

**REVIEW ON VARIOUS MATERIALS AND EQUIPMENTS USED IN PANCHKARMA
W.S.R. TO MODERN ADVANCEMENT AND THEIR ADVANTAGES****Dr. Roshan Vijay Vyas*¹, Dr. Nikhil A. Baxi², Dr. Neha N. Baxi³**¹Assistant Professor, Dept. of Panchakarma, Mup's Ayurveda College, Degaon, Tal Risod, Dt. Washim(M.S.) India.²Associate Professor, Dept. of Samhita Siddhant, Dr. R.N. Lahoti Ayurved Medical College, Sultanpur, Tq. Lonar, Dist. Buldana (MS), India.³Assistant Professor, Streerog evum Prasutantra Department, Dr VJD, GAM, Patur, Dist-Akola, (M.S.) India.***Corresponding Author: Dr. Roshan Vijay Vyas**

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ABSTRACT

Ayurveda the ancient science practicing from *Vedic* works around health and well-being of mankind. This science helps to establish balances physical as well as mental balance and ensures quality of life. In this connection ancient Ayurveda philosopher explains several modalities for health restoration and *Panchakarma* is one of them which eliminates impurities from the body and helps to detoxify whole system. *Panchakarma* utilizes five different actions to purifying and rejuvenating body. There are many medicines and equipments used in *Panchakarma*, these materials serves specific purpose in *Panchakarma* procedure. Equipments like *Droni*, steam-bath, boiler, *Nalee Swedana Yantra*, massage tables, *Dhara*-stand and *Droni*-stand, etc. mainly employed in *Panchakarma* therapy. Medicinal woods such as *Kanjiram*, *Venga*, *Anjili* and *Neem*, etc. also play important role in *Panchakarma* procedure. Recently much advancement has been incorporated in *Panchakarma* procedure and some new advanced form of equipments introduced in Therapy. These advancements offer advantages of safety and effectiveness. However there is still need to develop eco-friendly, easy to handle and economical technology of *Panchakarma* therapy. Considering importance of technological advancement present article described various materials and equipments used in *Panchkarma* and their modern advancement.

KEY-WORDS: *Ayurveda, Panchkarma, Equipments, Yantra.***INTRODUCTION**

Ayurveda is a system of healing, originated from *Vedic* period of Indian civilization, works towards the preserving and maintaining of general health. Ayurveda helps to achieve happy and wholesome life, for this purpose Ayurveda explores many approaches including ancient purification measure i.e.; *Panchakarma*. This therapy of detoxification used to restore balances of body. *Panchakarma* includes oil massage, herbal paste therapy, steam therapy, nasal therapy, enema therapy, vomiting therapies and purgation therapies, these *Panchakarma* therapies eliminates wastes and toxins from the body therefore clears obstruction of circulatory, nervous and digestive systems, etc. Thus *Panchakarma* helps to establish natural functioning of body and regulates normal physiology of important organs.^[1-4]

Panchakarma maintains balances of *Doshas*, boost digestive fire, enhances life span, improve immune system, delay ageing process, reduces stress and imparts physical as well as mental relaxation. The five main procedures of *Panchakarma* i.e.; *Vamana*, *Virechana*, *Nasya*, *Vasti* and *Raktamokshana* imparts specific health benefits therefore used in particular types of conditions or according to the involvement of *Dosha* in disease pathogenesis.

Ayurveda classics mentioned role of different materials and equipments for specific purpose in *Panchakarma*, these materials includes herbal medicines, classical Ayurveda formulations, things from animal origin and other natural substances.^[4-8] The medicines and equipments commonly employed in *Panchakarma* are mentioned in **Table 1**.

Table 1: Medicines and equipments commonly employed in *Panchakarma*.

S. No.	Equipments used in <i>Panchakarma</i>	Medicines used in <i>Panchakarma</i>
1	<i>Bashpa Sweda Yantra</i>	<i>Tila Taila</i>
2	<i>Varshanika</i>	<i>Ghrita</i>
3	<i>Galantika</i>	<i>Dhanwantara Taila</i>
4	<i>Brass Shirodhara</i>	<i>Triphala Churna</i>

5	<i>Agnikarma Shalaka</i>	<i>Yashtimadhu Churna</i>
6	<i>Basti Yantra</i>	<i>Pippali Churna</i>
7	<i>Shiro Basti Cap</i>	<i>Haridra Churna</i>
8	<i>Dhooma Netra</i>	<i>Eranda Tail</i>
9	<i>Massage tables</i>	<i>Tiktaka Ghrita</i>
10	<i>Droni</i>	<i>Anutaila</i>

Similarly some classical Ayurveda formulations also employed in *Panchakarma* for various purposes, the name of some formulations depicted in **Figure 1**.

