



## REVIEW ARTICLE

### PREVENTIVE PANCHAKARMA

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#### Abstract:

Everyone strive for quality life rather just number of years without good health. Lifestyle has contributed a lot in the manifestation and exacerbation of different disorders. Ayurveda has rightly emphasized that health is not only the state of not having disease but, it is the state of normalcy of Dosha, Dathu, Agni and Malakriya. Ayurveda also gives utmost importance for prevention. Dosha will get provoked daily and seasonally when ever favorable condition arises. Whenever an individual indulge in Ahara and Vihara which provoke a particular Dosha in its aggravated stage, may produce respective disorders. So, Panchakarma becomes mandatory choice in order to eliminate the same and maintain the healthy status. Rasayana and Vajikarana Drugs also play an incredible role in prevention of disease prior administration of which Shodhana is obligatory. Benefits of Shodhana and Rasayana - Vajikarana are almost similar. Moreover, effect of Rasayana and Vajikarana Dravya are enhanced if performed after Shodhana.

Keywords: Panchakarma, Preventive Panchakarma, Shodhana

#### Introduction:

Life expectancy of the human community has enhanced considerably due to advanced and sophisticated treatments invented and implemented by the medical science. Still everyone strive for quality life rather just number of years without good health. Lifestyle has contributed a lot in the manifestation and exacerbation of different disorders. A study conducted in 2004 showed that, 20% of all deaths of age 35 and above can be attributed to sedentary life style.<sup>1</sup>

Life style hazards and profession related diseases like, diabetes mellitus, hypertension, cardio vascular diseases, chronic obstructive pulmonary disease, stroke, obesity, low back ache and other spine related diseases are burning issues around the world especially in India. Studies have predicted that, India will become diabetes capital of the world by 2025 as it is

converting from epidemic to a pandemic one. In fact, each year more than 3 million deaths attributed to diabetes. Every 10 seconds a person dies from diabetes related causes in the world.<sup>2</sup>

Ayurveda has rightly emphasized that health is not only the state of not having disease but, it is the state of normalcy of Dosha, Dathu, Agni and Malakriya. It also includes the Prasanna Atma (soul), Indriya (sense organs) and Manas (mind).<sup>3</sup> This explanation is similar to that of world health organization which states that, health is a state of complete physical, mental and social wellbeing and not merely the absence of disease or infirmity.<sup>4</sup>

In order to achieve the same Ayurveda has advocated certain regimens and treatment modalities such as Dinacharya, Rutucharya, Vega Adharana, Rasayana-Vajikarana and Panchakarma. Panchakarma is a unique way of

cleansing the body and thus keeping the body healthy.

### **Different Regimens for Prevention:**

Prevention is considered as one of the prime aim of Ayurveda. Ayurveda believes in the Pancha Mahabhuta Siddhanta. It is believed that the internal milieu of the body changes daily as well as seasonally depends on the variation in environment. Different regimens are essential to maintain the equilibrium. In this regard, Dinacharya, Rutucharya and Vega Adharana (Not suppressing the natural urges) are advised as mandatory ritual. Following of Panchakarma and allied procedures like Anjana, Navana Nasya, Pratimarsha Nasya, Dhumapana, Kavala and Gandusha will prevent different diseases, which may occur in future. Prayogika Dhumapana (Medicated smoking) is advised to combat aggravated Vata and Kapha.<sup>5</sup> Eight schedules for Dhumapana are explained like after bath and food<sup>6</sup> which will prevent the aggravation of Vata and Kapha. Abhyanga (massage) is advised to prevent ageing, activating the sense organs and improving overall quality of life.<sup>7</sup>

Abhyanga is specially performed over Shirah (head), Shravana (ears) and Pada<sup>8</sup> (sole). Shiro Basti is one of the Murdhni taila advocated in a healthy person for 1000 Matra kala which helps to prevent Urdhva Jatru Gata Vikara<sup>9</sup> (diseases of head and neck). Udvardana (powder massage) especially indicated in obese persons for reducing fat and in others, it helps to improve colour and complexion by stimulating Bhrajaka Pitta situated in the skin. This therapy will strengthen the body parts and suppresses the Meda and Kapha.<sup>10</sup>

Rutuchrya (seasonal rituals) are advised in order to prevent seasonally aggravated respective Dosha in order to maintain health.<sup>11</sup> Suppression of natural urges are contraindicated as they may result in to grave complications.<sup>12</sup> Today, it is one of the major contributor in causing the diseases especially of lower gastro intestinal tract. The urges like, flatus, defecation, urine, sneezing, belching and cough should not be suppressed. Panchakarma plays a vital role in the management of complications arising due to the suppression of natural urges. Avapeedaka

Snehapana (administration of large quantity of Sneha), Virechana and Basti are considered best in treating the complications.

Rasayana and Vajikarana are unique treatment divisions which have a greater role in prevention of the disease as well as promotion of the health.<sup>13</sup> Vajikarana Chikitsa is essential in getting a good healthy progeny.<sup>14</sup> Shodhana is Mandatory prior administering Rasayana and Vajikarana drugs. Effect of Rasayana and Vajikarana Dravya are enhanced if performed after Shodhana. For instance, Agatsya Hareetaki Rasayana administered after Shodhana in the management of Tamaka Shvasa, not only reduces the symptoms significantly, but also improves the quality of life. Ashwagandha Churna given after Shodhana improves the quality of semen and helps getting healthy progeny.

