



Signs of toxin accumulation:

- Food intolerances
- Disturbed digestion
- Lethargy
- Fatigue
- Poor quality of sleep
- Quick exhaustion
- Reduced physical and psychological performance
- Poor concentration
- Fluctuating energy levels
- Reduced psychological resistance against stress
- Constipation or loose stools
- Recurrent flu and colds
- Lack of motivation

The ayurvedic detox

From an ayurvedic point of view, a thorough detox is known as *pancha karma*, which would have traditionally been carried out at change of seasons. The person receiving the *pancha karma* would have been physically and mentally prepared in order to be fit enough to undergo such a detox. For example, when your car needs an oil change, you expect to pick up the car with new oil in the engine rather than just the old oil emptied out and no new oil. Similarly, re-energising your body after *pancha karma* is equally as important as the detox itself.

Benefits

There are several benefits that help the body and the mind with *pancha karma*. From an ayurvedic classical perspective, a thorough detoxification helps to improve complexion, intellect, skin, vision, sexual ability, digestion, elimination, energy levels and even help slow down ageing as well as help prevent chronic illnesses. A big difference between an ayurvedic detox and others is the fact that ayurveda prepares the body after the cleansing rituals and helps rebuild wherever needed.

Not a spa treatment

Although there are a number of spas offering ayurvedic detoxification under the name of *pancha karma*, it is important to remember this is not a spa treatment. *Pancha karma* refers to therapeutic measures that are aimed at drawing the toxins from the deeper channels of the body into the gut and then encouraging the toxins to be eliminated through the body's natural waste processes. Such a process will involve preparing the receiver physically, mentally and physiologically.

During the entire detox, certain foods such as sugar, refined carbohydrates and stimulants are avoided and replaced with clean, fresh, cooked and warm food. The practitioner will give advise and prepare specific foods to rebuild the gut flora and to strengthen one's metabolism. In short, *pancha karma* is not like a menu one can choose from when eating out at a restaurant. *Pancha karma* will have to be performed by qualified and experienced ayurvedic practitioners not only to achieve the desired benefits but also to prevent any complications.

Are you ready for pancha karma detox?

Try not to choose a detox because it is on special offer and looks pretty. Be honest. And remember: when stressed, a holiday could be a better option than a detox. Further, a mono-diet or semi-fasting over a period of time will prepare you better for a thorough detox, which is a very personal experience and offers space to make changes in your life. Allow sufficient time for travel before and after. It is not advisable to undergo a long-haul flight the day after your detox. ॐ

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Ayu Sanskrit
(from Ayush meaning lifespan)...

DEFINITION:
Health...Life...

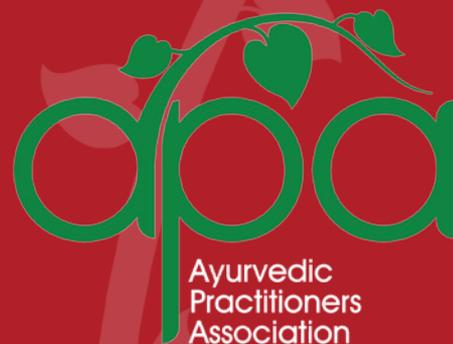
Veda Sanskrit
(from vid meaning to know)...

DEFINITION:
Knowledge...Science...

Ayurveda Sanskrit

- Science and art of improving quality of life and longevity...
- ageless knowledge of health through life...
- the oldest complete health system...

DEFINITION:
THE SCIENCE OF LIFE



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