



PANCHAKARMA FITNESS FORM FOR CLINICAL PRACTICE AND RESEARCH IN AYURVEDA
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ABSTRACT:

Background: The Panchakarma Fitness Form is an essential tool in Ayurveda, used to assess a patient's suitability for specific Panchakarma treatments. By evaluating Dashavidha Pareeksha, Sama-Nirama Pareeksha, assessment of Agni, assessment of Koshta, examination of vital parameters, medical history, and other relevant factors, this form ensures that treatment decisions are informed, ethical, and patient-centered. **Objectives:** To develop and implement a Panchakarma Fitness Form for evaluating patient fitness for Panchakarma therapies and to assess its effectiveness in enhancing treatment safety, personalization, and compliance with clinical and ethical standards over a five-year period. **Methods:** A comprehensive Panchakarma Fitness Form was designed, incorporating sections on classical advocacy on fitness for different Panchakarma therapies, medical history, clinical examination of patient, allergies, medication, and lifestyle factors. The form was used in both routine healthcare and clinical research settings, with a particular emphasis on its role in screening for study eligibility. The implementation of the Panchakarma Fitness Form enhanced patient safety by identifying contraindications and optimizing treatment decisions. This form contributed to improved treatment efficacy by tailoring therapies to individual health conditions and supporting personalized care. In clinical research settings, the form facilitated participant selection, improving study integrity and data reliability. **Conclusions:** The Panchakarma Fitness Form is a valuable tool that supports safe, effective, and personalized Ayurvedic treatment. By systematically assessing patient readiness, it reduces risks, enhances treatment outcomes, and aids in legal and ethical compliance in both clinical practice and research. This form sets a standard for quality and safety in Ayurveda, supporting patient-centered and informed healthcare.

Keywords: Panchakarma Fitness Form (PFF), Ayurveda, Panchakarma.

1. INTRODUCTION

In healthcare and clinical research, a Panchakarma Fitness Form (PFF) is a vital document that ensures patient safety, improves treatment efficacy, and enhances the quality of healthcare delivery. This form, used to assess a patient's suitability for a specific treatment or participation in a study, encompasses Dashavidha Pareeksha, Sama-Nirama Pareeksha, examination of vital parameters, assessment of Agni, assessment of Koshta, medical history, and other relevant factors necessary for making informed healthcare decisions. I have developed Panchakarma Fitness Form and implemented in practice for the last 5 years. By adopting foresaid fitness forms I have performed the Panchakarma therapies effectively and safely. This article explores the significance of the Panchakarma Fitness Form, discussing its purpose, benefits, and how it supports the broader goals of healthcare and clinical research.

The Panchakarma Fitness Form serves several essential purposes:

- **Eligibility Assessment:** It evaluates a patient's physical and psychological readiness for a treatment, ensuring that only those who meet the necessary health criteria are selected.
- **Safety Assurance:** By identifying contraindications or potential risks, the form acts as a safeguard, reducing the likelihood of adverse effects or complications during treatment.
- **Personalization of Treatment:** The form provides detailed patient information,

allowing healthcare providers to tailor treatments based on individual needs and conditions.

Whether in routine healthcare or research settings, this form lays a foundation for providing safe, effective, and appropriate care to patients.

2. OBJECTIVES:

To develop and implement a Panchakarma Fitness Form for evaluating patient fitness for Panchakarma therapies and to assess its effectiveness in enhancing treatment safety, personalization, and compliance with clinical and ethical standards over a five-year period.

3. METHODS:

A comprehensive Panchakarma Fitness Form was designed, incorporating sections on classical advocacy on fitness for different Panchakarma therapies, medical history, clinical examination of patient, allergies, medication, and lifestyle factors. The form was used in both routine healthcare and clinical research settings, with a particular emphasis on its role in screening for study eligibility.

3.1 Key Components of a Panchakarma Fitness Form

A comprehensive Panchakarma Fitness Form typically includes the following components:

- **Current Health Status:** Physical and psychological assessments by Dashavidha Pareeksha, recent lab results, vital signs, and any present symptoms.
- **Sama- Nirama Pareeksha:** Assessment of Ama by examination of pulse, stool, urine, tongue and other general symptoms.

