

Gentle modified spring Panchakarma overview

Supplies needed:

oil for abhyanga (sesame, coconut or one specific to your dosha)

Nasya

Ayurvedic cookbooks for inspiration (lots of recipes also available online. see links below)

Castor oil and hot water bottle (optional)

Epsom salts for baths (optional)

Note book for journaling and meal planning

Triphala powder

Cumin Coriander Fennel tea (mix equal parts of each)

Disposable enema bag

Dashamoola cut herb

Sesame oil for the enema

Yoga nidra recording (optional)

See dietary guidelines and do most of shopping ahead so that minimal trips need to be made to the grocery store

Overview

Panchakarma is comparable to routine maintenance on a vehicle so it can work most efficiently. In dedicating some time to our own deep self care, we are giving ourselves support to be the most full version of ourselves possible. Home panchakarma offers the opportunity for the mind, body, and senses to have extra rest and shed layers so that we can be radiant and buoyant. It happens in three stages:

- 1) The preparations stage (Purva Karma) involves preparing the bodily channels and gently loosening up Ama (sticky toxic build up) so that it can start to make its way to the digestive system.
- 2) The panchakarma phase. This means 5 actions - each action assists the ama (toxins) in being eliminated from the body. this is the climax of the cleanse.
- 3) The Rasayana phase - the rebuilding, nourishing phase. how we choose to come out of a cleanse is equally as important as the actual cleansing process.

When to plan your home cleanse

Create at a time when you can minimize outer stressors from your life. You will need extra rest and scheduled time for self care. Minimize social engagements during this time.

Nourishing time with loved ones is very supportive to the cleanse but being in social situations with food that might be tempting and extra sensory stimuli are better to avoid as best as possible. Let family members know ahead of time that you are doing this process and ask for their support.

Light exercise such as yoga or gentle walking in nature are recommended. Heavy exercise that might create a stress on the body is better to be avoided.

Also - try to avoid coffee. If you need to drink caffeine, stick with green tea and keep it to a minimum

Outline of the process:

Purvakarma Phase-

preparation phase: 5-7 days of optimal loving self care (note - this phase can also be practiced on its own to help shift from one season to another)

- Morning meditation/breathing practice
- Eat a diet specific to your Dosha and follow as best as possible good food combining. Favor light satvic foods that are easy to digest and rich with nutrients and nourishment. This is a great time to try new recipes from the ayurveda cookbooks. Foods should be warm and nourishing. Avoid most raw foods. avoid eating too much. Avoid anything processed or refined. Minimize animal products and by-products with the exception of bone broth. Warm nourishing soups are wonderful.

Also - favor cleansing vegetables such as bitter melon, loki, drumsticks, Moringa leaves, ash guard, zucchini, okra, asparagus, dark greens. Home made Tapioca (see recipe) is also a nice treat during this phase and is really good at absorbing toxins and helping them to flow out of the system.

-Prepare and consume food mindfully. Enjoy a mealtime prayer and pausing with gratitude before eating. (The practice of gratitude is channel opening)

- External Oleation (abhyanga) every day - Self oil massage in morning or evening (see instructions) for abhyanga
- Svedana (therapeutic sweating) - At least 20 minutes after self massage, take a very hot shower or bath(or if available, sit in a steam sauna). The heat and steam allows the pores to open and drink in the oil for a deeper effect. it also allows toxins to loosen their grip.
- nasya (medicated nasal oil) - first thing in the Morning and in the late afternoon- Super Nasya for vata and Pitta, Sinus clarity for Kapha. Plain sesame oil can also be used if other Nasya is not available.
- Nightly Virechana (purgantion) - take enough triphala in the evening that full eliminations are happening (ideally take triphala as a tea - 1/2 to one tsp infused in cup of hot water)
- CCF tea - See recipe. This helps to clean out the urinary system. Keep a thermos with you and sip on it all day.
- In general, Drink lots of warm water and herbal teas/ warm water with squeeze of lime through the whole cleanse (avoid consuming anything cold)

- Optional - Castor oil packs over the abdomen help with the detox process. Castor oil packs with warmth soothe the abdominal muscles, calm vata, facilitate the liver with the detox process and help loosen Ama in the digestive tract, and help lymph to move.

