



CLINICAL SIGNIFICANCE OF PANCHKARMA W.S.R. TO ROLE IN LIFESTYLE DISORDERS

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ABSTRACT

Panchakarma holds significant potential in addressing lifestyle-related disorders, which are ailments arising from changes in environmental conditions, dietary choices and daily habits, etc. *Madhumeha*, *Hridaya Roga*, *Sthoulya*, *Pakshaghata* and *Sandhivata*, etc. are examples of life style disorders. *Panchakarma* therapies are purifying measures designed to expel toxins at the cellular level, prevent their accumulation within the body, and rejuvenate bodily cells. This comprehensive approach plays a pivotal role in both the prevention and treatment of lifestyle disorders. *Panchakarma* is also known as *Shodhana* therapy which serves as primary treatment strategy before commencing *Shamana Oushadhi*. It operates by rectifying imbalances in *Dosha*, *Dushya* and *Agni*. It clears *Srotas* and interrupts progression of the diseases. Present article emphasizes clinical significance of *Panchakarma* W.S.R. to role in lifestyle disorders.

KEYWORDS: *Ayurveda*, *Panchakarma*, *Lifestyle*, *Shodhana*, *Disorders*.

INTRODUCTION

Lifestyle disorders encompass a broad spectrum of ailments that stem from unhealthy living practices. These diseases manifest as a consequence of daily habits, work routines and lifestyle related stress, etc. *Panchakarma* methods such as *Snehana*, *Vamana*, *Virechana*, *Basti* and *Nasya* can be employed to purify the body during different seasons. These treatments contribute to the management of lifestyle disorders like cardiovascular conditions, high cholesterol, diabetes, stroke, depression

and hypertension, etc. Ayurveda, with its holistic perspective, holds promise in addressing lifestyle diseases, offering hope for more effective treatments.^[1-5]

The genesis of all health issues can be traced back to an imbalance in the body's *Dosha*, the metabolic system, which diminishes overall health and vitality, setting the stage for disease development. In today's global context, the primary culprits behind metabolic imbalances are depicted in **Figure 1**.

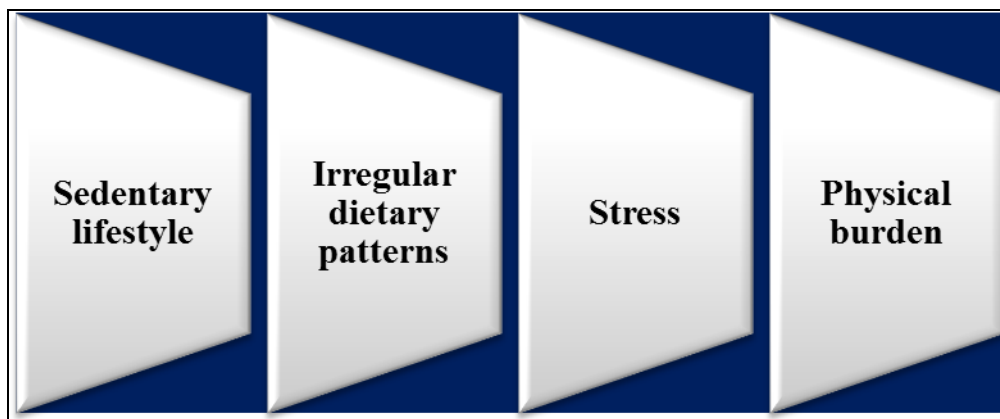


Figure 1: Major causes of life style disorders.

Ayurveda offers comprehensive solutions through proper dietary management, lifestyle guidance and *Panchakarma* which encompasses detoxification, bio-purification and rejuvenation effects. *Kaphadushti*, *Agnidushti* and *Medovahadushti* are major pathological conditions associated with life style disorders. *Panchakarma* helps to correct these conditions therefore prevent progress of life style disorders. *Panchakarma* as a preventive measure plays a pivotal role in averting lifestyle disorders by addressing vitiated *Kapha*, *Meda* and alleviating mental and physical stressors.^[4-7]

Madhumeha, *Hridaya Roga*, *Pakshaghata* and *Raktacchapa*, etc. are major conditions described as life style related diseases in Ayurveda science. *Panchakarma* eliminate excess *Dosha* from the body and acts as preventive measure against lifestyle disorders, it effectively addresses imbalances like vitiated *Kapha* and *Meda*.