- **Medical History:** Details of past illnesses, surgeries, and treatments, providing insight into a patient's overall health background.
 - **Allergies and Contraindications:** Information on any allergies or conditions that could interact negatively with the proposed treatment. Contraindications as per the classical advocations.
 - **Medications:** A list of current medications, including dosage and frequency, to avoid potential drug interactions.
 - **Lifestyle Factors:** Factors such as smoking, alcohol consumption, exercise habits, and diet, which could affect treatment outcomes.
 - **Consent:** A statement acknowledging that the patient understands the risks of treatment and consents to participate.
5. Physical Fitness and Mental fitness using Dashavidha Pariksha.
 6. Assessment of Agni and Koshta
 7. Ask for any h/o chest pain, chest heaviness etc. if these symptoms are present then advice for ECG. Rule out severe cardiac disease
 8. Respiratory fitness should be assessed.
 9. Avoid patients of Severe Dyslipidaemia, Hypercholesteremia, Hypertriglyceridemia
 10. Avoid patients of grade 2 and grade 3 Shotha (edema), grade 3 fatty liver, severe Kleda Pradhana Kushta (Skin diseases having moistness), uncontrolled DM patients.
 11. Avoid in patients of Bahupitta Kamala, Nava Visarpa.

Each component of the form contributes to a holistic view of the patient, ensuring that the treatment decision is well-informed and aligned with the individual's health needs.

3.2. Abhyantara Snehana Fitness Form (ASFF) [1]

1. Test for Nirama Avastha (stage free from Ama) by examination of Nadi, Mala, Mutra, and Jihva.
2. Fit for Snehana as per classical recommendations.
3. Check for any presence of Asnehya (not fit for Snehana) Roga or Rogi as per Ayurveda and Modern literature.
4. Confirmation of Asnehya Roga and Rogi by history, examination and investigation.

Guidelines

1. In case of obesity patients, at first Rukshana should be done followed by Snehana
2. In case of severe Shotha, grade 3 fatty liver, severe Kleda Pradhana Kushta, after proper Langhana, and Pachana, Snehana can be given

3.3. Svedana Fitness Form (SFF) [2]

1. Fit for Svedana as per classical recommendations.
2. Check for any presence of Asvedya Roga or Rogi as per Ayurveda and Modern literature.

3. Confirmation of Asvedya (unfit for fomentation) Roga and Rogi by history, examination and investigation.
 4. Physical Fitness and Mental fitness using Dashavidha Pariksha.
 5. Avoid patients of severe cardiac distress (Low LVEF), respiratory distress, CKD, Uncontrolled DM, and electrolyte imbalance.
 6. Avoid in patients of Kamala, Nava Visarpa, Cellulitis, gangrene, acute wound, Sravi Kushta, Kleda Pradhana Kushta, Raktapitta.
- b. In case of suspicious ECG findings, advice TMT, ECHO etc. to rule out serious cardiac diseases
 - c. In metabolic syndrome ECG is compulsory.

Guidelines

1. Madhyama and Pravara type of Sveda should be avoided in children, elderly, tender persons, pregnant women, and Paralysis patient.

3.4. Vamana Karma Fitness Form (VKFF) [3]

1. Fit for Vamana as per classical recommendations.
2. Check for any presence of Avamyia (patient unfit for emesis) Roga or Rogi as per Ayurveda and Modern literature.
3. Confirmation of Avamyia Roga and Rogi by history, examination and investigation.
4. Physical Fitness and Mental fitness using Dashavidha Pariksha.
5. Cardiac Fitness –
 - a. Walking test and climbing upstairs should be performed compulsorily. Ask for any h/o chest pain, chest heaviness etc. If any of these symptoms are present then advice for ECG.

6. Respiratory Fitness –

- a. Inspection and Palpation should be examined.
- b. Examine for chest injury and spine deformity.
- c. Examine for Inspiration, Expiration, breath holding tests.
- d. Spirometry should be performed in moderate and severe cases, for eg. – in Vatapradhana Roga of Pranavaha Srotasa – e.g., Tamaka Shvasa)

7. G.I Fitness –history, examination and investigation. In doubtful cases investigation like USG can be done (Like Hiatus Hernia, Umbilical Hernia, Inguinal hernia, Peptic ulcer).
8. In case of Sama Lakshana Sama Amlapitta, or Shitapitta or emergency conditions Sadyovamana can be done and in Niramavastha, the patient is planned for Sneha-Sveda Purvaka Vamana.