Shodhana is a process by which vitiated Dosha are eliminated by means of Niruha Basti, Vamana, Virechana, Nasya and Rakta Mokshana.<sup>15</sup> Shodhana can be adapted for both types of prevention viz. primary and secondary. Primary, in which the strategies intend to avoid the development of diseases. Secondary, in which the strategies attempt to diagnose and treat an existing disease in its early stage before it results in significant morbidity.<sup>16</sup>

### **Panchakarma for Prevention:**

Panchakarma is plays an important role in prevention of disease but also for curing the existing disease thus maintaining good health. Ayurveda advocates Shodhana on regular basis as vitiation of Dosha sets in whenever favorable condition arises. It is explained that just as dirt develops on a Mani (diamond) kept undisturbed in due course of time, Dosha accumulates inside the body in due course of time, which needs to be cleaned time to time.

Ayurveda has elaborately explained the different stages of Dosha in different Rutu. Dosha, which is accumulated, will be pacified automatically without interference of any treatment. This concept of self-conciliation is called as Rutu Kriyakala. The three stages of the different Dosha are explained as follows<sup>17</sup> (Table 1)

Table 1  
Table showing Ritu Kriyakala

Ritu	Chaya	Prakopa	Prashamana
Hemantha		-	Pitta
Shishira	Kapha	-	-
Vasantha	-	Kapha	-
Grishma	Vata	-	Kapha
Varsha	Pitta	Vata	-
Sharat	-	Pitta	Vata

Dosha will not get pacified always. Whenever an individual indulge in Ahara and Vihara which provoke a particular Dosha in its aggravated stage, may produce respective disorders. So, Shodhana becomes mandatory choice in order to eliminate the same. Shodhana is advocated periodically in order to prevent diseases like obesity, digestive disturbances, diabetes mellitus, skin disorders, insomnia, and psychiatric illness. For instance, accumulated Kapha may produce disorders of Kapha if it is not eliminated in Vasanta Ritu. The vitiated Dosha, if removed in their Sanchaya Avastha itself, they will not go to their next stages, where they gain strength. If they are eliminated in time then they may unite with Dushya like Rasa and produce grave disorders.

Depending on the status of the Dosha, in each Ritu, Nirharana Kala (time for elimination) has been mentioned. Aggravated Shleshma Dosha hampers the Kayagni, causing metabolic disturbances. Hence, Vamana Karma is indicated in this Ritu.<sup>18</sup> Due to the Ritu Swabhava, and indulgence in Amla Rasa Pradhana diet in Sharad Ritu leads to Pitta Prakopa. Hence, administration of Ghee prepared with Tikta Rasa Pradhana Aushadhi followed by Virechana Karma and Rakta Mokshana are explained<sup>19</sup>. Vata Dosha aggravated in Varsha Ritu needs to be eliminated through Basti Karma.<sup>20</sup> Different Basti formulations like, Madhu Tailika Basthi<sup>21</sup> Bala Guduchyadi Basthi<sup>22</sup> are administered for Swastha. In Varsha Ritu, Balya and Brumhana type of Basthi like, Yapana Basthi<sup>23</sup> also can be administered as Bala of an individual is Avara.

Marsha Nasya is advocated in Pravrut, Sharat and Vasantha Ritu, each year, for a week alternately in the dose of half Pala.<sup>24</sup>

#### Discussion:

Shodhana improves Kayagni, Cures the disorders, maintains the equilibrium of the

Dosha, improves colour and complexion and Bhuddhi. It also improves the vigor and vitality and enables the person to live a long and healthy life.<sup>25</sup> These benefits of Shodhana are similar to the benefits of Rasayana and Vajikarana Chikitsa. Properly conducted Vamana removes aggravated Kapha and also makes the body light, improves the functions of sensory organ and clears the channels of chest, flanks and the head region.<sup>26</sup> Properly conducted Virechana, removes aggravated Pitta and clears all channels of body, Jatharagni gets kindled and lightness sets in.<sup>27</sup> Properly performed Basti Karma, establish proper expulsion of the feces, urine and the flatus, increases appetite, taste and creates euphoria<sup>28</sup>. Properly conducted Nasya Karma removes the aggravated Dosha seated above Urdhva Jatru Pradesha (head and neck), clears the channels of circulation.<sup>29</sup> Considering all the benefits of the Shodhana it is believed that Shodhana has action over almost all the systems of the body especially gastro-intestinal system, endocrinal system and metabolic activities. It is believed that Shodhana will remove all the waste products of the metabolism and remove the free radicals thus providing a platform from which the whole body rejuvenates. Improperly performed Shodhana may lead to grave complications like Shotha (swelling) and Kushtha (skin disorders). It convey that assessment of different factors are essential prior performing Panchakarma.<sup>30</sup>

#### Conclusion:

Panchakarma is one of the unique contributions to the health of human being. These modalities of treatments can create wonder if performed judiciously. Improperly administered Panchakarma treatments may lead in to grave complications. Success of Shodhana is dependent on properly performed Purva, Pradhana and Paschat Karma. Before administering Shodhana, it is essential to examine the status of Dosha, Prakriti, Desha, Kala, Vaya and Koshta are analysed. Rasayana and Vajikarana can be advocated only after proper Shodhana to gain expected benefits. Ritu Shodhana are followed irrespective of Swastha or Atura in order to prevent the disease as well as promotion of health.

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