



Homage to our great founder Vaidyaratnam P.S. Varier (1869 - 1944)

Panchakarma -an overview

DR.Ramesh.P.R.

**Chief Medical Officer & Superintendent,
Kottakkal Arya Vaidya Sala,
Ayurvedic Hospital and Research Centre,
18 X 19 X Institutional Area, Karkardooma,
Delhi - 110092.**

www.aryavaidyasala.com

Ph:011-22376534-37.Email:ahrcdelhi@aryavaidyasala.com



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Vaidyaratnam P.S. Varier's
ARYA VAIDYA SALA
(A CHARITABLE TRUST)
KOTTAKKAL - 676503, KERALA



BASIC APPROACH OF AYURVEDA

Ayurveda means science / knowledge of life.

It perceives man as

integral part of nature, treating him for his ailments taking his body, mind and spirit together, and it's approach to his well being is philosophical in principle and holistic in technique. Every state of ailment is conceived as a psychosomatic manifestation and its eradication procedure is functional and integrative rather than symptomatic or factorial.

Along with medication Ayurveda insists on good habits and dietary control for speedy recovery. Thus it becomes a comprehensive health care system with holistic approach.

AYURVEDA

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SWASTHAVRITTAM
(Healthy man's regimen)

ATHURAVRITTAM
(Eradication of disease)

TRIDOSHA THEORY

- *Tridosha theory is the foundation of Ayurveda.
- *Tridoshas are the basic functional units of human body.
- *Ayurveda holds out a field oriented, functional and holistic approach.

CONCEPT OF PRAKRITI

Every human being is seen to occupy constitutionally a unique state of three basic bodily humors (tridoshas – Vata, Pitta and Kapha). Any upset occurring to this state of balance is manifested as ailment and therapy is directed to regain the original state.

SALIENT FEATURES OF AYURVEDA

- * Ayurveda focuses on promotion of positive health.
- * *Dinacharya* (daily regimen for orderly upkeep of health) mentioned in Ayurveda comprises the psychosomatic, biological and social activities of an individual.
- * Pros and cons of inhibition and excitation of natural urges are well described.
- * The possible impacts of seasonal variations on health of human beings are discussed and effective measures to nullify the same enumerated.
- The role of dietetics both in healthy and ailing is emphasised.
- * Pivot role of *Ojas* (innate healing potentials of the body / immunity) is well recognized.
- * Significance of Geriatrics and the need of rationale use of Aphrodisiacs are discussed.
- * Systematic guidance for antenatal, postnatal and neonatal cares.
 - * Description about "*Marmas*" (vital life points).
 - * Description about a unique therapy called "*Panchakarma*" (five fold bio - cleansing procedures) which helps in detoxifying the body.⁵

Health

A state wherein the dynamic balance of doshas, dhathus and malas is maintained, the metabolism is at optimum level and soul, mind and sense organs assume sublime position.



Disease

Diseases are the manifestations of perturbations in the equilibrium of body constituents.



Treatment

Treatment is that which being well administered restores the equilibrium of body constituents.



Objectives of treatment

- ◆ Eradication of morbid elements
- ◆ Protection of healthy cells
- ◆ Promotion of regeneration of healthy tissues



Classification of treatment

- ◆ SODHANAM
(Purification)
- ◆ SAMANAM
(Pacification)



Sodhana therapy

➔ Internal purification
(*Antah parimarjanam*)

➔ External purification
(*Bahih parimarjanam*)

➔ Surgery
(*Sastra pranidhanam*)



Internal purification is achieved
by
PANCHAKARMA THERAPY



What Is panchakarma?

It represents the comprehensive purificatory treatment methodology which primarily aims at the exhaustive elimination of morbid materials fixed to human tissues owing to varied causes.



The five fold therapy

- ◆ Vamanam (Emesis)
- ◆ Virechanam (Purgation)
- ◆ Vasti (Enema)
- ◆ Nasyam (Errhines)
- ◆ Raktamoksham (Blood letting)



Why panchakarma?

Aims at complete and permanent removal of morbid materials



When to conduct panchakarma?

