



## AYURVEDA - A SCIENCE TO DETOXYIFY OUR BODY

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### ABSTRACT

Ayurveda is a natural healing system of India, it has grown, changed and transformed over the centuries addressing the needs of all aspects of Society for physical and psychological health and well-being. One of the most elegant aspects of the Ayurvedic approach is that it is able to meet each of us exactly where we are. Some forms of detoxification or cleansing are quiet intense, require a certain amount of strength and should only be practiced at a specific times of year. Other approaches are extremely simple, very gentle on the body and are appropriate for most people. At its core, an Ayurvedic cleanse is focused on drawing toxins and excess *vata*, *Pitta* and *Kapha* out of the tissues and into the digestive tract so that they can be eliminated. The Detoxification process nurture an improved sense of energy, vitality and enthusiasm for life. One of the signature method of Detoxification in Ayurveda is through *Panchakarma*, it reverses the flow of nutrition in the body. It intensifies the process in order to cleanse impurities from the very deepest layers of the body that is why *Panchakarma* is such a potent cleanse. Other ways of cleanse in ayurveda are by having detox diet, Detox routine and by curing *Ama-dosha*.

**KEYWORDS:** Detox, cleanse, Panchakarma, Ama-dosha, nutrition, toxins, Ayurveda.

### INTRODUCTION

Ayurveda is not just a system of disease treatment but a system of positive health for disease prevention and promotion of longevity. It begins with the principles of light living in terms of behaviour, values and life-style practices, starting with diet and various other procedures which are mentioned in Ayurveda for detoxification. Periodic Detoxification or cleansing of body is considered as an important part of an ayurvedic life style, but the specific approach should always taken into consideration depending upon one's constitution, current state of balance, strength and age as well as environmental and seasonal influences. Thankfully, there are many different ways to go about the process and there is generally something for everyone. The ayurvedic detoxification of body is centered around simplifying the diet and adding some detoxifying procedures. The overall goal is to balance *Vata*, *Pitta and Kapha* in body to digest and eliminate *ama* (toxins), balances and strengthen *agni*, and restore the body's natural intelligence. These are the powerful outcomes and they tend to reset our baseline health at very deep levels. Remarkably, the process of detoxification or cleansing of body can be both curative and preventive because it helps to re invigorate the body's best internal defense mechanisms as well as its capacity to repair and renewal. ayurveda recommends a programme of internal cleansing

as every level of life, to clear the channels of the body which are filled by the toxins.

### DISCUSSION

Do you ever feel just slightly off, but you can't quite put your finger on what exactly is wrong? Or may be its a more specific condition that's disrupting your quality of life. These days, feeling lousy has almost became the norm. Too many of us are giving up on the possibility of even feeling our best again. Unfortunately, our cultural focus is on diagnostic tools, treating symptoms and on labelling a wide range of ailments within various categories of diseases. As a result many of us ignoring our own internal alarm bells of being unwell by feeling off, down or hindered in some ways. And we can correct our these imbalances by Ayurveda with great ease. Ayurveda literally means "the science of life" and it always has a room for improvement within body, mind and spirit. Ayurveda has described many ways to detoxify our body and maintain a balance with nature. The simplest way to detoxify our body is by:

#### 1) Following the Detox Diet

- a). Avoid foods that tend to create toxins in the body (*ama*) such as leftovers packaged, canned and frozen foods, foods grown with chemicals, pesticides and chemical fertilizers and food with chemical additives.

- b). Eat - **ama** reducing foods, favor vegetarian foods that are light, warm and cooked. Freshly-made flat-breads, soups and organic vegetables.
- c). Include cooked prunes, figs, apples pears, Pineapples, papaya and sprouts and cabbage in your diet.
- d). Choose food according to your body type or imbalances.
- e). Drink plenty of hot water or detoxifying tea through the day to flush toxins out of the body through the urine.

## 2) Follow the Detox Routine

- a). You may need more sleep while detoxifying. It is also important to go to bed before 10 p.m, to aid the body is natural purification process.
- b). Gentle exercise such as **Yogaasanas**, walking, support detoxification by improving digestion.
- c). Daily massage. **Abhyanga** looses deeply embedded impurities, allowing them to flow into the digestive track from where they can be easily eliminated through the bowel.

## 3) Follow AMA Reducing Eating Habits

- a) Do not fast or skip meals during any phase of detoxifying process.
- b) Eat at the same time everyday so your **agni** "fire up" for the meals.
- c) Eat main meal at noon and lighter meals at dinner.

## 4) Panchakarma for Complete Purification of the Body

**Panchakarma** is a set of five therapeutic treatments administered to the patients for the complete detoxification of the body. According to Ayurveda, detoxification of the body is also essential even before undergoing any major treatment. **Panchakarma** removes toxin from the digestive system, bowel, lungs, blood vessels and nervous system. It improve the appetite, sleep quality, sexuality, concentration and memory. No wonder many feel like they have a new body after **panchakarma**. The five phases of **Panchakarma**:

- a) **Purvakarma**: The pre-purification preparation before the actual detoxification begins, there is a need to prepare the body in prescribed method to encourage it to release toxins. Two procedures are used for this: **Snehana** and **Swedana**.
- b) **Vamana**: When there is congestion in the lungs causing repeated bronchitis attacks, cold, cough or asthma, the Ayurvedic treatment is therapeutic vomiting. This therapy eliminates the Kapha causing the excess mucus.
- c) **Virechana**: When excess bile (Pitta) is secreted and accumulated in the gall bladder liver and small intestine. It tends to result in rashes, skin inflammation, acne, chronic fever, vomiting, nausea and jaundice. Ayurveda suggest the administration of therapeutic purgative or laxatives.

- d) **Nasaya**: The nose is the doorway to the brain and also the entryway to one's inner self. The nasal administration of medicated drops is recommended for an excess of bodily humors accumulated in the sinus.
- e) **Basti**: The predominant location for Vata is the colon. Basti therapy helps in removing excess Vata accumulated in the body. It relieves constipation, digestive problems, chronic fever, sexual disorders, backache, sciatica and various joint disorders.

## CONCLUSION

The traditional detoxification processes which are mentioned in Ayurveda, offers the ultimate mind-body healing experience that detoxifies, strengthens and restores balance and well-being. Some other benefits may include opening up of blocked channels, improving strength of digestive fires, speeding up metabolism, reducing weight, relaxing the mind and boosting immunity. As a system of healing Ayurveda honours the utter uniqueness of the individual while helping each of us to court an ever improving sense of balance and harmony in our lives. That is why Ayurveda can be such a transformational force in our lives.

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