SPECIALISED TREATMENTS OF
AYURVEDA - PANCHAKARMA, RASAYANA
AND KSHARASUTRA

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Specialised therapies of Ayurveda

- For the maintenance of health and eradication / cure of diseases in Ayurveda many therapies are used.
- Specialized therapies of Ayurveda - recognized globally and scientifically evaluated

- **Panchakarma**
- **Rasayana**
- **Ksharasutra**
Panchakarma
Pentad of therapeutic procedures

Five Major Therapies
1. Vamana - Therapeutic Emesis
2. Virechana - Therapeutic Purgation
3. Niruh Basti - Cleansing Enema
4. Anuvasan Basti - Retention Enema
5. Nasya – Therapeutic Errhine

Preparatory procedures
- Deepan & Pachan
- Snehana - Internal Oleation & Abhyanga - Therapeutic Massage
- Swedana - Fomentation
Steps of administration of Panchakarma

It includes three steps:

- **Preoperative Procedures (Poorvakarma):** Administration of Digestives
  - Internal Oleation, Massage & Fomentation for liquefying Doshas

- **Operative Procedure (Pradhan Karma):** Administration of chief medicine for the elimination

- **Post operative care (Pashchat Karma):** Light diet for 3-7 days without fat & spices.
Main Panchakarma Procedures – Vamana & Virechana

( Therapeutic emesis & Purgation)

Vamana: Elimination of the Doshas, Toxins & Metabolic wastes from the mouth by vomiting.

Best for Kapha & Its Diseases

Virechana: Elimination of the Doshas, Toxins & Metabolic wastes from the anus by purgation

Best for Pitta & Its Diseases
Main Panchakarma Procedures - Basti (Therapeutic Enema) and Nasya (Therapeutic Errhine)

**Niruha Basti** (Cleansing enema): administration of various medicated decoctions into the rectum with the help of Basti instrument for the elimination of Doshas and toxins from the anus.

**Anuvasan Basti** (Retention Enema): administration of various medicated oil/ghee. Best for Vata & its diseases.

**Nasya**: Administration of Medicated oil, ghee, juice & powders into the nostril for elimination of Dosha & Toxins from Mouth. Best For all the Doshas situated in Head & Neck region.
Scientific Validation of Panchakarma

- Ayurvedic Institutions all over India are working for the scientific validation and clinical evaluation of Panchakarma procedures
- More than 1000 P.G. and Ph.D. level research works have been conducted and papers are published
- More than 15 books have been published in English on Panchakarma therapy

Probable mode of action of Panchakarma therapy

- It eliminates the metabolic wastes & toxins
- It cleanses the micro & macro channels - cell to system
- It helps in early repair of tissues and improves nourishment & tissue perfusion
- It prevents early ageing and relaxes both body and mind
- It increases the bio-availability of drug and excretion of unwanted substances
Diseases where Panchakarma offers better management options

Aging / Geriatric – Parkinson’s disease
Alzheimer’s disease
Immunological disorders
Bronchial Asthma & Allergic disorders
Rheumatoid arthritis & other collagen disorders,
Joint Disorders
Neuro - muscular disorders
Skin disorders
Gastro – intestinal disorders
Psychosomatic diseases – Ulcerative colitis, IBS
Psychological disorders – Stress syndromes,
Anxiety neurosis, Sleep disorders, MSD
One out of the eight classical clinical branches of Ayurveda and a unique unparalleled concept for maintenance of health and cure of the diseases Rasayana in the form of geriatrics & rejuvenation therapy, is one of the comprehensive disciplines of Ayurveda, which comprises of -

- specialized use of drugs
- diet
- lifestyle
Rasayana provides

Optimum quantity and quality of Dhatus (Body tissues) which provides-

- Body strength
- Arrests/Retards the process of ageing
- Cures signs of ageing
- Improves color, complexion, texture & luster of skin
- Attains best mental and sensorial powers
- Increases sexual potency
- Increases immunity
- Cures diseases

Thus attains long life full of vigor, strength, mental power and devoid of the diseases

Leading to a long disease free, respectful life in the society
Disease specific Rasayana (Naimittika) provides solution for the glaring health problems of present era

- Early aging and geriatric disorders due to increase in the life span
- Psychiatric disorders due to complex social and personal lifestyles
- Iatrogenic disorders due to in-judicious use of chemical medicines
- Auto-immune diseases due to changes in the dietetic pattern and climate
Rasayana according to the aims and objectives of therapy

- Rasayana used for promotion of the health (Kamya Rasayana) – three categories –
  
  ▪ Promotive of physical health (Praana kamah)
  ▪ Mental health promoters (Medha kamah)
  ▪ Social status promoter (Shree kamah)

- Curative of particular diseases & immunity promoters (Naimittika Rasayana)

- Use of Rasayana food and other items for maintenance of day to day wear and tear (Ajasrika Rasayana) i.e. water, honey, milk and ghee.
MODERN EXPLANATION OF RASAYAN THERAPY

Various concepts of modern medicine are being tried for the explanation of the Rasayana effect of Ayurvedic drugs and many scientific studies have been conducted and published:

- Anti-oxidant / Free radical scavenger
- Adaptogenic
- Immunomodulatory
- Nootropic
- Anabolic
- Anti-stress
- Intellect & memory promoter
- Psychotropic
### LIST OF IMPORTANT RASAYANA DRUGS

