



**UTILITY AND AYURVEDA CONSIDERATION OF PANCHAKARMA: A REVIEW**

**Dr. Shivchandra Vishwanath Gurme\***

HOD & Asso. Professor, Samhita Dept., MUP'S Ayurved College, Risod, Dist. Washim, Maharashtra, India.

\*Corresponding Author: Dr. Shivchandra Vishwanath Gurme

HOD & Asso. Professor, Samhita Dept., MUP'S Ayurved College, Risod, Dist. Washim, Maharashtra, India.

Article Received on 10/11/2018

Article Revised on 30/11/2018

Article Accepted on 21/12/2018

**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.<sup>[1-5]</sup> *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.<sup>[3-8]</sup> *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.<sup>[6-11]</sup>

**Purva Karma**

❖ **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.

❖ **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**

❖ **Vaman**

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

❖ **Virechan**

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

❖ **Basti**

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

❖ **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 *Panchakarma*. *Pashchat Karma* may utilize *rasayan* therapy, *sansarjan kram* and *shaman chikitsa*.

### Rules to Conduct *Panchakarma*

- ❖ Excess physical activity & sexual intercourse need to be avoided 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 *Panchakarma*

- ✓ Children and geriatric patients handled with attention.
- ✓ Support of other person essential for higher stage of *Panchakarma*.
- ✓ Patient should not be aggressive while performing *Panchakarma*.
- ✓ *Vaman* should be done only in morning time and empty stomach.
- ✓ Heavy meal should be avoided.
- ✓ *Virechan* should not perform other than morning or empty stomach.
- ✓ *Anuvasan 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.

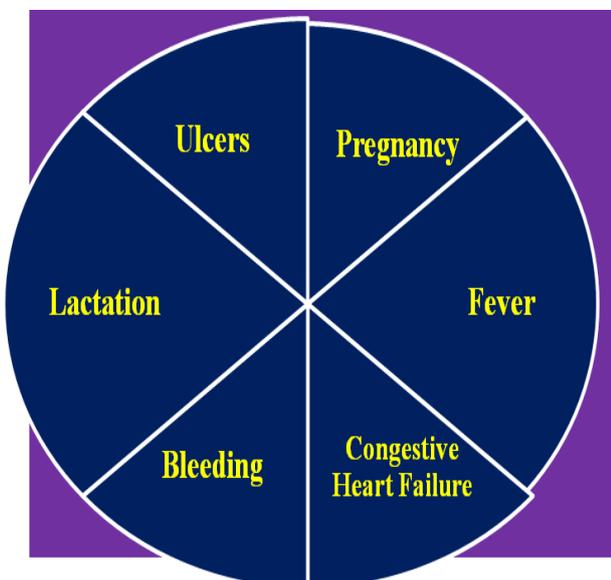


Figure 1: Contra Indications for *Panchkarma*.

### 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*

- *Panchakarma* (*Raktamokshana*) pacifies vitiated *Dosha* and control *Dushita Rakta* of *Siras*.
- *Raktamokshana* pacify *Pitta* thus *Pittaja Rakta Vyadhi* relived.
- Liquefaction and removal of *Dosha* boost circulation and purify whole *Rakta*.
- *Panchakarma* control blood pressure.

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