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## Importance of *Ashtamahadoshkar Bhav* in *Panchkarma*

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### ABSTRACT

*Panchakarma* is *Shodhana* treatment which includes *Vamana*, *Virechana*, *Basti*, *Nasya*, *Raktamokshana*. Every *Panchakarma* is done in three stages, *Poorva Karma*, *Pradhana Karma*, *Paschat Karma*. All of these stages have its own importance and relevance. *Ashtamahadoshkar Bhav*, is very important part of *Panchkarma* (*Shodhana* therapy), *Acharyas* clearly mentions about eight impediments which should be avoided after *Samshodhana* to prevent complication and get desired effects of it. In present article, we tried to describe in detail about it and make an attempt to give scientific view to those impediments to understand it in easy way.

**Key words:** *Panchkarma*, *Ashtamahadoshkar Bhava*, *Shodhana*, *Paschat Karma*.

### INTRODUCTION

In present era, Ayurvedic therapy is more preferable by people. Among these, *Panchkarma* (bio-purification) therapy is turn out to be sound well-known as *Panchkarma* therapy is deals with detoxification of body and rejuvenation. *Panchkarma* therapy involves utilization of five different therapies for detoxification like; *Vamana*, *Virechana*, *Basti*, *Nasya* & *Raktamokshana*. The *Purva Karma* (pre requirement) of *Panchkarma* procedures involves *Deepana-Pachana* (Administering oral medicines to improve digestion), *Snehana* (Oleation) and *Swedana* (Hot fomentation). Oleation involves administering a person with any kind of fat or application of oil on the body to loosen accumulated toxins from the body, while fomentation produces sweat through which tissues become flexible and toxins gets liquefied thus

easily reach the nearest tract from where they can be removed out of the body. Then *Pradhan Karma* (the main *Panchkarma* procedures) such as *Vamana*, *Virechana* etc. are performed to flush out toxins from the body from the nearest tract. After this, *Pashchat Karma* like, *Samsarjana Karma* (diet regimen) are prescribed.

In practically no one is aware about *Ashtamahadoshkar Bhava* (eight impediments) which are advised to prevent any complications and obtain desired results and also to bring back the patient's body to normal lifestyle and diet. *Acharyas* have clearly mention that a person should be carefully protected by *Vaidya* (physician) by giving examples like a freshly hatched egg should be handle with tenderness or as a brim-full oil-pot has to be handled with care or cattle are protected by a cowherd with a staff in his hand.

*Arachya Charak*, *Vruddha Vagbhatta*, *Kashyapa* have described *Ashtamahadoshkar Bhava* in detail.

### Names of *Ashtamahadoshkar Bhava*<sup>[1]</sup>

1. *Ucchebhsyam* (Loudly speaking e.g., signing, anchoring, giving lectures etc.)
2. *Ratha-Kshobha* (Jolting/inconvenience during journey like horse riding)
3. *Ati-Chakramana* (Excessive walking e.g., Participating in sports activities like running)

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4. *Ati-Asana* (Excessive sitting e.g., in 8 to 12 hours duty continue sitting for office work)
5. *Ajirna* (Indigestion e.g., Intake of food yet previously taken diet is not digested properly)
6. *Ahita-Bhojana* (intake of unwholesome diet e.g., Spicy, very oily, heavy, unhygienic and junk food)
7. *Diva-Swapna* (Sleeping during day time)
8. *Maithuna*- (sexual intercourse)

These eight dietary and life style activities should be prohibited until *Prakrutavastha* (the normal state of the health) is restored. A person is considered as a *Prakrutavastha* who has *Sarvakshama* (who has abilities to adopt various types of diets), *Asamsarga* (abilities to manage natural urges), *Ratiryukta* (endowed with a zest for life), *Sthirendriya* (had stable senses), *Balwana* (strength of body and mind) and *Satvasampanno* (endowed with strong will power).<sup>[2]</sup>

If eight dietary and life style activities shouldn't follow, then it will be led to various complications, describing in following table.<sup>[3,4,5]</sup>

**Table 1: Complications due to not following Ashtamahadoshkar Bhav.**

S N	Ashtamahadosha kara Bhava	Complication as per Charak	Complication as per Ashtang Samgraha	Complication as per Kashyap Samhita
1.	<i>Ucchebhasyam</i>	headache, pricking pain in temporal region and ear, dryness in mouth and throat, vertigo with black out, excessive thirst, fever, obstruction in channels, feeling like	As mention in <i>Charak Samhita</i> + haemoptysis	As mention in <i>Charak Samhita</i> + malaise

		entry into dark, spasticity of jaw, torticollis and ptyalism, chest pain, hoarseness of voice, hiccup and dyspnoea.		
2.	<i>Ratha-Kshobha</i>	Looseness of big and small joints, pain and pricking in jaw, nose, ears, head, pelvic region pain, meteorism, gurgling in intestine, flatulence, congestion in heart and senses, back pain, burning sensation, oedema numbness and tingling sensation in limbs.	Whole body Joint's pain, headache	Vitiation of <i>Vata Dosh</i>
3.	<i>Ati-Chakramana</i>	Feet, calf region, thighs, knee and groin region pain, discomfort and pricking like pain in legs, calf muscles cramps, body ache,	Lower limbs pain	Disease regarding <i>Vata Dosh</i> and stone, muscles cramps

		burning sensation in shoulder region, excessive pulsation of arteries and veins, dyspnoea and cough.		
4.	<i>Ati-Asana</i>	Pain in buttocks, thigh, groin, scrotum, lumber region, sides of the chest and as described above in <i>Ratha-Kshobha</i>		Numbness in lower part of body, drowsiness, lack of mental and physical vigour.
5.	<i>Ajirna-Adhyashana</i>	Dryness of mouth, flatulence, abdominal pricking like pain, body ache, vomiting, diarrhoea, fainting, fever, forcefully defecation, Ama-visha (chyme which become toxin)	<i>Ama-Visha</i> (chyme which become toxin), fever etc.	Increases disease severity, weakness,
6.	<i>Ahita-Bhojana, Vishama Aahar Sevan</i>	Lack of desire to food intake, weakness, discolouration of skin, itching, eczema, body ache,	As mention in <i>Ajirna-Adhyashana</i>	discolouration of skin, anorexia, malaise, itching, anaemia, fatigue, jaundice, various skin diseases.

