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Panchakarma procedures for a healthy life that can be performed at home

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ABSTRACT

Panchakarma, a treasure of our ancient medicinal system, effectively removes toxins from our body that are considered a source of many illnesses. *Panchakarma* is an Ayurvedic way of purifying our bodies through the detoxification process. The toxins are generally eliminated by the five therapies, namely *Vamana*, *Virechana*, *Basti*, *Nasya*, and *Rakthamoksha* along with the *Panchakarma* regime. Detoxification helps strengthen our immune system and rejuvenate our body. *Panchakarma* helps in balancing the *Tridoshas*. In a nutshell, this facilitates achieving overall well-being of mind, body, and soul. While *panchakarma* is typically performed at an ayurvedic center by a skilled and trained ayurvedic doctor, it can also be carried out at home to accommodate factors like time and logistical limitations. *Panchakarma* is done at home by consuming a few simple home remedies and following an Ayurvedic regime. A few *Panchkarma* procedures can be done at home, but first we have to decide the type of procedure that could be useful for an individual. So, it's necessary to consult with the physician about *Poorvakarma*, *Paschatkarma* and suitable procedures according to *Ritu*, *Roga* and the individual's *Prakriti*.

Key words: *Panchkarma*, *Prakriti*, *Poorvakarma*, *Paschatkarma*.

INTRODUCTION

Panchakarma is a traditional Ayurvedic therapy that consists of a series of specialized treatments aimed at detoxifying and rejuvenating the body. It is a comprehensive approach that goes beyond simple detoxification and involves balancing the body, mind, and spirit. The word "*Panchakarma*" literally translates to "five actions" in Ayurveda.^[1] These five procedures are *Vamana* (Therapeutic Emesis), *Virechana* (purgation), *Anuvasana* (enema using medicated oil),

Nasya, *Asthapana* (therapeutic decoction enema). These therapies are typically conducted in a controlled environment, under the guidance of experienced Ayurvedic practitioners. The treatments are personalized according to an individual's specific needs, body type, and imbalances. They are often accompanied by regimens and lifestyle modifications, as well as supportive therapies like herbal and mineral formulations and Yoga.

Panchakarma is considered a profound healing modality in *Ayurveda*, known for its ability to promote detoxification, rejuvenation and restoration of optimal health. It is recommended to seek guidance from a qualified Ayurvedic practitioner who can assess your unique health conditions and guide you through a personalized *Panchakarma* programme.

Role of *Panchakarma*

The role of *Panchakarma* in Ayurveda is multifaceted and serves several purposes in promoting overall health and well-being. Here are some key roles and benefits of *Panchakarma*:

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- **Detoxification:** *Panchakarma* is primarily known for its detoxification and cleansing effects on the body. It helps to eliminate accumulated toxins (*Ama*) from the tissues, channels, and organs, which are believed to be the root cause of many diseases in Ayurveda. By removing toxins, *Panchakarma* supports the proper functioning of the body's systems and helps restore balance.
- **Balancing *Doshas*:** According to *Ayurveda*, imbalances in the three *Doshas* (*Vata*, *Pitta*, and *Kapha*) can lead to various health issues. *Panchakarma* therapies are designed to balance and harmonize these *Doshas*, bringing them back to their natural state. This balance is crucial for maintaining optimal health and preventing diseases.
- **Rejuvenation and Replenishment:** *Panchakarma* not only removes toxins but also replenishes and rejuvenates the body. It strengthens the tissues, improves digestion, enhances metabolism, and boosts the immune system. By promoting vitality and rejuvenation, *Panchakarma* helps slow down the ageing process and increase overall energy levels.
- **Improved Digestion and Assimilation:** *Panchakarma* therapies, such as *Abhyanga* (oil massage) and *Snehana* (internal oleation), help stimulate the digestive fire (*Agni*) and improve digestion and assimilation of nutrients. This leads to better absorption of essential nutrients and the elimination of waste products, supporting overall digestive health.
- **Stress Reduction and Mental Clarity:** *Panchakarma* treatments, combined with practices like meditation and relaxation techniques, help reduce stress, calm the mind, and promote mental clarity. By providing a nurturing and rejuvenating experience, *Panchakarma* helps to balance the nervous system and enhance emotional well-being.
- **Prevention and Management of Diseases:** *Panchakarma* is not only used for detoxification and rejuvenation but also as a preventive measure

to maintain health and prevent the onset of diseases. It can also be utilized as a complementary therapy to manage various chronic conditions, including respiratory disorders, digestive issues, skin problems, and musculoskeletal ailments.

