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Review on *Samsarjana Krama* in Diseases

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ABSTRACT

Shodhana treatment is a specialized *Ayurvedic* therapy that involves the internal purification of the body through five specially designed procedures. One of characteristic of *Panchakarma* is that it can provide both prevention and cure for various disease. *Shodhana* treatment includes, *Vamana*, *Virechana*, *Nasya*, *Basti* and *Rakstamokshana*. As the *Shodhana* includes *Trividha Karma* - *Poorva Karma*, *Pradhana Karma*, *Paschat Karma*. Eventhough, *Pradhana Karma* is having more important, equal importance should be given to both *Poorva* and *Paschat Karma*. *Samsarjana Karma* is one among the *Paschat Karma*. After every *Shodhana* procedure there will be *Agnimandhyata*, to restore the *Agni Bala* one should follow *Samsarjana Krama*. The duration of *Samsarjana Krama* depends on the level of *Shuddhi* achieved. The *Samsarjana Krama* includes *Peyadi -Rasadi-Tarpanadi Samsarjana Krama*. And some of the disease like *Prameha*, *Sthoulya*, *Amlapitta*, *Grahani*, *Swasa* are explained. According to *Desha*, *Kala*, *Vyadhi* and *Aahara Krama*, *Samsarjana Krama* can be modified without alternating the principles of *Samsarjana Krama*.

Key words: *Shodhana*, *Samsarjana Krama*, *Paschat Karma*, *Agnimandhyata*.

INTRODUCTION

Shodhana and *Shamana* are the treatment modalities of *Ayurveda* for prevention and treatment of disease.^[1] The *Shodhana* therapy plays an important role in preventing and cure of disease.^[2]

Shodhana includes, *Trividha Karma* - *Poorva Karma*, *Pradhana Karma*, *Paschat Karma*.

Poorva Karma includes, *Deepana*, *Pachana*, *Snehana*,

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Swedana.^[3] *Pradhana Karma* includes *Vamana*, *Virechana*, *Basti*, *Nasya*, *Raktamokshana*.^[4] *Paschat Karma* includes, *Samsarjana Karma* and *Parihara Vishaya*.

Samsarjana Krama is mainly indicated after *Vamana* and *Virechana Karma*. *Vamana* and *Virechana* are the major *Samshodhana Karma*.^[5] After the *Samshodhana Karma* *Agni* becomes *Mandata*.^[6] To enhance the *Agni* and to restore the normal *Prakruti* of patient, particular *Ahara Krama* should be followed. The *Ahara Krama* includes *Peya*, *Vilepi*, *Yusha* and *Mamsa Rasa*.^[7] Duration of *Samsarjana Krama* depends on the type of *Shuddhi*. But the sequence of diet are same for all type of *Shuddhi* except in conditions of little elimination in *Kapha* and *Pitta*, those who take *Madhya* and patient of *Vata Pitta Prakruti* these patients should be given *Tarpanadi Krama* instead *Peyadi Krama* in *Samsarjana Krama*.^[8]

Various kinds of *Samsarjana Krama*

1. *Peyadi Samsarjana Krama*^[9]

2. *Tarpanadi Samsarjana Krama*^[10]

3. *Rasa Samsarjana Krama*^[11]

Preparation of Ahara Kalpana for Peyadi Samsarjana Karma

Peya (thin gruel): the proportion of *Tandula* (rice) and water is 1:14.^[12] *Peya* should be cooked properly. According to *Acharya Sushruta*, *Peya* should consist more watery part and less solid portion.^[13]

Properties of Peya: *Sweda Janana* (produce perspiration), *Agni Deepana* (enhances digestive capacity), *Laghu* (easy to digest), *Basti Shodhani* (cleanses the bladder), *Kshuth-Hari* (reduces hunger), *Trut-Hari* (reduces thirst), *Shramahari* (reduces tiredness), *Glanihari* (reduces fatigue), *Vatanulomana* (normalizes movement of *Vata*).^[14]

Vilepi (thick gruel): the proportion of *tandula* (rice) and water is 1:4.^[15] The rice should be boiled till it becomes soft and it consists more solid portion than *Peya*.

Properties of Vilepi: *Tarpani* (satiating), *Brumhani* (nourishes), *Hrudya* (good for heart), *Madhura Vipaka* (*Vipaka*-conversion of food into a state of assimilation), *Pitta Nashini* (normalizes *Pitta*).^[16]

Yusha: according to *Kaiyadeva Nighantu*, the proportion of *Shimbhi Dhanya* (pulses-*Mudga*, *Aadaki*, *Masura*, *Kalya*, *Rajamasha*, *Kulattha*, *Nishpava*, *Masha*, *Uma* etc.) and water is 1:18 is mentioned in *Krutanna Varga*.^[17]

According to *Sharangdhara 1 Pala* of *Kalka Dravya* is mixed with half *Karsha* of *Shunti*, *Pippali* and boiled with 1 *Prastha* of water.^[18]

Properties of Yusha: *Rochana* (improves taste), *Deepana* (improves digestion), *Vrushya* (aphrodisiac), *Swarya* (improves quality of speech), *Varnya* (improves complexion), *Balya* (improves strength), *Agni Vardhaka* (improves digestion capacity), *Prasweda Janana* (induces sweat), *Tushti* (feeling of contentment), *Pusti* (nourishes).^[19]

By giving different *Samskaras* to *Yusha* we can normalise the *Tridoshas*. i.e.

