Ayurveda and Panchakarma: The world's oldest and most holistic system of detoxification

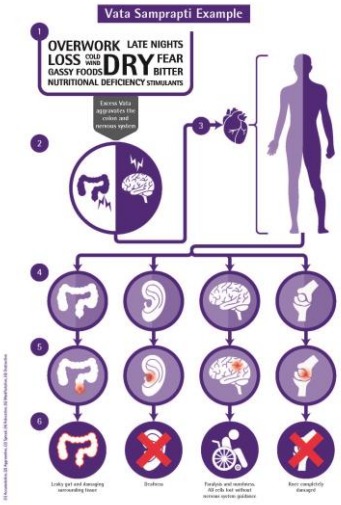
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Abstract

Statement of the Problem: Detox in the modern age is becoming more and more needed as our toxic environment continues to overload the body. Yet many detox programs do not understand or care for the body's stored resources such as Ojas and Prana (similar to Jing and Chi). This focus on detox without considering Ojas and Prana can create more disease tendencies than the toxins we wished to remove. For detox to be deeply effective we must learn from systems like Ayurveda, because no other system has thousands of years' experience with deep cleansing practices.

This class will cover:

1) Panchakarma: The 5 cleansing actions used in Ayurveda.
2) Which cleansing actions work to remove which doshas. Includes modern physiological relationship to why that dosha needs to be removed through that action.
3) The 3 stages of panchakarma and why they must be adhered in order to; reduce side effects, remove doshas at their roots, and ensure Ojas is not depleted.
4) The importance of snehana practice for panchakarma. Why ghee and alternative oils which are suitable for snehana.
5) Summary of general treatments which may be used alongside a panchakarma program.
6) The diet given during panchakarma program and why.
7) The basti treatment and why oily substances are so important when performing colonic procedures.
8) The rasayana concept: strengthening ojas and specific srotas (channel systems in the body) based upon the individual.



This chart is a visual diagram created by Kimmana for his ThaiVedic school. It outlines the 6 stages of disease theory used in Ayurveda. In a panchakarma class it would be used (on a powerpoint if facility is available) to demonstrate which stages of disease panchakarma is most useful for.

Recent Publications (minimum 5)

1. Balance Life's YouTube Channel. Lots of classes here to see my work, older stuff on dosha and balancing Vata are live classes with students. https://www.youtube.com/balancelife
2. Visser, Karlijn. (2017, May 2). Ayurveda & de 5 elementen: zó breng je de balans terug in je lijf. Retrieved from www.holistik.nl/ayurveda-en-de-5-elementen/.
3. Nichols, K. (2016, January 9). Benefits, dangers of chiropractic care. *The Jakarta Post*. Retrieved from www.thejakartapost.com/news/2016/01/09/benefits-dangers-chiropractic-care.html.
4. Paasch, Eva. (2016). ThaiVedic Yoga – ein Erfahrungsbericht. *Yoga Aktuell*. Retrieved from www.yoga-aktuell.de/blog/yoga-blog/thaivedic-yoga-erfahrungsbericht/.
5. Nichols, K. (2014). Individualising Yoga With Ayurveda [Video Post]. Retrieved from https://youtu.be/bxN2mtiNIHg
6. I co-teach more than 10 trainings and workshops every year. Including part of the faculty for the ZenThai Shiatsu school in Australia and their advanced bodywork retreat in Bali.



Naturopath and Ayurvedic Teacher Kimmana Nichols is the third generation from an entire family of holistic healers and educators. With experience in more than 20 modalities of bodywork and medicine, his passion for healing arts and teaching has awakened a world wave of Vedic Wisdom changing lives. He co-created ThaiVedic Systems to merge his modern understandings from massage and touch modalities, with the holistic wisdom and diagnosis of individuality found within Ayurveda. Email: kimmana@kimmana.com

Notes/Comments:

Will adjust topics covered depending on presentation time and prior knowledge of students. This is not a class where attendees would leave with how to do a panchakarma, it gives them the principles and the physiological reasons behind the practices. I could also teach a class on any specific subject of Ayurveda or Yoga and Physical Therapies. I lead Panchakarma programs in Australia, and the school I co-founded focuses on the use of yoga and movement therapies. A specific class I have taught before in this area is "Ayurvedic and Yogic Therapies for Lower Back Pain".

I will be teaching in Ubud Bali around this time of the year so travel expenses could be minimal.