



Panchakarma



Panchakarma Treatment in Kathmandu, Nepal

Panchakarma is a classical Ayurvedic detoxification and rejuvenation therapy that helps restore balance between the body, mind, and spirit. The word “Panchakarma” comes from Sanskrit, where “Pancha” means five and “Karma” means actions or procedures. These five purification methods are designed to eliminate toxins (Ama), strengthen immunity, and promote overall wellbeing. It is one of the most profound healing experiences in traditional Ayurveda, practiced for centuries in India and Nepal.

At the **Institute of Natural Medicine** in Thamel, Kathmandu, we offer **authentic Panchakarma therapies in Nepal** guided by experienced Ayurvedic doctors and therapists. Each session is tailored to your *Dosha* (body constitution – Vata, Pitta, Kapha) to ensure personalized healing and lasting results.



What Happens During Panchakarma?

The Panchakarma process involves a series of preparatory and main therapies that remove deep-seated toxins from the body. Treatments may include oil massages (Abhyanga), herbal steam therapy (Swedana), and medicated oil applications such as Basti, which is one of the core techniques used for healing and rejuvenation.

Benefits of Panchakarma Therapy

- Detoxifies and purifies the body naturally
- Balances the three Doshas – Vata, Pitta, and Kapha
- Improves digestion, metabolism, and energy flow
- Strengthens the immune system and delays aging
- Relieves chronic pain, inflammation, and stiffness
- Promotes mental clarity, emotional balance, and deep relaxation
- Enhances flexibility and mobility of joints and muscles

Greeva Basti

The word **Greeva** means neck. **Basti** means bladder which holds. Greeva basti is a pain-relieving treatment in which medicated oils are poured and pooled into a compartment made with dough of black gram flour, for a certain period of time over the nape of the neck.

This therapy improves flexibility, reduces inflammation, and enhances circulation in the cervical area. It is especially recommended for those who work long hours on computers or experience neck stiffness due to poor posture. The warm herbal oil penetrates deeply into the tissues, relieving pressure on the nerves and promoting natural healing.

Indications:

- Cervical spondylosis
- Muscle spasms, sprains & stiffness in the neck
- Tension headaches and migraine
- Torticollis
- Osteoporosis of cervical vertebrae
- Neck pain due to poor posture

Janu Basti

Janubasti / Januvasti is an Ayurvedic treatment used for strengthening the knee joint and one of the best remedies for acute or chronic knee joint pain, osteoarthritis, and related disorders. The knee joint is called *janu sandhi* in Sanskrit. Since Janubasti is an oil pooling treatment done over *janu sandhi*, it is called Janubasti.



The therapy uses warm, medicated herbal oil retained in a dough ring over the knee joint for a specific period. This helps lubricate the joint, reduce stiffness, and nourish the surrounding muscles and ligaments. Regular sessions improve flexibility, restore natural movement, and relieve chronic knee pain caused by overuse or aging.

Indications of Janu Basti:

- Sprains, pain & stiffness in knee joints
- Osteoarthritis of the knee joint
- Crepitus or cracking sound in the knee joint
- Cartilage injury in the knee
- Ligament tear
- Bursitis & tendonitis of the knee

Kati Basti

Kati Vasti or **Katibasti** is a pain-relieving Ayurvedic treatment in which medicated oils are pooled for a stipulated period of time in a compartment constructed over the lower back area, using dough made from black gram flour. The term *Kati* means lower back.

Vasti or *Basti* means bladder — just as a bladder holds urine, Kati Vasti holds warm oil over the lower back for a specific duration. The gentle warmth of herbal oil helps release stiffness, ease nerve compression, and relax the muscles supporting the spine. It is highly recommended for people suffering from lower back pain due to long sitting hours, sports injuries, or disc issues.

Indications:

- Sciatica
- Lower back pain
- Lumbar spondylosis
- Intervertebral disc prolapse (IVDP)

Valukasweda

Valuka means sand, and **Sweda** means sweat. **Swedana** is a sweat-inducing treatment in Ayurveda that helps remove toxins and stiffness from the body. In Valukasweda, warm sand is placed inside cloth pouches and gently applied over the affected area. The dry heat therapy helps relieve inflammation, swelling, and joint stiffness associated with pain or arthritis.

This treatment is especially effective for conditions like rheumatoid arthritis, chronic muscle tightness, stiffness of thighs, or pain in the heels. The combination of warmth and gentle pressure promotes circulation, relaxes the nerves, and provides lasting relief.

Indications:



- Pain, inflammation, and swelling
- Rheumatoid arthritis
- Heel pain and stiffness of thighs
- Post-trekking fatigue and joint stiffness

Who Can Benefit from Panchakarma?

