

# Pre-PK Preparation

The week prior to your Panchakarma therapy

It is in your best interest to gradually become less active in the week before panchakarma. Your diet before PK should favor kitchari. Avoid cold food, cold and/or caffeinated drinks, raw fruits or veggies, dairy and animal foods.

**Day 1:** Take ½ to 1 tsp. triphala powder (preferred), or 2-4 tabs or capsules in the evening, at least one hour away from food or before bed, except the night you take castor oil for purgation. Adjust amount to establish and maintain daily and smooth elimination.

Enjoy *abhyanga*, a warm oil massage, followed by a steamy shower or hot bath.

Enjoy a kitchari diet. Sip hot water or herbal tea throughout the week.

**Day 2:** continue kitchari diet and triphala in evening. Enjoy *abhyanga*.

**Day 3:** continue kitchari diet and triphala in evening. Enjoy *abhyanga*.

**Day 4:** continue kitchari diet and triphala in evening. Enjoy *abhyanga*.

**Day 5:** First thing in the morning on an empty stomach, take 2 TBS of warm liquid ghee, either alone or mixed with warm to hot water. Follow by sipping hot water. If there is nausea, add 2 pinches of salt, 1 pinch of black pepper powder and 1 pinch of ginger powder to the ghee.

Wait until your hunger has returned to eat.

Discontinue all elective food supplements such as vitamins, minerals and herbals. Continue with doctor ordered medications according to your doctor's instructions. If your menses starts during internal oleation, wait to take castor oil until after you menses cease. Continue kitchari diet and triphala in evening. Enjoy *abhyanga*.

**Day 6:** First thing in the morning on an empty stomach, take 4 TBS of warm liquid ghee.

If there is nausea, add 2 pinches of salt, 1 pinch of black pepper powder and 1 pinch of ginger powder to the ghee.

Continue kitchari diet and triphala in evening. Enjoy *abhyanga*.

**Day 7:** Take ghee using the same amounts as described on Thursday. Enjoy *abhyanga*.

If you are NOT experiencing very loose stools or diarrhea and do not have any known sensitivities to castor oil, take 2 TBS of castor oil Friday night before bed.

NOTE: although extremely rare, if you experience intense cramping and abdominal pain after taking castor oil, you may take 1 c. regular black coffee with 1/8 tsp. of nutmeg powder.

Do NOT take triphala this night if castor oil is taken.

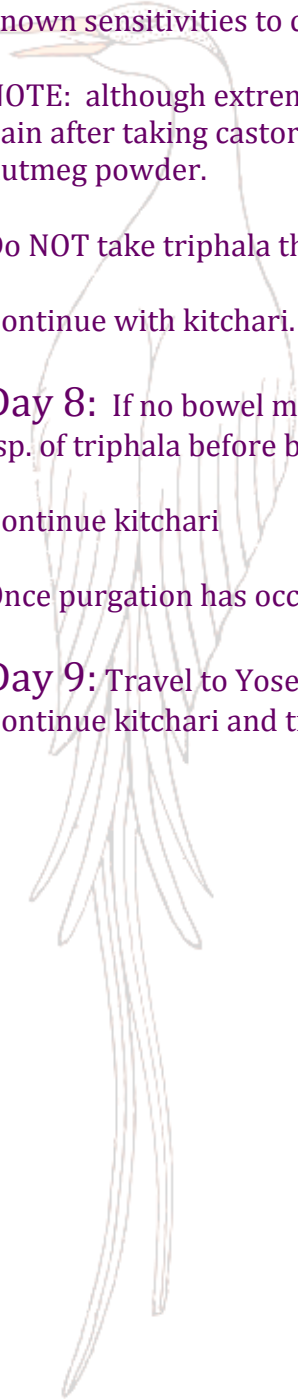
Continue with kitchari.

**Day 8:** If no bowel movements occur all day, again take 1-2 TBS. of castor oil or 2 tsp. of triphala before bed.

Continue kitchari

Once purgation has occurred, return to normal dose of triphala every evening.

**Day 9:** Travel to Yosemite! Kitchari and tea will be available at 5:30pm. Continue kitchari and triphala.



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