

Ashoka Ayurveda  
Trust in your elements



Treatment Manual

Dear guest,

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my team and I warmly welcome you to our Ashoka Ayurveda cure centre in Madeira. We hope you enjoy your stay and hope you have a successful visit. In the next few days, you will experience an exciting journey to your inner self. We look forward to helping you discover your true nature and to bring you in line with it.

From an Ayurvedic point of view, the destiny of us human beings is revealed through our unique constitution. Our Ayurveda doctor will determine your unique constitution and then decide on a therapy plan that is tailored for you. Below, you will find an overview of our treatments and everything else our team has to offer.

Should you wish to have a personal conversation with me, I will be glad to assist you at the cure centre by appointment should you have questions, requests or require clarifications.

I wish you wonderful days of relaxation – free of worries.

Kind regards,

Your Birgit Moukom



## Determining your constitution:



It is a fascinating experience what our heartbeat, the coating and texture of our tongues as well as our physical appearance say about our true personality. This allows conclusions to be drawn about health, illness, likes and dislikes.

According to the basic principles, the weighting and expression of the three **doshas vata, pitta, and kapha** are encoded at the genetic and biological level to define one of seven possible constitutional types.

In the long run, it is not possible for us to live counter to our own original nature. And yet most of us are at war with our physical or mental faculties. We identify more with the dark side of our constitution than with the potential that lies dormant within us.

Only by using and testing our strengths that match our type we will become aware of the unimagined possibilities of our true self. Vata can always rely on a good idea, even in the greatest need, pitta on intelligence and kapha on stability and adaptability.



## The three doshas



Every human being has three forces at work inside them: **the doshas**.

**Vata** embodies the principle of movement (also mental mobility); **pitta** is the fire and the transformation power (digestion, enzymes); and **kapha** provides stability and firmness (bones and lymph) in the body. Your individual constitution determines how these are arrayed inside.

## Types at a glance



### Vata type

**Vata:** People with a dominant vata are mostly very slim, wiry and creative. They are always on the move, easily get cold and have difficulty coming to rest.

**Too much vata:** Stress, insecurity and constant overloading can overwhelm the vata. This is expressed, for example, in insomnia, nervousness, lack of concentration and fears.

## Types at a glance



### Pitta type

**Pitta:** Powerful, determined, ingenious – these are pitta types. They have a strong digestion, plenty of assertiveness and are always in action.

**Too much pitta:** Heartburn, diarrhoea, or skin impurities are evidence of an excess of pitta. Those affected quickly respond with irritation.



## Kapha type

**Kapha:** These people are very enduring, loving and persistent. Because the kapha element is responsible for the structure and composition of the body, they have a strong appearance.

**Too much kapha:** Lack of exercise or too many sweet things lead, for example, to tiredness, listlessness to depression, overweight and colds with congestion.



## Abhyanga



Abhyanga is an Ayurvedic massage in which the whole body is gently massaged with oils based on herbs. The massage is a healing therapy and helps the body to renew itself and to receive nourishment.

**Benefit:** The oil massage calms your nerves, tenses your muscles and relieves stress. A pleasant, refreshing and nourishing therapy that helps prevent many diseases.

**Application:** Warm oil that contains herbs is spread over the entire body and gently rubbed in. This is an ideal application to balance all doshas.

## Shiro-Abhyanga

Shiro-Abhyanga refers to the Ayurvedic head massage. Shiro means head and abhyanga refers to the oil massage. Shiro-Abhyanga treats stress-producing points such as head, shoulders, face, neck, etc. The massage brings about mental stability, calmness, and clarity.

**Benefit:** Shiro-Abhyanga is used to treat migraines, anxiety, exhaustion, neck/shoulder pain, and also stimulates hair growth. This application is especially recommended for the pitta dosha, as it reduces the heat in the body.

**Application:** Ayurveda oil or a herbal oil mixture is generously distributed on the head. The oil remains on the head for a few minutes and is then massaged in with gentle pressure.



# Explanation of the therapies



## Padabhyanga

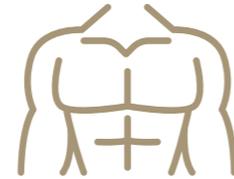
Padabhyanga is a stimulating, calming and revitalising therapy that improves the functioning of the individual organs. Pada means foot.

