



SOOKTA

AYURVEDA CLINIC

FEEL BETTER, LIVE WHOLE

Ksheera Dhoomam

Focus Area - The Head and Neck.

This therapy is a preparatory one - and falls under the category of Swedanakarma (Preparation to Panchakarma), in which milk is infused with certain special herbs, which are then steamed together and carefully applied on the face. This is a fantastic therapy for treating facial paralysis, headaches and conditions affecting the nervous system and the brain.



How it works: In preparation to this therapy, the face, neck, shoulders and the back of the receiver are massaged using suitable oils. Then, to protect the eyes from the heat of the steam, the eyes are covered with a thin layer of cotton cloth. Then, the herbal milk steam is carefully applied to the face using a tube, and the patient is also asked to open their mouth to

take in the steam, so it can work from within. The heating action of the steam leads to sweating, and the herbs activate the pores of the skin, preparing them to take in the active elements of the herbs.

Beneficial for:

- Facial paralysis
- Diseases of the sense organs
- Headaches
- Diseases of the brain and nervous system
- Diseases of the chest and heart