

## VrikshaKalpa Ayurveda

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Panchkarma, as the name suggests is a five - method natural treatment used for curing various diseases. Its roots can be found in the ancient vedic scriptures. It is used for healing and detoxifying the body by using different herbs and oils. It also includes changes in your diet and uses the diet as one of the means to detoxify and purify the body, something that is not possible to carry out amidst the everyday hustle bustle of life. Panchakarma is a way of releasing stress, which is one of the major causes of bodily dysfunctions and uneasiness. A lot can be fixed by just taking care of the stress factor and Panchkarma does it better than any other remedy. It helps you get mental clarity and rejuvenates your body in the most natural and effective way.

For more details, please visit

<http://www.indiafinder.in/detail/vrikshakalpa-15616>