



## ROLE OF PANCHKARMA IN GLOBAL HEALTH CARE: A CONCEPTUAL STUDY

Vinay Pareek\*<sup>1</sup> and Shubha Pareek<sup>2</sup>

<sup>1</sup>Bhauasaheb Mulak Ayurved College, Nagpur (Mah.)

<sup>2</sup>Government Ayurved College, Nagpur (Mah.)

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### INTRODUCTION

The body's *Doshas*, *Agni*, *Dhatus* and *Malas* are all linked to health.<sup>01</sup> It is a happy state of *Atma*, *Indriyas* and *Mana*.<sup>02</sup> Our physical and mental systems gather pollutants in today's stressed and hazardous world, resulting in a variety of disorders that can harm an individual's health and welfare. *Ayurveda*'s goals are - "Swasthasya Swasthya Rakshanam Aturasya Vikara Prashmanam".<sup>03</sup> *Panchakarma* is a Penta bio-purification procedures that helps to improve the bioavailability of pharmaceutical medicines, restore bodily humour equilibrium, eliminate disease causing complexes from the body and prevent disease recurrence and progression.<sup>04</sup> *Vamana*, *Virechana*, *Basti*, *Nasya* and *Raktamoksha* are the five measures included in this therapy.<sup>05</sup> To make the bodily system conducive for the removal of bio-toxins and channel cleansing, *Snehana* and *Svedana* treatments are performed before *Panchakarma* processes. The three fold therapeutic management of disorders in *Ayurveda* is called *Samshodhana*, *Samshamana*, and *Nidana Parivarjana*. *Panchakarma* plays an important role in this respect because of the immediate relief it provides by properly eliminating toxins from the body and detoxifying the body.

#### Purpose

To evaluate, elaborate and discuss the *Panchakarma* procedure to maintain healthy people well and to cure diseased people globally.

### MATERIAL AND METHODS

Materials and methods related to *Panchakarma* procedures is collected from Ayurvedic text books including *Brihatryee*, *Laghutryee* and text books of modern medicine. The *Dalhana*, *Chakrapani* commentaries of Ayurvedic *samhitas* were also referred to collect relevant matter. The index, non-index medical journals were also included to collect information of relevant topic.

### CONCEPTUAL STUDY

#### Prevention of diseases

*Panchakarma* is beneficial not only in preventing sickness but also in healing it. *Panchakarma* is recommended on a regular basis in *Ayurveda* because vitiation of *Dosha* occurs whenever favourable conditions arise. *Ayurveda* gives detailed explanations of the many stages of *Dosha* in each season that has accumulated. The different season and *Panchakarma* based on *Doshas* are explained in table no. 1.<sup>06,07</sup>

Table 1 Seasonal *Panchakarma* for prevention of diseases

| Season                     | <i>Panchakarma</i>                       |
|----------------------------|--|
| Vasant                     | <i>Vamana karma</i>                      |
| Sharad                     | <i>Virechana karma and Raktamokshana</i> |
| Varsha                     | <i>Basti karma</i>                       |
| Hemant                     | <i>Swedana</i>                           |
| Vasant, Sharad and Pravrit | <i>Nasya</i>                             |

#### Cure of diseases

The main second purpose of *Ayurveda* is to cure disease. The following are some of the disease and *Panchakarma* procedures explained as in table no. 2.<sup>08</sup>

