

The background of the slide is a light gray gradient. It is decorated with numerous realistic water droplets of various sizes. Some droplets are large and prominent, while others are small and subtle. They are scattered across the slide, with a higher concentration in the top-left and bottom-right corners. The droplets have a glossy, reflective surface with highlights and shadows, giving them a three-dimensional appearance.

INTRODUCTION TO PANCHKARMA

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DEPT OF PANCHKARMA

- Pañcakarma presents a unique approach of ayurveda with specially designed five procedures of **internal purification** of the body through the **nearest possible route**.
- Such purification allows the biological system to return to homeostasis & to rejuvenate rapidly & also facilitates the desired pharmaco-therapeutic effects of medicines administered thereafter.

- Pañcakarma has a full therapy role as promotive, preventive & curative procedure
- Revival of interest in ayurveda has provided drift to medical tourism in the country.

- There has been a phenomenal increase in the demand for specialized therapies of ayurveda, particularly pañcakarma, not only for treatment of diseases but also for preventive & promotive health care.
- As a result, many health centres and tourist resorts providing pañcakarma therapy have come up in the country.

- Pañcakarma is **not merely a sodhana therapy** as it is understood, but also has wider range of therapeutics such as brimhana, lekhana, stambhana, rasayana, vrishya etc.
- Pañcakarma **not only eliminate the disease-causing toxins but** also revitalizes the tissues. This is why it is popularly known as rejuvenation therapy.
- Pañcakarma is **not only good for alleviating the disease** but is also a useful modality of treatment in preserving and promoting the perfect health.

- Ayurveda advises undergoing specific **pañcakarma** according to season to purify **the body**, relax the mind, improves the digestion and metabolism.
- In today's world more and more people are falling victim to the **adverse effects of stress and anxiety**, which is leading to diseases like improper digestion, lack of sleep, allergies, heart diseases, diabetes, chronic fatigue, cancer, osteoporosis etc. These diseases caused mainly due to **deeply seated metabolic toxins**.

- Pañcakarma **eliminates these metabolic toxins** from the body, allowing permanent healing of tissues and channels.
- Besides the application in the treatment of disease, they are also **used as preparatory measures before surgery and before administration of rasayana (rejuvenation therapy) and vājīkarana therapy and in kshetrikarana treatment (before internal administration of mercurial & metallic preparations).**

❖ The order of treatment is pācana, snehana & svedana, which can be termed as **pūrvakarma**;

- **Pradhāna karma** includes vamana, virecana, niruha & anuvāsana basti, nasya,
- **Paścāt karma** includes samsarjana krama, rasāyanādi karma & śamana prayoga (cikitsā kalikā 69-70).

DEFINITION:

- ❖ 'Panca' means five and 'karma' means action or therapy. So pancakarma means five actions or therapies.
- वमनादिषु कर्म लक्षणं बह्वतिकर्तव्यतायोगि दोषनिर्हरणशक्तिज्यायस्त्वम्। (cakra on ca sü 2/15)
- The lakshana of karma is **bahu-ati kartavya** (multiple & broad spectrum action) & having the capacity of eliminating the dosha

TRIVIDHA KARMA (su.Sū. 5/1)

- ❖ Pañcakarma is always performed in three phases:
 - Pūrva karma (preparatory procedures),
 - Pradhāna karma (main procedure) and
 - Paścāt karma (post-operative procedure).

It is essential for the patient to undergo all three phases.

❖ **Pūrvakarma (preparatory procedures):** before the actual operation of purification begins, there is a need to prepare the body with prescribed methods to organize the body for eliminating the dosha.

- Pūrva karma includes:

पाचनैः दीपनैः स्नेहैस्तान् स्वेदैश्च परिष्कृतान् ।

शोधयेत् शोधनैः काले यथासन्नं यथाबलम् ॥ a.H.Sú 13/29

1. Dīpana (enhancing the agni)
2. Pācana (digestion of ama)
3. Snehana (internal and external oleation)
- 4. Svedana (sudation)

- Dīpana & pācana does kindling of agni and digestion of ama respectively.
- Snehan is given daily for **three to seven days**.
- Snehana does **dosha utkleshana**, whereas svedana **liquefies the dosha** and assists in the movement dosha from **śakhā to koshta**.
- A specific suitable sodhana is then given to expel the dosha

Need of pūrvakarma:

- The whole śodhana procedure depends upon the proper mobilization of dosha from the śākhā, which is achieved with the help of snehana and svedana.
- Vamana and virecana are the purificatory procedures against the normal physiological processes of the body. Anything against any physiological activity of the body is bound to aggravate the vāta dosha. Hence sneha, mārḍava, etc. Properties are helpful in protecting the body from the negative onslaught of vata dosha.

IMPORTANCE OF PŪRVAKARMA

स्निग्धात् पात्रात् यथा तोयं अयत्नेन प्रणुद्यते । कफादयः प्रणुद्यन्ते स्निग्धात् देहात् तथौषधैः ॥

CA.SI.6/11

As in a vessel smeared with oil, water falls down without sticking to the vessel, similarly kapha and other morbid humor are expelled out easily in a body which has undergone oleation therapy. Cakrapani elaborates it as snehana helps to increase drava guna needed for the transfer of vitiated dosha (cakra on ca.Si.6/11).

2. अद्रं काष्ठं यथा वह्निर्विष्यन्दयन्ति सर्वतः ।

तथा स्निग्धस्य वै दोषान् स्वेदो विष्यन्दयेत् स्थिरान् ॥ ca si 6/12

- As a fire causes the water in moist wood to trickle out from every pore, similarly sudation causes the adhered toxic matter to melt and flow out in a person who has been previously oiled

3. क्लिष्टं वासो यथोत्क्लिश्य मलः संशोध्यतेऽम्भसा ।

स्नेहस्वेदैः तथोत्क्लेश्य शोध्यते शोधनैर्मलः ॥ CA. SI 6/13

As the dirt of cloth is separated and washed by soap & water. So by oleation and sudation, the toxic matter in the body is segregated and washed out by emesis or purgation.

4 स्नेहस्वेदाव अनभ्यस्य यस्तु संशोधनं पिबेत् ।

दारु शुष्कमिवानामे देहस्तस्य विशीर्यते ॥ su. Ci. 33/46

samśodhana given without snehana and svedana would destroy the body like the bending of dry stick causes breaking of stick