

Contraindication/Caution Checklist for Ayurvedic Treatments

Please let guests know that:

According to the discretion of the center, treatments may be altered or cancelled if the guest has or develops certain conditions, including any of the following, at the time the treatment is to be administered:

- Open sores on the body
- Fever or chills
- Diarrhea
- Nausea or vomiting
- Severe weakness or exhaustion or fainting
- Sweat Syndrome
- Dehydration
- Exhaustion
- All other acute illness
- Alcohol or drug intoxication
- Enlarged spleen, liver or accumulated fluid in the abdomen
- Cancer
- Profuse mucous in the chest or sinuses

Contraindications or Cautions for Shamana (Palliative Therapies)

Shamana	Contra-Indications
Nasya	<ul style="list-style-type: none"> • Pregnancy • Menstruation • After sex, bathing, eating or drinking of alcohol or taking drugs • Children under 15 years old and the very elderly • During an attack of whooping cough or asthma • When very thirsty or hungry • Within one week of rakta-moksha (or giving blood) • Dehydration • Within one hour of basti (enema) • Disinclination to receive it • Hypoglycemia
Abhyanga	<ul style="list-style-type: none"> • Pregnancy • Fever • Excess ama • Acute or extreme illness
Pizhichil/ Shirodhara	<ul style="list-style-type: none"> • Pregnancy • Fever • Excess Kapha • Excess Ama • Excess Meda • Fainting

	<ul style="list-style-type: none"> • Vomiting • Abdominal Enlargement • Generalized Toxicity • Weak In Body And Mind • Acute Illness • Paleness, With Spontaneous Sweating • Nausea • Shirodhara and Pizichili routines should not be given frequently unless accompanied by an Ayurvedic practitioner’s supervision and agreement
Swedana	<ul style="list-style-type: none"> • Pregnancy • Menstruation • Recently delivered a child • Acute illness • Fever • Chronic consumption of more than 3 alcoholic drinks/day • Morbid obesity • Unconsciousness • Debilitation • Blindness • Enlargement of abdomen • Active genital herpes • Leprosy • Consumption • Gout • Recent bereavement • Someone who has just consumed milk, yogurt, fats and honey, • Prolapse or burns of the rectum • Exhaustion • Anger • Excessive hunger or thirst • Jaundice • Anaemia • Diabetes • Avoid heat to: <ol style="list-style-type: none"> 1. Genitals 2. Inguinal area 3. Heart 4. Eyes 5. Head • Don’t bathe in cold water directly afterwards

It is not ideal for women to receive these treatments during their menstrual cycles. If they do receive them during their menstrual cycles, the treatments will be altered. (There will be less pressure and no steam time). If she has recently delivered a child, a woman may have every treatment except the steam, but the treatment may be altered.