

PANCHAKARMA THERAPY



WAY TO PERFECT HEALTH

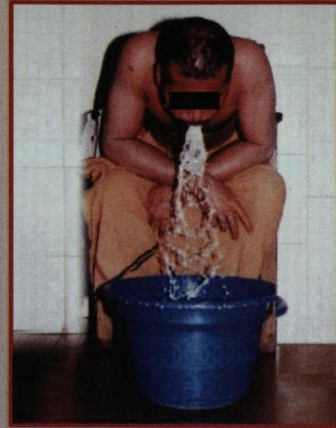


CENTRAL COUNCIL FOR RESEARCH IN AYURVEDIC SCIENCES
Ministry of AYUSH
(Ayurveda, Yoga & Naturopathy, Unani, Siddha and Homoeopathy)
Government of India

PANCHAKARMA

Purovakarma		Pradhankarma				Paschatkarma	
Snehana	Svedana	Vamana	Virechana	Anuvasana	Asthapana	Nasya	Samsarjankarma

Panchakarma is one of the unique therapeutic procedure in Ayurveda advocated for the radical elimination of disease causing factors and to maintain the equilibrium of *dosas*. The Five-fold measures comprehended by this therapy for internal purification of body system are *Vamana* (Emesis), *Virechana* (Purgation), *Anuvasana* (Oil enema), *Asthapana* (Decoction enema) and *Nasya* (Nasa insufflation). The chances of recurrence of the disease are very rare in patients undergone *Panchakarma* therapy as it also promotes positive health by rejuvenating the vital body systems. It prevents ageing process and improves memory and functions of sense organs. *Panchakarma* therapy very effective in the management of auto-immune disorders, chronic ailments like rheumatoid arthritis, bronchial asthma, G.I.T. disorders and mental diseases. *Panchakarma* requires some preparatory measure, i.e. *snehana* and *swedana* and *samsarjana karma* as post Panchakarma measure.



Snehana (Oleation) - is of two types - internal and external. Internal administration of *sneha* (*snehapana*) is again classified into (1) *Achhasnehapana* - in take of *ghee*, oil, muscle fat, bone marrow in high doses and (2) *Vicharna* - intake of *snehadravya* in small doses as preparatory measure (*purovakarma*) of *sodhana* therapy External oleation is known as ABHYANGA.



Swedana (Sudation) - Procedure used to induce sweating with or without use of heat (*agneya* and *Anagneya*)

Vamana (Emesis) - Elimination of morbid *dosas* in the body through the mouth.

Virechana (Purgation) - Elimination of *dosas* by inducing controlled purgation.

Basti (Enema therapy) - The method of treatment by which medicines in suspension are administered through anorectal, urethral and vaginal route with an instrument called *Bastiyanttra*. This process is of two types; *anuvasana* (Oil enema) and *Asthapana* (Decoction enema).

Nasya (Nasal insufflation) - Administration of medicine through nostrils.

Samsarjana karma - is special post *Panchakarma* dietary regimen and particular *Dinacharya* for a specified period of convalescence.



KERALA SPECIALITIES IN PANCHAKARMA

Pindasweda - is the process by which certain medicinal puddings, especially the cooked navara type of rice in the form of boluses tied up in cotton cloth is applied the whole body or a specific part of the body, for a period of 7 to 14 days. It is used in the treatment of neuromuscular disorders, hemiplegia, chronic rheumatic disorder, for rejuvenation, geriatric problems etc.

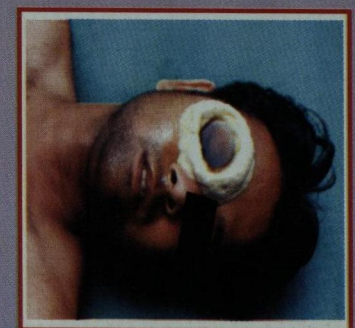
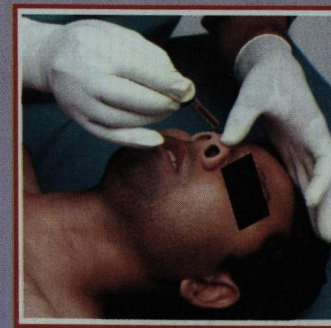


Pizhichil - is the process by which warm medicated oil is poured on the whole body in a specific manner with simultaneous gentle massage. It is used in the treatment of various neurological diseases, rheumatic disorders, for rejuvenation, preventing ageing process etc.

Sirobasti - is the process of keeping certain amount of medicated lukewarm oil on the head for a prescribed period of time by using a special type of cap without top, fixed properly on the head for the treatment of various neurological disorders, diseases of head, facial palsy etc.

Sirodhara - the process by which medicated oil, milk, buttermilk etc. is poured in a continuous stream on the head, especially forehead in a specific manner. It is indicated in mental disorders, Insomnia and certain skin diseases. Duration of treatment: 7 to 14 days.

Sirolepana - is a procedure in which paste of medicinal herbs/drugs is applied on the scalp for a specified period. It is an effective method of treatment for neurological disorders and mental diseases.



DISEASES IN WHICH PANCHAKARMA THERAPY HAS BEEN SUCCESSFULLY APPLIED.

Vatavyadhis	Treatment
<i>Pakshaghata/Pangu</i>	<i>Snehana, Svedana, Abhyanga, Sastikasali Pinda Sveda, Virechana, Basti, Nasya, Sirobasti</i>
<i>Gridhrasi</i>	<i>Abhyanga, Patra Pindasvedana, Basti</i>
<i>Tamak Swas</i>	<i>Adhyanga, Sastikasali Pinda Sveda</i>
<i>Parinamasula</i>	<i>Vamana</i>
<i>Amavata</i>	<i>Basti Chikitsa, Rukshasveda</i>

Further information can be obtained from :

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