

STANDARDIZATION OF PANCHAKARMA PROCEDURES: NEED AND CLINICAL SIGNIFICANCE**Dr. Jagdish Patil¹, Dr. Amol Patil², Dr. Shankar Mane³, Dr. Ajit Dahatonde⁴ and Dr. Janardhan K.⁵**¹HOD and Assist Prof., Dept. of Panchakarma, Shri Gurudeo Ayurvedic College, Mozari Amravati, Maharashtra, India.²HOD and Assist Prof., Dept. of Kaumarabhritya, Shri Gurudeo Ayurvedic College, Mozari Amravati, Maharashtra, India.³Assist Prof, Dept of Panchakarma, Rural Institute of Ayurveda Research Centre & Hospital, Mayani, Satara, Maharashtra, India.⁴Assist Prof. Dept. of Kaumarabhritya, Shri Dhanvantary Ayurvedic Medical College Mathura, U.P., India.⁵Assist Prof. Dept. of Kaumarabhritya, Sri Adi Siva Sadguru Ali Shaeb Sivvaraula Ayurvedic Medical College, Guntakal Dist., Anantapur, A. P., India.***Corresponding Author: Dr. Jagdish Patil**

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ABSTRACT

Panchakarma is an important therapeutic approach of Ayurveda, it act as preventive measure & resist disease. Panchakarma offer significant relief in acute as well as chronic pathological conditions. The utilization of Panchakarma therapy needs proper care and consideration of precautions which need to be taken during therapy. Improper use of Panchakarma therapy may results hazardous effects like; hemorrhage, organs damage & shock etc. therefore ayurveda recommended various parameters to be followed during Panchakarma. However these parameters should be standardized to achieve maximum benefits without any adverse effects. Considering this fact present article summarizing standardization of Panchakarma therapy to explore its clinical significance.

KEYWORDS: Panchakarma, Standardization, Ayurveda, Shodhana Karma.**INTRODUCTION**

Standardization is a method which confirms or ensures validity of adopted procedure or formulation or mechanism in a view to average out, equalize, homogenize & systematize a standard. As per Ayurveda standardization is very essential to prevent atiyoga, ayoga and to get optimum effects in a systematic manner of predetermined protocol. Ayurveda recommended that Panchakarma therapy should be carried out only by expert to avoid any possible complications. The development of medical science seeks standardization of traditional therapeutic approaches to establish uniformity of procedural practice. The standardization of Panchakarma considered dosage schedule, procedural protocol, dose of medicaments, level of optimum effects and possible side effects.^[1-5]

Ayurveda described standardization as vikalpavid and avikalpavid. Vikalpavid assess the agni (bio-fire), koshtha (nature of bowel) considering all variations but fixes dose and duration, while avikalpavid works differently.^[1,3]

Recommended guidelines for panchakarma standardization

- All the procedures of panchakarma should be performed by the same person till the clinical trial.
- The medicine used for standardization setup should not be change during the trial period.
- The participant's belongings & inclusion criteria should be similar during trial period.
- The shodhana karma need to be done as per seasonal requirements like; emesis in vasant ritu.^[2,4]

Steps for Panchakarma Standardization

- Recommended literary review.
- Protocol designed by field experts.
- Uniform selection of participants: patient should possess madhyama koshtha/madhyama agni/madhyama bala/madhyama vaya.
- Fixation of dose, duration and anupana uniformly.
- Pilot study at least on 20-50 volunteers.
- Initial clinical trial on specific area, then at different geographical regions in different population.
- Advanced clinical multi-centric study (Phase 3).^[1-6]

METHODOLOGY FOR PANCHAKARMA STANDARDIZATION

Standardization of Purva karma

- Fixation of materials, quantity and specifications.
- Therapist requirement (expert in the field).
- Selection of required drugs and its quantity.
- Identification or authentication of drugs.
- Protocol consideration for formulation of medicaments.
- Selection of drugs as per prakrati of individual; constitution of bio-fire & nature of bowel.
- Appropriate selection of oil, its quantity & temperature, frequency of use for external procedure.

Standardization of Pradhan karma

- Selection of standard procedural protocol for panchakarma therapy.
- Selection of appropriate timeregimen for panchakarma therapy.
- Selection of frequency of therapy.
- Consideration of procedural duration.
- Course of therapy.

Standardization of Pashat Karma

- Duration of resting or relaxing period.
- Bathing consideration as per need medicated or none medicated.
- Dietetic and behavioral consideration.
- Pathya / Apathya.^[4,8]



Figure 1: Panchakarma dosing which may considered for standardization.

Example

Standardization of Bindu for Nasya karma

Nasya is the one of the important procedure of Panchakarma which involves administration of medicaments through nostril. Fixation of dose is important factor in all procedure of Panchakarma to get optimum efficacy & it also prevent any chances of adverse effect due to the excess dosing. Similarly Nasya also require dose fixation and Bindu is the unit of measurement used for dosing in Nasya. Single unite Bindu resembles one drop (0.05ml); however it is also mentioned single unite Bindu as 01 Shana which is more

than routinely practiced dose. A clinical study standardizes classical concept of Bindu for Nasya. Study presented standardization of process to measure dose of one Bindu. Clinical investigation involved administration of fixed drops of Tila Taila from anguli & from dropper. The study observed variation literary methods & routinely prescribed method towards the dosing of Nasya. The traditional Bindu method offer administration of larger quantity for Nasya as compared to modern method. The standardization method recommended that the drops counted from dropper administered incorrect quantity of medicaments for Nasya & should consider Ayoga for Nasya karma & it may only offer Dosha Utkleshana effect but deprived Dosha Nirharana effect. However Acharya Charaka's advised exact quantity for Nasya which is half pala.^[8,10]

The standardization of two methods for Nasya; dropper & Bindu methods results as follows

- Bindu is not equivalent to one drop.
- Routinely practiced dose is lesser when compared to recommended classical dose.
- Study recommended utilization of Bindu for Nasya & measurement of Bindu in milliliter.
- One may also follow anciently recommended quantity for Nasya which is half pala.

CONCLUSION

Standardization is one of the important aspects of scientific or medical filed which establish after extreme clinical evaluation. Standardization is also very important in the field of Ayurveda. Panchakarma is one of the vital therapeutic approaches of Ayurveda which also needs standardization to achieve uniformity of methodology. Standardization of Panchakarma offer effective and safe procedural protocol. The Standardization of Panchakarma after clinical study may be considered as standard for further utilization and uniform application.

Limitations for Standardization

- Dosha, dhatu and mala varies due to seasonal variations & other factors.
- Variations in agni, koshta, prakriti, desha, kala, bala & vya may also affect efficacy of therapy.
- The consideration of all internal & external factors is also very essential.
- The standardization method must possess reproducibility of results, but it may affects due to the change in experimental conditions.
- Sometimes standardization results may contrary to literary/textual results which lead more confusion.
- Validation of standardization method also required.

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