

Pancha Karma Tip Sheet

WHAT IS PANCHA KARMA?

Pancha Karma (“PK”) is a process of intentionally setting time aside to remove built-up metabolic wastes and environmental toxins from your body. Done properly, this is a deeply nourishing process (ie: it should never be depleting). Pancha Karma leaves you feeling restored, lighter, leaner, energized, and more capable in the face of life’s stressors. In North America, Pancha Karma is typically done in the spring and autumn.

WHAT DOES PANCHA KARMA MEAN?

Pancha Karma is a Sanskrit term that means “Five Actions.” Classically, there are five therapeutic methods used in a Pancha Karma program. Some of these actions will be featured in your PK; some won’t.

WHAT IS THE SCOPE OF PK?

Pancha Karmas are individualized to each person. Your practitioners will take into account your Ayurvedic constitution, your health history, and your goals for doing PK.

WHAT HAPPENS IN PANCHA KARMA?

Each PK is unique, but generally, you can expect lots of yummy bodywork, Ayurvedic therapies such as Shirodhara, and check-ins with your practitioner(s) to track your progress.

WHAT WILL I EAT DURING PK?

PK programs vary, but generally you will eat delicious, easy-to-digest meals. You will cook everyday. You will drink herbal tea, and you might take an herbal formula.

HOW LONG DOES PK LAST?

PK is divided into 3 phases: prep, PK itself, and post-PK. The whole program lasts 3 weeks (and longer!) for full benefit.

WHAT PANCHA KARMA IS — AND ISN’T

Pancha Karma is definitely something to plan ahead for. It is not a cleanse or detox program, as some people think it is—although you will have some cleansing and detoxification going on when you go through PK.

Pancha Karma is more of a reset, particularly for your digestive system and nervous system. PK gives you space and time to consciously choose more supportive and effective ways to take care of and nourish yourself.

Pancha Karma is a time of respite and restoration when you can take a break from the intensity and constancy of life.

Pancha Karma is **not** a quick way to lose any amount of weight so that you can pig out on Super Bowl Sunday.

HOW TO GET THE MOST OUT OF YOUR PANCHA KARMA

- Trust the practitioners that you are working with. They have trained specifically for this work and know what they are doing.
- This process may get intense at some point. You’ll punch through it.
- Give yourself plenty of time to do nothing. During a PK, less is really more. Bow out of meetings and other obligations. Arrange for someone else to manage your responsibilities for the duration of PK. You’ll be surprised by how much your body will need rest.
- Give yourself enough prep time to get all of your groceries and supplies—as well as to familiarize yourself with the recipes you will be cooking during PK.
- Ask all of the questions that you have, even if they seem—especially if they seem—“dumb”!
- Give yourself over to the process once it is underway. Go with the flow. Allow the intelligence of your body to do its work.



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360-734-2396 — contact@AyurvedicHealthCenter.com — AyurvedicHealthCenter.com

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