Panchakarma employs a series of therapeutic procedures administered in a specific sequence to facilitate the elimination of harmful substances from the body through the most accessible exit route. This purification process enhances the body's inherent ability to heal itself, addressing a wide array of conditions and diseases including life style related disorders.

Panchakarma's actions are multifaceted, encompassing aspects such as pacification, nourishment and stabilization, etc. When administered correctly, *Panchakarma* exerts profound effects on the body's detoxification mechanisms and metabolic processes. Ayurveda recommends periodic *Panchakarma* sessions during seasonal transitions to cleanse the body, enhance digestion and optimize metabolic functions to prevent pathogenesis of life style diseases.^[6-8]

Panchakarma therapy is not only utilized for its purifying properties but also as a preparatory cleansing process before commencing treatment. *Samshodhana* approaches clears body's channels and prevents obstruction of *Srotas* caused by vitiated *Doshas*. This cleaning action improves overall circulation and metabolic activities of body thus boost up normal functioning of body organs. This purification also allows medications to permeate deep into the tissues, significantly enhancing their efficacy in case of diseases where medicine employed after *Samshodhana* therapy.^[5-7]

Clinical significance of *shodhana* therapy:

- ❖ Enhancement of the immune system, purification of the body and disease prevention.
- ❖ Augmentation of strength, vitality, mental clarity and energy, etc.
- ❖ Retardation of the aging process and extension of lifespan.
- ❖ Enhancement of the body's immunity and energy levels.

- ❖ Restoration of balance among the bodily humors *Vata*, *Kapha* and *Pitta*.
- ❖ Reduction of insomnia, mental disturbances and anxiety.

Specific role of *panchakarma* in life style disorders:

- ✓ *Snehana* procedure bestows a rejuvenating effect, sustains body tone, facilitates smooth muscle function by pacifying *Vata Dosha* and imparts suppleness to the body, and eliminates *Mala*.
- ✓ *Abhyanga* nourishes the body, nurtures the mind to prevent modern day stress, safeguarding against depression and diseases caused by sedentary life style.
- ✓ *Swedana* therapy alleviates *Sthambha*, *Gourava* and *Sheetata* within the bodies which are the symptoms of physical burden or wrong posture associated with modern day life style.
- ✓ *Vamana* therapy eliminates imbalanced *Kapha Dosha* and prevents respiratory ailments.
- ✓ *Virechana* therapy rids the body of deranged *Pitta Doshas* and helps to cure conditions like constipation and other *Pitta* disorders associated with faulty dietary habits.
- ✓ *Basti* therapy purges disturbed *Vata Dosha* and alleviates symptoms of pain and inflammation.
- ✓ *Nasya* therapy eliminates imbalanced *Doshas* through the nose and mouth to clears nasal passage in case of allergic conditions or migraine. It also relives mental stress.
- ✓ *Dhoomapana* dispels accumulated *Kapha* and *Vata Doshas*, offering sinus cleansing and preventive benefits against infections.
- ✓ *Raktamokshana* dedicated to the purification of *Rakta Dhatu*, ensuring the refinement of the blood.^[8-10]

CONCLUSION

The incidence of lifestyle-related diseases such as diabetes mellitus, hypertension, dyslipidemia, obesity and depression, etc. is very common now a day's due to the lifestyle of current scenario. Ayurveda offers valuable insights into the prevention and management of lifestyle disorders, garnering global attention. Ayurveda provides comprehensive solutions of such conditions and *Panchakarma* procedure is one of them. *Panchakarma* facilitate detoxification and bio-purification of body thus prevents and treats consequences of life style disorders. Various *Panchakarma* procedures play a pivotal role in preventing diseases resulting from lifestyle changes. *Panchakarma* protocols offer effective measures for the prevention of lifestyle disorders such as; *Madhumeha*, *Hridaya Roga*, *Pakshaghata* and *Raktacchapa*, etc. It rectifies imbalances of *Dosha*, *Dushya* and *Agni* thus interrupts progression of the diseases. It clears *Srotas* therefore normalizes circulatory process of body that helps significantly towards the prevention of metabolic or other life style disorders.

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