the mind, body and spirit. In children who suffer from ADHD, Migraine and Half headache are having excellent result of Shirodhara. Now day's mechanical system amiable for fix drop rate of Shoridhara.
- 5) **Vamana:** Vamana eliminate the Khapa causing the excess mucus. In children mrudu Vamana can be done with Milk, Juice of sugarcane and adding drugs in Milk which is helpful for Bronchial Asthma and Respiratory infection. Vagbhata explain the Garbodhkalin Vamana in Birth asphyxia.




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॥ श्री धन्वतरये नमः ॥

Purva Khandesh Kushtha Seva Mandal Sanchalit

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Pind swed Contains

- 1) Ashwangandha
- 2) Shatawari
- 3) Bala
- 4) Atibala
- 5) Steam Rice
- 6) Milk


Process:

Shashtika Shali (Special Variety of Rice), Cow Milk, picece of white cloth necessary items for cooking of Kwath. 'Bala Moola is chosen for preparation of Kwath, Cow milk id added along with Shashtika Shali rice and prepared. The other half part of Kwatha is mixed and used as Moola Kwatha during procedure.

Method of Administration:

Taila for about 15 Min. are taken and dipped in the mixture of Bala Moola Kwath and Cow milk which is simultaneously boiled. This Pottali is rubbed and equeezed midly on the patient. After the procedure is completed the Shashtika is crapped from the body and Taila applied over the body with mild massge.




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Uses:

- 1) Increased circulation by stimulating, reduce swelling and water retention, relives joint and muscular pain.
- 2) Enhances flexibility and movements of joint.
- 3) Improves blood circulation in the skin and improves it's colour and complexion.
- 4) Nutriion to tissues.
- 5) Prevanation of Degenration of tissues.
- 6) Reducing the Spasticity, joint deformities and prevent contractures.

Duration: Each session of this treatment take about 40 to 50 Min. and duration strats from 1 day to 7 days also increased upto 21 days.

In Chaitanya Ayurved Mahavidyalaya, Number of patient treated with this Pind swed and data recorded.




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