**Benefit:** This massage offers treatment that reduces pain and stress as the feet are associated with many body organs. A foot massage at the pressure points improves the functioning of the organs connected with the foot. This massage helps with swollen legs, weak ligaments, heart problems, sleeping problems, sprains in the feet and supports balancing the body's fluids.

**Application:** Ghee is applied to the feet and lower legs and gently massaged in with pressure. The pressure points associated with the body's organs are stimulated.



## Udvardhana



Udvardhana is the oldest kapha-reducing therapy. In Ayurveda, this is a weight-reducing treatment whose goal is to get accumulated fat out of the body. The massage with herbal powder and oil relaxes the muscles and balances the doshas.

**Benefit:** Udvardhana increases the warmth of the body and breaks down the fat deposits in the body. In addition, the treatment helps to strengthen the whole body. It improves metabolism and supports the circulation of blood in the skin. A wonderful and very effective weight-reducing application.

**Application:** Ayurvedic herbs in powder form are mixed with oil to form a paste and applied to the body. The massage, which runs against hair growth, has a stimulating effect.

# Explanation of the therapies



## Shirodhara

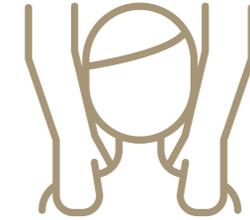
Shirodhara – Shiro means head and dhara means continuous flow. Oil is gently poured on the forehead during the treatment. The doshas are balanced, especially the vata and pitta, which are connected with the nervous system.

**Benefit:** Shirodhara is a regenerative therapy used to treat migraines, memory issues, sleeping disorders, and depression. The therapy has a soothing effect on the autonomic nervous system.

**Application:** Lying on one's back, ayurvedic fluid such as oil, water, milk, or coconut water is gently and continuously poured over the forehead of the guest.



## Mukabhyanga



Mukabhyanga means face and upper body massage and is a beauty therapy in Ayurveda.

**Benefit:** The face is gently massaged to improve the skin's texture and appearance. Mukabhyanga is a nourishing therapy that improves blood circulation and relaxes the facial muscles. It supports collagen production in order to ensure a healthy, radiant look. The entire shoulder and neck area is also part of the massage. The treatment is also suitable for headaches as well as dark circles and reduces stress.

**Application:** Oil is applied to the face and gently rubbed in. This stimulates cells and nerves to improve blood circulation.



## Ricinus Pinda

For this treatment, which calms the vata, fresh ricinus leaves are picked. The leaves are then cut and mixed with grated coconut, lemon, turmeric and mineral salt. This mixture is then fried in sesame oil or medicated oil and then placed in fabric cloths. These are then used to form bags with which the treatment is carried out.

**Benefit:** Leads to improved blood circulation and skin texture. It also strengthens the muscles and has an analgesic effect. In particular, it helps with tension, arthritis, back pain, neck pain, neuralgia and sports injuries.

**Application:** During the treatment, the stamps that are heated to 45 degrees are used to gently pat the active ingredients onto the skin and to rub them in.



## Panahasveda



Panahasveda is an Ayurvedic oil massage that mainly focuses on the back side of the body.

**Benefit:** The oil massage has a relaxing effect on the upper and lower back muscles, relaxes the neck and shoulders and improves blood circulation.

**Application:** Warm oil with herbs is spread on the back of the body and gently rubbed in.



## Colon Vasti



Vasti is a cleansing following Ayurvedic principles that is not unlike colon cleansing. Vasti is also called basti und means enema in Ayurveda. The vasti supports the body's complete nutrient supply.

**Benefit:** Vasti is one of the most effective therapies in Ayurveda to balance the vata dosha. Vasti acts against constipation, kidney stones, back pain, body and joint pain, and cleanses the intestines and internal organs. It improves sexual function and supports the whole body as it regenerates and renews.

