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Article on panchakarma in healthy person

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ABSTRACT

Ayurveda is not only medicine but it is a science of life which guides us about healthy regimens to live healthy happy and long life. The Shodhana or Detoxification remedies which will get rid of the vitiated toxins present in the physique in terms of Vamanadi measures. According to seasons, their dosha will get vitiated in the body which may additionally in flip leads to a one-of-a-kind disease. If one takes care of this by performing Shodhana (Shodhana) in each season may additionally pacify the vitiated dosha and help in stopping the ailment, these will act as preventive, promotive and curative. This article enlightens about exclusive Detoxification treatment plans carried out in accordance to extraordinary seasons.

Keywords— Swasthya, Prevention, Panchakarma, Shodhana,

1. INTRODUCTION

Shodhana (Shodhana) means the one which expels toxins from the body which are adhered to the minute channels. They are of five namely Vamanakarma (Therapeutic Emesis), Virechanakarma (Therapeutic Purgation), Bastikarma (Therapeutic Enema), Nasya karma (Nasal Medication) and Raktamokshana (Blood Letting).

2. DEFINITION OF SASTHA AS PER AYURVEDA

Samadosha samagnischa samadhatu malakriyaha Prasannatmendriya manaha swathaityabidhiyate

Wholesome the Bio-humors (dosha), Tissues (Dhatu) and metabolic waste products (Mala) must be in equilibrium and the digestive strength ought to be in normal stage followed through Healthy Soul and Calm Mind and energetic Sense organs is stated to be Swastha(Health).¹

The aim of Ayurveda is “Swasthasya swasthya rakshanam aturasya vikara prashamana” so to maintain the fitness of a wholesome individual to maintain this Seasonal Shodhana is very helpful.

Daily regimens are like Massage, Exercise, Gurgling, Gandusha, Powder massage, Nasal medication. Seasonal regimens include detoxification according to the seasons like in Vasant-Vamana, Sharad-Virechana and Raktamokshana, and in Varsha- Basti (Niruhabasti and Anuvasana) etc, Aggravated doshas are pacified by using Reduction therapy (Langhana), Digestion (Pachana) and palliative remedy (Shamana) but there might also be probabilities of reoccurrence. By adopting Biopurification therapy the doshas get eliminated from its root, if once eliminated from the physique it won't reoccur, that is known as Apunarbhava chikitsa (radical treatment).²

Panchakarma: Vamana (Emesis therapy), Virechana (Purgation therapy), Niruhabasti (Decoction enema), Anuvasana (Medicated Ghee or Oil enema) and Nasya (errhine therapy). Acharya Sushruta rather of Anuvasana added Raktamokshana (Bloodletting therapy). Apart from these principal Shodhana some of the adjuvant therapies are also played very essential position in pacifying vitiated doshas like massage(Abhyanga), powder massage(Udvardhana), mouth gurgling(Kavala), Gandusha, dhoompan, Lepa, Padaghata, Vyayama etc.

Therapeutic effect of Panchakarma: Increases the activities of Enzymes, Rehabilitation, makes the senses active, maintains the calmness of mind, increases the intelligence, improves the strength, complexion, Virility, promote the fitness and extend aging.³ Expels the metabolic waste products, alleviate the ailments, improves the strength, complexion, all these are attained via Shodhana.⁴

Swasthya Panchakarma: Panchakarma the fivefold therapy gaining more popularity in the existing state of affairs due to the fact of its wide applicability and relatively result in oriented treatment measures. These are nowadays identified by Detoxification therapy and Shodhana therapy where the toxins are eradicated from the body.

Panchakarma remedies are typically indicated in all chronic disorders. The strong point of these treatments is now not solely indicated in diseased person but additionally in healthy man or woman as preventive aspects.

Acharyas have been defined that in each and every person's body according to Seasons due to the fact of one of a kind Food, Regimens and behaviors there will be Accumulation, aggravation, and Spreading of Humour which further vitiates the Humours and causes symptoms of the special disease. All most all Acharyas mentioned about Seasonal Biopurification, which will assist to pacify the vitiated dosha and stop the manifestation of forthcoming diseases.

Acharya Vagbhata has discussed exclusive types of Panchakarma together with adjuvant therapies in Rutucharya adhyaya. These are additionally named as Swasthya Panchakarma, means a healthy individual can undergo special Shodhana as preventive and maintainance of fitness of an individual. Chakrapani on Charaka samhita explained Swastha chatushka and guided about maintainance of the health of a person and prevent diseases, to stay healthy happy and long life.