Guidelines

- a. Persons generally fit for Vamana, but unfit as per cardiac conditions –if it becomes inevitable to do Vamana, then Mridu, Hridya, Snigdha Vamana medicines should be selected.
- b. Persons generally fit for Vamana, but unfit as per respiratory conditions – if it becomes inevitable to do Vamana, then Mridu,

Hridya Snigdha Vamana medicines should be selected.

- c. In Vatavyadhi, Vamana Yogya condition arises in Avamyia Rogi then Mridu Vamana should be administered with Madhura, Snigdha and Hridya drugs.

3.5. Virechana Karma Fitness Form (VRKFF) [4]

1. Fit for Virechana as per classical advocations.
2. Check for any presence of Avirechya (unfit for purgation) Roga or Rogi as per Ayurveda and Morden.
3. Confirmation of Avirechya Roga and Rogi by history, examination and investigation.
4. Check for absence of Nirama Lakshana.
5. Physical fitness and Mental fitness. (Dashavidha Pariksha)
6. Rule out uterine prolapse, rectal prolapse, dysfunctional uterine bleeding, hernia, IBS, ulcerative colitis etc. by history and examinations as these conditions are contraindicated for Virechana Karma.
7. Cardiac fitness –
 - a. Walking and climbing upstairs should be performed.
 - b. Ask for any h/o chest pain, chest heaviness etc. if these symptoms are present then advice for ECG.
 - c. In case of suspicious ECG findings, advice TMT, ECHO etc.
 - d. In metabolic syndrome ECG testing is compulsory.
 - e. Cardiac fitness should be taken to avoid Tikshna Virechana dravya

8. GI fitness – ask any h/o fissure, fistula 3or 4th degree hemorrhoids etc. In suspicious cases investigations can be done as per the symptoms.

9. In Tikshna Virechana – Respiratory fitness should be assessed.

10. Ask for any history of purgative use and its effects.

Guidelines –

- a. Generally, fit for Virechana, but unfit as per cardiac conditions – if it becomes inevitable to do Virechana then Mridu, Hridya and Sasnehayukta Virechaka medicine should be advised.
- b. Generally, fit for Virechana but unfit as per GI conditions – if it becomes inevitable to do Virechana then it should be advised by using food mixed with Bhedaniya Dravya.
- c. Generally, fit for Virechana, but unfit as per Respiratory conditions – if it becomes inevitable to do Virechana then it should be advised by using Mridu, Hridya and Sasnehayukta Virechaka medicine should be advised.

3.6.1. Niruha Basti Karma Fitness Form (NBKFF) [5]

1. Fit for Basti as per classical advocations.
2. Check for any presence of Basti (enema) Ayogya Roga/Rogi as per Ayurveda and modern by history, examinations, and investigations.
3. Perform Dashavidha Pariksha to know Rogi Bala, Roga Bala. Do Koshta Pareeksha and Sama and Nirama Pareeksha of Dosha, Dhatu and Mala.

4. Ask for any h/o bleeding per rectum, rectal prolapse, fissure, fistula, hemorrhoids etc.
5. Ask for any h/o allergy to honey, Gomutra, Kanji etc. Rule out previous history of anaphylactic reaction to honey.
6. Abdominal examination to rule out Baddhodara, Dakodara, Chidrodara, hernia etc.
7. Enemas should not be given to patients with undiagnosed abdominal pain because the peristalsis of the bowel can cause an inflamed appendix to rupture.
8. Should be used cautiously in patients who have had recent surgery on the rectum, bowel, or prostate gland.
9. Per rectal examination-
 - a. External examination- Inspect for external hemorrhoids, fissures, skin tags, warts etc.
 - b. Digital examination- examine for Tone of the sphincter, feel for any nodules, masses, polyps etc.
 - c. Proctoscopic examination examine for internal hemorrhoids, polyps etc.
10. In suspicious cases like rectal carcinoma, ulcerative colitis etc. colonoscopy is advised.
11. Must be used with caution in cardiac patients who have arrhythmias, or who had a recent MI.