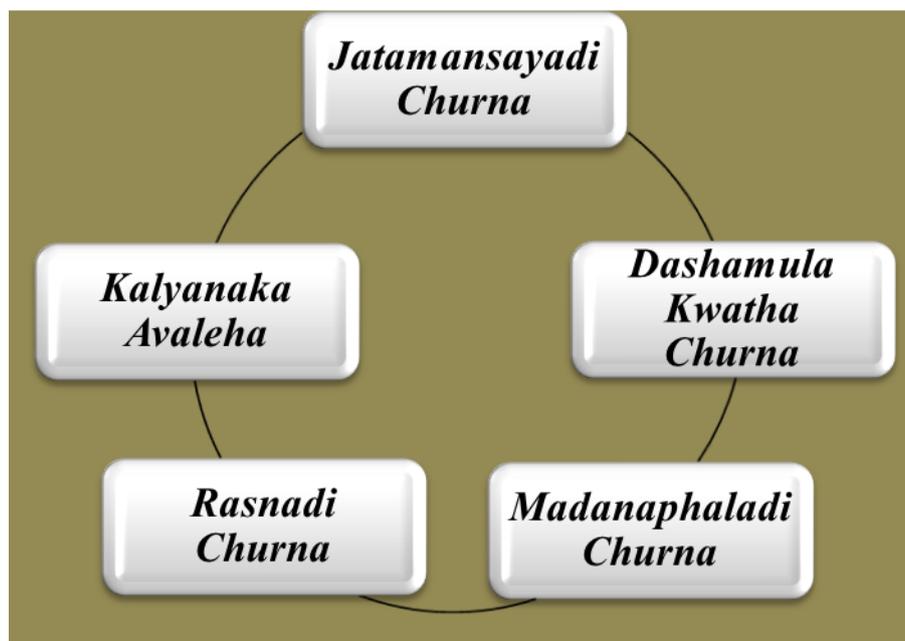


Figure 1: Formulations used in *Panchakarma* for various purposes.

Need of Advancement in *Panchakarma*

The technical advancement in *Panchakarma* procedure is an ongoing process and many advanced equipments are available which offers several advantages as compared to classical equipments. However there is still need to incorporate some advancement in *Panchakarma* therapy due to the following reasons:

- ❖ To make this therapy more compatible for increasing global acceptance.
- ❖ To make therapy more economical & cost effective
- ❖ To increase effectiveness of therapies
- ❖ To impart ease in handling of machine and equipments used in therapy
- ❖ There is need to explore time saving approaches of *Panchakarma*
- ❖ To enhance safety concern of patient as well as physician
- ❖ To improve patient and physician compliance

Recent advancements

Agnikarma shalaka, *Sarvang Swedan Peti*, *Dhumpan Yantra*, *Anuvasan Basti Yantra*, *Greeva Basti Yantra*, *Dhara Yantra*, *Dravswed Yantra* and *Shirodhara Yantra*, etc. are commonly employed for *Panchakarma* therapy.

The technical advancement in medical field also offers advantages of newer techniques in classical ayurveda

science. The *Panchakarma* technique also involves some advancement including electric steam bath, flexible table, boiler and sterilized/aseptic chamber, etc.

The commonly used modified equipments of *Panchakarma* therapy are as follows:

- ❖ *Kati Basti* with Lumbar Traction
- ❖ Single point *Shirodhara*
- ❖ *Shirodhara* with oscillation
- ❖ Electric *Nadi Sveda*
- ❖ *Awagaha-tub-with-circulation*
- ❖ IR Bath Cabinet, etc.

Modified massage *Droni Shriodharma* table, electrical steam cabinet and *Nasya* Peeth, etc. are some advancement in *Panchakarma* equipments which offers easiness of procedure. Electrical oil bath for *Avaghanswedan* helps to regulate temperature therefore offers soothing effects. These modern instruments impart advantage of patient comfort and ease of operational procedure.

The modified *Nasya* Peeth provide comfortable seating and adjustable facilities. The chair support nasal drug administration by allowing appropriate positioning of patient.

The modified electrical *Sarvang Vashapa Swedan Yantra* equipped with safety measures imparts advantage of patient compliance. The steam can be controlled as per the need and moving trolley allows full exposure of body to the steam.

The modern *Vamana* Peeth comprises a chair which support inclined sitting position of patient that allow ease in vomiting, this whole assembly attached with sink gives advantage of direct drainage of eliminated waste from the sink.

Modern *Virechana* Peeth made by chair of cold-rolled steel frame, the adjustable chair and comfortable positioning of patient helps in procedure and facilitate hygienic disposal of the waste from the bowel.

Modified *Dhumpun Yantra* forms herbal smoke as per the requirement and delivers it appropriately and provides advantage of safe handling during smoking procedure.

The recent modification in *Vasti Yantra* facilitates advantage of controlled delivery of medicaments to the site of application and reduces patient's discomfort.

Bloodletting is performed for much therapeutic purpose and recent modification made in bloodletting technique reduces chances of complications and offer advantage of painless procedure. Modified *Shringayantra* suggested for *Raktamokshana* in which mechanical aspiration used for sucking blood instead of mouth aspiration, this equipment provide controlled aspiration force attached with force measurable device thus adequate or desired amount of blood only come out, constant aspiration maintained during mechanical aspiration process and painless procedure improves patient compliance.

CONCLUSION

Panchakarma is an important Ayurveda therapy which gaining popularity day by day in global platform and therapy has been employed successfully for treating many chronic health ailments. The recent advancement in *Panchakarma* therapy provides several advantages of traditional approaches. The current development in *Panchakarma* instrumentation improves effectiveness, safety and acceptance of this ancient therapy. The modern modification in *Shirodhara* table, massage table, steam cabinet, IR bath cabinet, *Nasya* Peeth and *Vamana* Peeth, etc. improves ease of procedures, patient comfort and physician compliance. The newer advancement in *Panchakarma* procedure provides advantages of time saving and cost effective therapy with all required safety measures. These modified equipments work on classical principles of *Panchakarma* therapy but subside drawback of traditional machinery.

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