

Ayurvedic Panchakarma: Unpublished Chronicles:

Between July 10th and August 3rd, 1999, I underwent *Panchakarma* at the clinic of Dr. Sunil Joshi in Nagpur. This not only resulted in almost complete relief from my painful condition of allergic Bronchitis, it gave me the unexpected boon of many *Advaitic* spiritual insights, and so carried me farther on that road of Self-realization. For want of time, I have been unable to write up these chronicles for publication.

Between 15th Aug 2010 and 24th August, I was again at the Ayurvedic Clinic of Dr. Joshi and for Panchakarma, this time for a seven day *Panchakarma*, and accompanied by my wife, Dr. Prema Shanker.

On Sept 6th 2011, we were there again for *Panchakarma*, till Sept 14th. In Feb 2012, we again had an 8-day *Panchakarma* at the same clinic in Nagpur. Starting with the 24th Feb, 2014, we were again there for *Panchakarma* for 8 days. Every time we were there, I have studied the Panchakarma process closely and made notes, hoping that someday I could publish this, for the welfare of other seekers like myself. Unfortunately, this task is still unfinished. In terms of health, without the least exaggeration, we may declare that we have abundant energy, as though we are in our thirties! We thank Dr Sunil Joshi, Dr Shalmail Joshi, Sri Mukul Joshi, Smt. Preetiji, Sri Praveenji, Sri Rajuji, and other members there, who have made that place holy and pure through their *seva bhava* and their *samkalpa*.

-Sankara Bhagavadpada. June 15th 2015.
Chennai.