

## ROLE OF POORVAKARMA PRIOR TO SHODHANA

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**ABSTRACT**

In present era *Panchakarma* has got prominent role in the management of the diseases. *Shodhana with the help of Panchakarma* expels the *doshas* from their nearest routes so disease cannot revert after. Without proper *poorvakarma*, *shodhana* effect cannot be achieved, Even if *shodhana* procedure performed properly. Because without *poorvakarma* *doshas* cannot be changed to *nirama* state through which they can be expelled out. *Poorvakarmas* like *deepana*, *pachana*, *snehana*, *swedana* plays important role in bringing the *sama doshas* to *nirama* state, as they mobilize *doshas* from *shakha* to *koshta* and thus helps in easy expelling of *doshas* from body.

**KEYWORDS:** *panchakarma, poorvakarma, deepana, pachana, snehana.***INTRODUCTION**

*Panchakarma* is the composite nomenclature of five kind of treatments designed for biopurification of body. *Panchakarma* is essentially the therapeutic technology of *Samshodhana*. Classical texts have described *Panchakarma* therapy into three main *karmas* as *Purva karma*, *Pradhana karma* and *Paschata karma*. The first and foremost *karma* done in every *Panchakarma* therapy is *Purvakarma*.<sup>[1]</sup> *Shodhana* would be easy to perform if *Poorvakarmas* were done properly.<sup>[2]</sup> *Panchakarma* is helpful for those patients who are bushed after all the *Shamana* treatments because *Panchakarma* expels the *Doshas* from their causative roots, so diseases cannot revert after; like tree cannot grow without its root.<sup>[3]</sup> *Panchakarma* can be performed whenever *Doshas* are in *Koshtha* (*UpasthitaDoshani*) in particular form of the suitable person.<sup>[4]</sup> Here commentator *Chakrapani* has explained that *Doshas* which are accumulating from *Shakha* to *Koshtha* from all over the body and *Doshas* which have changed their forms from *Linatva* to *Utkleshitaavastha* can be said as *Upasthitadoshas*.<sup>[5]</sup>

Five factors are responsible for the movement of *Doshas* from *Shakha* to *Koshtha* like; 1) *Vridhdhi* of the *Doshas* 2) *Vishyandana* of the *Doshas* 3) *prakopa* of *Doshas* 4) *SrotomukhaVishodhana* 5) *Nigrahana* of *Vata*. These all five factors can be achieved by the *Poorvakarmas* i.e. *Snehana* and *Swedana*. Internal *Snehanapana* plays a key role in *Vridhdhi* of the *Doshas*. *Sneha* does *DoshaVridhdhi* (*ShodhanarthaSneha*), *Doshashamana* or *Brihanakarma*, if it uses in particular *Matra*(quantity) and *Kala* (time).<sup>[6]</sup>

1. **Vridhdhiand vishyandana** : Achieved by *Snehana* and *Swedana*
2. **Paka** : Achieved by *Pachana* and *Swedana*
3. **Srotomukhavishodhana** : Achieved by *Swedana*
4. **Vayoschanigrahat** : Achieved by *snehana* and *swedana*

Before the actual procedure of purification begins, there is a need to prepare the body with prescribed methods to organize the body for eliminating the *doshas*. *Deepana* and *pachana* does kindling of *Agni* and digestion of *Ama* respectively. *Snehana* does *utkleshana*, where as *Swedana* liquefies the *dosha* and assists in the movement of *dosha* from *shakha* to *koshta*. A specific suitable *Shodhana* is then given to expell the *doshas*.

**VISHISHTA POORVAKARMA- ROOKSHANA**

मांसला मेदुर भूरिष्लेमणो विषमाग्नयः॥

स्नेहोचिताश्च ये स्नेहयास्तान् पूर्व रूक्षयेत्ततः।

संस्नेहय शोधयेदेवम् स्नेहव्यापन्न जायते॥ (A.H.16/37-38)

- One which produces *Raukshyatva*, *Karatva* and *Vaishadya* is called *Rookshana*
- In Person of obese muscular body, *vishamagni*, *Snehanitya*, *Kaphotklista*, *Rookshana* should be done first and then *Snehana* should be given.

**DEEPANA**

- The drugs that increases the *Agni*, but does not digests the *Ama* is called *Deepana*

**WHY DEEPANA IS IMPORTANT?**

“जठरानल शक्ति अनपेक्ष्य स्नेहमात्राः प्रयुञ्ज्यमाना अनार्थीयैव।”(Arunadatta on A.H.Su16/18)

- Agni is very important factor on the basis of which the Sneha Matra is decided.
- In conditions of Avara Agnibala and Uttama Agnibala, Hrisva and Uttama Matras are to be administered respectively.

**Deepana dravyas act in the following way in kindling the digestive fire**

- Stimulation of vagus nerve
- Stimulation of glossopharyngeal nerve
- Stimulation of fundus and pylorus i.e

Promotes gastric juice and facilitate digestion



Sensitize oral taste receptors facilitating saliva secretion



Induce gastrin secretion which stimulates HCl secretion

**PACHANA**

The drugs which does the digestion of Ama without increasing the Agni is called Pachana

**Snehapana matra**

According to Sushruta (Su.Chi.31/25-29)

DOSE	TIME REQUIRED FOR DIGESTION	INDICATION
PRATHAMA MATRA	3 HOURS	ALPA DOSHA
DVITIYA MATRA	6 HOURS	MADYA DOSHA
TRITIYA MATRA	9 HOURS	BAHU DOSHA
CHATURTA MATRA	12 HOURS	GLANI, MURCHA, MADA
PANCHAMA MATRA	24 HOURS	KUSHTA, VISHA UNMADA

