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## REVIEW ARTICLE

### CRITICAL REVIEW ON SWASTHYA PANCHAKARMA

<sup>1</sup>SANTOSH.N.BELAVADI, <sup>2</sup>A.S.PRASHANTH

<sup>1</sup>Ph.D. Research Scholar, Department of Kayachikitsa, Ayurveda Mahavidyalaya Hubli-580024, India

<sup>2</sup>Professor, Department of Kayachikitsa, Ayurveda Mahavidyalaya Hubli-580024, India

Corresponding author email: ayursnb@yahoo.co.in

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#### Abstract

Ayurveda the science of life and the only science which guides about healthy regimens to live healthy happy and long life. The Bio-purification or Detoxification therapy which will eliminate the vitiated toxins present in the body in terms of Vamanadi measures. According to different seasons there will be vitiation of Doshas in the body which may in turn leads to different disease. If one should take care of this by performing specific Shodhana (Bio-purification) in respective Season may pacify the vitiated dosha and help in preventing the ailment, these will act as preventive, promotive and curative. This article enlighten about different Detoxification therapies carried out according to different seasons.

**Keywords:** Swasthya, Prevention, Panchakarma, Bio-purification, Shodhana

#### Introduction:

Shodhana (Bio-purification) 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).

Ayurveda Defines Swastha as-

Samadosha samagnischa samadhatu malakriyaha  
Prasannatmendriya manaha swathaityabidhiyate

To say healthy the Bio-humors (dosha), Tissues(Dhatu) and metabolic waste products(Mala) must be in equilibrium state and the digestive power should be in normal stage followed by Healthy Soul and calm Mind and

active Sense organs is said to be Swastha (Health).<sup>1</sup>

The aim of Ayurveda is “Swasthasya swasthya rakshanam aturasya vikara prashamana” so to maintain health of an healthy individual to maintain this Seasonal Bio-purification 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 Reduction therapy (Langhana), Digestion (Pachana) and palliative therapy (Shamana) but there may be

chances of reoccurrence. By adopting Bio-purification therapy the doshas get eliminated from its root, if once eliminated from the body it won't reoccur, that is called Apunarbhava chikitsa (radical treatment).<sup>2</sup>

**Panchakarma:** Vamana (Emesis therapy), Virechana (Purgation therapy), Niruhabasti (Decoction enema), Anuvasana (Medicated Ghee or Oil enema) and Nasya (errhine therapy). Acharya Sushruta instead of Anuvasana added Raktamokshana (Bloodletting therapy). Apart from these major Shodhana some of the adjuvant therapies are also play very important role in pacifying vitiated doshas like massage (Abhyanga), powder massage (Udvardhana), mouth gurgling (Kavala), Gandhusha, medicated smoking, application of Paste, Padaghata, Exercise etc.

**Therapeutic effect of Panchakarma:** Increases the activity of Enzymes, Rehabilitation, makes the senses active, keeps the mind calm, increases the intelligence, improves the strength, complexion, Virility, promote the health and extend ageing.<sup>3</sup>

Expells the metabolic waste products, allviate the disease, improves the strength, complexion, all these are attained by Shodhana.<sup>4</sup>

**Swasthya Panchakarma:** Panchakarma the fivefold treatments gaining more popularity in the present scenario because of its wide applicability and highly result oriented treatment measures. These are now a days recognized by Detoxification therapy and Bio-purification therapy where the toxins are eliminated from the body.

Panchakarma treatments are mainly indicated in all chronic disorders. The specialty of these treatments is not only indicated in diseased person but also in healthy individual as preventive aspects. Acharyas have been

#### **Status of bio-humors in different season:**

Uttarayana	Late winter (Shishira) – accumulation of Kapha (Chaya)
	Spring (Vasanta) – aggarvation of Kapha (Prakopa)

explained that in every person's body according to Seasons because of different Food, Regimens and behaviors there will be Accumulation, aggravation and Spreading of Humours which further vitiates the Humours and causes symptoms of different disease. All most all Acharyas discussed about Seasonal Bio-purification, which will help to pacify the vitiated dosha and prevent the manifestation of forthcoming diseases.

Acharya Vagbhata has discussed different types of Panchakarma including adjuvant therapies in Rutucharya adhyaya. These are also named as Swasthya Panchakarma, means a healthy individual can undergo different Shodhana as preventive and maintainance of health of an individual. Chakrapani on Charaka samhita explained Swastha chatushka and guided about maintainance of health of a person and prevent from diseases, to live healthy happy and long life.