Table 2 Disease and *Panchakarma*

| Disease              | <i>Panchakarma</i>   |
|----------------------|--|
| <i>Sthaulya</i>      | <i>Udwartana, Lekhan basti</i>   |
| <i>Amlapitta</i>     | <i>Vamana, Virechana</i>   |
| <i>Parinamshoola</i> | <i>Basti, Shirodhara</i>   |
| <i>Pakshaghat</i>    | <i>Snehana and Swedana, MriduVirechana, Asthapanabasti, Anuvasanbasti</i>                    |
| <i>Shwasa</i>        | <i>Swedana, Vamana, Virechana</i>  |
| <i>Ekakushta</i>     | <i>Vamana, Virechana, Nasya, Raktamokshana</i>   |
| <i>Udararoga</i>     | <i>Nitya Virechana</i>   |
| <i>Shirahshoola</i>  | <i>Virechana, Nasya</i>  |
| <i>Anidra</i>        | <i>Nasya, Shirodhara</i>   |
| <i>Sandhivata</i>    | <i>Snehana, Swedana, Basti</i>   |
| <i>Amavata</i>       | <i>Deepana, Pachana, Virechana, Snehapan, Anuvasan basti, Kshar basti and Baluka Swedana</i> |

\*Corresponding author: Vinay Pareek

Bhauasaheb Mulak Ayurved College, Nagpur (Mah.)

Prameha  
Agnimandya

Vamana, Virechana, Udwartana  
Pachana, Vamana, Virechana

### Rejuvenation health

*Panchakarma* methods such as *Basti*, *Vamana*, *Virechana* use particular herbs, oils to improve sexual activity, complexion and longevity as well as to achieve *Dharma*, *Artha*, *Preeti* and *Yasha*.<sup>9</sup>

**Geriatric health-** According to *Ayurvedic* Classics, the human body is designed to be *Shatayu* (live for 100 years) if the proper *Dincharyas* & *Ritucharaya* is followed. Along with oral administration of *Rasayan* herbals, the *Panchakarma* therapies *Nitya Abhyanga*, *Swedana* and *Basti* are particularly useful in minimising degenerative changes, strength and lifespan.<sup>10</sup> In addition, we currently use *Shirodhara*, *Katibasti*, *Janubasti* and *Greevabasti* for geriatric health.

### Panchakarma Procedures

#### Purvakarma

#### Deepana & Pachana

These stages are taken to purify the toxins and allowing the toxins to be readily separated and expelled during the primary detoxification phase. Increased *Agni*, loosens the hard poisonous blockages. Internally, medicines are given for this purpose. This procedure is known as *Deepana* and *Pachana*, and it lasts 3-5 days depending on the patient and illness.

#### Snehana

*Snehapana* and *Abhyanga* are used to oleate the entire body after *Deepana* and *Pachana*.<sup>11</sup> Patients are instructed to consume a certain amount of medicinal *ghee* or oil for a set period of time. On a daily basis, the amount of medicinal *ghee* or oil is gradually raised. *Snehapana* generally take for between 3 to 7 days to complete. *Snehapana* and *Abhyanga* are both part of *Snehapana* therapy and they cure the vitiated *Vata Dosha* by softening the body and dissolving the accumulation of vitiated *Doshas*.

#### Swedana

*Swedana* is the process of generating perspiration by the use of medicated herbal decoctions and steam. It is a pre operative treatment used in many *Ayurvedic* detox therapies.<sup>12</sup>

#### Pradhanakarma-

#### Vamana

*Vamana* is the process of expelling vitiated *Doshas* through the upper tract. It is used to treat vitiated *Kapha-Pitta* *Dosha* as well as *Kaphaja* disease.<sup>13</sup> *Vamana* karma can be treated with a variety of medications, the most popular of which being *Madanphala*. Drugs that are *Ushna*, *Tikshna*, *Sukshma*, *Vyavayi* and *Vikasi* reach the heart and circulate via the vessels due to their potency.<sup>14</sup> They liquify the compact *Doshas* and separate the adhered *Doshas* found in the gross and subtle channels of the entire body because of their *Agneya* character (*Agni- Mahabhuta*). The vitiated *Doshas* reach the stomach and are propelled by *Udana Vayu* due to their nature of moving through subtle pathways and flowing.<sup>15</sup>

#### Virechana

*Virechana* is the process of eliminating vitiated *doshas* through the descending tract.<sup>16</sup> *Virechana karma* is a medicinal purification that cleanses the body of excess *Pitta-Kapha*, purifies the blood and removes poisons.<sup>17</sup> The therapy focuses mostly on toxins collected in the liver and gall bladder, totally detoxifying the gastro-intestinal system.

