



SCOPE AND CONCEPT OF PANCHAKARMA THERAPY AS A TOOL TO PREVENT DISEASE RECCURENCE – A CRITICAL REVIEW

Dr. Devi R Nair

Research Officer (Ay) Central Ayurveda Research Institute for Drug Development Kolkata CCRAS, Ministry of AYUSH

Dr. Jayaram Hazra*

Director Central Ayurveda Research Institute for Drug Development Kolkata CCRAS, Ministry of AYUSH*Corresponding Author

ABSTRACT

Background: Disease recurrence is a huge dilemma in front of medical community till now. It ranges from recurrent respiratory tract infection to secondary attack of once fully cured cancer. It also include frequent attacks of rheumatoid arthritis, frequent displacement of knee, recurrent migraine attacks etc. Aim: The present article aims at exploring the scope of Panchakarma as a powerful tool to prevent the recurrence of diseases.

Review results: Panchakarma, owing to its action of trans – cellular purification, may remove the accumulated toxins from the cellular level, leading to non-recurrence of diseases.

Discussion: The concept of recurrence of diseases is related to the concept of Dhaathugatha aama (accumulated toxins in micro level) in Ayurveda. Panchakarma protocol may be considered as the most powerful scientifically designed tool to remove the accumulated toxins in a most effective and safe manner from the cellular level.

Conclusion:

The present article summarizes the concept of disease recurrence and seek for most effective and safe solutions in Ayurveda.

KEYWORDS : Panchakarma, Disease recurrence, Dhaathugatha aama

Background:

Disease recurrence is a huge dilemma in front of medical community till now. It ranges from recurrent respiratory tract infection to secondary attack of once fully cured cancer. It also include frequent attacks of rheumatoid arthritis, frequent displacement of knee, recurrent migraine attacks, recurrent attacks of once fully cured fistula etc.

The concept behind recurrence of diseases should be analysed and studied first for finding a better solution for prevention of recurrence. As per modern point of view, several models have been discussed including infection models and immunity models. For an auto-immune disease, recurrence may be attributed to the newly discovered terminally differentiated regulatory T cells. A new blips generating mechanism is proposed, that is, infection makes the host more vulnerable to be infected, and is modelled by an increasing, saturating infectivity function [1].

As per Ayurvedic concepts, the concept of recurrence of diseases has been attributed to dhaathugatha aama. The only solution for prevention of recurrence is to separate and eliminate aama residing in the dhaathu level which is possible through the bio-purification therapy, Panchakarma. Aim : The aim of the present article is to find out a solution through Panchakarma to prevent the disease recurrence.

Review results:

Ayurvedic concept behind recurrence:

As per Ayurvedic principles, recurrence of disease happens due to dhaathugatha aama[2] or accumulated toxins in cellular level. Due to daily activities or by attack of any pathogens, the free inward movement of bio- elements inside the cell and outward elimination of waste materials will be get obstructed. This will lead to the slow obstruction of cellular pores (srothas)[3], micro and macro channels of the body and lead to vitiation of body elements. This will lead ultimately to the initiation of a pathological process and will soon present as a disease symptom. Even if the symptomatology of disease get cured by samsamana therapy (therapy aiming at subsidence of disease), toxins deeply dissolved at micro level will remain there silently and exacerbate on getting the suitable environment and present itself as a secondary attack of cancer or respiratory infection or pilonidal sinus. Ayurveda calls it as aama (accumulated toxins) which are dissolved at dhaathu[4] level.

The only solution for its removal is Panchakarma or bio-purification therapy which do trans-cellular purification which targets mainly at elimination of toxins which are accumulated deep-seated in the micro –level.

Panchakarma protocol - General guideline:

Depends on several criteria including the level of vitiation, patient's bala (strength), age, season etc.

I. Deepana Pachana

General guideline include the prior process called deepana and pachana[5] which will make the digestive fire able to digest sneha. This is possible by the internal administration of medicines which are unctuous in character. This will increase the efficacy of forthcoming snehapaana therapy, which will make sneha absorb to body channels more effectively.

II. Snehapaana :

The protocol then proceeds to Snehapaana (oleation therapy) in which the cellular toxins will undergo liquefaction[6]. The toxins (aama) which are in leenabhaava will undergo increase in volume and got liquefied by the intake of medicated or non-medicated sneha and will lose its leenabhava and will become ready to move to the alimentary canal.

III. Swedana :

The liquefied cellular wastes from all channels(micro and macro)will be moved to the digestive tract for its elimination[7] by the effect of swedana therapy.

IV. Elimination process – Panchakarma:

The process of elimination can be through 5 possible ways as per the level of vitiation of dosha which include vamana therapy (emesis therapy), virechana therapy (purgation therapy), vasti therapy including niruha and anuvasanavasti (medicated decoction enema and oil enema) and nasya therapy (errhine therapy). The cellular wastes which had separated from cells after liquefaction by snehapaana, came to digestive tract by swedana is eliminated as per the proximity.

V. Rasayana therapy :

It aims to stabilize the body elements after complete purification and making it resistant to further vitiation[8], that is dhaathu will become sashtra dhaathu (dhaathu with good qualities) which has adequate immunity which will prevent the chance of recurrence of pathological process.

Discussion:

Concept of Dinacharya:

Ayurveda has got a scientifically designed Dinacharya protocol (Daily regimen schedule) which actually aims at daily elimination of accumulated wastes. It aims at complete purification of body and mind and raise the individual to a perfect state of well-being. It deals with

each and every regimen to do in a scientifically designed manner. The basic underlying principle in it is nothing other than daily elimination, for example, rasanjana prayoga in every 7 days preventing the accumulation of waste [9] in eyes.

Concept of Rithu sodhana:

Body will undergo certain level of vitiation as per season or rithu. This seasonal vitiation of dosha can be over-powered by the concept of Rithu-Sodhana. For example, the season in which more Kapha vitiation occurs, that is, vasantha (spring) should be overcome by vamana therapy [10] which aims at elimination of kaphaja dushti in the upper part of the body.

Utilization of Panchakarma as a Curative and Preventive tool:

As a bio-purification therapy, Panchakarma has got both curative and preventive aspects. Panchakarma eliminate the obstruction of micro and macro channels on a daily basis and seasonal basis preventing any chance of dosha sanchaya (accumulation of vitiated body elements). As a curative tool, it will first liquefy the accumulated toxins even from the micro channels of the body and drive it to alimentary tract for its elimination. This will lead to complete bio-purification and elimination to its maximum extent.

Conclusion :

Recurrence of diseases has now become a major challenge in front of the medical community. It has to be addressed very urgently through solutions including Panchakarma procedures followed by Rasayana therapy, done in a most scientific way. It has to undergo immediate clinical trials and documentations.

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