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Panchakarma in Lifestyle Disorders

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ABSTRACT

Panchakarma has immense potential in the context of tackling the lifestyle disorders. Lifestyle disorders are the diseases which occurs due to change in the environment, lifestyle including diet some of them are *Hridaya Roga*, *Madhumeha*, *Sthoulya*, *Sandhivata*, *Pakshaghata* etc. *Panchakarma* of Ayurveda are purificatory measures which cleanses the toxins from the cellular level and also prevents the production as well as the deposition of toxin in the body. It also rejuvenates the body cells. It plays a major role in prevention and cure of lifestyle disorders. *Panchakarma* or *Shodhana* therapy can be conducted as the initial line of treatment before starting the *Shamana Oushadhi*. It prevents or cures the diseases by correcting *Dosha*, *Dushya*, *Agni*, *Srotas* and by doing *Samprapti Vighatana*.

Key words: *Panchakarma*, *Shodhana*, *Snehana*, *Vamana*, *Virechana*, *Basti*, *Nasya*, *Rutu Shodhana*, *Lifestyle Disorders*.

INTRODUCTION

Lifestyle disorders are fast rising problem in India. Ayurveda as science of life is a part of culture of Indian lifestyle. But westernization of our culture is giving rise to lifestyle disorders like *Madhumeha*, *Raktachapa*, *Hridaya Roga*, *Pakshaghata* etc. The term Ayurveda means science of life which has prescribed healthy lifestyle. *Acharya Vagbhata* has explained these lifestyles in *Ashtanga Hridaya* and *Ashtanga Sangraha* in *Dinacharya Adhyaya*.^[1,2]

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Panchakarma is a specialized modality of Ayurveda, which eliminates excess *Dosha* from *Shareera*.^[3] Lifestyle disorders can be prevented through *Panchakarma* as they prevent vitiated *Kapha*, *Meda* etc. along with stress and strain of *Mana* as well as *Shareera*. Ayurvedic *Panchakarma* procedures are becoming popular and their usefulness in prevention and management of lifestyle disorders may be one of the reasons. It is therefore essential to recognize the potential of *Panchakarma* and convert into main stream treatment. Here an attempt is made to present the Ayurvedic textual references describing the multidimensional utility of *Panchakarma* especially *Shodhana* in prevention and management of lifestyle disorders.

General pathogenesis of lifestyle disorders according to Ayurveda

Nidana sevana like *Avyayama*, *Acheshttha*, *Ati Ahara Sevana*



Results in *Kaphachaya*, *Rasa-Mamsa-Meda Dhatu Shaithilya*



Leading to *Srotovaigunya*



Produces *Kaphachaya Lakshanas*



According to *Prakruti* and *Anshansha Kalpana*



Sthana Sanshraya



Causes *Raktacchapa*, *Madhumeha*, *Sthoulya*, *Hridaya Roga*, *Manasa Roga* etc. lifestyle disorders.

Rutu Samshodhana i.e., *Vamana* in *Vasanta Rutu*,^[4] *Virechana* and *Raktamokshana*^[5] in *Sharad Rutu* and *Basti* in *Varsha Rutu*^[6] acts as preventive. As in *Charaka Samhita* it is mentioned that “*Samshodhanam Akurvata*” i.e., not performing seasonal cleansing is the prime causative factor for manifestation of lifestyle disorders. By conducting *Rutu Samshodhana*, the *Doshavaishamyata* can be controlled. Hence *Rutu Samshodhana* acts as preventive way for lifestyle disorders. In *Vasanta Rutu* it is advisable to conduct *Vamana Karma* in *Chaitra* (March and April), in *Sharad Rutu*, *Virechana Karma* in *Margasheersha* (November and December) and in *Vrsha Rutu*, *Basti Karma* in *Shraavana* (July and August).

