

# AYURVEDA @ KAIVALYADHAMA



Under the able guidance of  
**Dr. JAGDISH L. BHUTADA**

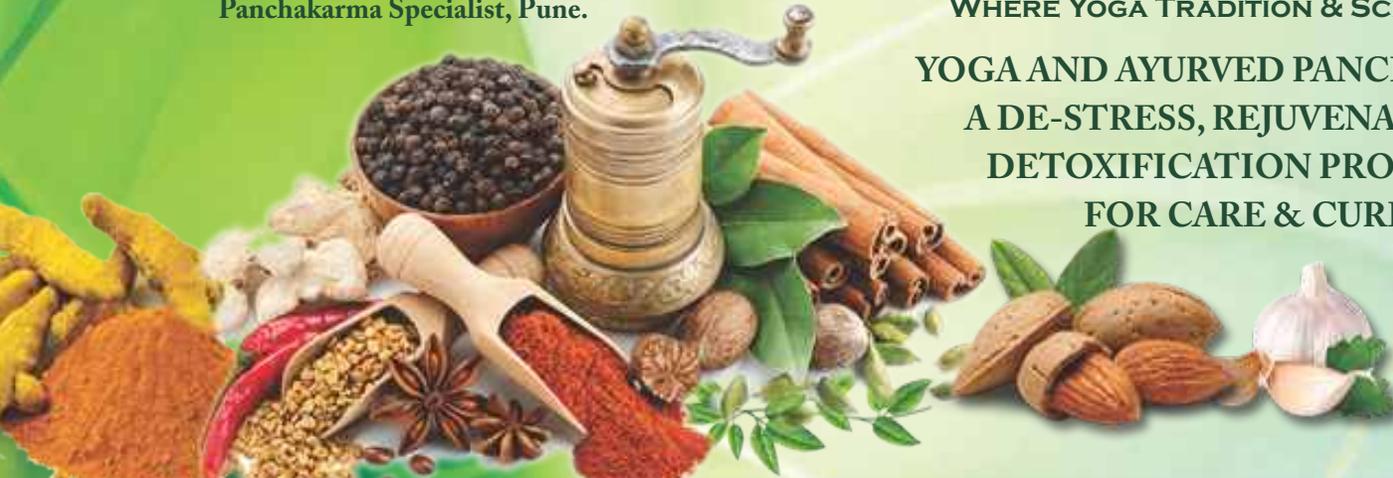
Ayurveda Expert &  
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## KAIVALYADHAMA

WHERE YOGA TRADITION & SCIENCE MEET

YOGA AND AYURVED PANCHAKARMA  
A DE-STRESS, REJUVENATION &  
DETOXIFICATION PROGRAM  
FOR CARE & CURE



# Introduction



Kaivalyadham is an institute devoted to the practice of Yoga since 1924. For a common man Yoga is something related to spiritual progress. However, scientific studies have proved that Yoga is equally beneficial for maintenance & promotion of health, for healing. By the grace of Swami Kuvalayananda, Kaivalyadham offers, Panchakarma AYURVEDIC treatments in collaboration with Dr. Jagdish Bhutada.

**AYURVEDA :** AYURVEDA is the sub Veda of ATHARVAVEDA which means the science of life. It has a tradition to take care for healthy life. It is a complete Medical Science, which has its own way of understanding a living boy. It describes the same in terms of Dosha (basic body energy), Dhatu (body tissue) Mala (excretory products). This science is also based on principles of five element theory and other.



## What is Panchakarma ?

These are five procedures :

- 1) Emetics (Vaman): Vomiting, useful in cases of allergies, asthma, sinusitis, purifies respiratory tract and proper part of the body.
- 2) Purgation (Virechan) : Useful in heart, blood vessels and liver troubles.
- 3) Enemas (Basti) : Two types of enemas. Introduction of decoction or oil in the rectal passage. Useful in disorders of locomotion, in constipation and neurological problems.
- 4) Nasal administration (Nasya) : Oil or medicated milk or some herbal powder is to be introduced in the nostrils to expel toxins from forehead and head. It also rejuvenates sense organs.
- 5) Raktamoksana (Blood letting)



## Panchakarma is practiced in 3 steps.

### 1) Pretreatment (Pruvakarma) :

- a) Oilation is done by medicated oil massage and with special diet. Our body is like a machine so while servicing the machine first we do oiling and cleansing, same way for restoring the health we have to oil and clean the body.
- b) Fomentation is carried out by different ways. It opens the channels and brings the toxins towards the nearest outlets. Prior to oilation and fomentation, one is advised with special diet.

### 2) Main treatment (Pradhamkarma) :

The experts will decide the main karma according to health problem and the constitution of the person. All the time all karmas are not essential. It depends on the patient's condition. Even though the person is healthy, one or two from the above Panchakarmas are useful according to his constitution and hereditary history.

### 3)Post Treatment ( Paschatkarma) :

- a) After the main purification process, one is to reset the body functions. So gradually there will be shift form special diet to normal suitable diet.
- b) It includes rejuvenating therapies by some simple home remedies.



## These treatments are advised for :

- To maintain the healthy state
- To treat the patients suffering from chronic and acute allergies, ear, nose & throat problems, chronic cold, asthma, arthritis, rheumatism, spondylosis, slip disk, acidity, colitis, constipation, diabetes, cancer, AIDS, obesity, heart problems, blood pressure, nervous system disorders, kidney problems, mental fatigue, depression, insomnia.
- Ladies with health complaints like : hormonal imbalance, menopausal problems, difficulty in conception, menstrual irregularities, and complaints during & after pregnancy.
- To remove toxic effects of today's life style, food, medicines & environmental changes.
- For young couples to get best progeny i.e. healthy and intelligent baby while enjoying sex-life; also for problem of infertility.

## Highlights :

- Treatments are done in clean & cheerful atmosphere.
- Doctor will check-up periodically as per need.
- Material used during treatment is made from pure herbs & special care is taken while preparing them & it is free toxins.
- Trained staff executes treatments.
- Special diet / food will be served





## About Vaidya Jagdish Bhutada

Dr. Jagdish Bhutada is a highly qualified and experienced Ayurvedic Vaidya from Pune. He completed his studies from Pune University. He holds the degree of Ayurvedacharya (B.A.M.S.) and is a Panchakarma Specialist (D.P.C.), Ayurveda and Snatak (Gurukul method). In the last ten years he has worked tirelessly around the world sharing his knowledge and experience in the science of Ayurveda. He has visited countries such as Philippines, France, Holland, Austria, Spain, Australia, New Zealand, China, Taiwan and Japan.

His aim is to spread knowledge of Ayurveda and the prevention of disease based on Ayurvedic principles through health camps, workshops and lectures. His delightful personality and cheerful approach to work continues to inspire all who participate in the camps.



## The schedule during Aurveda Panchkarma course

- The courses will be offered for duration 1 week, 2 week, 3 week, 4 week, one can choose any on of them.
- Each course will cover number of Ayurveda therapies, even yoga practice, special diet.
- This will be planned by Ayurveda Doctor after consultation, according to body condition.
- Internal lubrication to be detach toxicity.
- The programme will be planned after examination during the course. The Ayurveda therapies will be given as per need. They can be Abhyanga, Pottali, Swedan, Shirodhara, Padyabahyanga, Nasya Basti, Karnapuran, Netrabasti, Lepa, Fascial, Hrudbasti, Katibasti, Manyabasti, Sandhibandha etc...
- One week course covers programme with some limitations.
- The longer you stay, Panchkarma programme will be more beneficial.
- The treatment details will be changed if required and will be finalized after consultation with patient.



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