<table>
<thead>
<tr>
<th>Ayurvedic Name</th>
<th>Latin Name</th>
<th>German Name</th>
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<tbody>
<tr>
<td>Amalaki</td>
<td>Emblica officinale</td>
<td>Ashenfarb myrobalan</td>
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<td>Ashvagandha</td>
<td>Withania somnifera</td>
<td>Winterchirsche</td>
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<td>Brahmi</td>
<td>Bacopa moniera</td>
<td>Asiatischer Wassernabel</td>
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<td>Subholz, Wurfel</td>
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<td>Boerrhevia diffusa</td>
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<td>Shankhpushpi</td>
<td>Convolvulus pluricaulis</td>
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<td>Shatavaree</td>
<td>Asparagus racemosus</td>
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<td>Haridra</td>
<td>Curcuma longa</td>
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<tr>
<td>Pippali</td>
<td>Piper longum</td>
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<tr>
<td>Braamha Rasaayana</td>
<td>General rejuvenator, improves intellect &amp; immunity</td>
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<tr>
<td>Chyavanpraasha</td>
<td>Respiratory tract diseases, appetizer, imparts immunity against diseases</td>
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<tr>
<td>Triphalaa Rasaayana</td>
<td>Excellent for GIT &amp; Eye disorders</td>
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<tr>
<td>Shilaajatu Rasaayana</td>
<td>Excellent for diabetics &amp; Genito-urinary disorders</td>
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Kshara Sutra Therapy

- An effective Ayurvedic management of Anorectal diseases like *Piles* (Haemorrhoids), *Fissure-in-ano* and specially for *Fistula-in-ano*

- Ayurveda has roots of this therapy inscribed in classical Ayurvedic texts.

- *Kshara Sutra* is a thread coated with certain herbal medicines, which acts as an effective cleaning & healing agent of the tissues involved.
The thread is prepared by applying the coatings of

- Apamarga Kshara (alkaline ash of Achyranthus aspera),
- Haridra churna (Curcuma longa - Turmeric Powder)
- Snuhi Ksheer (Euphorbia nerifoila milk)

Kshara Sutra is prepared under all aseptic measures, sealed and preserved.

In anal fistula patients after clearly defining the tract by careful probing and fistulogram, Kshara Sutra is passed into the tract. Usually the thread heals at a rate of 1 cm. per week.

**Actions of Kshara Sutra –**

- Excision, Scrapping, Draining
- Penetrating, Debridation, Sclerosing, Healing
- Bacteriocidal, Bacteriostatic
Results of clinical studies conducted on this therapy

- BHU, Varanasi, I.P.G.T.R.A., Jamnagar and many other PG Institutions of India have done extensive research on this therapy. The technique has been scientifically developed & clinically evaluated.

- Indian Council of Medical Research, has conducted clinical trials on Kshara Sutra therapy in the disease Fistula-in-ano. Method of preparation of these threads has been standardized

- The cure rate in Fistula-in-ano is very high i.e. over 90% and in Haemorrhoids and Fissure-in-ano also very good cure rate has been reported
Advantages of Kshara Sutra Therapy in comparison to conventional surgical treatment

1. An ideal procedure for every type of fistula-in-ano
2. An ambulatory procedure for anal fistulas and other Ano-rectal diseases and decreases hospitalization time
3. Short operative time
4. It is safe without any adverse effects. Absence of dysfunction or side effects
5. No muscle or blood is lost compared to others.
6. Reliable to any patient associated with cardiac, respiratory or endocrine problems
7. Low cost effective and least recurrence.

Books available on Ksharasutra therapy

1. Kshara Sutra Therapy in Fistula in Ano and other Ano-rectal disorders by Sharma S S, Sharma R K, Singh Kulwant, Published by National Academy of Ayurveda, Dept of AYUSH, New Delhi
2. Diagnosis and management of Ano Rectal diseases by Praveen Kumar and Dr. K K Sijoria.
3. Kshara Sutra Therapy by S N Pathak
Japanese experience with Kshara Sutra therapy

Japanese Doctors are also doing extensive research on Kshara Sutra therapy

- From July 1985 to January 2006, treated 1,101 cases of anal fistula by Kshara Sutra. Also used this method in 23 cases of anal fistula associated with Crohn`s disease.
- They concluded that Kshara Sutra for anal fistulas is simple, easy and safe.
- The mean exchange of Kshara Sutra for anal fistulas associated with Crohn's disease was 1.7 (2.6) times, mean cutting time 14.5 (19.1) days, mean hospitalization 19.4 (36.6) days and mean healing time 6.6 (31.8) weeks.

References

Institute for Post Graduate Teaching & Research in Ayurved
Gujarat Ayurved University, Jamnagar (India)

Premier Teaching and Research Institute of India offers courses in Ayurveda at
- Graduate, Post Graduate & Ph.D. level courses
- Ayurveda Pharmacy
- Ayurveda Medicinal Plants
- Yoga & Naturopathy

Courses for International Students
- University offers short term and long term courses through English medium exclusively for the international students

Conducts clinical, experimental and classical researches in Ayurveda

Provides specialised Ayurvedic treatment facilities in its in campus hospitals
- Working for the Global promotion of Ayurveda
- Having MOU with Five foreign institutes
Jivet Sharadam Shatam
Thank you