Therapeutic Vomiting Therapy (Vamana)
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 Vamana?

Vamana is one of the five therapies of panchakarma in Ayurveda. Vamana is therapeutic vomiting which is a medicated emesis. This is an emesis treatment done through oral route to eliminate excess mucus by means of therapeutic vomiting and is recommended for patients suffering from chronic asthma, tonsillitis, anemia, chronic indigestion, sinus problems, cough and cold. People suffering from edema, epilepsy, skin diseases, fever, loss of appetite and
lymphatic obstruction can find this therapy beneficial.

This treatment is done for the aggravated Kapha dosha, which dislodges the toxins mainly from the respiratory and gastrointestinal tract. The Kapha toxins accumulated in the body and the respiratory tract are effectively removed by Vamana. Waste products and congestion are thus eliminated through the mouth. After vomiting, the sinus is cleared, which in turn provides relief from congestion, wheezing and breathlessness.

**Health problems commonly treated by Vamana therapy**

Based on Ayurveda, Virechana can treat a number of health problems and uproot them, so that they do not occur again including:

- Upper respiratory tract infection*
- chronic indigestion*
- sinus problems*
- cough and cold*
- Asthma*

Latest studies in the field of medical science suggest that certain symptoms of asthma can be cured by this highly effective form of Panchakarma.

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

- Edema*
- Loss of appetite*
- Diabetes*
- Obesity*

**The procedure**
The objective of Vamana therapy is to gently induce vomiting to get rid of the mucus that causes excess Kapha. The person feels better after vomiting a few times. This is followed with the internal administration of ghee treatment and a steam bath or warm shower. After performing Vamana therapy, the patient should take rest and not consume heavy food. If Vamana is done properly, the person feels relaxed and able to breathe freely. Lightness in the chest is often experienced after undergoing the therapy. The person thinks clearly, develops a clear voice and good appetite. All the symptoms of congestion vanish away after the proper Vamana therapy. The treatment can be easily done at home with proper understanding of the steps and the medicated drink being provided.

**The benefits:**

- Improves breathing.
- Promotes good appetite.
- The sinuses are cleared which in turn provides relief from the congestion, wheezing and breathlessness.
- It is highly effective treatment in Asthma
- Reduction in weight and cholesterol & triglyceride levels.

**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]*
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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