

## INTRODUCTION TO PANCHAKARMA

- Panchakarma includes specially designed five procedures of internal purification
- Ayurveda treatment comprises of two major treatment principles ie, Samsodhana and Samshamana chikitsa.
- Panchakarma is basically a bio purificatory method intended to eliminate the toxic elements from the body and thereby maintains equilibrium of doshas.
- The word Panchakarma is made out of two words, Pancha and Karma.
- Pancha – Five
- Karma - कर्मलक्षणं बह्वितिकर्तव्यतायोगिदोषनिर्हरणशक्तिज्यायस्त्वम्
- (Cha. Su. 2/15 Teeka)
- Here Pancha is sankhya pradhanya and Karma refers to the procedure which has multiple and broad spectrum action and having the capacity to eliminate the vitiated doshas.
- स्नेहस्वेदादि द्वार शरीरस्य उत्क्लिष्ट दोषाणां यथा आसन्न मार्गेण बहिर्निर्हरण कर्तृत्वं संशमनं कर्तृत्वं पञ्चकर्मत्वं॥
- (Mu. Dvi)
- Panchakarma is a procedure in which the utklishhta doshas are expelled out through the nearest route after

snehana and swedana. It is followed by Shamana therapy.

- The term Panchakarma has been used for the first time in Charaka Samhita Sutrasthana Apamarga Tanduleeyam Adhyaya. तान्युपस्थितदोषाणांस्नेहस्वेदोपपादनैः। पञ्चकर्माणि कुर्वीत मात्राकालौ विचारयन्॥१५॥

(Cha. Su. 2/15) After attaining upasthitha doshavastha by Snehana and Swedana, a physician should administer the Panchakarma paying due regard to the dose and time. Here Chakrapani explains the meaning of Upasthitha doshas. उपस्थितदोषाणामिति शाखां त्यक्त्वा कोष्ठगमनेन तथा लीनत्वपरित्यागेन

प्रधानावस्थाप्राप्तदोषाणाम्

(Cha. Su. 2/15 Teeka) Doshas which have left the periphery (saakha) and moving towards koshta, which have lost leenatva (deep seated or adherence) and attained pradhanavastha (attained the qualities to be expelled) are known as upasthitha doshas namely, 1. Vamana 2. Virechana 3. Niruha basti 4. Anuvasana basti 5. Nasya

- Panchakarma is useful in all the Ashtangas of Ayurveda. Panchakarma is not only meant for shodhana, it is also a measure for langhana, brimhana, lekahana and shamana. Even though a person stays healthy, there is a seasonal deposition of some amount of doshas which may lead to disease in future. Season wise Panchakarma is effective in preventing these diseases. In the present era where people are more affected with stress, anxiety, allergies, improper digestion, life style diseases. By clearing the body from toxins, Panchakarma is effective in revitalizing body as

well as mind. Thus panchakarma procedures are widely used in a preventive, promotive and curative aspect.