

## Critical Appraisal of the Role of Panchakarma in Global Health Care

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### Abstract

#### Background

Ayurveda is important in global health because of its holistic approach towards lifestyle. It gives importance to both preventive and curative aspects of disease. Health is a state in which *Dosha*, *Dhatu*, *Mala* and *Agni* are in an equilibrium state and *Atma*, *Mana*, and *Indriya* are in a pleasant condition. Disease is caused by an imbalance in the above factors, As well as by accumulation of toxins in the body. Various factors such as changes in diet and lifestyle, stress, smoking, unhealthy diet, physical inactivity, uncooked food, alcohol consumption, pollution and Worldwide globalization and urbanization are responsible for the manifestation of various diseases including imbalance in both body and mind which are a major public health problem globally. The failure of modern medicine to prevent global health forces us to return to the original detoxifying procedure (*panchakarma*). *Panchakarma* (*Vamana*, *Virechana*, *Basti*, *Nasya*, *Raktamokshan*, etc.) helps us to eliminate accumulated toxins from the body through nearby routes, maintain the equilibrium of *dosha*, *dhatu*, *mala*, *Agni* and prevents the manifestation and reappearance of disease.

**Method** -In this article we will discuss about the application of Panchakarma for the maintenance of health of healthy people and to cure diseases of diseased globally.

**Result** -Panchakarma is used to treat the body, mind, and spirit. As a result, disease causing toxins are eliminated and prevent manifestation and recurrence of disease. These lead to various benefits like positive changes in quality of life.

**Conclusion** – Panchakarma is useful for both healthy and diseased which Promotes strength, longevity, and the Elimination of disease. The importance of panchakarma is validated by the fact that it is applicable to all conditions covering a wide range of preventive, curative, and promotive aspects for all people worldwide.

**Keywords** – Health, Ayurveda, panchakarma

#### Introduction

Ayurveda is Science of life. The main Aim of Ayurveda is *Swasthasya Swathya Rakshanam* and *Aturasya Vikara prashamanam ch*<sup>(1)</sup>. In today's stressed-out and dangerous environment, our bodily and mental systems accumulate pollutants, leading to a variety of diseases that can be harmful to an Individual's health and well- being.

*Panchakarma* is useful in cleansing and revitalizing the body. We are forced to return to the original detoxifying procedure because modern drugs are ineffective in preventing serious health burdens. Managing autoimmune, neurological, psychiatric, and musculoskeletal conditions with a chronic or metabolic disease with *panchakarma* is a successful treatment. In order to improve the bioavailability of pharmaceutical drugs, restore homeostasis, remove illness-causing complexes from the body, and stop the course and recurrence of disease. Currently, medical professionals in India and many other nations worldwide frequently use these distinctive techniques for preventative and therapeutic causes.

The therapy Such as *Vamana* (therapeutic emesis), *Virechana* (therapeutic purgation), *Basti – Asthapan Basti* (therapeutic decoction enema), *Anuvasana Basti* (therapeutic oil enema), *Nasya Karma* (nasal delivery of medications), and *Raktamokshana* (bloodletting) are included under *Panchakarma*.

Prior to *Panchakarma* procedures, *Snehana* (therapeutic oleation) and *Svedana* (sudation) therapies are carried out to prepare the body's system for the removal of bio-toxins and for cleansing of *strotas Samshodhana* (purification), *Samshamana* (pacification), and *Nidana Parivarjana* (avoidance of causative causes) are the three types of *chikitsa* used in Ayurveda to treat illnesses. *Panchakarma* therapy is regarded as superior to *Samshamana* therapy because, with *Samshamana* therapy, disorders may occasionally be provoked by etiological factors and vitiated environmental factors, whereas with *Panchakarma* therapy, there is less/no chance of recurrence of a particular disorder<sup>(2)</sup>. As a result of the quick relief, it offers by adequately detoxifying the body and removing impurities, *panchakarma* is significant in this regard.

**Methodology****Material**

Ayurvedic samhita and their Commentaries

Journal and Internet

**Method**

Collection and Compilation of Literature related to panchakarma procedure and its role in maintenance of Health and Management of diseases.

This is Literary Study under title Critical Appraisal of the Role of Panchakarma in Global Health Care

*Review of Literature* –

*Panchakarma procedure* – is divided into three steps

1. Purva karma (*Deepana, Pachan, Snehan, Swedan*)
2. Pradhan karma (*Vaman, virechan, Basti, Nasya, Raktamokshana*)
3. Paschat karma (*peyadi or Tarpanadi Sansarjan krama*)

*Purva karma*

*Deepana and Pachan*

These procedures are used to clean the *Strotas's* and *Ama* (toxins), which makes it simple for the toxins to be separated and eliminated during the initial detoxification process. The body must be prepared before beginning any major purifying process. so that the body can be properly detoxified and the best outcomes can be obtained. *Deepana* and *Pachana* are helpful in this condition. Internally Medicines are administered for this reason. This Depending on the patient and *Bala* of *vyadhi*.<sup>(3)</sup>

*Snehan and Swedan*

*Snehan*- After *Deepana* and *Pachana*, the entire body is oiled using *Snehapana* (oral) and *Abhyanga* (massage). Patients are told to ingest a specific quantity of therapeutic ghee or oil for a predetermined duration of time according to their *Koshtha* and *Agni*. The dosage of medicinal ghee or oil is gradually increased each day. The completion of *Snehapana* could take 3 to 7 days. *Snehapana* therapy involves both *Snehapana* and *Abhyanga*, which soften the body and dissolve the vitiated *Doshas* in order to treat the vitiated *Vata Dosh*.<sup>(4)</sup>

