

# Healing Secrets Of “Kairali”

**Abhyangam (General therapy):** The person undergoing the therapy is seated on the Droni (a wooden bed specially made for the therapy). Two masseurs stand on either side of the person, applying herbal oil on the head and massaging gently. The therapy is continued on the neck, ears, shoulders, chest and back. The person then turns on their back and the therapy is continued from shoulder to toe. During the course of the therapy the person lies on his right side, left side, stomach, and again on his back, and finally in the sitting position. General therapy (Abhyangam) has been found very effective for improving eyesight, longevity, sound sleep, rheumatism, vitality and creates glowing skin. These therapies are also a preventive medicine, in short it rejuvenates the body and maintains the physique.



**Dhara:** The patient lies on a wooden bed in a comfortable position. A specially designed apparatus is filled with the medicated oil and placed at a specific height. The masseur then swings the apparatus back and forth so that the oil flows continuously and gently across the forehead. The head is then dried with a towel and again oil is applied to the head. This treatment can also be done for a specific part or the whole body, depending on the ailment. It promotes rejuvenation and revitalization of the human mind and body, diminishing the effect of ageing. This is a special therapy for stress and strain.



**Pizhichil:** This is one of our special therapies to rejuvenate the whole body. The prescribed medicated oil is applied on the head and the entire body. In this treatment the patient lies on the Droni (a wooden bed specially designed for the purpose). Next a piece of linen dipped in warm medicated oil is squeezed on to the patient's body as the body is continuously massaged slowly with light pressure. This therapy protects you from illnesses and improves your immune system adding vitality and health to your life. It also aids in the healing of rheumatic diseases, blood pressure, pain in the joints and diabetes.



**Navarakizhi:** The body is massaged with small linen bags (bundles) filled with cooked Navara rice which is cooked in cow's milk and a specific herbal mixture. These bags are dipped in the same mixture and applied over the whole body of the patient. The bags are not too hot or too cold. After wiping the body with a dry towel, the medicated oil is again applied. The course is usually for 14 days or 21 days. It is an excellent treatment to impart lustre to the skin and nourishment for the body through the skin. It also cures various ailments where combines with other treatments..



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**Elakizhi (Patraswedam):** Herbal poultices (bundles) are prepared with various herbs and medicated powders. These poultices are warmed in medicated oils and used to massage the entire body, neck, shoulders, hands and back, shifting the person from side to side. This therapy can promote better circulation within the affected area thereby promoting increased perspiration, which helps the skin to eliminate wastes. It also helps to tone the skin and can be superbly relaxing.



**Nasyam:** From the shoulders up the patient's body is massaged causing it to perspire. The medicine in exact dose is measured and poured into the nostrils, as the patient inhales. During the process the area around the nose, neck shoulders, palms & feet are rubbed. This is very effective in ailments such as sinusitis, migraine, chronic cold and chest congestion.



**Sirovasti:** Lukewarm, medicated oil is applied to the entire head. A leather cap is then placed on the head to maintain the temperature. The course of treatment is effective for migraine, deafness, diseases affecting cranial nerves, facial paralysis, insanity, diseases of the head and eyes, chronic cold, sinusitis, rheumatism, arthritis, abscesses and wounds etc. in fact this treatment is good for all diseases.



**Talapotchil (Head Pack):** Herbal oil is applied on the head and massaged. Varti (a special cloth) is tied around the head and thereafter the herbal paste is applied with uniform thickness all over the head. After 45 minutes the paste is removed and the head is wiped clean. This treatment is very good in the case of hair loss, dandruff, greying, insomnia, low blood pressure (BP) and chronic sinusitis.



**Shiroabhyangam (Therapy of the Head):** Kairoil is applied to the head, which gets absorbed deeply into the scalp through the roots of the hair. It nourishes, lubricates and strengthens the hair roots and scalp; preventing hair loss, headaches, premature greying and activates pituitary glands. It also improves memory and relaxes the muscles of the face.



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**Mukhabhyangam (Face Therapy):** Kaircin is used for the face. This oil nourishes, cleanses and beautifies the tissues bringing a smooth youthful glow to the complexion thus reducing wrinkles.

## **Netra Care Treatments (Treatments for your eyes):**

- ✧ **Tharpanam:** This is done by allowing clarified butter (Ghee) to remain in the eyes, which strengthens the optic nerves and improves the eyesight.
- ✧ **Netra Dhara:** This is a process of washing the eyes with medicated mixture or oils. This helps to relive tension in the eyes, thus improving eyesight and eliminating pain and fatigue. It brings lustre to the eyes and smoothes away wrinkles.



**Mukha Lepam:** After the facial therapy Kairali's face pack is applied and can be left on until dry and washed off with water. This makes the skin soft and glowing.

**Kaya lepam (Body wrap):** Mixture of milk and 10 powerful herbal powders, is pasted on to the body. The wrap takes away the dead cells and contributes to improve the complexion. Milk makes the skin soft and glowing.



**Royal Treatment:** This treatment consists of seven steps that makes each individual's body feel refreshed. The steps are as follows:

- ✧ **Prayer:** We pray to Dhanwanthari, the God of Ayurveda, to deliver you the best result and enable us to serve you with our best efforts.
- ✧ **Pada prakshalana (Foot Wash):** We wash your feet with water containing herbal ingredients. This is the first thing to be done while receiving a guest according to the eternal culture of India, apart from cleansing and stimulation of nerve endings, it provides a cooling effect even to the eyes.
- ✧ **Shiroabhyangam (Massage of the Head):** As mentioned earlier.
- ✧ **Twakshodhanam (Body Scrub):** Mixture of herbs and grated coconut, is rubbed on the skin, opposite to the blood flow. It enables exfoliation, which results in rejuvenation of skin.
- ✧ **Abhyangam (Body Massage):** As mentioned earlier.
- ✧ **Netra Dhara:** As mentioned earlier.
- ✧ **Mukhabhyangam (Face Massage):** As mentioned earlier.
- ✧ **Kaya lepam (Body wrap):** As mentioned earlier.
- ✧ **Swedanam (Steam Bath):** Steam opens pores in the skin and enables the body to take out the impurities through sweat.