

**PANCHAKARMA UNIQUE THERAPEUTIC APPROACHES CURE DISEASES: REVIEW
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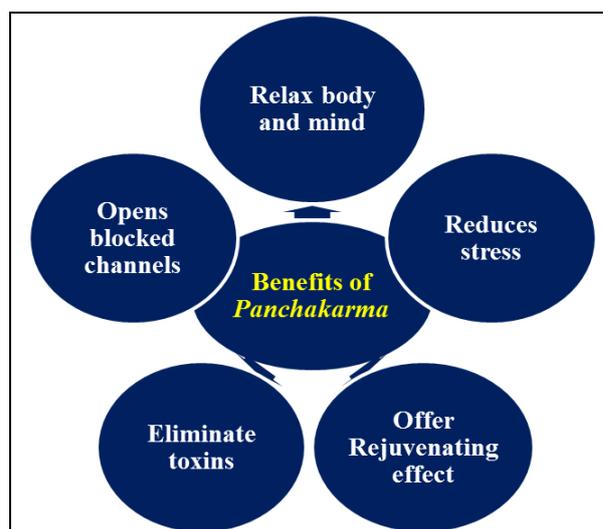
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ABSTRACT

Ayurveda is a science of ancient medical system which not only able to cure disease but also provides guideline of healthy living. Ayurveda emphasizes preventative, therapeutic and rejuvenating approaches for the management of healthy life and *Panchakarma* is one of them. *Panchakarma* offer process of detoxification and rejuvenation which helps to achieve balanced state of physical and mental status. This article describes various aspects of *Panchakarma* as per ayurveda.

KEY-WORDS: Ayurveda, *Panchakarma*, Detoxification, *Shodhna*.**INTRODUCTION**

Ayurveda considers purification as an important aspect towards the health of the body and it is also very important prior to initiate certain other therapies. *Panchakarma* is a unique therapeutic approach of ayurveda which encompasses five therapies for detoxification purpose and leads good health, youthfulness and vitality. The basics of *Panchakarma* involve process of oleation and fomentation. Oleation means application of oil on the body which removes accumulated toxins from body. Ayurveda described several oils prepared from herbs and mineral used for external application while *ghee* & other oils used for internal application. Fomentation means generation of sweat; tissues become flexible by fomentation and this process liquefy toxins loosened by oleation and thus flush them out from body. The oleation and fomentation achieved through *Abhyanga* & *Shirodhara*; *Abhyanga* means body massage using medicated oil. It may be performed for whole body or locally also. Its improve tonicity of body, help to eliminate toxins and pacify *vata dosha*. *Shirodhara* relieve ailments related to the head area. This therapy involves pouring of a stream of warm oil on the centre of forehead with uniform speed. This help to relive headache, migraine, stress and anxiety. It also offer calming effect and detoxify upper body part especially head region.^[1-4]

**Figure 1: Health benefits of *Panchakarma*.****The five vital elements of *Panchakarma*.**^[2-6]***Vaman***

Vaman means induction of emesis, internal and external oleation along with fomentation used for this purpose. It is used for detoxification purpose to eliminate toxins which get liquefied in upper cavities of body. *Vaman* mainly recommended *kapha* predominant condition such as; obesity, asthma and hyperacidity.

Virechan

Virechan means induction of purgation, *virechan* eliminates toxins through the bowels evacuation. Herbal

laxative used to facilitate bowels evacuation which removes toxins & cleans body. *Virechan* is recommended for *pitta*-dominated conditions; jaundice, celiac disease and colitis, etc.

Basti

Basti means utilization of medicated enema, in this therapy medicated substances administered through enema. Herbal decoctions, oils, *ghee* or milk are administered into the rectum which offers beneficial effects in *vata*-dominated conditions like; piles, arthritis and constipation.

Nasya

Nasya involve administration of drugs through nostril, this therapy cleans head region and eliminate nasal congestion. This therapy relieves headache, hair problems, migraine, sinusitis, and rhinitis.

Raktamokshan

Raktamokshan therapy cleans blood and offer efficacy against diseases occurs due to impure blood such as; psoriasis, eczema and pigmentation.

