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 expells 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, panchana, 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.[1] Shodhana would be easy to perform if Poorvakarmas were done properly.[2] Panchakarma is helpful for those patients who are rushed after all the Shamana treatments because Panchakarma expells the Doshas from their causative roots, so diseases cannot revert after; like tree cannot grow without its root.[3] Panchakarma can be performed whenever Doshas are in Koshta (Upasthitadoshani) in particular form of the suitable person.[4] Here commentator Chakrapani has explained that Doshas which are accumulating from Shakha to Koshta from all over the body and Doshas which have changed their forms from Linatva to Utkleshitavastha can be said as Upasthitadoshas.[5]

Five factors are responsible for the movement of Doshas from Shakha to Koshta like; 1) Vriddhiof the Doshas 2)Vishyandana of the Doshas 3) prakopan of Doshas 4) SrotomukhaVishodhana 5) Nigrahana of Vata. These all five factors can be achieved by the Poorvakarmas i.e. Snehana and Swedana. Internal Snehanapan plays a key role in Vriddhi of the Doshas, Sneha does DoshaVriddhi (ShodhanarthSneha), Doshahammana or Brihanakarma, if it uses in particular Matra(quantity) and Kala(time).[6]

1. Vridhhiand vishyandana : Achieved by Snehana and Swedana
2. Paka : Achieved by Pachana and Swedana
3. Srotomukhavishodhana : Achieved by Swedana
4. Vayoschanigrahad : 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 utklesha, 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 भूरिष्केश्याय: विषामानिन्य: ||
स्नेहचिकित्साप्रयोगः स्नेहयस्तानूपूर्वः स्कृतिततः।
संस्कृत्त्तह शोध्यदेवम्वन्येवत्प्रवर्तय ज्ञातजयेत्॥ (A.H.16/37-38)

- One which produces Raukshyatava, Karatva and Vaishadaya 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 digest the Ama is called Deepana
WHY DEEPANA IS IMPORTANT?

“जठरानऱ शक्ति अनऩेक्ष्य स्नेहमात् प्रयुन््यमाना अनाथाायैि।” (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 facilitates 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

SNEHANA

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

<table>
<thead>
<tr>
<th>DOSE</th>
<th>TIME REQUIRED FOR DIGESTION</th>
<th>INDICATION</th>
</tr>
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<tbody>
<tr>
<td>PRATHAMA MATRA</td>
<td>3 HOURS</td>
<td>ALPA DOSHA</td>
</tr>
<tr>
<td>DVTITIYA MATRA</td>
<td>6 HOURS</td>
<td>MADYA DOSHA</td>
</tr>
<tr>
<td>TRITIYA MATRA</td>
<td>9 HOURS</td>
<td>BAHU DOSHA</td>
</tr>
<tr>
<td>CHATURTA MATRA</td>
<td>12 HOURS</td>
<td>GLANI, MURCHA, MADA</td>
</tr>
<tr>
<td>PANCHAMA MATRA</td>
<td>24 HOURS</td>
<td>KUSHTA,VISHA UNMADA</td>
</tr>
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According to Vangasena, Vardaman Matra of snehapana.

<table>
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<th>Authors</th>
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<th>2nd Day</th>
<th>3rd Day</th>
<th>4th Day</th>
<th>5th Day</th>
<th>6th Day</th>
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</thead>
<tbody>
<tr>
<td>Uttama</td>
<td>3 Pala</td>
<td>3 ½ Pala</td>
<td>4 Pala</td>
<td>4 ½ Pala</td>
<td>5 Pala</td>
<td>5 ½ Pala</td>
<td>6 Pala</td>
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<td></td>
<td>(144ml)</td>
<td>(168ml)</td>
<td>(192ml)</td>
<td>(216ml)</td>
<td>(240ml)</td>
<td>(264ml)</td>
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<tr>
<td>Madhyama</td>
<td>6 Karsha</td>
<td>7 Karsha</td>
<td>8 Karsha</td>
<td>9 Karsha</td>
<td>10 Karsha</td>
<td>11 Karsha</td>
<td>3 Pala</td>
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<tr>
<td></td>
<td>(60ml)</td>
<td>(84ml)</td>
<td>(96ml)</td>
<td>(108ml)</td>
<td>(120ml)</td>
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<tr>
<td>Hrisva</td>
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<td>3 ½ Karsha</td>
<td>4 Karsha</td>
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<tr>
<td></td>
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<td>(42ml)</td>
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<td>(54ml)</td>
<td>(60ml)</td>
<td>(66ml)</td>
<td>(72ml)</td>
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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).

MAJOR 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 a 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 Svedana 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. [7]

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 Shukha to Koshita, 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 Vridhid 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. Sneh especially Ghrita is imperative factor in treatment due to its SamskarasyaAnuvartana quality. With this Guna it causes for Vridhhi, Shamana of Doshas or Brimhana of the body. Practically the dose of Sneh 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 Koshta in a particular form for the Shodhan.

REFERENCES