It's important to note that *Panchakarma* is a comprehensive therapy that requires professional guidance from an experienced Ayurvedic practitioner. The specific treatments and therapies used in *Panchakarma* are tailored to individual needs and health conditions, making it a highly personalized approach to wellness.

Common procedure that could performed at home easily

***Snehana*:** The procedure through which the body achieve moistness, smoothness, unctuousness, fluidity and ooziness is called *Snehana*.^[2]

Substances used in *Snehana*

Four unctuous substances are generally used for *Snehana*.

Ghee (*Ghrita*)

Edible oil (*Taila*)

Muscle fat (*Vasa*)

Bone marrow (*Majja*)

***Ghee*:** Indications: Individuals with *Vata-Pitta* dominant constitutions and diseases, old age, children, who have less strength.

Benefits: promoting good eyesight, healthy progeny, nourishment, good memory and intelligence etc.^[3]

Cow ghee and buffalo ghee are widely used.

Edible oil: Indications: *Vata* dominant diseases and constitution, provoked conditions of *Kapha* and adipose tissue (*Meda*) and obese individuals.

Benefits: promote strength, slim and lean body, lightness, stability, unctuous, soft and smooth skin. Its applications encompass the treatment of worm infestations, constipation, and sinus disorders.^[4]

Sesame oil is used for therapeutic purposes.

- Groundnut oil, coconut oil, sunflower oil, cottonseed oil, olive oil, safflower oil is generally used for regimery purpose.
- Castor oil is used for purgation purpose.

Muscle fat: Indications: people who are continuously exposed to wind and sunlight, such as field workers, frequent travelers etc.; those emaciated due to excessive weightlifting and walking. Its utilization extends to conditions characterized by depleted *Kapha* and adipose tissue, as well as in cases of bone, joint, and vital point pain. It is useful in treating excessively aggravated *Vatadosha* which causes obstruction in channels. *Vasa* is generally administered to people who have strong digestive power and are habituated to its consumption (non-vegetarians).^[5]

Bone marrow: Indications: individuals with strong digestive power, who are habituated to excessive physical exertion and consume food in large quantities. The application of this treatment includes addressing *Vata Dosha* disorders and alleviating hard bowels.^[6]

Food articles and medicated oils used in *Snehana* therapy

- The treatment regimen includes the consumption of boiled rice (*Odana*), thick gruel (*Vilepi*), meat soup (*Mamsa Rasa*), milk (*Paya*), curd (*Dadhi*), soup of green leafy vegetables, soup made from pulses or dal (*Yusha*), a recipe prepared from mixing sesame with curd, oil, salt, etc. (*Kambalika*), processed buttermilk (*Khada*), and roasted flour of barley, horse gram, etc.^[7]
- Medicated ghee or oils are administered both internally and externally and treat specific conditions. For e.g.: *Shatavari Ghrita* in management of *Amlapiita*, *Mahanarayan Taila* in the management of *Vata* diseases etc.

The Importance of *Snehana* therapy

Snehana is a term used in Ayurveda, an ancient Indian system of medicine, which refers to the application of oil or ghee (clarified butter) externally or internally for therapeutic purposes. It plays a crucial role in promoting and preventing health in Ayurvedic

practices. Here are some key aspects of the importance of *Snehana*:

