Purgation Therapy (Virechana)
A Traditional Ayurveda Purification and Detoxification Procedure

Treatment details can be provided by appointment in Ojai or Santa Barbara, or by phone/Skype with herbal products mailed.

What is Virechana?

Virechana is the second procedure in the sequence of Panchakarma (Ayurveda Detoxification)
Purgation Therapy - Virechana

Program), mainly aimed at reducing Pitta Dosha and toxic accumulation in the GI tract, liver and gallbladder.

In simple words, Virechana is that procedure which expels out congestion and heat through the anal passage. This is the simplest method of Panchakarma and has the most easily observed effects. It is a safe procedure without side effects that can be easily be done at home with proper preparation and the right herbal formulas.

**Health problems commonly treated by Virechana therapy**

Based on Ayurveda, Virechana can treat a number of health problems including:

- Skin diseases such as eczema and psoriasis*  
- Rheumatic arthritis*  
- Piles*  
- Abdominal tumor(s)*  
- Worms and other parasites*  
- Gout*  
- Jaundice*  
- Irritable bowel syndrome*  
- Chronic constipation*

In addition, the therapy is often administered to treat the following:

- Diabetes*  
- Asthma*  
- Goiter*  
- Headaches*  
- Obesity*
The treatment

Virechana therapy is defined as the medicated purgation therapy, which cleanses the Pitta and purifies blood, by clearing the toxins from the body. The treatment concentrates on the toxins that are accumulated in the liver and gall bladder. Along with advance preparation, this treatment is a flushing of the whole gastro-intestinal track with herbal laxatives. This powerful treatment quickly reduces body heat (pitta); liver, gallbladder and colon congestion and helps improve rashes, itching, skin inflammation and acne while also improving digestion and boosting metabolism.*

The procedure

Before the procedure, internal Oleation is followed for three to seven days to loosen toxins and prepare for the actual treatment. Additionally, a light dosha specific diet is prescribed before the treatment. However, certain factors like body and mind constitution, age of the person, digestive state should be considered, to properly design an effective Virechana therapy as there are many options.

Herbs used for Virechana aim at cleansing the sweat glands, small intestine, colon, stomach, liver and spleen. A number of herbs are used for the therapy process, which serve as decongestants, laxatives and purgatives. Herbal purgative, salt or castor oil can also used for the initial treatment based on individual. After the treatment, the patient then follows a restricted diet for 7 to 10 days to reestablish the digestive fire (Agni).

The benefits:

1. Flashes out of the toxins and excess mucus from the GI tract and thus improves digestion.

2. Clears congestion from the liver and thus improves metabolism and fat digestion.

3. Relieves many gastro-intestinal disorders.

4. Improves the condition of skin disorders, rashes & allergies.
Therapy requires one private consultations (in Ojai, CA or by Skype) plus herbal products.

For appointment details see Fees.

To set an appointment see Schedule.

To get started or discuss your health issues with Khabir please submit Online Health Assessment.

Success stories

“You are a magician. My spasms are mostly gone. The inflammation has been greatly reduced. Very little pain or stiffness. in fact, I am feeling back on course energetically” Karen Stephens, Oak View
“Your warm oil massage and hot steam treatment was unbelievable! After this experience I don’t think I could enjoy a dry massage again. There is no questions that the Indian system of massage with warm oils is not only very relaxing and detoxifying but great for the skin and has noticeably reduced my joint pain. I look forward to my drive to Ojai again for next treatment. Love Alice.  **Alice James, Santa Barbara**

“When I came to see you last month I had a swollen elbow that prevented my working on my laptop, which seriously affected my ability to function as a marketing consultant and writer. The swelling on my elbow went down right after you shared that my condition was an inflammation and provided an anti-inflammatory herbal tea mix”.  **Robert Gluckson, Ojai**

“I was suffering from severe pain in my lower back, buttocks and thighs, and it was diagnosed as sciatica pain. My orthopedic doctor said that I have a herniated disk in my lower spine and needed surgery. This was also causing poor bowel movement and difficulty urinating. I went to Khabir as a last resort and he recommended that I watch my diet and gave me a 10 page instruction manual on my body type and the type of food I must consume without any exceptions. I was ready to do anything and followed his advice and within a period of 2 weeks, my pain started easing. I was no longer having difficulty walking and managed to cut down on the pain medication I was on. The problems related to my bowel movement disappeared. I know the process of healing will be a slow and a long one but I am read to stick to his recommendations. I am truly grateful that I found him.”  (via Yelp)  **Donald B. Ojai**

More testimonials

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