**Application:** The enema is performed with a special device and medicated oil, ghee, or medicated milk.

## Uro Basti oil bath

Hrid basti (uro basti) from Sanskrit refers to hridaya, the heart and basti, the container or the holder. This is also known as urobasti (uro = chest and basti = to contain something in you). So uro basti is an oil bath in the heart area.

**Benefit:** Removes restlessness and tension from the chest area.

**Application:** A ring (pool) made with chickpea flour dough is placed on the breastbone and filled with herbal oil.





## Kati Basti



Kati means lumbar spine. This oil bath focusses on the back and is complemented by an appropriate massage.

**Benefit:** Relieves pain and tension in the lumbar spine. The application is recommended for the sciatica, among other things.

**Application:** After a short back massage a chick-pea flour dough ring is placed on the spine and filled with herbal oil.

## Grivabasti

The word griva refers to the cervix and the focus of this oil bath is here.

**Benefit:** Helps with neck cramps and osteochondrosis of the cervical spine.

**Application:** A chickpea flour dough ring is placed on the neck/cervix and with filled with herbal oil



## Virechana



Virechana is one of the five stages of cleansing therapy in Panchakarma. This is medical cleansing with the aim of balancing pitta-dosha. It brings about a laxative effect to get toxins out of the body.

**Benefit:** Virechana improves the metabolic processes of the body and supports the healing of metabolic diseases. It cleans and nourishes the internal organs in the lower part of the body. Virechana is also a good therapy for various skin problems.

**Application:** With Virechana, a special oil is taken in on an empty stomach, which has a laxative effect. The internal organs are cleaned and toxins are excreted from the intestines.

## Nasya

Nasya is a nasal treatment. This treatment offers a cleansing and detoxification therapy in Ayurveda, in which medicated oil is dripped into the nose. Nasya improves the airways and strengthens the nervous system. It soothes all doshas and is a nourishing therapy for vata.

**Benefit:** As the medicated oil is dripped into the nose, the oil quickly reaches the nerve cells and the tissue in the head area. Nasya supports the five senses, cleanses the respiratory tract, improves the nervous system, concentration and memory.

**Application:** Three to five drops of medicated oil are placed in the nose.





## Kalari



This marma-point massage releases blockages and tension patterns throughout the body to reduce pressure and stress in the spine and joints.

**Benefit:** This treatment has a lasting positive effect on pain, posture, mobility and vitality.

**Application:** Warm, specific Kalari oil is spread on the body and gently rubbed in.

## Kalari therapy

Intensive Ayurveda treatment for the musculoskeletal system. Ayurveda is optimally supplemented with Kalari therapy, which dissolves blockages and tensions on the myofascial level. The treatment is particularly suitable for relaxing your body cavities and the organs they contain so that they have more space to function more dynamically.

**Benefit:** Improvement of the musculoskeletal system and thus mobility.

**Application:** Ayurvedic treatments combined with Kalari elements using specific Kalari oil.



## Trimurti

The Trimurti is an Ayurvedic full body pressure point massage.

**Benefit:** Supports detoxification and allows for deep relaxation.

**Application:** Warm oil that contains herbs is spread over the entire body and gently rubbed in.

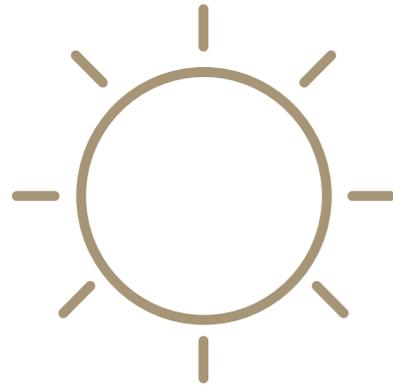




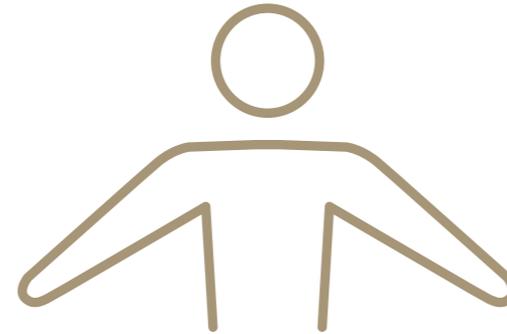
## Yoga

### Surya Namaskara:

Is one of the most important yoga practices and includes a total of 12 positions. In Sanskrit, surya means „sun“ and namaskara means „greeting“. Practising Surya Namaskara awakens the body's intelligence to get energy directly from the sun. In the Vedic tradition, the sun symbolises consciousness and was practised daily in Indian culture.



