

SIGNIFICANCE ROLE OF ASHTAMAHADOSH KAR BHAVA IN SHODHAN KARMA - A LITERARY REVIEW

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ABSTRACT

The term *Panchakarma* is made out of two words, *Pancha* (five) and *Karma*. *Karma* refers to procedure and having the capacity to expel out the vitiated *Doshas*. The five procedures i.e *Vaman*, *Virechan*, *Basti*, *Nasya* and *Raktamokshan* are nothing but the internal purification of the body. *Ayurveda* has given importance to *Pathya Palana*. In *Panchakarma* therapy, role of *Pathya-Apathya* has a great importance. In *Ayurveda* classical texts *Acharya Charaka* has explained the eight factors which are *Apathya* (to be avoided during any *Panchakarma* procedure). These eight factors are called as *Ashtamahadoshkar Bhava* and these *Bhava* should be avoided by patient to get best result in that *Panchakarma* therapy. If the above eight factors are not avoided, they cause certain complications.

KEYWORDS: *Ashtamahadoshkar Bhava, Panchakarma, Ayurveda.*

INTRODUCTION

In *Ayurveda*, *Panchakarma* is always performed in three steps i.e. *Purvakarma* (pre-operative procedure), *Pradhanakarma* (main procedure) and *Pachyatkarma* (post-operative procedure).

The *Purvakarmas* involves *Deepan-Pachana* (*Ayurvedic* drugs used to enhancing the digestion), *Snehana* (internal and external oleation) and *Swedana* (Sudation).

Pradhana Karma includes *Vaman*, *Virechan*, *Basti*, *Nasya* and *Raktamokshan* and *Pachyat Karma* denotes *Samsarjanakarma* (followed proper diet regimen).

In present era we are all observe that the patient does not follow the proper diet regimen during and after *Panchakarma* procedure due to their daily routine. But for the desired result in *Ayurveda* or in *Panchakarma* procedure, patient should follow the proper diet regimen. If not followed in proper manner, it will cause some complications.

MATERIAL AND METHODS

Charaka Samhita, Siddhi Sthan Adhyaya 12 Uttarbasti Siddhi Adhaya

In *Charak Samhita*, *Acharya Charaka* has explained the eight major precaution should be taken during and after *Panchakarma* therapy. These eights factors are called as *Ashtamahadoshkar Bhava* in *Ayurveda* and these are as follows.^[1]

1. ***Ucchabhasya***- excessive speaking with loud voice,
2. ***Rathakshobha***- excessive travelling by using vehicles.
3. ***Atichakraman***- excessive walking,
4. ***Atiasana***- excessive sitting / constant sitting,
5. ***Ajeernaadhyashana***- excessive eating during *Panchakarma* procedure without proper digestion of early taken food,
6. ***Ahitbhojana***- intake of unwholesome diet for example spicy oily.etc,
7. ***Divaswapna***- sleeping during day time,
8. ***Vyawayaya***- sexual intercourse.

These eights factors should be contraindicated during and after *Panchakarma* procedure until *Prakrutavastha* is restored.

If this *Ashtamahadoshkar Bhava* remains unavoids, then it will be lead to serious complications as mentioned in table no.1 along with their treatment.^[2]

DISCUSSION

According to *Ayurveda*, after *Shodhan Karma* patient get weak due to changes of vitiation of *Doshas* mainly *Vata Dosha*. *Vata Dosha* is having a major role in and every physiological and pathological change in human body. If *Vata Dosha* is in normal state then all processes of body will remain normal.

After *Panchakarma* procedure mainly *Vata Dosha* is cause of various complications which are shown in the table no.1.

So *Ashtamahadoshkar Bhavas* should be avoided during and after *Panchakarma* procedure.

CONCLUSION

Pathya-Apathya (diet regimen) major role in *Panchakarma* procedure. *Ashtamahadoshkar Bhava Varjya Vishay* is more important in *Shodhan Karma* for best results in *Panchakarma* therapy. Patient should avoid these factors during *Shodhana*. In practical world patient is having casual approach toward *Ashtamahadoshkar Bhava* which is advised to prevent any complications and also to bring back the patient's body to normal state in a few days. In daily routine also it is beneficial to follow this *Ashtamahadoshkar Bhava Varjya Vishay* to build up the normal health and longevity.

