

ROLE OF PANCHKARMA IN MUKHA ROGA: A LITERARY REVIEW

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Shalakya Tantra,
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Ayurveda College and
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Panchakarma is the supreme well-known purification process of Ayurveda, This extraordinary management of medicated oil massage and herbal remedies was recommended in olden Vedic scripture, and has been experienced for countless times, in harmony with the boundless works of the '*Charaka Samhita*' *Sushruta Samhita* and *Ashtang Hrudayama*. *Panchakarma* and *Shirodhara* are the important treatments in Indian Ayurveda; bearing in mind the level of transformative detoxification they deliver it is not hard to realize why. *Panchakarma* comprises five ordinary approaches of purgation or removal, *Vamana*, *Virechan*, *Basti*, *Nasya* (*Shirovirechan*), *Raktamokshana*, giving the body an intensively cleansing the body,

while harmonizing the three *Doshas*: *Vata*, *Pitta* and *Kapha*. *Shalakya Tantra* is single of the significant characteristics of *Ayurveda* which contracts with the handling of disease accompanying with body parts above the neckline i.e. eye, ear, nose, throat (*Oshtha*, *Danta*, *Dantamoola*, *Jihwa*, *Taalu*, *Kantha*, *Sarvasar*) and head (*Shira*, *Kapala*). Four out of five sense organs are encompassed in *Shalakya Tantra*, so it is precise vital to guard them from diseases and also preserve their suitable functioning. *Panchkarma* shows a actual central role in the management of these diseases.

KEYWORDS: *Panchakarma*, *Shalakya*, *Vamana*, *Virechan*, *Basti*, *Nasya*, *Raktamokshana*.**INTRODUCTION**

Panchakarma is a technique of cleaning the body of all the undesirable waste after lubricating it. *Acharya Susruta* mentioned *Nasya*, *Vamana*, *Virechan*, *Basti* and *Raktamokshana*. While *Acharya Charaka* mentioned *Nasya*, *Vaman*, *Virechan*, *Anuvasan* and *Asthapan Basti* in

Pacnahakrama. *Panchakarma* are 5 (five) in number; hence the term *PANCHA* (five) – *KARMA* (procedures). *Panchakarma* treatment is distinctive in the sense that it contains protective, therapeutic and promotive actions for various diseases.

Vaman: (Therapeutic Emesis)

In this action, a patient is given *Abhyanatara* and *Bahya Snehana* and *Swedana* treatments for few days after *Dipana Pachan* which includes therapies and some *Ayurvedic* Medicines.

Once the *Dosha* get liquefied and collect in upper cavities of body, the patient is given *Vaman Aushadhi* and *Kwatha*. This enables vomiting and helps in positioning of the *Dosha* from the body tissues. *Vaman Karma* is predominantly recommended basically for *Kapha Dosha Pradhana* conditions, such as *Swasa, Kasa, Prameha, Medo Roga*.

Virechan: (Purgation)

In *Virechan*, purgation or discarding of *Dosha* happens through the clearance of the bowels. In this treatment too, the patient is given *Abhyanatara* and *Bahya Snehana* and *Swedana* treatments. From that point onward, the patient is given a natural *Virechana Aushadhi* to encourage clearing of the guts that helps in cleansing the body of *Doshaas*. *Virechan* treatment is prescribed fundamentally for *Pitta Dosha Pradhana* conditions, such as *Raktapitta, Kustha, Visarpa* etc.

Basti: (Enema using medicated oil ordecoction)

Basti known as half treatment of *Panchakarma* Managing medicated substance through enema is *Ayurveda's* extraordinary obligation to the therapeutic world. The treatment has enormous advantages, mostly in convoluted and chronic diseases. According to the *Swabhav* of *Roga*, medicated decoctions, oils, ghee or milk are managed into the rectum and this has unbelievable positive effects. This treatment is to a great degree powerful against *Vata Dosha Pradhana* conditions, *Ardita, Sandhivata, Asthigata Vata* etc.

Nasya: (Drug administration through nose)

This treatment is enormously effective in clearing and purging the *Urdhwajatrygata* area. At the beginning of the treatment, the head and shoulder areas are given a *Snehana* and *Swedana*. After that, nasal drops are instilled in both the nostrils. This achieves the cleaning of the whole head area and diminishes different sorts of *Vatavyadhi, Anindra, Khalitya, Karna Roga, Nasa Roga Mukha Roga* etc.