With *Ushna* and *Sneha Guna* normalises *Vata Dosh*.

With *Sneha* and *Kashaya Guna* normalises *Pitta Dosh*,
With *Katu* and *Ushna Guna* normalises *Kapha Dosh*.^[20]

Types of Yusha

Chakrapani mentioned the reference of types of *Yushas*

1. **Kruta Yusha:** *Yusha* prepared by adding *Sneha*, *Lavana* and *Katu Dravyas*.
2. **Akruta Yusha:** *Yusha* prepared without adding any *Sneha*, *Lavana* & *Katu Dravyas*.^[21]

Mamsa Rasa: the proportion of *Mamsa* and water is to obtain

- Thick consistency 32:64
- Moderate consistency 24:64
- Thin consistency 16:64 parts is added and soup is prepared.^[22]

Types of Mamsa Rasa

Kruta Mamsarasa: *Mamsarasa* which is prepared by adding *Sneha*, *Lavana* and *Katu Dravyas*.

Akruta Mamsarasa: *Mamsarasa* which is prepared without adding any *Sneha*, *Lavana* and *Katu Dravyas*.^[23]

Properties of Mamsa Rasa

Smriti Vardhana (improves intellectual property), *Oja Vardhana* (improves vitality), *Swara Vardhana* (improves voice), *Brumhana* (nutritive), *Preenana* (nourishment), *Vrushya* (aphrodisiac), *Chakshushya* (improves vision).^[24]

Shuddhi and Samsarjana Krama

There are three types of *Shuddhi Pradhan*, *Madhyam*, *Avar Shuddhi*. Depending upon this *Shuddhi Annakala* has been mentioned. In *Pradhana Shuddhi 3-3 Annakala*, in *Madhyama Shuddhi 2-2 Annakala* and in *Heena Shuddhi 1-1 Annakala* of *Peya Vilepi Akruta Yusha*, *Kruta Yusha*, and *Mamsa Rasa* are been given.^[25]

Bala and Samsarjana Krama

Sushruta also focus that Samsarjana Krama depends on the Bala of the patient. Dalhana mentions that Bala can be judged by Upachaya. Hence Samsarjana Krama is depended on Agnibala.

Bala	Annakala
Pravara (Good)	1
Madhyama (medium)	2
Heena (less)	3

Patient having good Bala 1 Annakala of Samsarjana Krama should be given, for Madhyama Bala 2 Annakala of Samsarjana Krama should be given and for those with Heena Bala 3 Annakala should be given.^[26]

Peyadhi Samsarjana Karma

Days	Annakaala	Pradhana Shudhi	Madhyama Shudhi	Avara Shudhi
1 st Day	Morning	-	-	-
	Evening	Peya	Peya	Peya
2 nd Day	Morning	Peya	Peya	Vilepi
	Evening	Peya	Vilepi	Krutakrta Yusha
3 rd Day	Morning	Vilepi	Vilepi	Krutakrut amamsras
	Evening	Vilepi	Akruta Yusha	Samanya Bhojana
4 th Day	Morning	Vilepi	Kruta Yusha	
	Evening	Akruta Yusha	Akruta Mamsarasa	
5 th Day	Morning	Kruta Yusha	Samanya Bhojana	
	Evening	Kruta Yusha		
6 th Day	Morning	Akrutama		
	Evening	msarasa		

		Kruta Mamsarasa		
7 th Day	Morning Evening	Kruta Mamsarasa Samanya Bhojana		

Samsarjana Krama according to few diseases as follows

	Prameh a ^[27]	Sthouly a ^[28]	Amlapit a ^[29]	Grahani ^{30]}	Swasa ^{31]}
Peya	Kalna Peya	Purana Shali Peya	Purana Shali Peya	Panchakol adi Peya	Shastika shali Peya
Vilepi	Yavodhana	Purana Shali Vilepi	Purana Shali Vilepi	Purana Shali Vilepi	Purana Shali Vilepi
Akruta- Krut a Yusha	Kulatha Yusha	Kulatha Yusha	Kalaya Yusha+S aktu	Sushkamo olaka Yusha	Navang a Yusha
Akruta- Krut ha Ma msa Rasa	Vishkira Mamsa Rasa (Gallinac eous Birds)	Kurang a Mamsa Rasa (Roe deer)	Harina Mamsa Rasa (Red deer)	Khara Mamsa Rasa (Ass)	Sarabha Mamsa Rasa (wapiti)

CONCLUSION

Samsarjana Krama helps to restore health after Samshodhana Karma. Peya, Vilepi, Yusha, Mamsa Rasa etc. Sequence of Peyadi must be followed after Shodhana Karma. Based on diseases we can modify the Samsarjana Krama without altering the principles of Samsarjana Krama.

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