- **Lubrication and Moisturization:** *Snehana* helps in lubricating the body tissues, joints, and muscles, promoting flexibility and smooth movement. It also moisturizes the skin, preventing dryness and improving overall skin health.^[8]
- **Detoxification:** *Snehana* is often used as a preliminary step in the *Panchakarma* therapy, an *Ayurvedic* detoxification and rejuvenation process. The application of medicated oils helps loosen and mobilize toxins present in the body, facilitating their elimination during subsequent treatments.^[9]
- **Stress Relief and Relaxation:** *Snehana* treatments, such as *Abhyanga* (oil massage), are known to induce a sense of relaxation, calmness, and stress relief. The warm oil application, combined with gentle massage techniques, promotes physical and mental relaxation, reduces muscle tension, and soothes the nervous system.
- **Nourishment and Rejuvenation:** *Snehana* nourishes the body by providing essential fatty acids and nutrients present in the oils or ghee used. This helps improve overall health, supports tissue regeneration, and enhances vitality and rejuvenation.^[10]
- **Joint and Muscle Health:** Regular application of oils through *Snehana* helps maintain healthy joint function, reduces stiffness, and alleviates muscular aches and pains. It supports the natural lubrication of joints and enhances their flexibility, thereby promoting mobility.^[11]
- **Skin Health:** *Snehana* is beneficial for skin health due to its moisturizing and nourishing properties. It helps maintain skin elasticity, prevents dryness, reduces the appearance of wrinkles, and promotes a healthy complexion. Certain *Ayurvedic* oils also possess antimicrobial and anti-inflammatory properties that can benefit various skin conditions.
- **Mental Well-being:** *Snehana* therapies have a soothing effect on the nervous system, promoting mental well-being. The gentle touch and

application of warm oils can help relieve anxiety, improve sleep quality, and enhance overall emotional balance.

- **Prevention of Health Issues:** Regular *Snehana* practices can help prevent certain health issues by promoting balance and harmony within the body. By keeping the tissues nourished, lubricated, and free of toxins, *Snehana* supports overall health and helps prevent the accumulation of imbalances that can lead to various diseases.

Contraindications to *Snehana* Therapy

- **Indigestion or impaired digestion:** If a person has a weak digestive system or is experiencing indigestion, *Snehana* therapy may not be suitable. The increased intake of oils or ghee during the therapy can further burden the digestive system and worsen the condition.^[12]
- **Severe obesity:** Individuals who are excessively overweight may not be suitable candidates for *Snehana* therapy. The therapy involves the application of oils or ghee, which can further increase the body's heaviness and aggravate existing weight-related issues.^[13]
- **Presence of metabolic toxins (*Ama*):** Unction therapy is contraindicated in the presence of metabolic toxins (*Ama*) in the body and a poor metabolic state. The administration of unctuous substances in these conditions exacerbates the situation.^[14]
- **In specific disease conditions:** *Snehana* therapy is contraindicated in specific diseases like diseases of thigh (*Urustambha*), diarrhea (*Atisara*), diseases of the throat (*Galaroga*), ascites (*Udara*).^[15]
- **Severe respiratory disorders:** People with severe respiratory disorders, such as acute asthma or chronic obstructive pulmonary disease (COPD), may have difficulty breathing during *Snehana* therapy. The application of oils or ghee on the body can exacerbate respiratory symptoms and lead to breathing difficulties.
- **Skin infections or wounds:** If there are open wounds, infections, or severe skin conditions present on the body, *Snehana* therapy may not be

recommended. The oils or ghee applied during the therapy can potentially worsen the condition or delay the healing process.

- **Acute fever or infectious diseases:** During acute febrile illnesses or infectious diseases, the body's metabolism and immune system are already compromised. *Snehana* therapy involves the application of oils or ghee, which can further burden the body and hinder the recovery process.

It's important to note that these contraindications may vary depending on individual circumstances and the specific guidance of an Ayurvedic practitioner. It is always advisable to consult with a qualified Ayurvedic doctor or therapist before undergoing any Ayurvedic treatment to ensure its suitability for your specific condition.

Swedana

Swedana is a term used in Ayurveda, an ancient Indian system of medicine, which refers to a specific therapy involving sweating or sudation. The word "*Swedana*" comes from the Sanskrit word "*Sweda*," which means sweat.

'*Swedana*,' an Ayurvedic therapeutic procedure, works by promoting sweating, which effectively alleviates obstruction, stiffness, heaviness, and cold sensations in the body.^[16]

Swedana is commonly used as a preparatory therapy before certain *Ayurvedic* treatments, such as *Panchakarma*, to help the body eliminate toxins and prepare it for deeper detoxification. It is believed to enhance circulation, open up the channels of the body, and facilitate the removal of *Ama* (accumulated toxins).

There are several methods of *Swedana* employed in Ayurveda, including:

- ***Bashpa Swedana*:** In this method, the individual sits in a steam box or steam chamber, where herbal steam is directed towards the body. The steam induces sweating and helps to open up the pores, allowing the elimination of toxins.
- ***Nadi Swedana*:** *Nadi Swedana* involves directing steam to specific areas of the body using a tube or

nozzle. It is often used for localized treatment of particular joints or body parts.

