



PANCHAKARMA – AN IMPORTANT TREATMENT PRINCIPLE

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ABSTRACT Panchakarma the five purification therapies explained in Ayurveda plays a major role in maintaining health and relieving diseases in terms of Ritu Shodhana and Shodhana procedures respectively. This emphasizes the importance and benefits of Shodhana therapy and specifically the Panchakarma therapy in toto. Ritu Shodhana should be extensively practiced by and thus preserve the health. So where quality of life is more favoured than increased life expectancy, Shodhana in terms of Panchakarma should be extensively practiced by and thus preserve the essence of Ayurveda.

KEYWORDS : Panchakarma, Ayurveda, Ritu Shodhana, quality of life

Introduction

Panchakarma are Vamanam, Rechanam, Nasyam, Nirooha Basti and Anuvasanam Basti. Panchakarma plays a vital role in fast relief of diseases, provides good results by expelling out the toxins from the body and hence detoxify the body, assists balance all Tridoshas, slows the ageing process, helps implement a healthy diet and lifestyle. The Pre-operative procedures are Snehana Karma and Svedana Karma.

Vamanam (Therapeutic Emesis)

Vamanam is a procedure in which Doshas are eliminated through upper channels, through mouth, specially the Kapha and Pitta Dosha brought to Amashaya from all over the body by the specific preoperative procedures and then eliminated out by inducing the emesis.

Virechanam (Therapeutic Purgation)

Virechanam is a controlled purgation process that includes elimination of all the ama or toxins of the body. It helps the body to reach a state free from the aggravated Pitta dosha and its toxic disease-causing symptoms. Virechanam also leads to the formation of new Pitta in the body which aids in digestion and metabolism.

Nasyam (Medicines inserting through nostrils)

Nasyam is a powerful cleaning method for the head region. It mainly cleans the 'Kapha' dosha from the upper body. It is done by administering medicine through the nose. Medicinal powder, specially prepared oils, juices of herbs etc can be used for Nasyam. Most common is the use of medicated oils.

The benefits are as the nostrils are pathways to the brain, the procedure can influence the brain and is used for various conditions like Stroke, Facial palsy, Insomnia, Psychological problems, Hormonal issues, Sinusitis, Frozen shoulder, Migraine etc.

Nirooha Basti (Therapeutic Decoction Enema)

Nirooha Basti is a type of Basti procedure where in Kashaya or herbal decoction is used as medicine. It is also called as Kashaya Basti or Asthapana Basti.

The benefits are this Basti procedure eliminates the morbid doshas and hence diseases from the body so it is called as Nirooha. This Basti also establishes Vaya (establishes longevity and enhances youthfulness) so called as Asthapana.

Anuvasana Basti (Therapeutic Oil.Ghee Enema)

Anuvasana basti – here medicated oil or ghee is used. The word 'Anuvasana' means to stay for a long duration in the intestine without causing any problem. It can be used on a daily basis hence the name Anuvasana basti. The herbs usually used are Rasna, Shatapushpa, Bilwa, Rakta punarnava, Shweta punarnava, Agnimantha etc.

Procedure of Basti Therapy

1) Poorva Karma – the success of Basti therapy depends on the pre treatment procedures. Snehana and Svedana is done. Snehana is done mainly in the abdominal region and hot water bag fomentation on the same area. Dosha analysis, medicine dosage, deciding the day of procedure, time factor, compatibility of diet-lifestyle etc, is taken into consideration.

2) Pradhana Karma – it includes 3 steps i.e a) method of administering Basti b) positioning the patient and c) return of Basti Dravya i.e when the medicine comes out of the gut.

3) Paschat karma – it includes all the measures taken after giving Basti therapy such as proper diet plan and lifestyle protocol etc.

Indications and Contraindications of Basti Therapy

Indications – in disease affecting the whole body or part of body or abdominal viscera, Obstruction of urine, flatus, stool and semen. numbness of body, muscle wasting, decrease in strength, worm infestation, abdominal tumour, heaviness in the body, Dysuria, Piles, Gout, Renal stone and all diseases caused by vitiated Vata Dosha.

Contra-indications – in excessive external and internal oleation, indigestion and low digestion, tired due to travelling, thirst, fatigue, emaciated person, after drinking water, after intake of food, after Vamana therapy, person in pain, anger or intoxicated, excessive salivation, Ascites, Intestinal obstruction, pain in abdomen, skin disorder, Anaemia, old aged people etc.

Raktamokshana (Therapeutic blood letting)

Acharya Sushruta mentioned Raktamokshana as one of the purification therapy It is the procedure of letting vitiated by different methods from the body. The Types are Shastra, Pracchana, Siravedha, Anushastra – Jalauka, Shrunaga, Alabu These are Indicated in Swelling, Burning sensation, Suppuration, Vatarakta, Skin diseases, Elephantiasis, Toxic condition of blood, Fibroids, Tumours, Mastitis, Debility, Heaviness of body, Conjunctivitis, Sinusitis, Herpes, Liver abscess, Spleen abscess, Suppuration and burning sensation of Ear, Nose, Lips and Oral cavity, Headache, Gonorrhoea, Bleeding disorders, etc.

This is contra Indicated in emaciated persons, pregnancy, those suffering from Anaemia, Haemorrhoids, Ascites, Consumption and Dropsy Those fit for Raktamokshana are persons not afflicted with excess cold, hot, excess of sweating and not exposed to Sun, taken Yava diet prior to treatment.

Samyak Lakshana – Feeling of lightness of body, relief from pain and severity of the disease, mind relaxation.

Atiyoga Lakshana – Raktamokshana performed in excessive sweating, hot season and deep puncturing cause Atiyoga (excess out flow of blood).

Discussion

Ritushodhana (Seasonally Eliminary Regimes)

One of the major concept in Ayurveda told as 'Ritu Shodhana' is the unwholesome diet and lifestyle is to be followed in a certain season causing increased condition of Dosha aspect is removed in the particular Ritu. Vasanta, Pravrut and Sharat are the Ritus selected for Vamana, Nasya, Basti and Virechana respectively. Ritu Shodhana should be extensively practiced by and thus preserve the healthy aspect of life.

CONCLUSION

Shodhana is one such treatment where lipophilic endotoxins causing hormonal imbalances, immune disturbances, metabolic disorders causing early aging are expelled out in the nearest route. Acharya Vagbhata quotes that Shodhana results in increased function of motor, sensory and mind systems, stimulating Agni leading to apt metabolism, slows down aging progression. Hence where quality of life is more favoured than increased life expectancy, Shodhana in terms of Panchakarma should be extensively practiced by and thus preserve the essence of Ayurveda.

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