1. Treatment of first choice in dosha vitiation of highest order



2. Cleansing regimen recommended in healthy individuals, during transitional period of seasons, to ward off vagaries of weather.
(It works as a preventive therapy)

3. Preparatory procedure of Rasayana therapy



How it is done ?

- ◆ Preparatory procedures
- ◆ Main procedures
- ◆ Post therapy procedures

Preparatory procedures

Objectives

- ◆ Loosen, mobilise and dislodge morbid materials
- ◆ Clear the pathways of internal transport system (*srotas*)
- ◆ Facilitate the flow of morbid materials towards the proximal site of evacuation

Techniques employed

Snehanam (Oleation)

Swedanam (Fomentation)

Kerala special treatments are an elaborate version of the preparatory regimen



DHARA



PIZHICHIL



SIROVASTHI



NAVARAKIZHI

Main procedures

Procedures- in brief

1. Vamanam

-Induction of emesis by oral administration of emetics

2. Virechanam

-Induction of purgation by oral administration of purgatives

3. Vasti

-Administration of medicaments through anal route

4.Nasyam

-Nasal administration of medicaments

5.Raktamoksham

-Blood letting using appropriate devices

RAKTHAMOKSHAM

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graph TD; A[RAKTHAMOKSHAM] --- B[SUCTION]; A --- C[LEECHING]; A --- D[SURGERY]
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SUCTION

LEECHING

SURGERY

Indications and contraindications

Vamanam

Indications

Kapha predominant conditions

Eg.:Chronic skin diseases,
Recurrent respiratory infections,
Lymphatic obstructions

Contraindications

Childhood and old age, debilitating illnesses, menstruation and pregnancy, emotional stress , cardiac ailments, bleeding disorders

Virechanam

Indications

Pitta predominant conditions

Eg.: Chronic fever

Chronic skin diseases

Gynaec disorders

Reflux oesophagitis

Contraindications

Prolapse rectum

Bleeding through genitourinary tract

Anal pathology

Vasti

Indications

Vata predominant
conditions

Eg.:Flatulence

Low back ache

Rheumatism

Disorders of CNS

Emaciation

Atrophy

Contraindications

- ◆ Oil enema-diabetes mellitus, obesity, indigestion
- ◆ Decoction enema-hiccough, haemorrhoids, diarrhoea, proctitis,ascitis.

Nasyam

Indications

Diseases of head & neck

Eg.:Chronic sinusitis,
Vascular headache,
Ophthalmic diseases
E.N.T.diseases

Contraindications

Should not to be administered immediately after a bath,food , intercourse or use of alcohol; neither during pregnancy nor menstruation

Raktamoksham

Indications

Pitta and rakta
vitiations

Eg: Recurrent skin
infections,eczema, acne
etc.

Contraindications

Anaemia, oedema,
pregnancy,
childhood & old
age.

Post therapy measures

Objective

Gradual restoration of metabolic activities

Techniques

Regulation of diet

Regulation of activities

How panchakarma works?

Detoxification at cellular level

“In poisoning by the hypodermic injection of morphine the stomach should always be washed out as, after absorption in the blood, morphine is excreted in to the stomach from which it is again liable to be reabsorbed”

(Modi’s medical jurisprudence and toxicology)

Scope and relevance

Remedy for chronic lifestyle related diseases

Risk factors

- ◆ Ever sick persons
- ◆ System shuttling and doctor shopping
- ◆ Strict scrutiny of medication

Institutional setup is required...

- To provide intensive personal care under expert medical supervision
- Feasibility assessment
- Emergency management

Advantages

- ◆ Detoxification
- ◆ Functional optimization of enzymatic complex
- ◆ Restoration of pre-morbid condition
- ◆ Immunomodulation
- ◆ Rejuvenation

Categorical misrepresentation



भिषजां साधुवृत्तानां भद्रमाणमशालिनाम् ।

अभ्यस्तकर्मणां भद्रं भद्रं भद्राभिलाषिणाम् ॥ ७७ ॥

“ Let the physicians who practice medicine rightly / honourably become prosperous, let those who adhere to the science (including it’s philosophy and ethics) become efficient, let those who gain knowledge by constant practice become skillful; let those who desire the good of all living beings of the world become blessed ”



THANK YOU!!