### Yoga Nidra:



Is a state of consciousness between waking and sleeping. It is a state in which the body is completely relaxed. The practising person easily gets access to his inner world by following the corresponding instructions of the yoga teacher. This state of consciousness differs from meditation. Yoga Nidra is one of the best ways of relaxing deeply and is practised to alleviate symptoms of anxiety, headache, chest pain, abdominal pain, dizziness, palpitations and sweating.



## Sattva Chikitsa

Is a yoga therapy in which the postures are supported by a wall. Both beginners as well as advanced practitioners can carry out Sattva Chikitsa. The focus is on a better alignment of the body centre to promote entire body awareness. It is ideal for everybody who wants to strengthen their spine. The spine is associated with the total physical and mental health of the human being.



## Sattva Chikitsa



It contains positions or „asanas“ which were called Sattva Yoga, „Sequencia Madre“ or „mother sequence“ by the founder. This method was specially developed for the balance for body and mind and also includes „Pranayama“ – breathing techniques, relaxation and meditation. This technique stretches and elongates the entire body.



## Traditional Chinese medicine

### QiGong

is a Chinese tradition that includes exercise and meditation. It is traditionally practised for relaxation and prevention. The exercises train the ability to concentrate and remember, improve self-awareness, promote a sense of balance and mobility thus leading to an improved body feeling.



#### Upon request

Private yoga classes (60 mins.)

#### Upon request

Private Qi Gong classes (60 mins.)

Current prices and dates can be obtained from the Ashoka cure office.

### Akupunktur



Acupuncture is a part of Traditional Chinese Medicine (TCM). It is based on the life energy of the body (Qi), which is based on defined meridia circulates and controls all bodily functions. A disturbed energy flow is responsible for diseases. Attaching needles to acupuncture points on the meridians improves blood circulation and gets the qi flowing again.

**Treatment time:** Acute and urgent complaints must be treated until a clear and distinct change takes place. Chronic complaints and ones that are not urgent can be treated in more than one session – however, change/improvement takes longer.

A faster result can be achieved by a longer session, which is also cheaper than two short sessions.

Current prices and dates can be obtained from the Ashoka cure office.



## Energy work

Energy work is the term for treatment methods that give the client natural, healing energy frequencies with increased awareness. As is well known, every living being, every matter is light and information – so everything that exists is vibration and energy!

Energetic treatments support and activate your self-healing powers, promote awareness, joie de vivre and creativity, help to release blockages that manifest themselves in the form of illness, pain and tension, emotional and mental stress.

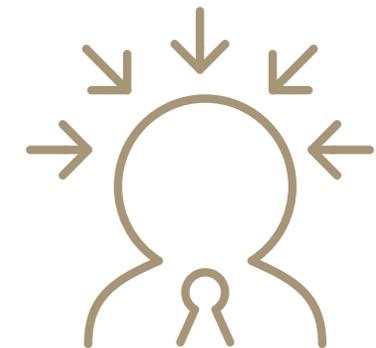
You might feel something like “waves,” “warmth” or a “feeling of love”, or you might not. Everyone experiences it differently and in their own way, as is best for the person – but it still works on the “spiritual/mental” level.

In order for the energy to really flow, it is advisable to lie down comfortably, close your eyes, and let your thoughts run free.

The therapist will perform the energy treatment and gently wake you up after a given time. We are pleased to offer these wonderful techniques as you journey in your self-healing and self-improvement process.

### Curandero-lights

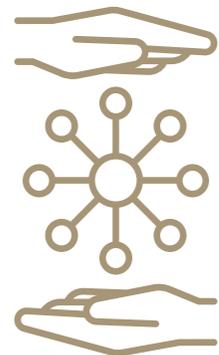
After Starr Fuentes – The Curandero are a tribe of Mexican shamans who use energy, light, and sacred geometry to heal. Their knowledge goes back to the traditions of the Mayas and Aztecs.





