UTILITY AND AYURVEDA CONSIDERATION OF PANCHAKARMA: A REVIEW

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ABSTRACT

Ayurveda is ancient medical science believe to maintain health of mankind through its logical principles and therapeutic approaches. Ayurveda emphasized more on preventative measure than therapeutic approach to rejuvenating normal healthy life and Panchakarma is one of them. Panchakarma offer detoxify whole body internally as well as externally and helps to achieve normal physical and mental status. Panchakarma opens blocked channels, cleans body, improves digestive fire, enhance metabolism, rejuvenate body, relax/calm body and mind, boosts immunity and reduces stress. Panchakarma offers significant relief in various pathological conditions such as; asthma, hyperacidity, colitis, jaundice, piles, constipation, migraine, sinusitis, rhinitis, headache, psoriasis and eczema. Considering this fact present article described various ayurveda aspects of Panchakarma.

KEYWORDS: Ayurveda, Samhita, Panchakarma, Shodhna.

INTRODUCTION

Panchakarma is one of the unique therapeutic modality of Ayurveda which help to purify whole body. Panchakarma not only purify body but also maintain youthfulness and vitality. The oleation and fomentation are initial stages of Panchakarma which liquefy/loosen Doshas so to easily eliminate from body.\(^1\) Vaman, Virechan, Basti, Nasya and Raktamokshan are the main procedures of Panchakarma therapy. Vaman induces emesis to eliminate toxins from upper cavities of body. Vaman recommended for kapha predominant conditions including; asthma and hyperacidity. Virechan means purgation to eliminate toxins through bowels movement; herbal laxatives are used to enhance bowels evacuation. It is recommended for pitta-dominated conditions such as; colitis and jaundice etc.\(^2\) Basti means use of medicated enema in which medicine administered through body cavity (especially anal route). It is recommended for vata conditions; piles and constipation. Nasya means administration of drugs through nasal route (nostril) to purify head region and nasal congestion. Nasya therapy relieves problems such as; migraine, sinusitis, rhinitis and headache. Raktamokshan cleans blood and recommended for conditions such as; psoriasis, eczema and pigmentation related to impure blood pathogenesis.\(^3\)

Purva Karma

\(\checkmark\) Snehan

Snehan means oleation to loosen body toxins. It may be two types Snehapan and Abhyanga. Snehapan involves use of dravya such as; medicated ghee & oil through oral route. External oleation (Abhyanga) means massage with medicated oils.

\(\checkmark\) Swedan

Swedan means enhancing production of sweat to liquefy toxins which removed from Koshtha. Swedan may be various types such as; Nadi sweda, Pinda sweda and Vashpa sweda etc.

Pradhan Karma

\(\checkmark\) Vaman

Vaman means induction of emesis by administering herbal emetics to eliminate toxins from upper cavity of body.

\(\checkmark\) Virechan

Virechan means inducing purgation by administering herbal purgatives to eliminate toxins through bowel movement.

\(\checkmark\) Basti

Basti means use of medicated enema involving administration of herbal decoctions, oils and ghee though nasal route.

\(\checkmark\) Nasya

Nasya means drugs administration through nasal route to cleanse nasal congestion and respiratory tract.
Raktamokshan

Raktamokshan used to purify blood in conditions such as; psoriasis, eczema and pigmentation.

Pashchat Karma

Pashchat Karma involves precautions to be adopted to achieve maximum benefits of Panchkarma. Pashchat Karma may utilizes rasayan therapy, sansarjan kram and shaman chikitsa.

Rules to Conduct Panchakarma

- Excess physical activity & sexual intercourse need to be avoid during Panchakarma.
- Exposure to excess wind and sunlight should be avoided.
- Diet should be light during Panchakarma.
- Hot liquid recommended during Panchakarma.
- Panchakarma should be performed on the seasonal basis.

Precautions on Panchkarma

- Children and geriatric patients handled with attention.
- Support of other person essential for higher stage of Panchkarma.
- Patient should not be aggressive while performing Panchkarma.
- Vamana should be done only in morning time and empty stomach.
- Heavy meal should be avoided.
- Virechana should not perform other than morning or empty stomach.
- Anivāsana vasti is only performed after meals.
- The amount of medicament Vasti and Nasya must be within limit.
- Patient should not move his/her body during procedure.
- Raktmokshana should be done with great care and frightened patient avoided for same.

Specific Panchakarma approaches recommended for specific disease
- **Vamana**
  - Obesity, indigestion, cough and thyroid.
- **Virechana**
  - Hyperacidity, constipation and indigestion
- **Basti**
  - Back & joint pain and spondylitis.
- **Nasya**
  - Sinusitis, frozen shoulder and headache
- **Shirodhara**
  - Migraine and psychological stress
- **Abhyanga**
  - Muscle spasm and muscular pain.

Effect of Panchakarma in Skin Disease

- Panchakarma reduces symptom of vaivarnyta (erythema) due to the elimination of dosha.
- Panchakarma (Vamana) reduces itching since it reduces kapha dosha.
- Panchakarma balances pitta dosha and vata dosha in skin disease.
- Panchakarma reduce roughness of plaques in psoriasis.
- Panchakarma relieves Shwet rakta vikshat since it cleans channels.
- Sodhna effect of panchakarma minimizes Daha & erythroderma related to skin disease.

Effect of Panchakarma in Rakta Pradoshaj Vyadhi

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