Panchakarma is suitable for anyone who feels physically tired, mentally stressed, or emotionally imbalanced. It's especially beneficial for those with chronic pain, arthritis, digestive issues, insomnia, anxiety, or sluggish metabolism. International visitors in Kathmandu also seek Panchakarma to rejuvenate after long travels or trekking adventures in Nepal.

Why Choose Institute of Natural Medicine in Thamel for Panchakarma?

- Certified Ayurvedic doctors and therapists with decades of experience
- Authentic Panchakarma procedures using natural, herbal oils
- Peaceful environment surrounded by greenery in the heart of Thamel
- Affordable prices compared to luxury spas and resorts
- Custom treatment plans based on your Dosha and health condition

Book Panchakarma Therapy in Kathmandu, Nepal

Experience authentic **Panchakarma therapy in Thamel, Kathmandu** at the **Institute of Natural Medicine** — your trusted Ayurvedic healing destination in Nepal. Book your session today and discover how ancient wisdom can restore modern wellbeing.

Frequently Asked Questions

What is Panchakarma therapy and how does it work?

Panchakarma is a traditional Ayurvedic detoxification therapy that removes deep-seated toxins from the body, balances the three Doshas (Vata, Pitta, Kapha), and rejuvenates body and mind. It involves five purification procedures that cleanse, heal, and restore natural harmony.

How many days does a Panchakarma treatment take?

The duration varies based on your body constitution and health condition. A full Panchakarma program may last from **7 to 21 days**, while individual therapies like **Abhyanga, Swedana, or Basti** can be done as daily sessions.



Is Panchakarma therapy available in Kathmandu?

Yes, the **Institute of Natural Medicine in Thamel, Kathmandu**, offers authentic Panchakarma treatments guided by certified Ayurvedic doctors and trained therapists.

What are the main benefits of Panchakarma?

Panchakarma detoxifies the body, strengthens immunity, improves digestion, reduces stress, delays aging, and promotes emotional balance and clarity. It is one of the most complete healing experiences in Ayurveda.

Who can benefit from Panchakarma therapy?

Anyone experiencing fatigue, stress, poor digestion, insomnia, or chronic pain can benefit from Panchakarma. It is also ideal for travelers and trekkers in Nepal seeking rejuvenation and natural detoxification.

What is Greeva Basti and how does it help with neck pain?

Greeva Basti is an Ayurvedic treatment where warm herbal oil is pooled around the neck area to relieve stiffness, pain, and inflammation. It is highly recommended for people with cervical spondylosis or those working long hours at a desk.

What is Janu Basti therapy used for?

Janu Basti focuses on the knee joint and is effective for osteoarthritis, ligament injuries, and chronic knee pain. The therapy uses warm medicated oil to lubricate the joints, improve mobility, and reduce stiffness.

What is Kati Basti and who should take it?



Kati Basti is an Ayurvedic treatment for lower back pain. Warm medicated oil is retained in a dough ring over the lumbar area to relieve sciatica, lumbar spondylosis, or muscle tightness due to long sitting or sports injuries.

What is Valukasweda and when is it used?

Valukasweda is a dry heat therapy where warm sand is applied to affected joints to relieve inflammation, swelling, and stiffness. It is particularly effective for arthritis, heel pain, and post-trekking fatigue.

Is Panchakarma safe for international visitors in Nepal?

Yes, our center in Thamel, Kathmandu, follows strict hygiene and authentic Ayurvedic protocols. International guests often choose Panchakarma after trekking or traveling to rejuvenate and restore energy.

How is Panchakarma different from a spa detox?

Unlike regular spa treatments, Panchakarma is a **medically guided Ayurvedic detox** designed to balance your Dosha and eliminate toxins at a cellular level. It offers deeper and longer-lasting health benefits.

Can Panchakarma help with anxiety and sleep problems?

Yes. Panchakarma helps calm the mind, balance hormones, and promote deep relaxation, making it beneficial for insomnia, anxiety, and emotional stress.

Do you customize Panchakarma treatments for each person?

Absolutely. Each Panchakarma program at our Thamel center is tailored according to your Dosha (Vata, Pitta, Kapha) and individual health needs to ensure the most effective healing results.

What should I expect during a Panchakarma session in Kathmandu?



Institute of Natural Medicine

A session typically includes therapies like **Abhyanga (oil massage)**, **Swedana (herbal steam)**, and **Basti (medicated oil application)** under the supervision of our Ayurvedic experts. Each step supports detoxification and rejuvenation.

Why choose the Institute of Natural Medicine in Thamel for Panchakarma?

Our center in Thamel, Kathmandu, offers authentic Ayurvedic Panchakarma with expert doctors, natural herbal oils, and a peaceful healing environment — all at affordable prices. We combine traditional care with modern comfort for the best wellness experience in Nepal.

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