Table No. 1: *Ashtamahadoshkar Bhava* - complications and treatment.^[3,4]

| Sr. No | <i>Ashtamahadoshkar Bhava</i> | Generalised Complication according to <i>Charak</i> | Complication as per <i>Charak</i> | Treatment |
|--------|-------------------------------|---|--|--|
| 1 | <i>Ucchabhasya</i> | Causes pain in upper part of body. | Headache, pricking pain in temporal region and ear, dryness in mouth and throat, vertigo with black out, excessive thirst, fever, obstruction in channels, feeling like burning sensation in shoulder region, excessive pulsation of arteries and veins, Dyspnea and cough. entry into dark, spasticity of jaw, torticollis and ptyalism, chest pain, Hoarseness of voice, hiccup and dyspnea. | <i>Abhyanga, Swedana, Upanaha, Dhumpana, Nasya, Snehapana, Kanthyadravya Siddha Snehana</i> should be used for <i>Snehapana</i> . <i>Vatashamaka</i> treatment should be carried out to treat above symptoms and patient is advised to avoid <i>Ucchairyabhashya</i> . |
| 2 | <i>Rathakshobha</i> | Causes pain in whole body. | Looseness of big and small joints, pain and pricking in jaw, nose, ears, head, pelvic region pain, meteorism, gurgling in intestine, flatulence, congestion in heart and senses, back pain, burning sensation, edema numbness and tingling sensation in limbs | <i>Vatashamak Chikitsa</i> i.e. <i>Snehana, Swedana</i> etc and patient is advised to avoid <i>Rathakshobha</i> . |
| 3 | <i>Atichakraman</i> | Causes pain in lower part of body. | Feet, calf region, thighs, knee and groin region pain, discomfort and pricking like pain in legs, calf muscles cramps, | <i>Vata Doshahara</i> treatment. |

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| | | | body ache burning sensation in shoulder region, excessive pulsation of arteries and veins, Dyspnea and cough. | |
| 4 | <i>Atiasana</i> | Pain in middle part of body | Pain in buttocks, thigh, groin, scrotum, lumbar region, sides of the chest and as described above in <i>Rathakshobha</i> | <i>Vata Doshahara</i> treatment. |
| 5 | <i>Ajeernaadhya shana</i> | Gives <i>AmaDosha</i> (toxins/auto-antibodies) | Dryness of mouth, flatulence, abdominal pricking like pain, bodyache, vomiting, diarrhea, fainting, fever, forcefully defecation, <i>Ama-visha</i> (chyme which become toxin). | <i>Vamana, Langhan, Pachan, Deepan Dravya</i> and <i>Rukshasweda</i> can be given. |
| 6 | <i>Ahitbhojana</i> | Diseases due to vition of <i>Dosha</i> (<i>Vata,Pitta,Kapha</i>) | Lack of desire to food intake, weakness, discoloration of skin, itching, eczema, body ache sprue, piles etc. | Treatment protocol will be as per the <i>Doshic</i> predominance. |
| 7 | <i>Divaswapna</i> | Diseases due to <i>KaphaDosha</i> . | Anorexia, indigestion, dampness, itching, eczema, Anemia, burning sensation, vomiting and malaise, impairment of cardiac function, stiffness, drowsiness, excessive sleep, weakness, appearance of nodules, red coloration of urine and eye, coating over soft palate. | <i>Dhumpana, Laghana, Vamana, Shirovirechan, Vyayama, Rukhsa Aharsevan, Arishtaprayoga, Deepana, Pragharshana, Unmardana, Parisheka.</i> |
| 8 | <i>Vyawaya</i> | Gives <i>Kshayajanya Vyadhi</i> . | Instantaneous loss of strength, tiredness of thigh, pain in head, eye, urinary tract, anus, groin, thigh, knee, calf muscles, and feet, palpitation, body ache, bleeding through the seminal passage, cough, dyspnea hemoptysis, asthenia of voice, weakness of lumbar region, paralysis, orchitis, retention of flatus, urine, stool, excessive discharge of semen, numbness, trembling, deafness, depression etc. | <i>Jivaniyagan Siddha Aushadhi Ksheera, Ghruta (ghee), and Vat Doshnashak Dravya Siddha Taila</i> used for <i>Abhyanga, Swedan, Upanaha, Vrushya Ahara, Yapana Basti</i> and <i>Anuvasan Basti</i> are beneficial. In diseases of <i>Vyawaya</i> (or excessive coitus) <i>Mutraroga</i> are found and it can be treated with <i>Dravya of Vidarigandhadigana Siddha Ksheera, Kashaya, Taila</i> and <i>Ghruta</i> are used. |

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