



ROLE OF PANCHAKARMA IN PUBLIC HEALTH

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KEYWORDS :

PANCHAKARMA THERAPY

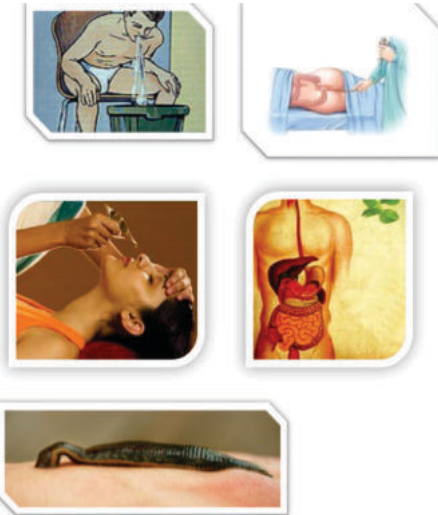
Five Purificatory therapies intended to cleanse, restore and balance the dosha, dhatu and mala.

"Chikitsapayo Vamana-Vireka-Nasya-Niruhanuvasanani."¹

- ❑ Panchakarma helps for balancing seasonal aggravation of dosha.
- ❑ Eliminates disease causing factors.
- ❑ Maintains equilibrium of dosas in the body.

"Iti Atura Swastha Sukha Prayaga Bolayusha Bridhikrit Amayaghna"²

Pancha Karma Therapy is a special therapeutic procedure popularly practiced in Ayurveda for bio purification of the body with rejuvenative effect. It is the composite nomenclature of Five kinds of treatments designed for trans-membrane visceral and cellular purification, as well as transdermal purification of the body. Panchakarma is essentially the therapeutic technology of Samshodhana

Shodhana**Indications Of Shodhana**

- ◆ A) Indication of Shodhana according to Dosha-
- ◆ "Prabhuta shlesmapittasramala sansrista maruta-
- ◆ Brihata sarira bolino langhaniya bishudhhibhi"³.
- ◆ B) Indication of Shodhana in Bahudosa avasthau Avipaka, Aruchi, Sthoulya, Pandu, Gaurava, Klama, Kandu, Kota, Alasya, Kafa pitta utklesha, Atinidra, Nidranasha, Dourbalya, Dourgangha, Balabarnapranasha etc.
- ◆ Shodhana in Sadatura⁴

Snehana

"Sneha anilo hanti mridukoroti dehang malanang binihanti sangam."⁵

TYPES-1.BAJYA

ABHYANGA-"Abyangamachorenityam, sa jarashra-mavataha-

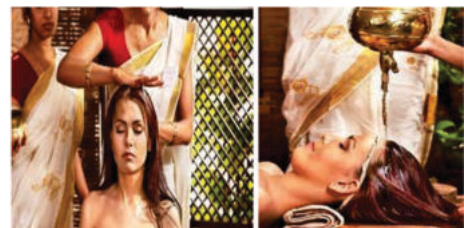
Dristiprasadaprustayu swapnasutwaktwadadayarkrit."⁶

**Murdhinitaila**

"Abhyanga seka pichobo bastischeti chaturbidham.

Murdhatailam bahugunam tad vidyat uttarattama."⁷

- ❑ Procedure Benefits
- ◆ Shirabhyanga Nourishments of hair, sense organs, skin
- ◆ Shirokeka Arunshika, Shirotoda, daha, paka
- ◆ Shiropichu Keshashat, sphuton, dhupone
- ◆ Shirobasti Aridita, Netrastambha, Timira, Shiroroga

**Swedana**

Sweda	Indication
• Upanaha Sweda	• Sandhivata, Vatarakta, Narivrana, Bhagandara
• Patra Pinda Sweda	• Katigraha, Gridhasi, Sandhivat, Avabahuka
• Swastikshali Pinda Sweda	• Mangshagatavata, Ayama, Sankocha, Shosha
• Churna Pinda Shweda	• Amavata, Medoroga, Gridhashi, rUrushstambha
• Narisweda	• Swasa Roga, Sandhivata, Katigraha

• Jambira Pinda Sheda	• Amavata, Avabahuka, Gridhasi
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Panchakarma According To Season⁸

SEASONS	PANCHAKARMA
Vasanta	Vyayama, Udvartana, Dhooma, Kavalagraha, Anjana, Vamana
Grishma	Ghritapana
Varsha	Basti
Sharad	Tikta sarpipana, Virechana, Raktamokshana, Snana, Avagahana
Hemanta	Abhyanga, Utsadana, Murdhini Taila, Jentaka Sweda, Atapa -sweda
Shisira	Abhyanga, Utsadana, Murdhini taila, Jentaka sweda, Atapa sweda.

