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Abhyanga is the type of massage it involves the large amount of warm oil. Full body massage with warm ayurvedic oil is known as abhyanga. Abhyanga helps to remove the impurities from our body, and abhyanga helps to weight loss. By the use of Abhyanga oil massage to make our soul calm and reduce the nerves and helps to improve the deep sleep. Abhyanga prevent our skin from environmental effects, helps to increase the beauty and increase the fairness and reduce the dryness of the skin. Abhyanga improves the blood circulation of the body. Abhyanga gives the stamina and physical strength to the body.

Swedhanam/kizhi is nothing but a herbal steam bath treatment. In Swedhanam/kizhi herbal leaves and herbal powders and medicated vapours are passed into the steam chamber where we sit kizhi gives relax to the body. Swedhanam/kizhi helps to relieve from stress and increase the metabolism. Swedhanam/kizhi ayurvedic treatment helps to increase the cleanness of the body and helps to eliminate toxins. Swedhanam/kizhi ayurvedic treatment gives relieves from throat irritation and also Swedhanam/kizhi prevent from asthma, allergies.

Dhara is one of the well known ayuvedic therapy by using warm oil. There are many types of dhara **ayurvedic treatment in Coimbatore** available. Dhara ayurvedic treatment has enormous reputation in the world. Dhara gives quick remedies for the health problems. Herbal oil, coconut oil.ghee,herbal powders and dhanyamlam etc., are the main contents of preparing dhara treatment. Dhara ayurvedic treatment gives relief from headaches, tension, insomnia, stress and hysteria. Dhara gives solution to the joint problems like osteoarthritis, spondylosis, Dhara ayurvedic treatment gives strength to the joints and bones.

Udwarthanam is one of the ayurvedic therapy helps to weight loss. Udwarthanam is a special deep tissue massage using herbal powders. udwarthanam massage techniques are performed in seven postures by applying suitable pressure so as to break down the fat under the skin. Udwarthanam therapy melts the excess of fat in the body and helps to weight loss. Two types of Udwarthanam ayurvedic therapy available that are Snigadh or Sneha and Ruksha. Snigadh Udwarthanam is massage with dry powder and medicated oils. Ruksha Udwarthanam is done only with dry powders. Udwarthanam ayurvedic treatment helps to weight loss, melts the excess of fat, increase the blood circulation in the body. By the use of udwarthanam ayurvedic treatment joints are more flexible it gives strength to the muscles.

Nasyam is the ayurvedic treatment for nose, throat and head. In nasyam face, shoulders and chest are massaged with specific herbal oil. In Nasyam ayurvedic treatment the herbal oil

instilled into nostrils, while inhaling. after this process the around nose, chest palms and foot are massaged vigorously.



The Shape of our body gives more confident to us. But the young people also affected by over weight. Obecity is the major reason why lots of people affecting by the cancer.Now a days the young people also suffer by the obecity, the major reason is taking of unconditional food, junk and fried fast foods.

This also affect the health of the human. To prevent from this obesity we must have the conscious on our food. Apart from food conscious the ayurvedic weight loss therapy helps to reduce the obesity. One of the best solution for weight loss is ayurvedic weight loss treatment. One of the best place to take weight loss treatment center is poorna ayur. Here we gives awesome ayurvedic **weight loss treatment in Coimbatore**. Weightloss theraphy is done by fully using ayurvedic medicated oils and powders. Poorna ayur weight loss treatment has four fold approach that includes meditations, diet and lifestyle modifications. Here the weight loss therapy includes Udvartanam, Kashya Vasti and Herbal oral medications.

These treatment helps to control the action rate of obesity insulin. These massage has the special attention to areas of increased fat deposits. while taking medicine for weight loss it has lots of side effects. But we going on traditional ayervedic way it gives good result without having any side effects. When we take the ayurvedic treatment for weight loss it parallel gives the mind relaxation as well as stress relief. Everything in a natural way the result becomes good that’s why the ayurvedic treatment for weight loss at poorna ayur is better choice.

Massage as a means of recovery can be hugely beneficial for fitness enthusiasts pushing themselves to limit, those just starting out with an exercise routine and even those trying to regain mobility after an accident or injury. Massage includes lots of benefit like Heart rate recovery variability and diastolic blood pressure after high-intensity exercise, Reduced serum creatine kinase post exercise, Reduced swelling, Reduced muscle hyper tonicity, There is a strong body of research on massage therapy benefits for people with depression, anxiety, and pain.

Massage therapy may induce local biochemical changes that modulate local blood flow and regulate oxygenation in muscles, subsequently influencing neural activity at the spinal cord segmental level, thereby modulating the activities of sub cortical nuclei that influence both mood and pain perception