



Villa Ananda

Purva Karma

The preliminary application of Purva Karma prepares the body for Pancha Karma. It is an essential process that loosens up toxins lodged in the tissues for their further elimination from the GI tract.

Instructions are simple and you can begin your Purva Karma 7-10 days prior to beginning your Pancha Karma.

- 1) **Internal Oleation** – for the last five days, prior to your PK, take 2 Tablespoons of warmed ghee preferably early in the morning or late afternoon on an empty stomach. May drink ½ cup of light ginger tea. Wait two hours before taking any food. If ghee is not available you may use flaxseed oil.
- 2) **Diet** – follow a light diet consisting mainly of steamed vegetables, some fruits, and a few grains and seeds. Avoid refined sugars and flours, carbonated drinks, caffeinated beverages, junk foods, red meats and dairy products, except for ghee. Eat in a calm atmosphere and chew the food well. Encourage peaceful and loving sensory stimuli.
- 3) **Triphala** - every night 1 hour before bed take 4 tablets of Triphala with ½ cup of warm water. If taking Triphala powder, use ½ to 1 teaspoon dissolved in ½ cup of warm water. This balanced herbal blend helps to cleanse, strengthen and rejuvenate the GI tract. You can purchase Triphala at a health food store.

We look forward to supporting your process of balanced health and rejuvenation. Please contact us with any questions and see you soon.

~ Om Shanti ~

