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15399

Satisfied
Patients

50

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Available

27

Patients from
Country

14

Years of
Experience



What is Panchakarma ?

Panchakarma comprises of following five therapeutic measures which always preceded with pre operative (Poorva karma) and succeeded (Pashchata karma) post-operative procedures, the five panchakarma procedures are as follows:

• Vaman (Therapeutic emesis) • Virechan (Therapeutic Purgation) • Vasti (Medicinal enemata) • Nasya (Nasal medication) • Raktamokshana (Blood letting)

1. Without instrument (Leech – Bio-apperatus) 2. With instrument.

What is the importance of Ayurvedic procedures ?



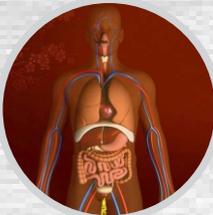
These are basically therapeutic measures taken either to prevent diseases or cure them. Thus Ayurvedic procedures are done either to detoxify the body or as a prelude to strengthening the immune system. 'Panchakarma' or five procedures is the most sought after anti aging, detoxification therapy.

What are the five procedures in Panchakarma > Body cleansing therapy ?



Vaman What is Vaman? • Vaman : Vomiting (Vaman) is intended to remove the Kapha dosha. It is not to be adopted for 'Kapha' only but necessarily in case of 'kapha's' conjunction with one or both. Vaman is essential in the case of food poisoning or other type of poisoning. Vaman employs certain emetic drugs that induce a severe spell of vomiting to clean the upper gut. Bronchial asthma is prevented by periodically inducing 'Vaman'.

What is Virechan ?



Virechan : Purging is a purification treatment as important as emesis or vomiting. 'Virechan' concentrates on the lower part of the gut and uses purgatives to clean the bowel. This procedure helps in getting rid of all three Doshas, though Pitta and Kapha benefit the most. To cure piles, boils, discolouration of face, jaundice, chronic fever, spleen enlargement, cataract, intestinal disorders, ailments of the womb, arthritis, constipation, diabetes, skin diseases, tumours, asthma, cough, ailments of the head and many other diseases.

What is Vasti ?



Vasti : The classical Text 'Ashtanga Hridaya' says, 'A purge properly carried out leads to clarity of intellect, power to the organs, elemental stability and glow to digestive fire and it delays aging'. Medical enema 'Vasti' predominates in the five course of treatment (Panchakarma). This is prescribed for 'Vata' dominated patients and helps to overcome all diseases, revives vital force and rejuvenates body. The rectal lining is very permeable and the drug reaches the circulation directly without passing through liver. Ayurveda offers 'Vasti' as a therapy for several indications. These are digestive, evacuating, rejuvenating and health promotive 'Vastis'. In general Vastis tackle Vata dosha the best way. The fluid for Vasti is either medicinal decoction or herbal oil to suit the ailment. 'Vasti' for the head gives extra ordinary relief for all ailments connected with 'Vata' in the head, ear ache, humming in the ear, deafness, numbness of the head and all ailments based on the cranial nerves. This procedure is usually done for 7 days.

What is Nasya ?



'Nasya' (Nasal administration of substances) is essential for more or less all the ailments above the neck. This is effective for many diseases like facial paralysis. 'Nasya' is of three types : purgative, nourishing and palliative. For each ailment, a substance that gives desirable result is selected. By this procedure shoulders, neck and face will become dense and firm, the skin soft. All organs become firm and hair will not gray.

What is Raktomokshana ?



Raktomokshana : Blood letting (Raktamokshana) is a therapy advised by Ayurveda to treat heart conditions and varicose veins. Ayurveda advocates the use of leeches application every alternate day to reduce congestion. The digestive fire is low after the 'panchakarma'.

Can It Give Permanent Relief ?



Yes, we do not claim miracles. This is a well- proven Indian system of medicine. It takes up to 3 years to bring fundamental balance in our body. After this, the change is permanent.