- **Pinda Swedana:** *Pinda Swedana* involves applying warm herbal poultices or boluses to the body. The boluses are typically filled with a mixture of cooked rice, herbs, and medicinal oils. The warm herbal bundles are massaged over the body, inducing sweating and promoting relaxation.
- **Patra Pinda Swedana:** This method is similar to *Pinda Swedana*, but the poultices are prepared using specific herbs, such as leaves of medicinal plants like *Nirgundi* (*Vitex negundo*), *Shigru* (*Moringa oleifera*), etc. The warm herbal bundles are massaged onto the body, providing therapeutic benefits.

Importance of Swedana

Swedana therapy improves the process of digestion and metabolism^[17] and removes obstructions. Administering fomentation, especially after oleation, control the *Vata* and prevents clogging of feces, urine as well as semen.^[18]

Good digestion and proper elimination of waste are essential components of health.^[19]

Fomentation in a chamber room (*Jentaka*) and exposure to sunlight (*Atapa*) are indicated in a season-specific regimen for the preservation of health in winter.^[20]

Fomentation therapy liquefies the dormant *Dosha* adhered to the microchannels of the body.^[21]

It relieves pain, removes stiffness in joints and improves functioning.^[22] Generally, fomentation therapy pacifies the diseases caused by *Vata* and *Kapha Dosha*.^[23]

In diseases caused by the suppression of natural urges, *Swedana* is indicated to relieve the obstruction of *Vata*. It is an important treatment in the initial stage of fever,^[24] accumulation of metabolic wastes (*Ama* condition),^[25] piles (*Arsha*)^[26] and hemiplegia (*Pakshaghata*).^[27]

Contraindications of Swedana therapy^[28]

While *Swedana* (sweating therapy) is generally considered safe and beneficial, there are some

contraindications and precautions to be aware of. It's important to consult with a qualified Ayurvedic practitioner or therapist to determine if *Swedana* is suitable for your specific health condition. Here are some common contraindications for *Swedana*:

- **Pregnancy:** *Swedana* is generally not recommended during pregnancy, especially in the first trimester. The rise in body temperature and the potential effects of certain herbs used in *Swedana* may not be safe for the developing fetus.
- **High blood pressure:** Individuals with uncontrolled high blood pressure should avoid *Swedana* as it can further increase blood pressure due to the heat and steam involved. However, mild or moderate blood pressure conditions can be managed under the supervision of a qualified practitioner.
- **Heart conditions:** People with heart diseases, including heart failure, severe coronary artery disease, and recent heart attack, should avoid *Swedana*. The heat and sweating can put additional strain on the cardiovascular system.
- **Severe dehydration:** *Swedana* can lead to significant fluid loss through sweating. If an individual is already dehydrated or has a condition that affects fluid balance, such as kidney problems, it's important to address the dehydration first before considering *Swedana*.
- **Skin infections or open wounds:** *Swedana* is contraindicated if you have any active skin infections, rashes, or open wounds. The heat and moisture can worsen these conditions or introduce potential infections.
- **Acute fever or infectious diseases:** *Swedana* is not recommended during periods of acute fever or active infectious diseases. The increase in body temperature during *Swedana* can exacerbate the fever or spread the infection.
- **Chronic fatigue syndrome:** Individuals with chronic fatigue syndrome or other chronic debilitating conditions may find *Swedana* too stimulating or exhausting. It is advisable to proceed with caution or avoid it altogether.

- **Alcohol or drug intoxication:** *Swedana* should be avoided if you are under the influence of alcohol or drugs, as it may impair judgement and increase the risk of accidents or adverse reactions.

These are general contraindications, but individual circumstances and health conditions may vary. It is crucial to consult with a qualified *Ayurvedic* practitioner who can assess your specific health situation and provide appropriate guidance.

Nasya (nasal cleansing)

Nasya therapy is a traditional *Ayurvedic* practice that involves the administration of herbal oils or other medicated substances into the nostrils. It is believed to have various therapeutic benefits for both the physical and mental well-being of an individual.

In *Ayurveda*, the nose is considered the gateway to the head, and *Nasya* therapy is thought to influence the *Prana* (life force) that flows through the nasal passages. The administration of oils or other substances aims to balance the *Doshas* (energies) within the body and clear any blockages in the nasal passages.

