



ROLE OF PANCHAKARMA IN THE PUBLIC HEALTH SCENARIO -A CONCEPTUAL STUDY

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ABSTRACT

"Health" is "a condition of complete physical, mental, and social well-being, not just the absence of sickness or disability." In the *Ayurveda* view, in whom, activity of *Dosha* (humours) *Agni* (digestive power) *Dhatu* (tissues) and *Mala* (waste products) are normal and sense organs and mind are in pleasant state are considered as healthy person. Imbalance in these factors and accumulation of toxins produce diseases. Various pollutants, contaminated particles, and other dangerous waste elements are constantly depositing in our bodies owing to the worldwide urbanization and globalization, causing a variety of diseases, including mental and bodily imbalance. *Panchakarma* is a penta bio-purification that includes *Vamana*, *Virechana*, *Basti*, *Nasya* and *Raktamokshana*. *Panchakarma* helps in bringing accumulated toxins into the GI tract and removes from the body through nearest route and help in re-igniting the digestive fire and brings about balance of the *Doshas*. As a result, disease-causing complexes from the body are eliminated and prevents disease recurrence and development, thus making it possible to achieve public health. People's health concerns can be satisfactorily resolved if *Panchakarma* is well supported by scientific documentation and confirmation.

Key Words: *Ayurveda*, *Basti*, *Nasya*, *Raktamokshana*, *Shodhana*, *Swasthya*. *Vamana*, *Virechana*,

INTRODUCTION: The body's *Doshas* (humours), *Agni* (digestive and metabolic fire), *Dhatu*s, and *Malas* (the appropriate disposal of waste products and toxins) are all linked to health.¹ It is a happy/joyous state of *Atma* (soul), *Indriyas* (sense organs), and *Mana* (emotion & thought process).² 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 as follows: "Swasthasya

Swasthya Rakshanam Athurasya Vikara Prashmanam"³ *Swasthya Swastha Rakshanam* i.e., people who are healthy should maintain their health and *Athurasyasa Vikara Prashmanam* i.e., curing the disease of the diseased. *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.⁴

Vamana (therapeutic emesis), *Virechana* (therapeutic purgation), *Basti - Asthapan basti* (therapeutic decoction enema), *Anuvasana basti* (therapeutic oil enema), *Nasya Karma* (nasal administration of medicaments) and *Rakthamoksha* (blood letting) are the five measures included in this therapy.⁵ To make the bodily system conducive for the removal of bio-toxins and channel cleansing, *Snehana* (therapeutic oleation) and *Svedana* (sudation) treatments are performed before *Panchakarma* processes. The three-fold therapeutic management of disorders in *Ayurveda* is called *Samshodhana* (purification), *Samshamana* (pacification), and *Nidana Parivarjana* (avoiding causative factors). *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.

AIM

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

Table no 1. Seasonal Panchakarma for prevention of diseases

Season	Panchakarma procedure
Vasant (spring)	Vamana karma or Panchakarma
Sharad (autumn)	Virechana karma and Raktamokshana
Varsha (rainy)	Basti karma
Hemant(pre-winter)	Swedana (sudation)
Vasant, Sharad and Pravrita	Nasya
Nitya (daily)	Anjana, Dhumapana, Gandusha, Karnapurana, Abhyanga, Pratimarshanasya.

- **Cure of diseases** - The main second *Prayojana* (purpose) of *Ayurveda*, according to literature, is to cure disease and, more recently, to cure the condition of

METHODOLOGY

- Materials related to *Panchakarma procedures* is collected from Ayurvedic text books including *Bahatrayee*, *Laghutryee* and text books of modern medicine respectively. 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

Various aspect of Panchakarma

- **Prevention of diseases** - *Panchakarma* is beneficial not only in preventing sickness but also in healing it and hence sustaining good health. *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 *Ritu* that has accumulated. The different *Ritu* (seasons) and *Panchakarma* are explained as in table no. 1, based on *Doshas*.^{6,7}

individuals who have been recommended surgery. The following are some of the ailments and *Panchakarma* procedures:⁸

Table no 2. Examples of disease and Panchakarma

Disease	Panchakarma
<i>Sthaulya (obesity)</i>	<i>Udwartana, Ruksha Choorna Pinda Swedana and Lekhanbasti</i>
<i>Amlapitta(acidity)</i>	<i>Vamana and Virechana</i>
<i>Parinamshoola (peptic ulcer)</i>	<i>Basti and Shirodhara</i>
<i>Pakshaghat (hemiplegia)</i>	<i>MriduVirechana, Asthapanabasti, Anuvasanbasti, Snehana and Swedana</i>
<i>Shwasa (asthma)</i>	<i>Vamana, Virechana and Swedana</i>
<i>Ekakushta (psoriasis)</i>	<i>Vamana, Virechana, Raktamokshana, and Nasya</i>
<i>Udararoga(ascites)</i>	<i>Nitya Virechana</i>
<i>Shirahshoola (migraine)</i>	<i>Virechana, Nasya and Virechana</i>
<i>Anidra (insomnia)</i>	<i>Nasya and Shirodhara</i>
<i>Sandhivata (osteoarthritis)</i>	<i>Snehana, Swedana and Basti</i>
<i>Amavata (rheumatoid arthritis)</i>	<i>Deepana & Pachana, Virechana, Snehapan, Anuvasan basti, Kshar basti and Valuka Swedana</i>
<i>Prameha (diabetes)</i>	<i>Vamana, Virechana, Udwartana and Takra dhara</i>
<i>Agnimandya (hypothyroidism)</i>	<i>Vamana, Virechana and Pachana</i>