Panchakarma Or Upakrama Mentioned In Dinacharya⁹

Upakrama/ Procedure	Benifits
• Dhumpana	• Cures heaviness of head.(Shira Gaurav) Pinasa, Ardhababhedaka.
• Nasya by Anutaila	• Protects pre-mature greying hair and hair falling. Effective in Ardhit, etc.
• Kavala Gandusa	• Beneficial for strength of jaw and teeth.
• Abhyanga (Sirabhyanga, Padabhyanga)	• Body becomes strong. Prevents from Vatavyadhi.



Some Diseases Treated Effectively By Panchakarma

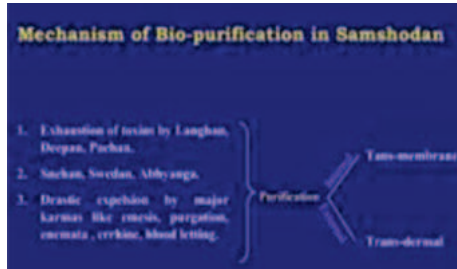
DISEASE	TREATEMENT
Sandhigata Vata ¹⁰	• Abhyanga • Swedana(Nadi/ Sarvanga) • Bastikarma (Dasamooladi/ Erandamooladi basti)
Amavata ¹¹	• Ruksha swedana • Virechana • Vaitarana Basti, Kshara Basti
Eka-Kustha ¹²	• Deepana- Pachana • Snehapana • Vamana- Virechana
Tamaka- Swasa/ Kasa ¹³	• Abhyanga • Nadi Swedana • Vamana/ Virechana
Grahani/ Ajeerna ¹⁴	• Virechana • Basti (Dwi- Panchamooladi Yapanna Basti)

DISEASE	TREATEMENT
Vatarakta15	• Abhyanga • Swedana • Basti (Hapusadi yapanna basti, Madhu ghritadi Yapanna basti, Yasthimooladi Yapanna Basti)
Unmada, Apasmara16	• Virechana • Shirodhara • Basti- Mustadi Yapanna Basti
Medoroga17	• Udvaartana • Virechana • Lekhana Basti
Pakshabadha18	• Abhyanga • Swedana (Shastika Shali Pinda Sweda) • Virechana • Basti (Mustadi yapanna basti)
Avabahuka19	• Abhyanga • Swedana • Nasya Karma • Basti
Keshapata, Akalaja – Palitya, Akaja- Bali20	• Nasya • Basti (Shatavaryadi Sneha Basti, Baladi Sneha Basti, Sahacharadi Sneha Basti)
Rasayana	• Baladi Yapanna Basti • Mustadi Yapanna Basti • Madhu Tailadi Basti • Madhu Ghritadi Yapanna Basti

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- 5) Shastri Rajeswar Dutta , Carak Samhita, Chaukhambha Bharati Academy, Varanasi, 1998 P-1156.
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- 9) Shastri Rajeswar Dutta , Carak Samhita, Chaukhambha Bharati Academy, Varanasi, 1998 P-123-128.
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- 14) Shastri Rajeswar Dutta , Carak Samhita, Chaukhambha Bharati Academy, Varanasi, 1998 P-534.
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- 16) Shastri Rajeswar Dutta , Carak Samhita, Chaukhambha Bharati Academy, Varanasi, 1998 P-367.
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Mechanism Of Panchakarma

1. Exhaustion of toxins in situ by Langhana, Deepana, Pachana
2. Snehana, Swedana, Abhyanga.
3. Drastic expulsion by major karmas like emesis, purgation, enema, errhine, blood letting.



CONCLUSION

- ◆ Promotive & Preventive Health care To promote health of a healthy and to tackle the Tridosic rhythms in different seasons
- ◆ Rejuvenative Health care as an integral pre-requisite of Rasayana Therapy and Kayakalpa
- ◆ Curative Management To irradiate the disease by cleansing the diseased channels in chronic diseases
- ◆ Rehabilitative Health care To suppress a disease process and to rehabilitate the patient.

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