



# BODY PURIFICATION (PANCHAKARM)

Dr. DEEPAK UTHAMAN SOBHANA (B.A.M.S, M.Sc. Yoga) is an Ayurvedic Panchakarma specialist as well as holistic lifestyle consultant with more than 10 years' experience. His Kerala background allowed him to experience the power of Ayurveda in his body, mind and soul from a young age.

Dr. Deepak gained countless experience under the guidance of well-known Ayurveda Guru's from Kerala and Malaysia.

He has helped thousands of people to heal their illness from root causes and bring back their total health and wellness.