Guidelines –

- a. In conditions of 1st/2nd degree of hemorrhoids instead of Shodhana Basti, Ksheera Basti can be advised.
- b. In patients of Vatavyadhi with mild degrees of Ulcerative colitis – Anuvasana Basti/ Matra Basti can be advised.
- c. In Madhyama/ Avara Rogi Bala Alpa Matra of Basti should be advised.

3.6.2. Anuvasana Basti Karma Fitness Form (ABKFF) [6]

1. Same as that of Niruha
2. Avoid in persons having Bahu Kapha and Bahu Pitta.
3. Avoid or plan with care in persons getting Agnimandya by little Apachara (faulty practice).
4. Avoid or plan with care in persons having unevacuated stool (rectum loaded with stool).

3.6.3. Uttara Basti Karma Fitness Form (UBKFF) [7]

1. Fit for Uttara Basti as per classical recommendations.
2. Check for any presence of Uttara Basti Ayogya Roga or Rogi as per Ayurveda and Modern literature.
3. Confirmation of Uttara Basti Ayogya Roga and Rogi by history, examination and investigation.
4. Physical fitness and Mental fitness using Dashavidha Pariksha.
5. Ask for any h/o uterine prolapse, leucorrhoea, dysfunctional uterine bleeding etc.

6. Menstrual cycle history should be taken compulsorily.
7. Uncontrolled HTN/DM conditions should be avoided.
8. External pelvic examination –
 - a. Check for any redness, discharge, swelling, masses, nodes, cysts etc.
 - b. Urethral opening should be examined
 - c. Vaginal opening should be examined for inflammation, discharge etc.
9. Speculum examination –
 - a. Check for vaginal wall and cervix
 - b. Check for cervical ulcers, discharge, erosion etc.
10. In suspicious cases Ultrasonography, TVS (transvaginal ultrasound), Hysterosalpingography etc. should be advised.

Guidelines

- a. In Avara Satva patient Mridu medicine should be selected.
- b. Initially Tikshna medicine should be given in less quantity.

3.7. Nasya Karma Fitness Form (NKFF) [8]

1. Fit for Nasya as per classical advocations.
2. Check for any presence of Nasya Ayogya Roga/Rogi as per Ayurveda and Modern by History, Examinations and Investigations.
3. Perform Dashavidha Pariksha for Rogi Bala and Roga Bala.
4. Ask for any H/O acute rhinitis, cold etc. If the disease is in Amavastha then the subject should be contraindicated for Nasya.

5. Nasal Examination –
 - a. External Nose Examination –
6. Inspect the external surface of the Nose from the front, side and behind the patient.
7. Inspect for any deviation of nasal septum/cartilage.
8. Check for any swellings/deformity
9. Any h/o redness/discharge.
 - a. Internal Nose Examination –
10. Nasal Septum – check for Perforations
 - i. Septal deviation
 - ii. Hyperemia
11. Turbinate –Check for Turbinate hypertrophy
12. Check for polyps, foreign body, discharge etc.
13. Check for edematous / inflamed mucosa.
14. In suspicious cases nasal endoscopy is advised.

Guidelines –

1. Fit for Nasya - Select appropriate type of Nasya and required dose of Nasya as per the disease.
2. In turbinate hypertrophy – Tikshna Nasya should be advised.
3. In conditions of Hyperemia – Avoid Teekshna Shodhana Nasya or use low dose if it is inevitable.
4. In conditions of epistaxis Stambhana Nasya should be advised.

3.8. Raktamokshana Karma Fitness Form (RKFF) [9]

1. Examine for Yogya and Ayogya as per classical advocation.

2. Dashavidha Pareeksha and Rakta Sara Pareeksha in particularly.
3. Test for CBC, HB %.
4. Rule out clotting disorders by doing CT-BT, INR and Platelet count.
5. Rule out hemophilia, ITP, other bleeding disorders.
6. Rule out severe cardiac and respiratory distress.
7. Check for electrolyte imbalance.
8. Ask for anti-coagulant intake history.

Guidelines

1. Avoid Avara Satva patients for Siravyadha
2. Leech application should be done carefully in patients taking anti-coagulant.