Nasya therapy is typically performed by an *Ayurvedic* practitioner and involves a specific procedure. The person receiving the therapy is usually asked to lie down with their head tilted back. Then, a few drops of medicated oil or a powdered substance may be instilled into each nostril using a dropper or a special *Nasya* oil applicator.

The substances used in *Nasya* therapy can vary depending on the individual's *Dosha* imbalance or specific health condition. Commonly used substances include herbal oils, ghee (clarified butter), medicated powders, and herbal juices. Some of the commonly used herbs and oils in *Nasya* therapy include *Brahmi*, *Ashwagandha*, sesame oil, and ghee.

Benefits of Nasya therapy:

- Clearing nasal congestion and sinus problems.
- Relieving headaches and migraines.
- Improving mental clarity and concentration.
- Alleviating allergies and respiratory conditions.

- Nourishing the sense organs, particularly the eyes and ears.
- Balancing the *Doshas*, especially *Vata* and *Kapha*.

It's important to note that *Nasya* therapy should be performed under the guidance of a qualified *Ayurvedic* practitioner, as they can assess your individual needs and recommend the appropriate substances and techniques for your specific condition. Additionally, *Nasya* therapy may not be suitable for everyone, so it's essential to consult with a healthcare professional before trying it, especially if you have any underlying health concerns or are pregnant.

Procedure of Nasya therapy^[29] may vary slightly depending on the specific recommendations of an *Ayurvedic* practitioner and the individual's needs. However, here is a general overview of the steps involved in *Nasya* therapy:

Preparation: The person receiving the therapy is usually asked to lie comfortably on a massage table or bed with their head slightly tilted back and supported by a pillow. It's important to ensure a relaxed and calm environment for the therapy.

Facial Massage: Prior to the administration of the nasal drops or substances, the practitioner may perform a gentle facial massage. This helps to relax the facial muscles, improve circulation, and prepare the nasal passages for the therapy.

Steam Inhalation (Optional): In some cases, steam inhalation may be recommended before *Nasya* therapy. This helps to open up the nasal passages and enhance the effectiveness of the treatment. The person may be asked to inhale steam for a few minutes.

Application of Nasal Drops or Substances: The practitioner will then instill the medicated oil, ghee, powder, or herbal juice into the nostrils. They may use a dropper or a special *Nasya* oil applicator to administer a few drops in each nostril. The person receiving the therapy should try to remain still and relaxed during this process.

Nasal Massage: After the administration of the substances, the practitioner may gently massage the area around the nose, sinuses, and forehead. This helps

to distribute the oils or substances throughout the nasal passages and facilitate their absorption.

Resting Period: Following the therapy, it is recommended to lie down and rest for a short period, allowing the substances to penetrate and take effect. The person may cover their face with a warm towel or cloth to enhance the therapeutic benefits.

The duration and frequency of *Nasya* therapy can vary depending on the individual's condition. It is advisable to consult with a qualified Ayurvedic practitioner to receive personalized guidance and instructions for the procedure. They will consider your specific *dosha* imbalance, health concerns, and any contraindications before determining the appropriate course of *Nasya* therapy for you.

Shirovirechana type of *Nasya* is mainly beneficial in *Kaphaj Vikara* whereas *Charaka* says that it is beneficial in *Vataj Vikaras* which are free from *Ama Dosha*. Here *Vataj Vikaras* means *Vata Shleshmika Vikara* of the head region cured by proper administration of *Shirovirechana*. *Pinasa Roga* mentioned in the indications should be accepted as *Pakva Pratishyaya* (chronic coryza) as *Shirovirechana* is contraindicated in the patients suffering from *Nava Pratishyaya* (acute coryza).

Indications for *Nasya* Therapy^[30]

- **Sinus congestion:** *Nasya* therapy is particularly effective in relieving nasal congestion, sinusitis, and sinus-related headaches.
- **Allergies:** It can help alleviate symptoms associated with allergies, such as sneezing, itching, and congestion.
- **Headaches and migraines:** *Nasya* therapy may be beneficial in reducing the frequency and intensity of headaches and migraines.
- **Dry nasal passages:** It can help lubricate and moisturize the nasal passages, especially in cases of dryness or irritation.
- **Insomnia and sleep disorders:** *Nasya* therapy is sometimes used to promote relaxation and improve sleep quality.