Panchakarma phase -

lasts 3 days

(make sure to rest as much as possible during this time - arrange that you can stay home during this time)

Day 1 -Eat clear diet: homemade broths (see recipe), coconut water, Rice Congee (See Recipe), and or Miso, and herbal teas

- Continue with all other daily self care steps as outlined in the Purvakarma phase
- In evening of this day: in order to have a very complete elimination before the basti, take extra triphala at night. Triphala is a very mild virechana (or purgative which allows for excess pitta to be eliminated from the digestive tract). if for some reason bowels are sluggish and triphala isn't enough to create full elimination, take 1-2 tsp of castor oil in a glass of warm water as an alternative to ensure that a full elimination will happen before doing the internal basti (enema). If bowels are loose and already moving too much, forego the triphala.

Day 2-Basti day

Wake up and drink plenty of warm water, do restful morning practices.

have complete bowel movement

prepare and administer Basti (see recipe and Basti instructions).

Take rest for the remainder of the morning (no food until lunchtime or true hunger comes).

For Lunch and dinner, consume light kitchori or rice congee.(See recipe) Careful not to eat too much, the stomach will have shrunk and digestive fire will be low.

Make the whole day very quiet and restful. Extra space is created with the purgation and the basti. We are out of our normal routine and comfort zone. Make sure to enjoy self care that feels very nourishing like a long bath, a nap, sitting in the sun, a slow walk, reading something inspiring, journaling, yoga nidra , etc. Doing a face mask with clay or cleansing herbs is also a great idea! Playing soft and relaxing music or chanting is also very uplifting and relaxing.

In the quiet of this day, It is nice to take time to inventory what in your life brings you joy and feels in alignment with your higher goals and sense of purpose. What in your current life set up feels draining and takes away from a sense of joy and or feels out of alignment with your higher goals and sense of purpose.

day 3- Ideally this is also a day off that is very restful and full of self care.

Eat very simple, warm, and easy to digest food like kitchori. also -sip on ginger tea to help rekindle agni.

It is also helpful on this day to take some probiotics to replenish the digestive flora

Continue with the theme of the previous day - stay warm, nurture yourself, rest, enjoy inward practices , restorative yoga, and self introspection.

Rasayana Phase - 7 days long

Continue with all practices from week 1 of Purvakarma

Eat for your dosha with the focus of nourishing and rebuilding foods

Take chyawanprash (1 tsp on an empty stomach with a glass of warm water first thing every morning)

Nice Rasayanas - drink almond date milk for breakfast (see recipe), continue to add extra ghee to your meals. Try making golden milk as a yummy before bed warm drink. (see recipe)

It is also helpful to add yogurt to your diet - homemade if possible. (Dairy or non-dairy alternative) to restore the flora in your digestive tract.

Also it is wonderful to make fresh nutrient rich juices during this time. Other than juices, favor warm nourishing homemade cooked foods.

Eat a very mindful diet as per dosha. Have fun exploring ayurvedic cookbooks and/ or online ayurvedic recipes! Learn more about your Dosha (bodytype) and what foods/diet/ lifestyle are indicated. Resolve during this weeklong period to follow these diet/lifestyle recommendations as best as possible. This will ensure long lasting effects from your home panchakarma. It is said that the Rasayana phase should be equally as long as the cleansing phase.

<https://www.santosha-school.com/online-education>

<http://www.kateodonnell.yoga/>

[Bhagavad Gita chapter 17 vs 7-10](#)

<https://food-alovestory.com/five-immune-boosting-soups/>

<https://www.banyanbotanicals.com/info/ayurvedic-living/living-ayurveda/cleansing/a-very-simple-three-day-cleanse/>

<https://www.joyfulbelly.com/Ayurveda/recipes/occasion/Cleanse>

<https://www.ayurveda.com/resources/recipes/all>