4. DISCUSSION:

4.1. Importance of a Panchakarma Fitness Form in Patient Care

A Panchakarma Fitness Form is indispensable for various reasons, from safeguarding patient well-being to improving treatment success rates. The following are key benefits:

a) Enhancing Patient Safety

The foremost function of the Panchakarma Fitness Form is to promote safety by identifying any health conditions or risk factors that could make a particular treatment harmful. For example, a patient with cardiovascular issues may be at increased risk during certain surgical procedures. By documenting such pre-existing conditions, the healthcare provider can decide whether to proceed with the treatment or modify it for safety.

b) Improving Treatment Efficacy

Treatment fitness assessment enables healthcare providers to match the right treatment to the right patient, thus enhancing the likelihood of successful outcomes. For example, knowing a patient's medication regimen can help avoid interactions that could reduce the effectiveness of the new treatment or even cause harm.

c) Supporting Personalized Medicine

With the increasing emphasis on personalized or precision medicine, the Panchakarma Fitness Form plays a critical role in gathering specific patient data that allows for tailored treatment plans. Personalized treatments not only improve patient satisfaction but are also shown to be more effective as they consider the unique aspects of each patient's health.

d) Facilitating Legal and Ethical Compliance

In clinical trials and regulated healthcare environments, documentation of informed consent and comprehensive patient evaluation is a legal and ethical requirement. The Panchakarma Fitness Form ensures compliance by confirming that patients have been properly evaluated and have agreed to the treatment after being informed of potential risks. This form protects both the patient and the healthcare provider in case of legal inquiries or ethical evaluations.

e) Aiding in Continuity of Care

For patients receiving long-term or multi-disciplinary treatments, the Panchakarma Fitness Form serves as a reference point. It provides crucial baseline information, which helps new healthcare providers understand the patient's medical history and treatment progression without redundant

evaluations, improving the continuity and efficiency of care.

4.2. Importance of Panchakarma Fitness Forms in Clinical Research

In clinical research, the Panchakarma Fitness Form ensures that only qualified participants enter studies, maintaining the study's integrity and reliability. Here's how it impacts research:

a) Ensuring Patient Suitability for Study Protocols

Many clinical studies have strict inclusion and exclusion criteria to ensure that participants can safely undergo experimental treatments. The Panchakarma Fitness Form provides a systematic method for verifying participant eligibility, ensuring that only those who are suitable are included in the trial.

b) Improving Data Validity and Reliability

Accurate patient screening using a Panchakarma Fitness Form helps eliminate confounding variables that could skew study results. For instance, a participant with a pre-existing condition may respond differently to a treatment, potentially affecting study outcomes. By confirming participant fitness, researchers can better attribute results to the treatment itself rather than unrelated factors.

c) Mitigating Legal and Ethical Risks

Clinical research is highly regulated, and any deviation from established protocols can result in ethical concerns or legal issues. The Panchakarma Fitness Form ensures compliance with these protocols, demonstrating that patients were screened adequately and informed of all risks before participating in the study.

d) Facilitating Follow-Up and Monitoring

For studies requiring long-term follow-up, a Panchakarma Fitness Form serves as a baseline for monitoring any health changes. It allows researchers to track a participant's health status over time, ensuring ongoing fitness for the study and identifying any emerging side effects.

4.3. Best Practices for Implementing Panchakarma Fitness Forms

To maximize the benefits of Panchakarma Fitness Forms, healthcare and research institutions should follow certain best practices:

- **Regular Updates:** Forms should be updated periodically to reflect the latest health information, especially for long-term treatments or trials.
- **Thoroughness and Accuracy:** Ensure that all sections are completed accurately, and verify any patient-reported information to avoid errors.
- **Clear Communication:** Provide patients with a thorough explanation of the form's purpose, contents, and any required follow-up actions.
- **Electronic Integration:** When possible, integrate the form with electronic health records (EHR) systems for easy access, sharing, and updating.

5. CONCLUSION

The Panchakarma Fitness Form is a cornerstone of patient-centered, safe, and effective healthcare. By systematically evaluating a patient's fitness for treatment, it minimizes risks, optimizes treatment outcomes, and supports legal and ethical standards in both clinical practice and research. This form not

only ensures patient safety but also enables healthcare providers to deliver personalized care that aligns with each individual's unique health needs, creating a foundation of trust and quality in healthcare delivery. In summary, the Panchakarma Fitness Form is invaluable in ensuring that healthcare decisions are informed, ethical, and aligned with patient well-being. This form serves as a fundamental tool in both routine and research-based healthcare settings, supporting safe and personalized care in Ayurvedic treatments.

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