Raktamokshan: (Blood Letting Therapy)

This treatment is helpful for cleaning of *Rakta* and viable against *Doshas* caused because of impure blood. It can be done in a specific area (*Ekanga*) or for the whole body (*Sarvang*). This treatment is especially valuable in different skin disorder, such as *Rakta Pitta*, *Kusta*, *Visarpa*, *Kantha Roga*, *Mukha Roga*.

PANCHKARMA IN OSTHAROGA

NO	NAME	NASYA			VAMAN			VIRECHANA			BASTI			RAKTA MOKSHANA		
SUSHRUTA		ChaChi	Su. Chi	Ash. Utt	Cha Chi	Su. Chi	Ash Utt	Cha Chi	Su. Chi	Ash Utt	Cha Chi	Su. Chi	Ash Utt	Cha Chi	Su. Chi	Ash. Utt
1	VATAJ		22/4	22/5												
2	PITTAJ														22/6	22/5
3	KAPHAJ		22/7	22/8											22/7	22/8
4	RAKTAJA														22/6	22/7 22/5
5	SANNIPATAJ															
6	MAMSAJA															
7	MEDAJA															
8	ABHIGHATAJ														22/6	22/5
VAGBHATTA																
9	KHANDOSTHA			22/5												
10	GRATHITA															
11	JALARBUDA															

PANCHKARMA IN DANTAMOOOLA GATA ROGA

NO	NAME	NASYA			VAMAN			VIRECHANA			BASTI			RAKTA MOKSHANA		
SUSHRUTA		Cha. Chi	Su. Chi	Ash. Utt	Cha. Chi	Su. Chi	Ash. Utt	Ch. Chi	Su. Chi	Ash. Utt	Ch. Chi	Su. Chi	Ash. Utt	Ch. Chi	Su. Chi	Ash. Utt
1	SHITAD		22/11	22/28 22/109			22/109			22/109					22/11	22/108 22/28
2	DANTA PUPUUTA		22/13	22/109			22/109			22/109					22/13	22/108
3	DANTA VESTA		22/16	22/109			22/109			22/109					22/14	22/108
4	SAUSHIRA		22/18	22/37 22/109			22/109			22/109					22/16	22/108

5	MAHA SAUSHIRA			22/109			22/109			22/109						22/108
6	PARIDAR		22/18 22/11	22/109			22/109			22/109					22/18 22/11	22/108
7	UPKUSHA	12/80	22/19	22/32 22/109	12/80	22/19	22/109	12/80	22/19	22/109				12/80	22/19	22/108
8	DANTA VAIDARBHA			22/39 22/109			22/109			22/109						22/108
9	VARDHAN			22/109			22/109			22/109						22/108
10	ADHIMANSA		22/25	22/109			22/109			22/109						22/108
11	VATAJ DANTA NADI			22/40 22/109			22/40 22/109			22/40 22/109						22/108
12	PITTAJA DANTA NADI			22/40 22/109			22/40 22/109			22/40 22/109						22/108
13	KAPHAJA DANT NADI			22/40 22/109			22/40 22/109			22/40 22/109						22/108
14	SANNIPATAJ DANT NADI			22/40 22/109			22/40 22/109			22/40 22/109						22/108
15	ABHIGHATAJA DANTA NADI			22/40 22/109			22/40 22/109			22/40 22/109						22/108
CHARAKA																
16	DANTA VIDRADHI	12/80			12/80			12/80						12/80		

PANCHKARMA IN DANTA ROGA

NO	NAME	NASYA			VAMAN			VIRECHANA			BASTI			RAKTAMOKSHANA		
		Cha. Chi	Su. Chi	Ash. Utt	Cha. Chi	Su. Chi	Ash. Utt	Ch. Chi	Su. Chi	Ash. Utt	Ch. Chi	Su. Chi	Ash. Utt	Ch. Chi	Su. Chi	Ash. Utt
1	DALAN															
2	KRUMIDANTA		22/39	22/19 22/25											22/38	22/19

3	DANTA HARSHA		22/35													
4	BHANJANAKA															
5	DANTA SARKARA		22/37 22/35													
6	KAPALIKA		22/38													
7	SYAVA DANTA															
8	HANU MOKSHA		22/41						22/41			22/41				
VAGBHATTA																
9	DANTABHEDA															
10	DANTACHALA		22/41	22/15												