Benefits of Panchakarma

- Eliminate toxins
- Opens blocked channels
- Completely cleans body
- Improves digestive fire
- Boost metabolism
- Offer Rejuvenating effect
- Relax body and mind
- Improve immunity
- Reduces stress

Panchakarma for Psoriasis

The psoriasis is skin disease which involves itching & caused due to the disturbed function of nervous system and possesses symptoms such as; stable lesions, plaques of red color, unctuous and difficult to treat. *Panchakarma* offer significant relief in Psoriasis since *Mandal kushtha* a disease described in Ayurveda possess symptoms similar to Psoriasis like; *shweta rakta vikshat*, *sthir*, *styaan*, *snigdha*, *utsanna mandalam* and *krichham*. *Panchakarma* improves symptom of *vaivarnyta* (*erythema*) initially due to the elimination of vitiated *dosha*. *Vamana* procedure reduces itching due to the elimination of *kapha dosha*, *virechana* correct *pitta dosha* and *vata dosha* control by *basti* and thus reduce roughness of psoriatic plaques. *Panchakarma* relieves *Shwet rakta vikshat* due to cleansing of channels. *Utsanna mandala*, *daha* & *erythroderma* reduces by *sodhna* effect of *panchakarma*.^[7]

Panchakarma (Raktamokshana) for Rakta Pradoshaj Vyadhi

Raktamokshana is one of the most important *Shodhan* therapy and effectively used for the management of *Pitta* and *Rakta Pradoshaj vyadhi*. *Pittaj* and *Raktaj Vyadhi* are considered as consequence of *Rakta Dusti* hence

therefore *Rakta Shodhan* (*Raktamokshana*) recommended for such type of diseases. *Panchakarma Chikitsa* pacifies vitiated *Dosha* and control *Dushita Rakta* from the *Siras*. *Raktamokshana* balances *Pitta* since it is depend on *Rakta* hence thus *Rakta Dusti* & *Pittaja Vyadhi* may be cured by this therapy. *Purva karma* liquefies *Dosha* and allowed them to be circulated along with blood, then remove that *Dosha* from circulation and offer purification of *Rakta* & whole body. Therefore *Raktamokshana* may be considered as effective and safe treatment modality for the management of *Rakta Pradoshaj Vyadhi*.^[8]

Guidelines of Panchakarma

It is recommended to avoid excess of physical activity, sexual intercourse, irregular life style and emotional stress while performing *Panchakarma*. It is also advised to protect from wind and sunlight. Diet should be light and not to be very spicy and oily.

- Diet regimen should be followed strictly after *Panchakarma*
- Hot liquid should be consumed while performing *Panchakarma*.
- Normal routine activity should be adopted gradually.
- It is also recommended to take massage with oil while performing *Panchakarma*.
- *Panchakarma* should be performing as per seasonal requirements, maximum benefit of *Panchakarma* occurs when it is performed regular and seasonal basis.^[9-10]

DISCUSSION

Literature proved efficacy of *panchakarma* as *shodhana chikitsa* in various disorders like; skin disease, anxiety, muscle fatigue and *tridoshic* imbalances. The *panchakarma* remove the vitiated *doshas* and then normalize *doshaic* balance. *Panchakarma* offer beneficial effects in different age group and act as precautionary approach for the prevention of various diseases. *Panchakarma* possess ability to stop disease pathogenesis *via* improving body immunity and it possesses no side effects. In psoriasis *panchakarma* offer significant relief since it improves symptom of *vaivarnyta* (*erythema*) due to the elimination of vitiated *dosha*. *Vamana* procedure reduces itching (elimination of *kapha dosha*), *virechana* correct *pitta dosha* in psoriasis while *vata dosha* control by *basti*. *Panchakarma* reduce roughness of psoriatic plaques and relieves *Shwet rakta vikshat*. *Panchakarma* also offer beneficial effects in *Rakta Pradoshaj Vyadhi* through *Raktamokshana* which is one of the most important *Shodhan* therapies. *Panchakarma* pacifies vitiated *Dosha* and control *Dushita Rakta* from the *Siras*. *Raktamokshana* balances *Pitta* hence thus *Rakta Dusti* & *Pittaja Vyadhi* may be cured by this therapy.

CONCLUSION

Panchakarma is an important *shodhana chikitsa* of ayurveda help to cure many diseases. It offer strength

and longevity, relaxes body mentally as well as physically. Offer calming effect and promotes immunity, improves circulatory process and provide internal and external purification to the body, induces proper sleep, boost growth & development. *Panchakarma* detoxify whole body and act as preventive measure towards the common disease. Due to enormous beneficial effects *Panchakarma* may be significantly employed for the management of various disease including; psoriasis & *rakta pradoshaj vyadhi*.

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