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Debunking Medical Myths: Is The Panchakarma Cleanse Really The Ultimate Way To Heal And Re-Balance The Body?

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MYTH: Is the Panchakarma cleanse really the ultimate way to heal and re-balance the body?

WHAT IS IT?

The panchakarma cleanse is an form of Ayurveda that aims to detox the body as preventative care and disease management.

Vamana

Induced Vomiting eliminates the kapha that causes mucus during colds bronchitis and asthma!

MYTH: Self-induced vomiting can lead to poor skin and dental health, electrolyte abnormalities, heart problems, and even death.

Rakta Moksha

Toxins build up in the blood from infections, hypertension and circulatory conditions. Replacing blood removes these toxins!



MYTH: The body has natural mechanism to get rid of toxins, and blood replacement therapy can actually increase the rate of infection, allergic reaction, and shock from excessive blood loss.

Virechana & Basti

Excess bile in the small and feces in the large intestine result in rashes acne, fever and majority of all diseases. Taking ayurvedic purgatives and rectal medication will heal these problems.



MYTH: Overuse of Ayurvedic supplements has been linked to higher rates of liver injury and failure.

Nasya

Inserting ghee into your nose will release sinus congestion, improve eyesight, and release emotional buildup.



MYTH: Although ghee is an anti-inflammatory and can be used to release sinus congestion, there is no proof it will improve eyesight and emotional handling.

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