		sprue, piles etc.		
7.	<i>Diva-Swapna</i>	Anorexia, indigestion, dampness, itching, eczema, Anaemia, burning sensation, vomiting and malaise, impairment of cardiac function, stiffness, drowsiness, excessive sleep, weakness, appearance of nodules, red colouration of urine and eye, coating over soft palate	Chlorosis	Decreases digestive fire, <i>Kapha Dosh</i> <i>Vrudhhi</i> , fever, anorexia
8.	<i>Maithuna</i>	Instantaneous loss of strength, tiredness of thigh, pain in head, eye, urinary tract, anus, groin, thigh, knee, calf muscles, and feet, palpitation, body ache, bleeding through the seminal passage, cough, dyspnoea,	Pricking like pain in anus, genital organ, feeling blackout.	Anaemia, impotency

		haemoptysis, asthenia of voice, weakness of lumber region, paralysis, orchitis, retention of flatus, urine, stool, excessive discharge of semen, numbness, trembling, deafness, depression etc.		
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**Table 2: Acharyas described these complications in generalised as;**

SN	Ashtmahadoshkar Bhav	Generalised Complication according to Acharyas
1.	Ucchabhasya	causes pain in upper part of body
2.	Ratha-Kshobha	causes pain in whole body
3.	Ati-Chakramana	causes pain in lower part of body
4.	Ati-Asana	pain in middle part of body
5.	Ajirna	gives Ama Dosha (toxins/auto-antibodies)
6.	Ahita-Bhojana	diseases due to vitiation of Dosha (Vata, Pitta, Kapha)
7.	Diva Swapna	diseases due to Kapha Dosha
8.	Maithuna	gives Kshaya Janya Vyadhi or diminution of tissue elements. <sup>[6]</sup>

#### Reason behind avoiding this Ashtmahadoshkar Bhav

As early mentioned, Panchkarma is bio purification therapy means to remove toxins at cellular level of the body. Our Acharyas has also stated that after Panchkarma therapy a person become Durbala

(physical strength is weak), Krusha (person is emaciated), Alpaagni (digestive power/bio-energy also weak), Muktasandhan-Bandham (ligaments bindings of his joints also become loosen), Krushashayam, Shoonyadeham (viscera become empty and weak due to eliminations of Vata, Pitta, Kapha, feces, urine etc., Partikarashishnu (unable to tolerate to adverse situations like loud speech etc.)<sup>[7]</sup>

Second one that after Samshodhana patient is on Samsarjana Krama (diet restriction) like Peya (rice water), Vilepi (cooked rice), and soups from green gram etc. liquid domain food for five to seven days and then patient is advised to take normal diet.

Food is major source of energy in form of ATP (Adenosine triphosphate) this energy is used for our daily routine activities and cell metabolism. So, we can also understand that during Samsarjana Krama patients has energy which is sufficient to maintain basal metabolic rate or routine physiological activities like respiration etc. if patients do heavy activities like running or excessive walking, loud speaking etc. that will require more energy.

Here, some examples of nutrition values of food which are used during Samsarjana Krama.

**Table 3: Nutrition value of food used during Samsarjana Krama<sup>[9]</sup>**

SN	Nutritional value of food	Calories (K.Cal.)
1.	Red Rice Serving Size: 0.5 cup (98 grams),	109
2.	Rice, brown, long-grain, cooked Amount Per 100 grams	111
3.	Raw Mung beans Amount Per 100 grams	347
4.	Sesame seed oil in clear glass vial	

	Nutritional value per 100 g (3.5 oz)	884
	14 grams of cow ghee	112
5.	Black pepper Amount Per 100 grams	251
6.	Raw Goat meat Amount Per 100 grams	109

In 100 gms of Peya : 94 k.cal.

In 100 gms of Yusha : 158 k.cal.<sup>[10]</sup>

## DISCUSSION

For understanding why *Ashtmahadoshkar Bhav* should be avoided after *Panchkarma*, first we have to understand physiological changes in the body after *Panchkarma*.

According to Ayurveda, after *Pradhan Krama*, persons have no enough energy and became weak. There may be chances of vitiation of *Vata Dosha* due to emptiness of *Strotasa*, and as all *Acharyas* agree about *Vata Dosha* is a major factor in every physiological and pathological change in body. If *Vata Dosha* is in *Prakruta Avastha*, then all physiological process of body like metabolism, blood circulation, formation of hormones, excretion of stool urine etc. will remain normal.<sup>[8]</sup> After *Shodhana Chikitsa* if *Ashmahadoshakra Bhav* (eight-impediments) wouldn't avoid that may lead to vitiation of *Vata Dosha* which is *Aprakrutaavstha* of *Vata Dosha*, that lead to various complication mentioned in table no 1 & 2.

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