PANCHKARMA IN JIHWA ROGA

NO	NAME	NASYA			VAMAN			VIRECHANA			BASTI			RAKTAMOKSHANA		
SUSHRUTA		Cha. Chi	Su. Chi	Ash. Utt	Cha. Chi	Su. Chi	Ash. Utt	Ch. Chi	Su. Chi	Ash. Utt	Ch. Chi	Su. Chi	Ash. Utt	Ch. Chi	Su. Chi	Ash. Utt
1	VATAJ JIHWAKANTAKA		22/44 22/04	22/42												
2	PITTAJ JIHWAKANTAKA		22/45	22/43											22/45	22/43
3	KAPHAJ JIHWAKANTAKA			22/44											22/46	
4	ALASA			22/44												
5	UPAJIHWAKA	12/80	22/48		12/80			12/80						12/80		22/46
VAGBHATTA																
6	ADHIJIHWAKA	12/80		22/45	12/80			12/80						12/80		

PANCHKARMA IN TALU GATA ROGA

NO	NAME	NASYA			VAMAN			VIRECHANA			BASTI			RAKTAMOKSHANA		
SUSHRUTA		Cha. Chi	Su. Chi	Ash. Utt	Cha. Chi	Su. Chi	Ash Utt	Ch. Chi	Su. Chi	As Utt	Ch. Chi	Su. Chi	Ash Utt	Ch. Chi	Su. Chi	Ash. Utt
1	GALA SHUNDIKA			22/46												
2	TUNDIKERI			22/54												22/54
3	ADHRUSHA															
4	KACHHAPA			22/50												
5	TALU ARBUDA															
6	MAMSA SANGHAT			22/50												
7	TALU PUPUUTA			22/50												
8	TALU PAKA		22/50			22/50			22/57							
9	TALU SOSHA	26/203	22/58	22/54					22/58			22/58				
CHARAKA																
10	TALU VIDRADHI	12/80			12/80			12/80						12/80		

PANCHKARMA IN KANTH GATA ROGA

NO	NAME	NASYA			VAMAN			VIRECHANA			BASTI			RAKTAMOKSHANA		
SUSHRUTA		Cha. Chi	Su. Chi	Ash. Utt	Cha. Chi	Su. Chi	Ash. Utt	Ch. Chi	Su. Chi	Ash. Utt	Ch. Chi	Su. Chi	Ash. Utt	Ch. Chi	Su. Chi	Ash. Utt
1	VATAJA ROHINI		22/60	22/54 22/109 22/59		22/60	22/109			22/109					22/60 22/59	22/54 22/108
2	PITTJA ROHINI		22/60	22/54 22/109 22/63		22/60	22/109			22/109					22/59	22/54 22/108 22/60
3	KAPHAJA ROHINI		22/60	22/54 22/109		22/60	22/109			22/109					22/59	22/54 22/108
4	RAKTAJA ROHINI		22/60	22/54 22/109		22/60	22/109			22/109					22/59 22/64	22/54 22/108

																22/61
5	SANNIPATAJA ROHINI		22/60	22/54 22/109		22/60	22/109			22/109					22/59	22/54 22/108
6	KANTHA SALUKA	12/80		22/54 22/109	12/80		22/109	12/80		22/109				12/80	22/64	22/54 22/108
7	ADHIJIHWA	12/80	22/66 22/48	22/54 22/109	12/80		22/109	12/80		22/109				12/80		22/54 22/108
8	BALAYA			22/54 22/109			22/109			22/109						22/54 22/108
9	BALASA			22/54 22/109			22/109			22/109						22/54 22/108
10	EKVRUNDA			22/54 22/109			22/109			22/109					22/66	22/54 22/108
11	GILAYU			22/54 22/109			22/109			22/109						22/54 22/108
12	SHATAGHNEE			22/54 22/109			22/109			22/109						22/54 22/108
13	GALA VIDRADHI			22/54 22/109			22/109			22/109						22/54 22/108
14	GALUODH			22/54 22/109			22/109			22/109						22/54 22/108
15	SWARGHANA			22/54 22/109			22/109			22/109						22/54 22/108
16	MAMSATANA			22/54 22/109			22/109			22/109						22/54 22/108
17	VIDARI			22/54 22/109			22/109			22/109						22/54 22/108 22/64
VAGBHATTA																
18	VATAJ GALA GANDA	12/80		22/54 22/109	12/80		22/109	12/80		22/109				12/80		22/54 22/108