#### **Status of bio-humors according to Season:**

Acharya Charaka said in Spring season (Vasanta rutu) because of strong Sun rays it produces accumulation of Pitta, to pacify this in Autumn season (Sharad rutu) intake of Bitter Ghee, Purgation therapy, and Blood letting therapy treatments are carried out.<sup>5</sup>

Acharya Sharangadhara added in Autumn season, Spring season and Pravrit rutu by analyzing Dosha, Deshadi the intellect physician should give Emesive therapy, Purgation therapy, and Enema respectively.<sup>6</sup>

In winter season (Hemanta rutu) accumulated kapha become liquified in Spring season because of Sun rays, further leads to diminish in Digestive power, produces different diseases. In Spring season accumulated kapha should be eliminated through Vamanadi samshodhana chikitsa.<sup>7</sup>

	Summer(Greeshma) - accumulation of Vata (Chaya) & Palliation of Kapha
Dakshinayana	Monsoon(Varsha) –Aggravation of Vata (Prakopa) & Accumulation of Pitta (Chaya) <ul style="list-style-type: none"> <li>• Sharad - Palliation of Vata &amp; Aggravation of Pitta (Prakopa)</li> <li>• Hemanta - Palliation of Pitta</li> </ul>

According to dosha in different Season naturally there will be accumulation of bio-humors and for this bio-purification is explained.

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

For accumulated Vata in Summer season- This is eliminated in Monsoon season

For accumulated Pitta in Spring- in Sharad ritu Shodhana is carried out by this it won't produce Seasonal disease.<sup>8</sup>

Different Panchakarma including upakrama are said in different ritu 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:** intake of medicated fats like Tiktaka Ghrita, Virechana and Raktamokshana.<sup>9, 10</sup>

Swasthya Panchakarma helps as preventive, curative and health promotive

In **Hemanth ritu** upakramas like Abhyanga with Vatahara taila, Utsadana, Murdhni taila, Jenthaka sweda, Padaghata are advised. Vasa taila prayoga.<sup>11, 12</sup>

In extreme cold and dry weather procedures like Abhyanga, Utsadana and Murdhni taila are also beneficial.

In **Vasanta ritu** Teekshna Vamana karma, Nasya, Karpura, Chandana, Agaru, Kunkuma lepa. Udvarthana, Dhuma, Kavalagraha are beneficial.<sup>11, 12</sup>

In **Greeshma ritu** upakramas like Pralepa.

In Sharad ritu there is provocation of Pittadosha hence different procedures like Snehapana,

Virechana and Raktamokshana are advisable. Maala ratna, Chandana dharana and Lepana.

In **Shishira ritu** Abhyanga and in Vrasa ritu Basti is best.

Different types of Ritu anusara Shodhana including upakramas help in following way Benefits of

**Abhyanga:** Longevity, pacifies strain, Vatahara, increases vision power, Nourishes, induce sleep, and gives compactness to the body.

**Shiroabhyanga:** Nourishes Hair, Sense organs

**Padabhyanga:** increases vision power, Nourishes, induce sleep, burning sensation over feet, and pacifies strain, Stiffness, Sankocha, Pada snigdhat.

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

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

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

**Lepa:** Varnya, Twachya, Kandu, Shoola, Dahanashaka

**Vamana:** Increases digestive fire, pacify doshas, Drowsiness and itching.

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

**Pratimarsha Nasya:** Pacifies diseases related to head, strength to Indriya, acts as rejuvenation, Best for emaciation, children, old age.

**Basti:** Gives longevity, Strength, colour, Voice, nectar, rejuvenation and Aphrodisiac effect.<sup>13</sup>

**Benefits:** Increases enzyme activity, clears the channels, makes the sense organs active, improves the colour and complexion, improves the virility, delays the ageing process, nourishes the tissues, enhances strength and help the person to live for 100 years<sup>14,15,16</sup>. They act as Preventive, Curative and Health Promotive.

It has now been scientifically shown that a natural purification treatment can successfully eliminate environmentally toxic substances such as polychlorinated biphenyl (PCB's) and pesticides from the body, without side effects<sup>17</sup>.

Bio-purification makes the biological system to return to normalcy & to rejuvenate rapidly &

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also facilitates 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 & toxicity<sup>18</sup>.

**Conclusion:** Chaya, Prakopa and Prasara of the dosha according to Ritu is natural. This may aggravates the specific dosha which may lead to diseases. For the same, conducting specific Shodhana according to Dosha involved like Vasantharutu-Vamana, Sharadrutu- Virechana, Varsharutu- Basti chikitsa may prevent the disease. Seasonal Bio-purification in this context is not only major Shodhana, majority are upakramas like Abhyanga, Kavala, Gandhusa, Padaghata, Lepa they also pacify the vitiated doshas.

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