



## Role of *Panchkarma* in Public Health Scenario -A Conceptual Study

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### ABSTRACT:

**Background:** "Health" is a condition of complete physical, mental, and social well-being, not just the absence of sickness or disability." *Panchakarma* is used to eliminate toxins from the body and keep the digestive fire burning. It's a considered trying natural therapy for re-igniting the digestive fire and, as a result, restoring the body's balance and vigour. The *Panchakarma* method involves returning accumulated toxins to the GI tract and removing these toxins from the nearest root. *Panchakarma* is a Penta bio-purification procedure that helps to restore body humour balance, eliminate disease-causing complexes from the body, and prevent disease recurrence and development. People's health concerns can be satisfactorily resolved if *Panchakarma* is well supported by scientific documentation and confirmation.

**Aims and Objectives:** The major goal of *Panchkarma* procedure is to maintain healthy people well and to cure diseased people.

**Material and methods:** Classical treatises of *Ayurveda* along with modern standard textbooks related with *Panchkarma* were scrutinized.

**Conclusion:** *Panchakarma* procedures assist *Shodhana* in detoxifying such toxins and balancing the *Doshas*, preventing disease, improving people's lives, and making it possible to achieve public health.

**Keywords:** *Panchakarma, Shodhana, Ayurveda*

## INTRODUCTION

Health is related to the body's *Doshas*, *Agni* (digestive and metabolic fire), *Dhatu*s, and the proper removal of waste products and toxins.<sup>1</sup> It is a happy/joyous state of *Atma* (soul), *indriyas* (sense organs), and *Mana* (emotion &

thought process).<sup>2</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 as



follows: “*Swasthasya Swasthya Rakshanam Athurasya Vikara Prashmanam*”<sup>3</sup>*Swasthya Swastha Rakshanam* i.e. people who are healthy should maintain their health and *Athurasya Vikara Prashmanam* i.e. people who are unhealthy should be made free from diseases. *Panchakarma* is a Penta bio-purification procedure 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>4</sup> *Vamana* (therapeutic emesis), *Virechana* (therapeutic purgation), *Asthapan basti* (therapeutic decoction enema), *Anuvasana basti* (therapeutic oil enema), and *Nasya Karma* (nasal administration of medicaments) are the five measures included in this therapy.<sup>5</sup> 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.

## AIMS & OBJECTIVE

To evaluate, elaborate and discuss the *Panchkarma* procedure is to maintain health and to cure diseased people.

## MATERIAL & METHOD

Material related to *Panchakarma* procedure is collected from *Ayurveda* text including *Bahatriye*, *Laghutrye* and text book of modern medicine respectively. The commentaries available on the Ayurvedic Samhitas have also referred to collecting relevant matter. Medical journals, both index and non-index, have also been referred to as sources of information on relevant topics.

### Various aspect of *Panchkarma*

- **Prevention of disease-** *Panchakarma* is beneficial not only in preventing sickness but also in healing it and hence sustaining good health. *Shodhana* 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 follows,

based on *Doshas*.<sup>6,7</sup> Table no 1. Seasonal *Panchakarma* for prevention of disease

- **Cure of disease-** The main second *Prayojana* (purpose) of *Ayurveda*, according to literature, is to cure disease and, more recently, to cure the condition of individuals who have been recommended surgery. The following are some of the ailments and *Panchakarma* procedures:<sup>8</sup> Table no 2. Examples of disease and *Panchakarma*
- **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.
- **Pediatric 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) of *Ayurveda*.<sup>9</sup>
- **Rejuvenation health-** *Panchakarma* methods such as *Basti*, *Abhyanga*, and *Utsadana* 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).<sup>10</sup> Ayurvedic Rejuvenation Therapy helps to tighten the skin and build body tissues, allowing for longer life. Due to the optimization of the *Ojas* (primary vitality) and the *Sattva*, the body's overall resistance increases (mental clarity).
- **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.<sup>11</sup> In addition, we currently use *Shirodhara*, *Katibasti*, *Janubasti*, and *Greevabasti* for geriatric health.