19	KAPHAJ GALA GANDA	12/80		22/54 22/71	12/80		22/71	12/80		22/109				12/80		22/69 22/108
20	MEDAJ GALA GANDA	12/80		22/54 22/72	12/80		22/72	12/80		22/109				12/80		22/72 22/108

PANCHKARMA IN SARVASRA MUKHA ROGA

NO	NAME	NASYA			VAMAN			VIRECHANA			BASTI			RAKTAMOKSHANA		
SUSHRUTA		Cha. Chi	Su. Chi	Ash. Utt	Cha. Chi	Su. Chi	Ash. Utt	Ch. Chi	Su. Chi	Ash. Utt	Ch. Chi	Su. Chi	Ash. Utt	Ch. Chi	Su. Chi	Ash. Utt
1	VATAJ MUKHA ROGA	26/187	22/68	22/109 22/74	26/187		22/109	26/187		22/109						22/108
2	PITTAJA MUKHA ROGA	26/187	22/72	22/109	26/187	22/72	22/109	26/187	22/72	22/109						22/108
3	KAPHAJA MUKHA ROGA	26/187	22/73	22/109	26/187	22/73	22/109	26/187	22/73	22/109						22/108
VAGBHATTA																
4	RAKTAJA MUKHA ROGA			22/109			22/109			22/109						22/108
5	SANNIPATAJA MUKHA ROGA			22/109			22/109			22/109						22/108
6	URDHWAGUDA			22/109			22/109			22/109						22/108
7	MUKH ARBUDA			22/79			22/109			22/109						22/108
8	PUTI MUKHA			22/80			22/80									22/108

PANCHKARMA IN GANDA ROGA

NO	NAME	NASYA			VAMAN			VIRECHANA			BASTI			RAKTAMOKSHANA		
Vagbhatta		Cha. Chi	Su. Chi	Ash. Utt	Cha. Chi	Su. Chi	Ash. Utt	Ch. Chi	Su. Chi	Ash. Utt	Ch. Chi	Su. Chi	Ash. Utt	Ch. Chi	Su. Chi	Ash. Utt
1	Gandaalaji															22/10

DISCUSSION

PANCHKARMA IN OSTHAROGA

- Osta Roga are not mentioned by Acharya Charaka
- According to Acharya Sushruta Mamsaja, Raktaja, Tridoshaja Osta Roga are Asadhya.
- Acharya Sushruta mentioned Nasya only in Vataj and Kaphja Osta Roga and Raktamokashana in Pittaja, Kaphaja, Raktaja and Abhighataja OstaRoga.
- In Pittaja, Raktaja and Abhighataja Osta Roga Rakta and Pitta became vitiated so Raktamokshan is advised by Acharya Sushruta.
- Acharya Vagbhata follow the opinion of Acharya Susruta. And also Acharya Vagbhata mentioned Nasya in Khandosttha.
- Basti is not indicated in Osta Roga by Acharya

PANCHKARMA IN DANTAMoola GATA ROGA

- Acharya Charaka mentioned Nasya, Vaman, Virechana, and Raktamokshana in the treatment of Danta Vidradhi and Upkusha.
- Acharya Sushruta mentioned Nasya, Vaman, Virechana, and Raktamokshan only in Upkusha.
- Tridoshaja Nadi and Saushira are Asadhya.
- According to above table we can say that Nasya and Raktamokshana mentioned in most of the Dantamoola Gata Roga.
- According Acharya Vagbhata Dantamoola Gata Roga are caused by Kapha and Rakta. So they mentioned Nasya, Vaman, Virechan and Raktamokshana in all type of Dantamoola Gata Roga.
- Basti is not mentioned in Dantamoola Gata Roga by Acharya.

PANCHKARMA IN DANTA ROGA

- Danta Rogas are not mentioned by Acharya Charak.
- Acharya Sushruta mentioned Nasya, Virechana, and Basti in Hanumoksha. Because in Hanumoksha they mentioned that do treatment according to Ardit.
- Syava Danta, Dalan, Bhanjanaka Roga are Asadhya by Acharya Sushruta.
- In most of Danta Roga Nasya is indicated.
- In Krimidant Dosha accumulated and became aggravated and vitiate Rakta so Raktamokshana is advised by Acharya Sushruta.