• **Pre-conceptional health-** In *Ayurveda*, there are specific actions that all people should take in order to increase their chances of not only conception but also having a healthy child. A deep interior cleansing to balance the *Doshas* and remove toxins (known as *Ama*) by detoxifying the body is the first step in developing healthy sperm and eggs, just as a healthy seed bears healthy fruit. After cleansing the body with non-unctuous and unctuous enema, the physician should offer the formulations for boosting semen

and virility, taking into account the patient's strength.

• **Paediatric health-** Childhood is regarded as the most crucial stage of life, as it impacts the quality of one's health, well-being, learning, and behaviour throughout one's lifetime. This could explain why *Balachikitsa* is placed first among the *Ashtangas* (8 branches) in *Kashyapa Samhita*.

• **Rejuvenation health-** *Panchakarma* methods such as *Basti*,

Vamana, *Virechana* use particular herbals, oils, and ghee to improve sexual activity, complexion, and longevity, as well as to achieve *Dharma* (virtue), *Artha* (wealth), *Preeti* (pleasure), and *Yasha* (fame).⁹

- **Geriatric health-** Age is unavoidable. It is a normal occurrence and a necessary part of existence. According to *Ayurvedic* Classics, the human body is designed to be *Shatayushi* (live for 100 years) if the proper daily routine (*Dincharyas & Ritucharaya*) is followed, which includes diet and activity. Along with oral administration of *Rasayan* herbals, the *Panchakarma* therapies *Nitya Abhyanga* (full body massage), *Swedana* (steam), and *Basti* (therapeutic enema) are particularly useful in minimising degenerative changes, strength, and lifespan.¹⁰ 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 channels and Ama (toxins), allowing the toxins to be readily separated and expelled during the primary detoxification phase. Increased bodily fire, or *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* (oral) and *Abhyanga*(massage) are used to oleate the entire body after *Deepana* and *Pachana*.¹¹ 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* might 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* (toxins or waste).

- **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. After an oil massage, *Ayurvedic* fomentation is frequently provided.¹²

- **Pradhanakarma-** The main detoxifying process:

- **Vamana karma-** *Vamana* karma (induced emesis) is the process of expelling vitiated *Doshas* (toxins or waste) through the upper tract (mouth). It is used to treat vitiated *Kapha-Pitta* *Dosha* as well as *Kaphaja* disease.¹³ *Vamana* karma can be treated with a variety of medications, the most popular of which being *Madanphala*. Drugs that are *Ushna* (hot), *Tikshna* (sharp), *Sukshma* (subtle), *Vyavayi* (those that pervade the entire body before being digested) and *Vikasi* (those that cause joint looseness) reach the heart and circulate via the vessels due to their potency.¹⁴ They liquify the compact (adherent) *Doshas* and separate the adhered *Doshas* found in the gross and subtle channels of the entire body because of their *Agneya* character (predominance of *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 (towards the gastro-intestinal system).¹⁵

Process of Vamana karma respectively –

- *Akanthyapaan* – with milk, bitter gourd juice, decoction of neem, etc

- *Vamana yoga* – *Madanaphala*, *Ekshavaku* etc.
- *Vamanopaga* – *Yashtiphanta*
- *Dhoomapana* – *Snehika*, *Shamana*, *Virechnik*

Action of *Vamana karma* on the basis of modern physiology –

- Local irritation
- Increased volume
- Stimulation of vomiting center¹⁶
- ***Virechana karma***- *Virechana karma* is the process of eliminating vitiated doshas (toxins or waste) through the descending tract (rectum) (therapeutic purgation).¹⁷The *Virechana karma* is a medicinal purification that cleanses the body of excess *Pitta-Kapha*, purifies the blood, and removes poisons.¹⁸ 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 vitiated *Vata dosha*, also known as *Vataja* disease.¹⁹
- ***Anuvasana basti***- *Anuvasana Basti* is used to cure severe dryness in those who have a healthy digestive fire and are purely *Vatavyadhi* (nervous system, musculoskeletal system disorder etc).²⁰ This method with a small amount of oil can be utilized to achieve *Vata Dosha* equilibrium. Warm oil is combined with a small amount of *Shatapushpa kalka* and *Saindhav*.
- ***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.²¹ *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.²²

- ***Pashchat karma***- Modifications in diet and lifestyle after the detoxification process.
- *Peyadi or Tarpanadi Samsarjana karma*
- *Brimhana*
- *Abhyanga, Utsadana and basti*,

DISCUSSION: *Panchakarma* is a five-procedure 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 *Kayagni* (digestive force and metabolism), curing ailments, keeping the *Doshas* in balance, and improving colour, complexion, mind, and intelligence.²³ It also increases one's strength and vitality, allowing one to live a longer and healthier life.²⁴ *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. 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* (head and neck).²⁵ 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 one-of-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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