### *Panchkarma* 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* are used to oleate the entire body after *Deepana* and *Pachana* (massage).<sup>12</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* 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 Dosh* 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.<sup>13</sup>
- **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 Dosh* as well as *Kaphaja* disease. *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. 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).<sup>14</sup>

#### Process of *Vamana karma* respectively –

- *Akanthapaan* – with milk, *Ekshu Rasa*, *Nimba Kwatha* 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 center
- **Virechan karma-** *Virechana karma* is the process of eliminating vitiated *Doshas* (toxins or waste) through the descending tract (rectum) (therapeutic purgation).<sup>15</sup> The *Virechana karma* is a medicinal purification that cleanses the body of excess *Pitta-Kapha*, purifies the blood, and removes poisons. The therapy focuses mostly on toxins collected in the liver and gall bladder, totally detoxifying the gastro-intestinal system.
- **Niroohabasti-** 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.<sup>16</sup>
- **Anuvasanbasti-** *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).<sup>17</sup> This method with a small amount of oil can be utilized to achieve *Vata Dosh* equilibrium. Warm oil is combined with a small amount of *Shatapushpa kalka* and *Saindhav*.
- **Nasya-** The entryway to consciousness and the path to our brain is the nasal cavity. The *Mind*, *Prana Vayu*, *Tarpaka Kapha*, *Sadhaka Pitta*, and *Majja Dhatu* are all affected by medications delivered through the nasal passages. *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>18</sup>
- **Pashchat karma-** Modifications in diet and lifestyle after the detoxification process.
  - *Peyadi* or *Tarpanadi Samsarjana karma*
  - *Brimhana*
  - *Abhyanga*, *Utsadana* and *basti*
  - Use oral administration of *Rasayan & Vajikaran*

## DISCUSSION

*Panchakarma* is a bio cleansing programme that consists of five procedures that serve to maintain body humour balance, eliminate disease-causing compounds from the body, and prevent disease recurrence and development. *Shodhana* promotes *Kayagni* (digestive power and metabolism), cures diseases, maintains the *Doshas* in balance, and improves colour, complexion, mind, and intelligence. It also boosts one's strength and vitality,

allowing them to live a long and healthy life.<sup>19</sup>*Vamana*, when done correctly, removes aggravated *Kapha*, lightens the body, improves the functions of sensory organs, and clears the channels of the chest, flanks, and head area. *Virechana*, when done correctly, removes aggravated *Pitta* and clears all body channels, activating *Jatharagni* and bringing lightness to the body. *Basti Karma*, when done correctly, establishes proper faeces, urine, and flatus ejection, improves appetite, taste, and causes bliss. *Nasya Karma* clears the channels of circulation and removes the aggravated *Dosha* situated above *UrdhvaJatruPradesha* (head and neck). 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. Before doing *Panchakarma*, it is necessary to check the status of *Dosha*, *Bheshaja*, *Desha*, *Kala*, *Bala*, *Sharir*, *Ahara*, *Satmya*, *Satva*, and *Prakriti Vaya Avastha*. Public health concerns can be done if *Panchkarma* 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 one of the most unique contributions to human wellness. If used correctly, these therapy approaches can produce amazing results. *Purva*, *Pradhana*, and *Paschat Karma* must all be completed correctly for *Panchakarma* to be successful. *Panchakarma* therapy eliminates *Doshas*, cures ailments, and restores normal strength and complexion, as well as bringing about lifespan if done correctly. Elimination therapies, on the other hand, entirely eliminate ailments, ensuring that they do not reappear unless there are very strong etiological causes; instead, they remove vitiated *Doshas* from their source. And it has benefited several aspects of public health. The *Panchakarma* course of therapy is beneficial to both the sick and the healthy, promoting strength, longevity, and eradicating disorders.

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**Table no 1. Seasonal *Panchakarma* for prevention of disease**

Season	<i>Panchakarma</i> procedure
<i>Vasant</i>	<i>Vamanakarma or Panchakarma</i>
<i>Sharad</i>	<i>Virechanakarma and Raktamokshan</i>
<i>Varsha</i>	<i>Basti karma</i>
<i>Hemant</i>	<i>Swedana (steam)</i>
<i>Vasant, Sharad and Pravrita</i>	<i>Nasya</i>
<i>Nitya</i>	<i>Anjana, Dhumapana, Gandusha, Karnapurana, Abhyanga, Pratimarshanasya.</i>

**Table no 2. Examples of disease and *Panchakarma***

Disease	<i>Panchakarma</i>
<i>Sthaulya (obesity)</i>	<i>Udwartana, Ruksha Choorna Pinda Swedana and Lekhanbasti</i>
<i>Amlapitta (acidity)</i>	<i>Vamana and Virechana</i>
<i>Parinamshool</i>	<i>Basti and Shirodhara</i>
<i>Pakshaghat (hemiplegia)</i>	<i>Mridu Virechana, 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 &amp; Pachana, Virechana, Snehana, Anuvasanbasti, Ksharbasti and Valuka Swedana</i>
<i>Prameha (diabetes)</i>	<i>Vamana, Virechana, Udwartana and Takradhara</i>