- Acharya Vagbhatta also mentioned *Raktamokshana* in *Krimidanta*.
- *Nasya* is indicated in *Chaladanta* and *Krimidanta*.

PANCHKARMA IN JIHWA ROGA

- Acharya Charaka mentioned *Vaman*, *Virechana*, *Nasya* and *Raktamokshana* in *Upjihwika* and in *Adhijihwika*.
- Acharya Sushruta not mentioned *Vaman*, *Virechana*, and *Basti* in *Jihwagata Roga*.
- Acharya Sushruta mentioned *Nasya* in *Vataja*, *Pittaja* and in *Upjihwika* and *Raktamokshana* in *Pittaja* and *Kaphaja Jihwa Kanatka*.
- Acharya Vagbhatta mentioned *Nasya* in *Vataja*, *Pittaja*, *Kaphaja* and in *Alasa* and *Raktamokshana* in *Pittaja Jihwa.Knatka* and in *Upjihwika*. In *Jihwa Gata Roga Alasa* is *Asadhya*

PANCHKARMA IN TALU GATA ROGA

- Acharya Charaka mentioned only *Talu Shosha* and *Talu Vidradhi* in *Talu Gata Roga*.
- In all *Talu Gata Roga Nasya* only indicated in *Talusosha* by Acharya Charaka.
- In *Talu Sosha Dhatu Kshya* occur so for *Brimhana* purpose *Nasya* is given.
- In *Talu Vidradhi Nasya*, *Vamana*, *Virechana* and *Raktamokshana* is indicated.
- *Panchakarma* is not mentioned in all *Talu Roga* except *Talu Sosha* by Acharya Sushruta.
- *Talu Arbuda* is *Asadhya*.
- Acharya Vagbhatta mentioned *Nasya* in the most of *Talugata Roga*.

PANCHKARMA IN KANTH GATA ROGA

- Acharya Charaka mentioned *Nasya*, *Vaman*, *Virechana* and *Raktamokshana* in *Gala Ganda*, *Kantha Shaluka* and in *Adhijihwa*.
- *Swarghana*, *Valaya*, *Vrunda*, *Vidari*, *Alasa*, *Galoudha*, *Mamsatana*, *Shtaghni*, *Rohini* are *Asadhya*.
- *Basti* is not mentioned in *Kantha Roga*.
- Acharya Sushruta mentioned *Nasya*, *Vamana*, and *Raktamokshana* in *Rohini*.
- Though *Kanth Roga* are caused due to *Kapha* and *Rakta Dosha* so that Acharya Vagbhatta mentioned *Nasya*, *Vaman*, *Virechana* and *Raktamokshana* in all *Kantha Roga* for *Sodhana* purpose.

PANCHKARMA IN SARVASRA MUKHA ROGA

- Acharya Charaka mentioned Vamana, Nasya, Virechana in Vataj, Pittaja, Kaphja Mukha Roga.
- Acharya Sushruta mentioned only Nasya In Vataja Mukha Roga while Nasya, Vaman, Virechana in Pittaja and Kaphaja Mukha Roga
- Though Mukha Roga are caused by Kapha and Rakta Dosha so that Acharya Vagbhata mentioned Nasya Vamana Virechana and Raktamokshana for Sodhana purpose.
- Acharya vagbhata mentioned raktamokshan in gandalji.

By the above description we can say that in Mukharoga maximum Nasya therapy is indicated. Acharya Vagbhata mentioned that in Mukha, Kantha and Dantamoola Gata Roga do Rakatamokshana first due to Kapha and RaktaDosha Pradhanata after that do Kaya and Siro Sodhana with the help of Nasya, Vamna and Virechana.

CONCLUSION

Panchakarma is the supreme well-known purification process of Ayurveda. It helps not only in detoxification but also in maintaining exceptional health.

1. Vamanam – (Induced Vomiting)
2. Virechanam (Purgation)
3. Anuvasana (Enema Using Medicated Oil) or Astapana Vasti (Therapeutic Decoction Enema)
4. Nasyam – (Nasal Instillation of Medicated Substances)
5. Raktamokshana (BloodLetting)

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