



ADVANCEMENT IN PANCHKARMA AND DETOXIFICATION THERAPIES W.S.R. TO SUGGESTED MODIFICATION IN EQUIPMENTS

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Article Received on 12/10/2020

Article Revised on 02/11/2020

Article Accepted on 22/11/2020

ABSTRACT

Ayurveda the branch of health management mentioned importance of natural approaches towards the healthy well being. Ayurveda suggested that balancing state of *Doshas*, *Agni*, *Dhatu*s and *Indriyas* provides good health status. The removal of waste products or toxins from body is also very important for the healthy physical and mental state. In this regard Ayurveda suggested various detoxification measures under the heading of *Panchakarma* to facilitate removals of toxins from body. *Panchakarma* removes waste, pacify circulation of body, imparts mental peacefulness and regulate physiological functioning of body. *Vamana*, *Virechana*, *Nasya*, *Basti* and *Raktamokshan* are main modalities of *Panchakarma*. These approaches performed as per classical ways presented by Ayurveda philosopher. There are many types of equipment utilized in various *Panchakarma* therapies along with drugs and other materials. Recently advancement in *Panchakarma* therapy especially modifications in equipments have been presented by various researchers and technicians. Present article summarizes classical perspective and advancement in *Panchkarma* therapy.

KEYWORDS: *Ayurveda*, *Panchakarma*, *Advancement*, *Equipments/Instruments*.

INTRODUCTION

The Indian healthcare system Ayurveda aimed towards the restoration of normal physical and mental health. Ayurveda comprises many natural approaches like *Panchkarma* which help to manage disease free life. *Panchakarma* is detoxification measure which not only eliminates wastes from the body but also balances metabolic activities and relieves mental anxiety. *Panchakarma* balances *Doshas*, *Agni*, and immunity and synchronizes harmony amongst different elements of body.

Vamana, *Virechana*, *Nasya*, *Basti* and *Raktamokshan* are major approaches of *Panchakarma*. *Vamana* means therapeutic emesis to pacify ailments of upper body portion and gastric ailments. *Virechana* means therapeutic purgation to removes toxins through intestinal/anal route; it helps in digestive trouble and constipation. *Nasya* means administration of drug through nasal cavity to relieves headache, migraine and facial paralysis. *Basti* means therapeutic enema to acquire health benefits in gynecological and other disorders. *Raktamokshan* means blood purification to relieves *Rakta-Vikara*. The major beneficial effects of *Panchakarma* depicted in **Figure 1**.

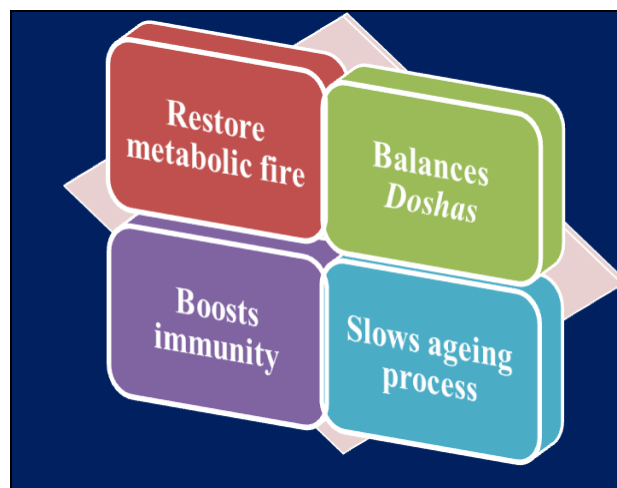


Figure 1: General health benefits of *Panchakarma*.

Classical perspectives on *Panchakarma*

Vaman involves administration of emetic decoction to facilitate vomiting which expel out toxins through upper alimentary canal. This provides relief in *Kapha* predominate conditions like; weight gain, hyperacidity and asthma, etc.

Virechan facilitate purgation to removes toxins through bowels, it clears gut thus pacifies *Pitta* predominated conditions such as; jaundice, abdominal infection, colitis and digestive ailments, etc.

Basti means medicated enema using *Ghee*, milk, oils and medicaments. It gives therapeutic relief in *Vata* predominated conditions such as; piles, arthritis, constipation and constipation.

Nasya involves use of nasal medicaments through nostrils to clear head area & relieves ailments of upper body parts. It helps in shoulder pain, cerebral pain, cure sleep disorder, relieves sinusitis and helps in respiratory ailments.

Raktamokshan is useful for purifying blood; performed in particular area of body and leech therapy is one such example. This treatment is helpful in various skin infections such as; psoriasis, pigmentation and dermatitis, etc.