#### Nirooha basti

The specialized *Panchakarma* procedure *Nirooha basti* is used to treat *Vata*-related diseases. It is the most effective treatment for *Vataja* disease.<sup>18</sup>

#### Anuvasana basti

*Anuvasana Basti* is used to cure severe dryness in those who have a healthy digestive fire and are purely *Vatavyadhi*.<sup>19</sup> This method with a small amount of oil can be utilized to achieve *Vata Dosha* equilibrium.

#### Nasya

The nose is considered as the gateway of the head thus spreading through this it is very capable to cure diseases of the parts above the shoulders.<sup>20</sup> *Nasya* is given to the patient on an empty stomach with the patient lying down with their head tilted back and the *Nasya* drug administered in each nostril.<sup>21</sup>

#### Raktmokshan

*Raktmokshana* is an effective blood purification therapy in which carefully controlled removal of small quantities of impure blood is conducted to neutralise accumulated toxins. When excess toxicity of *rakta* and *pitta* has occurred so much so that it cannot be cured by herbs or any other procedure, *raktmokshan* comes to rescue.

#### Pashchat karma

Modifications in diet and lifestyle after the detoxification process. It is also known as the concluding phase or the follow-up treatments. This is helpful to re-establish the digestive enzymes and replenishment of the tissues of the body that are detoxified. It includes *Peyadi* or *Tarpanadi Samsarjana karma*, *Brinhana*, *Abhyanga*, *Utsadana* etc.

## RESULTS

*Panchakarma* is a bio cleansing system that helps to maintain body humour balance, remove disease causing substances from the body and prevent disease recurrence and progression. *Shodhana* increases colour, complexion, mind and intelligence by promoting *Kaay agni*, curing ailments, keeping the *Doshas* in balance and improving colour, complexion, mind and intelligence.<sup>22</sup> It also increases one's strength and vitality, allowing one to live a longer and healthier life.<sup>23</sup> *Vamana* removes aggravated *Kapha*, lightens the body, improves the activities of sensory organs and clears the channels of the chest, flanks and head area when done correctly. *Virechana* cleanses aggravated *Pitta* and clears all body channels, generating *Jatharagni* and imparting lightness to the body. When performed correctly, *Basti* Karma enhances appetite, taste and generates bliss by establishing proper faeces, urine and flatus ejection, as well as improving appetite and taste. *Nasya Karma* clears the circulation channels and removes the exacerbated *Dosha* above *Urdhva Jatru Pradesha*.<sup>24</sup> Considering all of the *Shodhana's* benefits, it's thought that *Shodhana* affects practically all of the body's

systems, particularly the digestive, endocrine and metabolic systems. *Shodhana* is thought to improve all metabolic waste products and eliminate free radicals, hence giving a foundation for the entire body to revitalise. After the *Panchakarma* therapy, biochemicals in the body return to normal levels, according to clinical studies. Public health concerns can be done if *Panchakarma* is well supported with strong scientific evidence and confirmation. This helps in the treatment of a disease. According to scientific investigations, detoxification methods appear to help in the more effective elimination of chronic diseases.

## CONCLUSION

*Panchakarma* is a kind contribution of *Ayurveda* to human well being. These therapies, when utilised appropriately, can create incredible outcomes. For *Panchakarma* to be successful, *Purva Karma*, *Pradhana Karma* and *Paschat Karma* must all be accomplished faultlessly. If done correctly, *Panchakarma* therapy eliminates *Doshas*, cures diseases and restores normal strength and complexion, which in turn results in longer and healthier life. Elimination therapies, on the other hand, completely remove vitiated *Doshas* from their source, ensuring that they do not resurface unless there are extremely strong etiological causes; instead, they remove vitiated *Doshas* from their source. It has also helped a variety of sectors of public health. Both the diseased and the healthy benefit from *Panchakarma* therapy, which promotes strength, longevity and the elimination of ailments.

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