- **Mental clarity and concentration:** It may enhance mental focus, clarity, and concentration.
- **Eye and ear disorders:** *Nasya* therapy is believed to nourish the sense organs, particularly the eyes and ears.

Contraindications for *Nasya* Therapy:

- **Pregnancy:** *Nasya* therapy is generally not recommended during pregnancy, especially without the guidance of a qualified Ayurvedic practitioner.
- **Menstruation:** It is usually avoided during menstruation, as it can potentially disrupt the natural flow.
- **Acute nasal bleeding:** *Nasya* therapy should not be performed during active or acute nasal bleeding.
- **Recent nasal surgery:** If you have had recent nasal surgery or any nasal abnormalities, it's important to consult with a healthcare professional before undergoing *Nasya* therapy.
- **Severe nasal congestion:** If you have excessive nasal congestion, it's advisable to clear the congestion before undergoing *Nasya* therapy.
- **Allergic reactions:** If you are allergic to any of the substances used in *Nasya* therapy, it should be avoided to prevent adverse reactions.
- **Severe facial pain or injuries:** *Nasya* therapy should be avoided if you have severe facial pain or injuries that could be aggravated by the therapy.

Contraindications was expanded by *Vagbhata* to include the following conditions:

Apatarpita, Pitadrava, Gararta, Kruddha, vegavarodhita, Raktasravita, Sutika, Shwasapidita, Kasapidita.

Anuvasana Basti

The *Basti* is of three types:

- ***Anuvasana Basti*** (enema with fatty substances like oil etc.),
- ***Niruha Basti*** (enema with herbal decoction, honey, rock salt, herbal paste and fatty substance).

- **Uttara Basti** (trans-urethral/vaginal administration of medicine).

Basti proves beneficial for patients experiencing various afflictions such as *Vata*-related issues in the extremities (*Shakha*), contractures (*Sankuchita*), stiffness (*Stabdha*), fractures (*Bhagna*), constipation (*Vitsanga*), gaseous distention of the abdomen (*Adhmana*), anorexia (*Aruchi*), cutting pain in the anal region (*Parikartika*), and general pain (*Rug*). For patients afflicted with heat (*Ushnartanam*), cold *Basti* is recommended, while warm *Basti* is suggested for those with cold afflictions (*Sheetartanam*), using appropriate drugs based on sound reasoning.^[31]

Contraindications of *Asthapana* and *Anuvasana Basti*

Individuals who are recommended for cleansing treatments, such as those with conditions like obesity, skin diseases, and excessive urination (including diabetes), should avoid receiving the nourishing type of *Basti* (*Brimhana Anuvasana Basti*).

On the other hand, cleansing *Basti* (*Shodhana Asthapana Basti*) should not be administered to individuals suffering from consumption, phthisis, debility, fainting, emaciation, dehydration of the body, and those whose life is sustained due to the retention of dosha itself.

Anuvasana Basti is a specific type of *Ayurvedic Basti* (enema) therapy that involves the administration of medicated oils or ghee into the rectum. It is one of the five main types of *Basti* treatments used in Ayurveda for various therapeutic purposes.

The term "*Anuvasana*" means "retention" or "retentive" in Sanskrit, referring to the nature of this *Basti* therapy. Unlike other types of *Basti*, *Anuvasana Basti* involves the retention of the medicated substance within the body for a specific duration to allow for absorption and therapeutic effects.

Here are some key points about *Anuvasana Basti*:

Procedure:

- **Preparation:** The person receiving the therapy is usually asked to lie down in a comfortable position on a *Basti* table or bed.

- **Administration:** The Ayurvedic practitioner introduces a small tube or cannula into the rectum and slowly instills warm medicated oil or ghee into the rectal cavity. The amount and specific formulation of the medicated substance vary depending on the individual's dosha imbalance or specific health condition.
- **Retention:** After the instillation of the medicated substance, the person is instructed to retain it for a specific period, usually around 30 minutes to an hour, to allow for absorption. They may be given instructions on how to control their bowel movements during this time.
- **Post-Basti Care:** After the recommended retention period, the person may be allowed to pass stool naturally. It is advisable to rest and avoid exertion for some time after the procedure.