**According to Vangasena, Vardamana Matra of snehapana .**

Authors	1 <sup>st</sup> Day	2 <sup>nd</sup> Day	3 <sup>rd</sup> Day	4 <sup>th</sup> Day	5 <sup>th</sup> Day	6 <sup>th</sup> Day	7 <sup>th</sup> Day
Uttama	3 Pala (144ml)	3 ½ Pala (168ml)	4 Pala (192ml)	4 ½ Pala (216ml)	5 Pala (240ml)	5 ½ Pala (264ml)	6 Pala (288ml)
Madhyama	6 karsha (60ml)	7 Karsha (84ml)	8 Karsha (96ml)	9 Karsha (108ml)	10 Karsha (120ml)	11 Karsha (132ml)	3 Pala (144ml)
Hrisva	3 Karsha (36ml)	3 ½ Karsha (42ml)	4 Karsha (48ml)	4 ½ Karsha (54ml)	5 Karsha (60ml)	5 ½ Karsha (66ml)	6 Karsha (72ml)

**SNEHA MATRA According to Vagbhata**

- The quantity of Sneha digesting in 2, 4 and 8 yamas is hrisva, madhyama, uttama matra respectively.
- Hrisiyasi matra which is lesser than Hrisva matra should be administered first which is digested in one yama. This is given in ordered to asses the kosta. Depending upon the response of the patients to this matra, the Hrisva matra can be fixed

**Role of Sneha matra in shodhana**

As cloth absorbs water and release the excess; the Sneha is assimilated according to digestive power and the excess is thrown out. But when the Sneha consumed at once in excess, it goes out entirely like water poured over an earthen mass quickly flows out without moistening it.

**WHY PACHANA IS IMPORTANT?**

“अजीर्ण वर्धते ग्लानिर्विबन्धश्चापि जायेत्।

पीतं संशोधनं चैव विपरीतं प्रवर्तते॥” (Cha.Si.6/142)

- Vibandha and Glani.
- Therapy works in opposite way(Vamana aushadha causes Virechana, Virechana aushadha causes Vamana)

**MODE OF ACTION OF PACHANA**

1. Stimulation of Vagus nerve which in turn secretes gastric juice.
2. Stimulates duodenum which leads to secretion of digestive enzymes & hormones.
3. Stimulates liver to secrete bile.
4. Stimulates pancreas to secrete pancreatic juice

**SNEHANA**

The patient should have Snehapana minimum for 3 days and maximum for 7 days. Thereafter Snehapana is not desirable because after a week patient becomes Sneha Satmya.

**IMPORTANCE OF POORVAKARMA**

- In a vessel smeared with oil, water escapes without sticking to the vessel. Similarly *Kapha* and other morbid *doshas* expelled out easily from a body which has undergone *snehana* and *swedana*.
- If, *Samshodhana* is given without *Snehana* and *Swedana* then it will destroy the body just like if we try to bend a dried wood (then it will break).

After *deepana*, *pachana*, *snehana* and *swedana* *dosha* should be expelled from the nearest route, at a proper time according to the strength of *Roga* and *Rogi*.

**MATERIALS AND METHODS**

- Classical texts and commentaries of *Ayurveda*.
- Study material collected from internet.

**DISCUSSION**

The Sama Dosha which is deep and strongly adhered to the Dhatus all over the body should not be eliminated because, it will destroy the body like extracting juice from unripe fruit. Hence by Deepana and Pachana Niramikarana can be achieved. This can be well understood with an example of a hot charcoal which is incapable of producing the fire unless the ash which is covered over it is removed, similarly when the Ama Dosha is being removed by the Pachana, there will be Agni Vriddhi. *Poorvakarma* is combination of external and internal procedures, which stimulates the zones where toxin and waste products accumulate and purify the body. This procedure help the body to prepare for internal *shodhana* procedures. The most important activities in *Poorvakarma* are *Pachana* which does ripening of *Ama*, *Deepana* does the separation *dosha* from *dhatu*, *Snehana* does *uthkleshana* of *doshas* where as *Swedana* brings the *dosha* from *shakha* to *khosta*. During the first few days of treatment, *Poorvakarma* therapies are recommended in which toxin are conjugated and prepared for elimination, after that they are combined with *Panchakarma* procedures for internal and external procedures.<sup>[7]</sup>

**CONCLUSION**

*Panchakarma* can be performed only if the *Doshas* are in *Koshtha* from all over the body. For that *Snehana* and *Swedana Karmas* are the merely options. Five factors responsible for the movement of *Doshas* from the *Shakha* to *Koshtha*. *Vriddhi* and *Vishayandana* of the *Dosha* can be done by *Snehanakarma* where as *Swedana* does *Srotomukhavishodhana* and *Paka* of *Doshas*. Physician can control (*Nigrahana*) *Vata dosha* certainly by *Snehana* and *Swedana Karmas*. *Snehapana* can cause for *Vriddhi* of *Doshas* only, if it is consumed in empty stomach at that time when *Agni* is not in increased state, otherwise it increases *Agni* not *Dosha*. *Sneha* especially *Ghritha* is imperative factor in treatment due to its *SamskarasyaAnuvartana* quality. With this *Guna* it causes for *Vriddhi*, *Shamana* of *Doshas* or *Brimhana* of the body. Practically the dose of *Sneha* for *Shodhanakarma* should be that, which takes about 12 hours to get digested. *Snehapana* is an imperious *Poorvakarma*. In a nut shell without performing *Poorvakarmas*, *Doshas* cannot accumulate into the *Koshtha* in a particular form for the *Shodhan*.

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