The Salient Features Of Ayurveda Health Care System



What Ayurvedic healthcare system has perfected efficient methods and herbal preparations to keep the physical, mental and emotional health of a person in its prime throughout life. It is contrary to the current practice of seeking treatment when a disease strikes or waiting to get medical help till symptoms manifest. It is a mind and body health care system evolved to help human beings get the maximum out of their lives in a perfectly natural and healthy way. Ayurveda instills in you a view of life that is holistic and congenial to enjoy the pleasures of life in a sustainable way. This can be achieved without disturbing the rhythm of your life.

AVAILABLE TREATMENTS

Hypertension, Stress, Anxiety, Depression
Disturbed Sleep & Other Psychiatric Problem



Asthma, Cough, Bronchitis, Chronic Cold, IHD,
Sinusitis & Other Cardio-Respiratory Problems



Low Back Ache, Gout, Rheumatism, Sciatica, Osteoarthritis, Frozen Shoulder,
Stiffness of Muscles, Spodylis & Other Joint Disorders.



Allergy, Acne, Eczema, Psoriasis Alopecia, Hairfall,
Dandruff & Other Skin - Hair Problem



Gas, Indigestion, Jaundies, Acidity, Ulcerative Colitis,
Ulcers, Constipation & Other Gastro Intestinal Problems



CRF, Renal Calculus, Infertility, Sexual Exhasution,
Menorrhagia & Other Genaec Problems



Anemia, Thrombocytopenia & Other Hemantological Disorders



Diabetes, Gout, Obesity & Hyoerlipidemia & Other Metabolic Pordblems



Migraine, Headaches, Convulsions, Paralysis & Other Neurological Problems



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Genius World Record Certificate Referee

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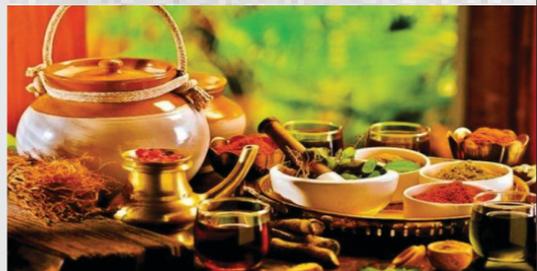
Urology Care

Panchkarma

Infertility

Pregnancy Care

Geriatric Care





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Dr. Pranav Shah has pursued a degree of M.D.(Ayurveda) from J.S. Āyurveda Mahāvīdyālaya (JSAM)– Nadiad. It is first NABH Accredited Institute Affiliated to Gujarat Ayurveda University – Jamnagar. He is Registered Medical Practitioner.

Dr. Shah holds the B.A.M.S. Degree from Akhandanand Ayurved Mahavidyalaya, Ahmedabad. It is one of the reputed Government Ayurvedic College in Gujarat.

He is Registered Ayurvedic Medical Practitioner in the United Kingdom.

Dr. Shah is having GUINNESS WORLD RECORDS for doing Ayurvedic Treatment.

Dr. Shah is having extensive experience in Ayurveda and NadiPariksha. NadiPariksha is the ancient ayurvedic technique of diagnosis through the pulse. It can accurately diagnose physical, mental and emotional imbalances as well as diseases. It is a non- invasive science that enables to reach the root cause of health issues and not just address the symptoms.

Dr. Shah is having expertise in Panchakarma Therapy. Panchakarma therapy is an integral part of Ayurveda, which helps in achieving a balanced state of mind, body, and consciousness. Panchakarma is a set of five therapies, which is designed to clean the body of toxins. According to Ayurveda, purification of the body is important before the commencement of any other therapy.

Dr. Shah is associated with various Ayurvedic Medical colleges, Multispeciality Hospitals, Corporates, N.G.O., Trust Hospitals, Medical associations, public television shows, Health Live Talk Shows, various international Ayurvedic associations and medical schools etc.

Mission: धर्म-अर्थ-काम-मोक्षाणां आरोग्यं मूलं उत्तमं। (चरकसंहितासुत्र१।२४)

Vision: A community in which all people achieve their full potential for health and well-being across the lifespan.

We work to be trusted by patients, a valued partner in the community, and creators of positive change.

