

IMPORTANCE OF PANCHAKARMA IN SHALYATANTRA: A REVIEW**Dr. Maheshkumar Bharat Raut***Assistant Professor, Department of Shalyatantra, Shri Sai Ayurved Hospital Medical College and Research Centre
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ABSTRACT

Panchakarma plays an important role to cleans the various system of body. Many acute and chronic surgical conditions like vrana (wound), bhagna (musculo-skeletal injuries), Arsha (hemorrhoids), Bhagandara (fistula in ano), Arbuda (tumours), shlipada (filariasis), shopha (swellings and vidradhi (abscess) etc. In the classical texts of Ayurveda, a very detailed description of panchakarma is available, with special relevance in the management of various surgical pathologies. In this article, an effort has been made to explore the applied concepts of panchakarma in the field of shalyatantra in various ways.

KEYWORDS: Panchakarma, Shalyatantra, Doshas, Ayurveda.**INTRODUCTION**

Panchakarma is chiefly constituted of specially designed five procedures for detoxification of body. These includes vaman (emesis therapy), virechan (purgation therapy), Basti therapy (therapeutic enema), Nasya (errhine therapy) and Raktamokshana karma (bloodletting therapy)^[1]. Panchakarma is not only a bio-purification process, but involves a wide range of therapeutics such as replenishing, depleting and rejuvenating therapies. It has broad spectrum of applications in the practice of shalyatantra. Raktamokshan procedure is directly related to the practice of shalyatantra. It is carried out with the help of different surgical instruments like yantra, shastra, Anushastra.

MATERIAL AND METHOD**Effect of Panchakarma Therapy**

In shalyatantra, panchakarma procedures has a very prime role to play. The principle objectives of treatment as expounded by Acharya Sushruta is replenishing the deficiency, reducing the exaggerated levels and preservation of equilibrium of doshas.^[2]

Panchakarma therapy application has not only the purificative aim, but the facilitation of desired pharmacokinetic effect of therapeutic remedies administered is also achieved. It eliminates toxins, stagnated excreta and metabolites from the body, cleanses the macro and micro channels, maximizes the absorption and metabolism of nutrients and drugs, and helps in minimizing their dose and toxicity.^[3]

Role of Panchakarma in the field of Shalyatantra

Acharya Dalhan has predominantly explained that langhana to virechana karma (purgation) are the main pre-operative measures that include important panchakarma procedures like Snehana (unction), Svedana (fomentation), Vistravana (bloodletting), Vamana (therapeutic emesis) and virechan (therapeutic purgation).^[4] Not only the foreign bodies, but all those which cause painful disorders have been termed as Shalya.^[5]

Major surgical conditions requiring Panchakarma procedures are described as under**Vrana (Wounds)**

Etiological classification of vrana (wounds) constitutes Nija or Agantujavrana^[6] panchakarma procedures have a significant place in the management of both these types of wounds. In case of many casualties due to severe haemorrhages in case of china (excised), Bhinna (ruptured), viddha (punctured) and kshata (lacerated) wounds, vatadosha gets aggravated resulting in severe pain. For this vitiated vata dosha, sneha-pana (unction therapy), snigdhaupanahana (local application of unctuous poultices), snehabasti (medicated unctuous enemas) are specifically indicated.^[7]

Snehana karma (Uction Therapy)

Consumption of snehana processed with specified drugs has been indicated in patients who have complications due to wound^[8].