Snehapana as the *Poorvakarma* in *Shodhana Karma*, liquefies the *Dosha-Dushya Sammurcchana*. *Pradhana Karmas* like *Vamana*, *Virechana*, *Asthapana Basti* due to *Vyavayi*, *Vikasi*, *Ushna*, *Teekshna* and *Anupravanabhava*, also by the effect of *Vyana*, *Udana*, *Apana Vayu*, *Agni* and *Jalamahabhuta* all the toxic materials get excreted through Gastrointestinal tract either in the upward or in the downward direction, leads to *Srotoshodhana*, *Agnivardhana*, *Koshtashodhana*. Removes *Vata Aavarana*, reduces stress on tissues, leading to *Roganivrutti*.

If we review the factors involved in Ayurveda pathogenesis of lifestyle disorders, they are mainly vitiated *Kapha Dosha*, *Dooshita Rasadhatu*, *Agnidushti*

and *Amapradosha*. Mainly diseases are due to *Sanchaya Pradhana* and *Santarpanajanya Avastha*.^[7]

METHODOLOGY

Ayurveda literatures like *Charaka Samhita*, *Sushruta Samhita*, *Ashtanga Sangraha* and *Ashtanga Hridaya* were referred for descriptions of lifestyle disorders and utility of *Panchakarma*. Different *Teekas* and translations were referred and arrived at appropriate interpretations of the descriptions that *Shodhana* therapy can be conducted as the initial line of treatment before giving *Shamana Oushadhi* or modern medicines.

Mode of action of Panchakarma

- **Snehana:** Includes both *Bahya* and *Abhyantara Snehana*. It has *Rasayana* effect, maintains body tone, makes muscle action smooth by acting as *Vata Dosha Anulomaka*, makes body *Mrudu*, removes any obstructions to *Mala*.^[8] *Abhyanga*^[9] heals *Shareera* as well as *Mana*. Prevents depression and *Rasadhatujanya* diseases like *Hridaya Roga*.
- **Swedana:** Relieves *Sthambha*, *Gourava*, *Sheetata* in *Shareera* and produces *Sweda* in turn expels the vitiated *Doshas* out.^[10]
- **Vamana:** Removes *Dooshita Kapha Dosha* through *Urdhwa Marga*.^[11]
- **Virechana:** Removes *Dooshita Pitta Dosha* and *Rakta Dosha* through *Adho Marga*.^[12]
- **Basti:** Removes *Dooshita Vata Dosha* through *Adho Marga*.^[13]
- **Nasya:** Removes *Dooshita Doshas* of *Urdhwa Jatru Pradesha* through *Nasa* and *Mukha*.^[14]
- **Dhoomapana:** Inhalation of medicated smoke removes *Kapha* and *Vata Dosha Sanchaya* from *Kantha*, *Nasa*, cleaning of sinuses, thus prevents infections.^[15]
- **Raktamokshana:** Removes *Dooshita Rakta Dhatu*, leading to *Rakta Shuddhi*.^[16]

DISCUSSION

As the lifestyle disorders like *Madhumeha*, *Sthoulya* etc. are very common ailments in this mechanical era, *Samshodhana* therapy i.e., *Vamana*, *Virechana*, *Basti* has a significant role in *Samprapti Vighatana* of these disorders and does *Agnivruddhi* and *Srotoshodhana*. *Rutushodhana* possesses preventive effect due to its detoxifying action on free radicals, hence, prevent disease production. *Bahya Shodhana Abhyanga*, *Nasya* possess the promotive effect by providing better and easy life. Panchakarma i.e., *Abhyantara Shodhana* expels the toxins from the body at the cellular level, activates the function of cell membrane, activates digestion, metabolism, absorption, assimilation and excretion. So, maintains the homeostasis of the body. *Panchakarma* therapy can be suggested as the initial line of treatment before starting the *Shamana Oushadhi*, for their better action. Hence, the *Panchakarma* practices are very much significant in preventing present day lifestyle disorders.

CONCLUSION

Different *Panchakarma* procedures help to prevent diseases which occurs due to lifestyle changes. Lifestyle disorders can be prevented by following *Rutu Shodhana* / *Panchakarma* prescribed by Ayurveda.

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