2.1 Status of bio-humors in accordance to Season

Acharya Charaka said in Spring season (Vasanta rutu) due to the fact of sturdy Sun rays it produces accumulation of Pitta, to pacify this in Autumn season (Sharad rutu) consumption of Bitter Ghee, Purgation therapy, and Blood letting therapy redress are carried out.⁵

Acharya Sharangadhara introduced in Autumn season, Spring season and Pravrit rutu by analyzing Dosha, Deshadi the intellect physician should give Emesive therapy, Purgation therapy, and Enema respectively.⁶ In winter season (Hemanta rutu) accumulated kapha come to be liquified in Spring season because of Sun rays, in addition, leads to lower in Digestive power, produces exceptional diseases. In Spring season gathered kapha have to be eliminated via Vamanadi samshodhana chikitsa.⁷

2.2 Status of bio-humors as per seasons

Late winter (Shishira)- accumulation of Kapha (Chaya)

Spring (Vasanta)- aggravation of Kapha (Prakopa)

Summer (Greeshma)- accumulation of Vata (Chaya) & Palliation of Kapha

Monsoon (Varsha)- Aggravation of Vata (Prakopa) & Accumulation of Pitta (Chaya)

Sharad- Palliation of Vata & Aggravation of Pitta (Prakopa),

Hemanta- Palliation of Pitta

According to Season dosha naturally will be accumulated and for this panchakarma is explained:

For accrued Kapha in Early Winter season- This is eliminated in Spring season

For accrued Vata in Summer season- This is eradicated in Monsoon season

For collected Pitta in Spring- in Sharad rutu Shodhana is carried out with the aid of this it won't produce Seasonal disease.⁸

Different Panchakarma along with upakrama are said in distinctive rutu as follows:

In Varsha: Vyayama, Udvarthana, Abhyanga, Sweda, Dhuma, Anjana and Atapasnana are indicated.

In Vasanta: Vamana, Dhuma, Gandhusha, Navana Nasya, Vyayama, Basti should be administered.

In Sharad: consumption of medicated fats like Tiktaka Ghrita, Virechana, and Raktamokshana.^{9, 10}

In Hemanta rutu upakramas like Abhyanga with Vatahara taila, Utsadana, Murdhni taila, Jenthaka sweda, Padaghata are advised. Vasa taila prayoga.^{11, 12}

In severe dry weather strategies like Abhyanga, Utsadana, and Murdhni taila are also beneficial. In Vasanta rutu Teekshna Vamana karma, Nasya, Karpura, Chandana, Agar, Kunkuma lepa. Udvarthana, Dhuma, Kavalagraha are beneficial.^{11, 12}

In Greeshma rutu upakramas like Pralepa.

In Sharad rutu there is a provocation of Pittadosha hence one of a kind processes like Snehapana, Virechana and Raktamokshana are advisable. Maala ratna, Chandana dharana, and Lepana. In Shishira rutu Abhyanga and in Varsha rutu Basti is best.

Different sorts of Rutu anusara Shodhana including upakramas help in following way Benefits of Abhyanga: Longevity, pacifies strain, Vatahara, increases imaginative and prescient power, Nourishes, set off sleep and gives compactness to the body.

Shiroabhyanga: Nourishes Hair, Sense organs.

Kavala, Gandhusha: Nourishes and enhances the perception of all feel organs, Lightness in the head, Indriya prasada, Pacifies excess salivation, emaciation, and oral ulcers.

Dhumapana: Lightness in the head, Prasanendriya, Strength to hairs, lovely face and pacifies ailments like Sinusitis, Diseases related to head, Ear and Nose.

Padabhyanga: will increase vision power, Nourishes, induce sleep, burning sensation over feet, and pacifies strain, Stiffness, Sankocha, Pada snigdha.

Udvarthana: This is in general indicated in Vasanta rutu. By doing this we can prevent the kapha janya vikaras. Pacifies Kapha, Vatsa, and Medhahara, Gives compactness to the body, increases skin complexion.

Pratimarsha Nasya: Pacifies ailments associated to head, the power to Indriya, acts as rejuvenation, Best for emaciation, children, old age.

Lepa: Varnya, Twachya, Kand, Shoola, Dahanashaka Vamana: Increases digestive fire, pacify doshas, Drowsiness and itching.

Virechana: Enhances Vision power, increases strength and intellect, gives longevity, Pacifies disease.

Basti: Gives longevity, Strength, colour, Voice, nectar, rejuvenation and Aphrodisiac effect.¹³

Benefits: Increases enzyme activity, clears the channels, makes the experience organs active, improves the colour and complexion, improves the virility, delays the growing older process, nourishes the tissues, enhances energy and help the person to live for a hundred years^{14,15,16}. They act as Preventive, Curative and Health Promotive.

It has now been scientifically proven that a natural purification treatment can successfully eliminate environmentally poisonous supplies such as polychlorinated biphenyl (PCB's) and pesticides from the body, except side effects¹⁷.

Shodhana makes the biological gadget to return to normalcy & to rejuvenate hastily & also allows the desired pharmacokinetic effect of therapeutic remedies administered thereafter. It eliminates toxins & stagnated excreta & metabolites from the body, cleanses the macro& micro channels, maximizes the absorption & metabolism of nutrients & drugs, and helps in minimizing their dose & toxicity¹⁸.

3. CONCLUSION

Chaya, Prakopa, and Prasara of the dosha in accordance with Rutu are natural. This may aggravate the precise dosha which may additionally lead to diseases. For the same, conducting specific Shodhana according to Dosha worried like Vasantharutu-Vamana, Sharadrutu- Virechana, Varsharutu- Basti chikitsa may additionally stop the disease. Seasonal Shodhana in this context is not only foremost Shodhana, the majority are upakramas like Abhyanga, Kavala, Gandhusha, Padaghata, Lepa they additionally pacify the vitiated doshas.

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