Advancement in Panchakarma

There is need to incorporate advance techniques in *Panchakarma* to make this therapy more compatible in terms of global acceptance. The advanced technologies and methodologies investigated in past few years offer following advantages:

- ❖ Make therapy economical & cost effective
- ❖ Advancement in equipment increases effectiveness of therapies
- ❖ Imparts easiness in procedures and time saving
- ❖ The effective use of equipments reduces manpower
- ❖ Improves safety in terms of less chances of procedural complications
- ❖ Improves patient and physician compliance

Equipments and recent advancements

The major or commonly used equipments and other materials are *Agnikarma shalaka*, backrest, *Sarvang Swedan Peti*, *Anuvasan Basti Yantra*, *Dhumpan Yantra*, *Dhara Yantra*, *Greeva Basti Yantra* and *Dravswed Yantra*, *Shirodhara Yantra* and *Shirodhara tray*, etc.

Recently many technicians of field developed modified massage *Droni Shriodharma* Table, electrical steam cabinet capacity of one person and *Nasya Peeth* for easiness of procedure. Similarly electrical full body oil bath used in recent practices for *Avaghanswedan* which comprises of stainless steel material, insulated bath tub, thermostat to regulate temperature so that desired soothing effects can be achieved through relaxant hydro-massage bath. Patient hold bars present in such types of equipments used currently provides comfort seating space for the patient.

The modified *Nasya Peeth* is tubular steel chair with wooden seat to provide comfortable seating of patient with many adjustable facilities. The chair constructed in

such a way so that it support head position comfortably and enhances easiness for nasal drug administration.

Sarvang Vashapa Swedan Yantra constructed with three windows on each side. These modified electrical instruments equipped with many safety measures to avoid any accidents. The steam passes from one sides controlled by controller and perforated bed with moving trolley allows complete exposure of required body parts of patients to the steam.

The latest *Vamana Peeth* used for *Vamanam* procedure comprises a chair designed in the inclined sitting position so to facilitate vomiting and expulsion of toxins directly into the sink attached with modified *Vamana Peeth*. This gives advantage of restricted patient movement and easiness of procedure. It also attach calibrated jar to measure the quantity of expelled liquids.

Similarly *Virechana Peeth* also available with many good features including chair made of cold-rolled steel frame. Collection vessel also attached, this provides comfortable and hygienic disposal of the waste through bowel.

Modified version of *Dhumpan Yantra* facilitate formation of herbal smoke in controlled manner and leaching of materials through which instrument prepared is not occurs thus safe and insulation maintain temperature and provides advantage of safe handling of equipment.

Vasti Yantra are mainly two types *Vasti Netra* & *Vasti Putaka*, *Vasti Netra* is nozzle of *Vasti* while *Vasti Putaka* is container of *Vasti*. *Vasti Netra* is tube like nozzle attached with *Vasti Putaka*. The *Vasti Netra* mainly inserted inside the body cavity for therapeutic enema purpose. The recent modification made in a way so to maintain hygienic in repeated administration therefore disposable *Vasti Netra* suggested. Moreover the controlled delivery of medicaments also achieved through new modification with ease of administration and lack of patient discomfort.

Bloodletting performed without *Shashtra* with minimal invasion using *Shring*, *Alabu* and *Jalaukavacharana* (leech therapy). The invasive bloodletting performed with *Shashtra* such as *Pracchana* and *Siravedha*. The recent modification made in bloodletting to ease the procedure with less complications and painless procedure. Recently modification in *Shringayantra* suggested for *Raktamokshana* purpose since sucking of blood by mouth (classical approach) is not good practice now a day's.

Following modifications suggested without changing classical principles:

1. Use of mechanical aspiration for sucking blood instead of mouth aspiration
2. The latest equipment offers controlled aspiration force attached with force measurable device

3. Constant aspiration can be maintained with mechanical aspiration
4. The use of soft instruments causes less invasion and pain

As mentioned above to overcome the obstacles of classical *Panchakarma* techniques some modifications suggested including advancement in equipments. These advancements bring beneficial features but resides basic principle of therapy.

CONCLUSION

Panchakarma is gaining popularity in global medical practice, however with the development in scientific techniques it is required to adopt some advancement in classical Ayurveda techniques so to make Ayurveda therapies more effective and acceptable. The *Panchakarma* technique utilizes many types of equipment for various purposes and recently much advancement has been suggested in *Panchakarma* equipments. These new, modified and affordable equipments not only works on classical Ayurveda principle but provides several advantages like; easy to use, patient safety, compliance, time saving, economic and effective to deliver health benefits of therapy.

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