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*One with Nature • One with Life*

## **ASTRA AYURVEDA TREATMENTS**

### **Introductory consultation and diagnostics with Ayurveda Doctor Tomislav Petrušić**

Introductory consultation consists of a conversation in which all factors in the life of a client are being reviewed. By using simple diagnostic techniques (examination of pulse, tongue, eyes, etc.) a primary diagnosis is made and the causal factors of the present state (on the level of mind, spirit and body) are discovered, and on this bases we determine the procedures and treatments which will regain the state of balance.

Ayurveda as a holistic medicine primarily determines the imbalances of the basic biological energies of body, mind and soul. Disorders and diseases occur as a result of imbalances of the constitutive and other biological energies. Therefore, during the introductory consultations we determine the constitutive type (Prakriti) of the person and his or her distance from the inborn constitution (Vikruti). According to these results the client is advised in which way to best adapt his nutrition and life habits to return the disorder to the state of balance. This is made respecting the individual wishes and possibilities through the best possible way towards the set goals. Our goal is always to establish and sustain a balance which provides spiritual, mental and physical health. Taking into consideration all these aspects, we create an individual plan and introduce the client into the program.

1 consultation / 700kn

### **Basic treatments**

**Swedana** or steam therapy is a procedure that is used to sweating. Swedana relieves stiffness and heaviness, and it also relaxes and purifies the body.

30min / 150kn

### **The introductory procedures**

**Abhyanga shareera** (body massage) is a procedure performed by one or two Ayurvedic therapists simultaneously, by massaging with special rhythmical movements and using warm oils which are chosen on the basis of individual constitution and disorders. It is a very pleasant procedure that brings many benefits. Only some of them are: strengthening of the nervous-muscular system, strengthening of the immune system, body constitution and general vitality, rejuvenating of the body, releasing the body of toxins, general reduction of stress followed by better sleep, less

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mental activity i.e. the reduction of Vata Dosha, etc.  
60min / 500kn

**Shiroabhyanga** (head massage with oils that have medical qualities). The sort of oil is determined according to the constitution and the kind of disorder. This procedure has many benefits like reduction of stress and mental activity through stimulation of energy points (Marma), prevention of otorhinolaryngological disorders and diseases, eye diseases, stopping of hair loss and prevention of hair greying.  
30min / 290kn

**Udwarthanam** is a special procedure, kind of dry massage in which are used various herbal powders. This procedure is suitable for reducing Kapha Dosha, that is, for reducing body weight. It also helps in reduction of cholesterol, skin problems, it strengthens the muscular system, returns mobility to the joints, etc.  
50min / 375kn

**Dhara (Sirodhara)** is a special procedure in which oil is being dripped onto the head in a constant rhythm. This is an extremely relaxing procedure which generally revitalises regenerates and rejuvenates the Mind and body. It reduces stress and tension of the Mind and body, it improves memory and it is used for insomnia and mental tensions. It works very well against all kinds of neurological problems and altogether contributes to the prolongation of life.  
60min / 500kn

## **Panchakarma treatments – the main procedures of elimination of toxins and imbalanced Doshas**

**Virechana karma** is a procedure by which is accomplished the balancing of the Pitta Dosha. It is used for treating chronic febrile states, skin diseases, hemorrhoids, spleen disorders, tumours, headaches, asthma, constipation, problems with sperm, mental-emotional problems, etc.  
45min / 450kn

**Nasya karma** is a procedure of application of specific oils and herbal powders through the nostrils. It affects the balancing of the Vatta, Pitta and Kapha Dosha depending on the sort of oils or herbal powders applied. It helps with all disorders and diseases of ear, throat and nose. It also helps with acute colds, chronically blocked nose, allergies, sinusitis, stiffness of the neck, asthma, frozen shoulder, memory problems, premature greying of hair, etc.  
45min / 450kn

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**Vasti karma** is a procedure in which different kinds of oils and herbal preparations are applied rectally. This is the best way to balance the Vatta Dosha. It is indicated for all forms of rheumatism, rheumatoid arthritis, sciatica, tremor, facial paralysis and other forms of paralysis and paraparesis. This is the way to conduct system detoxification and so it helps with all kinds of chronic diseases.

30min / 450kn

### **Specific treatments -only in cases of specific disorders and diseases**

**Kativasti** is a treatment specifically used for various inflammatory problems of the spine, like spondylosis, discus hernia, sciatica, ankylosing spondylitis. Specific oil is put to the affected area in a special kind of hoop.

20min / 300kn

**Karnavasti** is an application of certain oil into the ear. It is specifically recommended for Vata disorders and any problems with ears, tinnitus, often inflammations of the ear, and sinusitis.

20min / 300kn

**Hridvasti** is a treatment specifically used for the purpose of strengthening the heart. Certain oil is put in a hoop placed on the chest and in that way the oil is held on for 15-20 minutes.

20min / 300kn

**Netra tarpanam** is a treatment specifically used for eye diseases such as conjunctivitis, cataract, glaucoma, vision disorders, etc.

20min / 300kn

### **Ayurvedic cosmetic treatments**

**Mukhabhyanga** (facial massage) is a treatment in which only oils and herbal powders without a single chemical are used. This treatment is recommended for skin problems, it relaxes the skin, returns its shine and rejuvenates it.

30min / 300kn

**Mukhalepam** (mask is a treatment) in which a special herbal mask is applied to the face with the aim of solving problems with skin and regaining its elasticity and shine.

30min / 300kn

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