



Essential Pre-Treatment Information

In the Ayurveda Tamarind, we offer more than just wellness. The "Panchakarma treatment" is a very deep detoxification and cleansing process, similar to intracellular detoxification, which can have an intense effect on the entire organism.

Due to our experience and expertise, there are certain prerequisites to ensure a successful treatment. It is also important to consider contraindications. We would like to provide you with comprehensive information about these, and they should be read thoroughly before the treatment. Otherwise, cancellation fees may apply if the physical prerequisites for the treatment are not met.

We are happy to provide you with detailed and competent guidance before the treatment if you have any questions. You can contact our Ayurvedic doctor by phone at +94766774704 or by email at infocaa.aruna@gmail.com. Please have a current report from your treating physician ready when contacting us.

The contraindications apply to all treatments, as well as some specific treatment methods or therapeutic measures. Therefore, please carefully consider the following information and contraindications before booking a treatment.

Illnesses/Contraindications

Waiting Period

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| Acute -> Gastrointestinal diseases | wait 6 weeks before starting the Ayurveda treatment |
| Acute -> Orthopedic fractures | wait 6 weeks before starting the Ayurveda treatment |
| Acute -> Bacterial or viral infections (fever) | wait 6 weeks before starting the Ayurveda treatment |
| Acute -> Surgeries . Dental surgeries, . Venous procedures . Accidents | <ul style="list-style-type: none"> • wait 3 months before starting the Ayurveda treatment • wait 3 months before starting the Ayurveda treatment • wait 3 to 6 months before starting the Ayurveda treatment (depending on severity) |
| Acute -> Burnout syndrome | Please discuss this with the Ayurveda doctor before starting the Ayurveda treatment |
| Acute -> Ablation | wait 3 months before starting the Ayurveda treatment |
| Acute -> Infectious diseases | Please discuss this with the Ayurveda doctor before starting the Ayurveda treatment |
| Acute -> Meniere's disease | wait 3 months before starting the Ayurveda treatment |

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| Acute -> Laser treatments and Radio wave therapy | wait 4 weeks before starting the Ayurveda treatment |
| Acute -> Inflammations | Please discuss this with the Ayurveda doctor before starting the Ayurveda treatment |
| HIV Infection | Not eligible for the Ayurveda treatment |
| Epilepsy | Not eligible for the Ayurveda treatment |
| Bulimia | Please discuss this with the Ayurveda doctor before starting the Ayurveda treatment |
| Chemotherapy or Radiation Therapy | wait 3 to 6 months before starting the Ayurveda treatment |
| Antibiotic Use | wait 3 weeks before starting the Ayurveda treatment |
| Corticosteroid Use | wait 3 weeks before starting the Ayurveda treatment |
| Alcohol or Drug Addiction | Not eligible for the Ayurveda treatment |
| Anorexia/Bulimia and extreme obesity | Not eligible for the Ayurveda treatment |
| Cancer | Only after 6 months of chemotherapy |
| Cardiac arrhythmias | Please discuss this with the Ayurveda doctor before starting the Ayurveda treatment |

If you have been taking medications for an extended period that you **cannot discontinue**, please bring them and discuss your treatments with your Ayurveda doctor.