Benefits

- **Lubrication and Rejuvenation:** *Anuvasana Basti* helps lubricate the intestinal tract and promotes the health and rejuvenation of the tissues and organs in the digestive system. The medicated oils or ghee used in the therapy nourish and strengthen the intestinal walls, improving their function.
- **Balancing Vata Dosha:** *Anuvasana Basti* is particularly effective in balancing *Vata Dosha*, one of the three *Doshas* in Ayurveda. *Vata Dosha* is responsible for the movement and flow of bodily processes, and when imbalanced, it can cause digestive issues, constipation, and dryness. *Anuvasana Basti's* grounding and nourishing properties help pacify *Vata dosha* and restore balance.
- **Relieving Constipation:** *Anuvasana Basti* is commonly used to alleviate chronic constipation and related discomfort. The lubricating and softening effects of the medicated oils or ghee facilitate smoother bowel movements, easing the passage of stool.
- **Promoting Detoxification:** *Anuvasana Basti* supports the body's natural detoxification processes. The therapeutic substances used in the

Basti therapy can help flush out accumulated toxins from the intestines and improve overall detoxification.

- **Nourishing and Strengthening the Body:** The medicated oils or ghee used in *Anuvasana Basti* contain specific herbs and ingredients that provide nourishment and strengthen the body tissues. This can enhance overall vitality, boost immunity, and improve the health of the digestive system.
- **Grounding and Calming Effects:** *Anuvasana Basti* has grounding and calming effects on the body and mind. It can help reduce anxiety, stress, and restlessness, promoting a sense of stability and tranquility.

It's important to note that the therapeutic effects of *Anuvasana Basti* can vary depending on the specific formulation of the medicated oils or ghee used and the individual's unique constitution and health condition. It is recommended to consult with a qualified Ayurvedic practitioner who can assess your needs and provide personalized guidance for *Anuvasana Basti* or any other *Ayurvedic* therapy.

DISCUSSION AND CONCLUSION

Panchakarma is a set of therapeutic procedures in *Ayurveda* that are traditionally performed under the guidance and supervision of qualified Ayurvedic practitioners. These procedures aim to detoxify and rejuvenate the body, balance the *doshas*, and promote overall health and well-being.

While some preparatory steps and supportive practices can be done at home to enhance the effectiveness of *Panchakarma*, it is generally recommended to undergo the complete *Panchakarma* treatment at a professional Ayurvedic clinic or wellness center. This ensures proper assessment, personalized treatment planning, and monitoring by experienced practitioners. However, there are certain practices and lifestyle modifications that can be incorporated at home to complement and support the effects of *Panchakarma*:

Preparatory Regime: Before undergoing *Panchakarma*, it is common to follow a specific regime to prepare the body for the detoxification process. This

typically involves consuming lighter, easily digestible foods, avoiding heavy or processed foods, and favoring fresh fruits and vegetables. Following a balanced and nourishing regime at home can support the body's natural detoxification process.

Daily Routine: Following a consistent daily routine, known as *Dinacharya*, can help maintain balance and support the body during *Panchakarma*. This includes waking up and going to bed at regular times, practicing self-care rituals like oil massage (*Abhyanga*), and engaging in gentle exercise or *Yoga*.

Meditation and Mindfulness: Incorporating mindfulness practices, such as meditation or deep breathing exercises, can help manage stress and promote relaxation during *Panchakarma*. These practices can be done at home to support the mental and emotional aspects of the detoxification process.

Herbal Support: Ayurvedic herbs and preparations can be used under the guidance of an Ayurvedic practitioner to support detoxification and rejuvenation. This may include consuming herbal teas, herbal formulations, or specific herbs known for their detoxifying properties. It is important to consult with a practitioner to determine the appropriate herbs and dosages for your individual needs.

Self-Care Practices: Practicing self-care at home can include daily self-massage using suitable oils, dry brushing the skin, and maintaining a clean and organized living space. These practices help promote relaxation, improve circulation, and support the elimination of toxins.

It is important to note that while these practices can be beneficial in supporting *Panchakarma*, the actual *Panchakarma* procedures, such as *Abhyanga*, *Swedana*, *Vamana*, *Virechana*, *Basti*, and *Nasya*, are best performed under the guidance of an Ayurvedic practitioner. They have a more comprehensive and targeted approach to addressing specific health concerns and imbalances.

Before initiating any home-based practices for *Panchakarma*, it is recommended to consult with a qualified Ayurvedic practitioner. They can assess your

health condition, provide personalized recommendations, and guide you through the appropriate procedures and practices for your individual needs.

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