



Villa Ananda

Purva Karma

The preliminary application of Purva Karma prepares the body for Pancha Karma. These three easy steps loosen up toxins lodged in the tissues for their further elimination from the GI tract. Your participation in Purva Karma plays an integral role in cleansing and detoxifying the body during Pancha Karma. *Give it your best, it's only one week in your life and you're worth it!*

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

- 1) **Diet** – follow a light diet consisting mainly of steamed and sautéed vegetables, grains, seeds and fruit. Try to 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.
- 2) **Internal Oleation** – for five to seven days prior to your PK, take 2 Tablespoons of warmed ghee (purified butter, purchase at any health food store) early in the morning on an empty stomach. You may choose to mix the ghee in cup of hot water or ginger tea and add honey to taste. Wait two hours before taking any food. If ghee is not available you may use flaxseed oil. Flaxseed oil is best taken alone followed by water if necessary.
- 3) **Triphala** Ayurveda Herbal Supplement - every night 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 recommend OM Organics or Planetary Herbs brands.

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

~ Om Shanti ~

