



Your Pre-Panchakarma Week Schedule

The following outline is to be followed the week before your treatments begin. You will have a phone consultation with us prior to your visit to go over this information in detail and adjust it to your needs. Plan accordingly taking into account time and or days for travel to the Center.

Day 1: You may choose to begin a mono-diet of kitchari at this time or begin to simplify your diet by avoiding meat, poultry, caffeine, sugar and refined carbohydrates. We will go over this in detail during your preparation consultation.

Start to reduce the amount of demands and activities in your social and work calendar. If you do not already, begin taking triphala. You may start by taking 1/2 teaspoon of triphala powder or 2 tablets, approximately one hour before bedtime with warm water.

Day 2: Continue to simplify your diet or maintain the mono-diet of kitchari. Take triphala at night and allow more time and space to rest and slow down. .

Day 3: First thing in the morning, on an empty stomach, take 2 tablespoons of warm liquid ghee. You may want to add a pinch of salt and pepper and some fresh squeezed lime juice to the ghee. You may also take this with some warm ginger tea, to help with digestion.

If you have yet to begin the mono-diet of kitchari, start now. Reduce all meat, dairy, sugar and caffeine. Continue to take triphala. If you are not having loose bowel movements, you may start to take 1 full teaspoon of triphala powder or 3-4 tablets, otherwise, continue with 1/2 tsp or 2 tablets.

Day 4: Continue steps as laid out in Day 3.

Day 5: Continue the steps as laid out in Day 3 but begin to make the following adjustments. .Today you will take 6 tablespoons of ghee. If this feels like too much, you may take 4 tablespoons instead or even skip the ghee, listen to your body. Take with ginger tea to help digestion.

SKIP triphala tonight and instead, take 2 tablespoons of castor oil, which will act as a purgative or laxative. You may take the castor oil mixed into a 1/4 cup of juice and suck on a quarter of a lime afterwards. Ginger tea will help with digestion.

Day 6: Continue the mono-diet of kitchari. Take special care to rest and listen to your body. You may notice the effects of internal oleation and purgation. It is normal to feel a little nausea or heaviness from the oil. It is a key part of the preliminary cleansing process.

If you do not have a pronounced bowel movement by the following evening, you can take another 1-2 tablespoons of castor oil or take 8 triphala tablets or 2 teaspoons of triphala powder.

It is important to have a large or loose bowel movement, which starts the downward flow, so you begin to cleanse. Most likely you would have had a pronounced bowel movement sometime the night of purgation and if so, you may take the same amount of triphala tonight as you were taking mid-week (between ½ - 1 teaspoons. or 3-4 tablets).

Make sure to stay hydrated today and rest. If nothing happens, that is okay, we can check in at this time or upon your arrival.

Day 7: Rest as much as possible, stay hydrated, continue the kitchari diet, and continue taking triphala in the evenings.

We recommend that you stop taking any supplements, vitamins, minerals or herbs during this preparation period, unless you are working with a specific condition or if they were recommended by your physician.

You should continue any Ayurvedic herbs that you are currently taking. Please call or email with any questions (802) 872-8898 or info@ayurvedavermont.com.



Kitchari Recipe

Ingredients:

- ½ cup organic yellow split dal
- ½ cup organic white basmati rice
- 5 cups of water
- 2 inch knob of ginger root- peeled and coarsely chopped
- 2 inch knob of turmeric root- peeled and coarsely chopped
- 1/3 cup unsweetened shredded coconut
- 1 tsp turmeric powder
- 1 ½ tsp of curry powder or garam masala
- 1 tsp ground coriander
- 1 tsp ground fennel
- 1 tsp ground cumin
- 2 curry leaves
- 1 tsp fennel seeds
- Seasonal vegetables – beets, carrots, sweet potatoes, zucchini, bok choy, kale, swiss chard, etc.
- 1 Tablespoon ghee
- 2 tsp salt (or to taste)
- Additional Toppings: Cilantro, fresh lime and shredded coconut

Method:

1. Combine rice and dhal in a large stainless steel pot. Rinse with cold water, drain and repeat twice more.
2. Add 5 cups of water and bring to a boil, scrape off foam that rises to the surface.
3. Once the rice/dahl is boiling, reduce to medium heat and add ginger root, turmeric root and coconut, simmer for 5 minutes. Add any root vegetables (beets, carrots, parsnips) and spices.
4. Allow kitchari to sustain at a low boil for about 25 minutes, stirring and scraping the bottom of the pot frequently to prevent sticking. Add more water as needed.
5. Add any softer vegetables such as zucchini, summer squash, green beans, chard stems or kale stems and allow to cook for 5 more minutes.
6. Turn off heat and add ghee, salt and any greens. Top with fresh lime juice, cilantro and a sprinkle of coconut.

Serves: 3-4