Svedana karma (Sudation Therapy)

Different types of fomentation has been indicated in inflammatory swellings for local application which are painful, hard^[9]

Vaman karma (Therapeutic Emesis)

It is an excellent therapy for minimization of vitiated kaphadosha. In case of wounds having inflammation along with granulation tissue and vitiated darkish blood, vamana karma is useful particularly in that caused by vitiated kaphadosha^[10]

Virechan karma (Therapeutic purgation)

Virechana karma is choice of treatment in wounds vitiated with pitta associated with vata and which are chronic in duration.^[11]

Basti Karma (Medicated Enema)

The wounds which are rough, severely vitiated by vata and is particularly situated in the lower part of the body, basti is indicated in such cases^[12]

Uttar Basti Karma (Douches)

This is particularly applied through urinary path mostly is retention of urine, disorders of urine and semen, wounds caused by calculus and in menstrual disorders; administration of uttarbasti is helpful^[13]

Shiro-virechana karma (Errhine Therapy)

Wounds and swellings which are located in supraclavicular region i.e urdhava- jatrugatavrana requires special management with Shiro-virechana karma.^[14]

Raktamokshana karma (Therapeutic Bloodletting)

In acute inflammatory swellings, Raktamokshana karma is certainly effective in reducing pain and to prevent suppuration. It is particularly indicated in the wounds with inflammation, hardness, dark-red discolouration, pain.^[15]

Arshachikitsa (Haemorrhoids)

Panchakarma is absolute indication for its effective management. In the context of vataj arsha, snehan, swedana, virechana, anuvasana and asthapanabasti have been indicated. Also in pittaj arsha, virechana karma has been mentioned as one of the main treatments.^[16]

Prikartika (Anal Fissures)

Pichhabast and sneha basti i.e Anuvasanbasti have been indicated in prikartika i.e anal fissures.^[17]

Bhagandara (Fistula in ano)

Various svedana karma and virechana have been indicated in bhagandara. Specifically in kaphaj type, mild virechana followed by Tikshna virechana have been advised to be administered.^[18]

Gud-Bhransha (Prolapse of Rectum)

Administration of pichhabasti (slimy enema) has the indication in rectal prolapse and bleeding per anum.^[19]

Ashmari chikitsa (Urinary calculus)

Post-operative svedana karma (sudation), uttarbasti (urethral douche), Asthapanana (medicated enema) and Anuvasan basti (unctuous enemas) are the main panchakarma procedures indicated in management of this illness.^[20]

Shopha (Oedema)

Level of vitiation of doshas, and mode of samprati (pathogenesis) snehana, svedana, upnahana along with frequent sira-vedha definitely give the good results.^[21]

Bhagna (Musculo-skeletal injuries)

Dhara (allowing oil to flow into and from certain distance with certain velocity), Abhyanga (gently application of oil) and Basti karma in management of bhagna (fractures).^[22]

Prameha pidika (Dibetic boils)

In the patients suffering from prameha pidika vaman, virechan and siravedha has been prescribed.^[23]

Apachi (Scrofula), Granthi, Arbuda (Tumours)

Ghritapana, Tailapanai oral administration of medicated ghee and oil, svedana karma along with main panchakarma procedures constitute the general management of all these conditions^[24]

Granthiroga (Elephantiasis)

In vatajgranthi, different types of poultices are useful to minimize the local symptoms. In pittajgranthi, bloodletting with leeches plays a vital role^[25]

Shlipada Roga (Elephantiasis)

Raktamokshana by siravyadha has been indicated in all the three types of shlipada.^[26]

Udararoga (Abdominal Enlargement)

In all types of udararoga for the management of aggravated vata and accumulated mala frequent purgation is very useful^[27]

Yakridalyodara (Enlargement of liver) and plehodararoga (splenomegaly)

Siravedha (venipuncture) has been indicated after snehana and svedana^[28]

CONCLUSION

Panchakarma is an integral part of Ayurveda useful to remove the morbid doshas of the body. It plays an important role to cleans the various system of the body. It has an international recognition as major and unique therapy in the preservation, maintenance and conservation of health, along with promotion of longevity. In the field of Shalyatantra, the procedures of panchakarma plays a very important role. Successful

peri-operative management of numerous surgical conditions requires adjuvant therapies of panchakarma. By adopting these procedures, the practice of shalyatantra is sure to be benefitted with improved outcomes.

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