## EMR – Electromagnetic restoration:

EMR is used to remove distortions from the body's aura field. The aura is distorted when we humans are stressed by personal issues. Each of our 7 chakras stores unprocessed and unresolved topics, even from the past. Distortions caused by electrical equipment can also be removed by the EMR. Electrical devices cause "holes" in our electromagnetic field, such as high-voltage lines and mobile phone networks. Other distortions arise from negative thought patterns and belief systems. If the thought pattern is "wrong" because people always believe what they see or love, the negative experiences repeat themselves without understanding where the cause lies.



## Chakra-Healing :

Associated with the power of the individual chakra colours, an initiated healer works on the body level of the client. Each colour has its own meaning and offers a specific opportunity for energy transformation.

*Current prices and dates can be obtained from the Ashoka cure office.*

## RECONNECTIVE HEALING®

Healing through reconnection

There is a home, a space in which the high vibrations of the new frequencies act. There, body, mind and soul are in balance. There love, light, and inner peace are pervasive. When we come into contact with these healing energies, our self-healing powers can restore this balanced condition. It is tangible, measurable – you can really feel it.



**Reconnective Healing®** is not a technique with rules or procedures. It not only includes all known forms of "energy healing", but goes far beyond it.



**Reconnective Healing®** means in essence a state of being. As in some kind of equation, healing through reconnection becomes a part of you and you a part of it and thus you are changed forever. Since we are all part of the whole, every change in frequencies affects everything connected with us. From this perspective, Reconnective Healing® is a gift for the evolution of all living things.

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## Singing bowl therapy

A unique experience with Rui Miguel from the "Orquestra Clássica da Madeira".

In a very simplified way, singing bowls are placed on your body (fully tightened) and are carefully struck with a wooden hammer. The gentle and harmonious sounds are picked up by the ear and quickly lead to deep relaxation. The rhythmic sound vibrations are transmitted to the body and generate a fine vibration, which is often referred to as a "massage". Rui Miguel has completed a 3-year training in singing bowl massage according to Peter Hess.

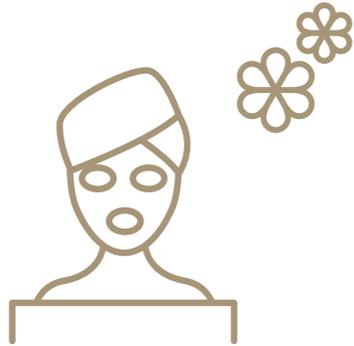
*Current prices and dates can be obtained from the Ashoka cure office.*



## Explanation of the therapies



### Cosmetics package – exclusively for our guests



To round off your treatment, we offer you a special beauty treatment in our Ashoka spa at Hotel Galomar:

The Ayurvedic skin care series “Holistic Essentials” was put together exclusively with natural and biological ingredients, according to the five elements principle and the Ayurveda. Because everything that is placed on the skin should be safe enough to be placed on the tongue. The skin care collection has been registered as an organic producer with the “Organic Farmer’s & Grower’s Association” of the UK, the world’s oldest organic certification association.

Each of the following treatments starts with the cleansing of your face and neck and continues with a peeling, moisturising and/or anti-ageing treatment for your specific skin type.

#### For ladies:

Luxurious spa manicure (60 mins. without nail polish, 80 mins. with nail polish)

+ Luxurious spa pedicure (60 mins. without nail polish, 80 mins. with nail polish)

**+ Re-Fresh facial treatment:** This unique facial treatment includes a face mask with sandalwood and rose as well as a stimulating facial massage that refreshes, rejuvenates and makes your skin shine.

or  
**De-Stress:** This sensitive facial treatment includes special massage techniques, herbal creams and face masks. Very effective for relieving the body and mind of stress and making your skin look wonderfully soft and fresh.

## Explanation of the therapies



#### For men:

Luxurious spa manicure & pedicure

**+ Pure Men:** A vitalising facial treatment that increases, revives and cleanses blood circulation on the skin level with a special herbal mask.

Ask for the current **special price** in our Ashoka cure office.







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