

KASHAYA VASTI - DECOCTION ENEMA

PRADHANA KARMA AS A PART OF THE PANCHAKARMA PROCESS

Purpose	Description	Procedure	Do's	Don't's
to primarily eliminate the accumulated / deranged vata	this can be given as a single vasti or as a course of several vastis depending on need	first you will be given an abhyanga for 30-45 minutes	do be relaxed during the entire process	do not eat or drink anything (except a little water) before the process
	it is also given alternately with matra vasti or taila vasti or oil vasti	some light fomentation will be given in the area of your stomach and lower abdomen		
	this treatment is primarily done early in the morning (anytime between 7-10am)	then you will be requested to lie on your left side with your left hand under your head and right leg flexed	the more you relax the body, the easier will be the process	do not eat anything other than what the physician advises in the next days after vasti
		as the enema nozzle is inserted into your anus, you may open your mouth and breathe out		
	the enema liquid will be eliminated within a few minutes after the enema is given	after the enema liquid has completely gone in, you will be requested to lie on your back	do open your mouth and breathe out as the enema nozzle is inserted; this will make the process easy for you	do not exert yourself too much to eliminate; let it happen naturally
		your legs will be flexed and extended a few times and light massage of your abdomen will be done if necessary		
	there are occasions when loose motion continues for a few hours after the enema	the urge to release will happen anywhere between 1-10 minutes after the enema	do lie down and take rest after the process is over; stay in room for entire day	do not engage in any activity like talking, computer etc. for the whole day
		you can inform your therapists and go to the toilet to relieve yourself		
	there is a possibility that you may have constipation for 1-2 days after the vasti process is over	the urge will continue and it may take upto 15-20 minutes for the entire liquid to go out	do inform your physicians in case of any discomfort during the process or during the rest of the day	do not engage in any activity like talking, computer etc. for the whole day
		after that you can inform your therapists and they will give you a bath in warm water		
the physician will be personally monitoring the entire process	after returning to your room, you can immediately have a bowl of warm rice kanji and then take lots of rest			