*Swedana* - *Swedana* is the practices of inducing perspiration with the help of steam and medicinal herbal decoction. Ayurvedic fomentation is usually given following an oil massage.<sup>(5)</sup>

*Pradhan karma*

*Vaman*

*Vaman karma* (induced emesis) is mainly used to remove vitiated *kapha dosha*. In addition to *kapha dosha*, it is also

used to remove *kapha pitta dosha*. *vaman karma* can be done by using various drugs but *madan phal* is most popular Drugs Having properties like *Ushna*(hot), *Tikshna* (sharp), *Sukshma* (subtle), *Vyavayi* (those that circulate the entire body before being digested) and *Vikasi* (those that cause joint looseness) reach the heart and circulate via the vessels due to their potency. They liquify and separate the adhered *Doshas* because of predominance of *Agni mahabhuta*. The vitiated *dosha* reached the stomach and expelled with the help of *udan vayu*.<sup>(6)</sup>

*Virechana*

*Virechana karma*, also known as therapeutic purgation, is the process of removing vitiated doshas (toxins or waste) through the rectum. *virechana karma* purifies the blood, rids the body of excess *Pitta-Kapha*, and removes impurities from the body. The therapy completely detoxifies the gastro-intestinal tract by concentrating on toxins accumulated in the liver and gall bladder.<sup>(7)</sup>

*Basti*

*Niruha Basti* - The specialized *Panchakarma* procedure *basti* is Used to treat *Vata* diseases. It is mostly used in the treatment for vitiated *Vata Dosh*. In this method herbal decoction according to *dosha* is used to achieve *dosha* equilibrium.<sup>(8)</sup>

*Anuvasana basti*- *Anuvasana Basti* is used to cure severe dryness with a good digestive fire and are purely *Vatavyadhi* (nervous System, musculoskeletal disorder) In This method Oil can be utilized to achieve *Vata Dosh* Equilibrium.<sup>(9)</sup>

*Nasya*

The nose is considered as the main pathway to the head, thus giving medicine<sup>(10)</sup> Through this route it is very Useful to cure *urdhva jatrugat vikara* means Diseases of the parts above the Shoulders. *Nasya* must be given to the patient on an empty stomach, with the patient Lying down with their head tilted back and The *Nasya* drug administered in each Nostril.<sup>(11)</sup>

*Raktmokshan*

The four components of life—the soul (*Atma*), mind (*Mana*), senses (*Indriya*), and body—are thought to be affected by the condition of the blood, which is said to be the carrier of *Ayu*. For prevention of blood-borne disorders, it is necessary to remove toxic blood from the body. *Raktamokshana* is used to remove impure blood from body and treat conditions like Swelling, skin diseases, tumor, debility, Sinusitis, suppuration and bleeding Disorders etc.

*Paschat karma*- Changes in Diet and lifestyle after *Panchakarma*

Example - *Peyadi or Tarpanadi Samsarjana Krama*<sup>(12)</sup>

*Role of Panchakarma in Various Aspects of Health*

### Prevention of Disease

Ayurveda recommends *panchakarma* on a regular basis since dosha vitiation happens whenever favourable conditions exist.

Diabetes, dental caries, and asthma are among the illnesses affecting young people, especially those who follows western lifestyle. Western lifestyles involve less manual labour and physical exertion, Unhealthy food, and late-night work etc

Most of diseases are *sanchaya Pradhana* or *Santarpanjanya*. By adhering to Ayurveda *Dinacharya*, pathogenesis brought on by this Western diet and lifestyle can be avoided. *Panchakarma* procedure such as *Nasya*, *Abhyanga*, *Mardana*, *Gandush*, *Anjana*, and *Udvardana*, are included in the *Dinacharya*.

*Anjana*- application of *Anjana* in eyes maintains health of eye .it Removes Excess *kapha* and helps in proper Functioning of eyes and eyelids<sup>(13)</sup>

*Nasya* – *Anu tail* used for *Nasya*. It improves skin texture, strengthens of neck and chest region, increases beauty of face and freshness mouth.<sup>(14)</sup>

*Gandush* – Gargling Gives light feeling to mouth by removing *Kapha* and *vata*. This prevents throat infections. Gives strength to vocal function<sup>(15)</sup>

*Dhumapana*- *Dhumapana* (inhalation of medicated smoke) *kapha* and *vata dosha Sanchaya* from throat, Nose, and sinuses. This prevents infections. This procedure used keep nasal and pharyngeal track healthy<sup>(16)</sup>

*Abhyanga* – Regular oil massage of body. Specially to Head and foot is also recommended. It has *Rasayana* property, maintains body tone, makes muscle action smooth by acting as *anulomana* on *vata Dosha*, it relieves stress and strain of muscle, and maintains tone of skin. Maintains body Tone and prevents from aging. Nourishes eyes, maintain digestive fire, tightens musculature and maintains body shape and adds longevity to life.<sup>(17)</sup>

*Mardana* - *Mardana* is done after exercise Which relaxes muscles of body prevents vitiation of *vata* due to over exercise.<sup>(18)</sup>

*Udvardana* – *Udvardana* is massage by Medicated herbal powders. It dissolves Excessive fats, strengthens the body parts and skin<sup>(19)</sup>

*Karnatarpana* -By pouring oil in the ear regularly, diseases of the ear arising due to vitiation of *vata Dosha*, many diseases like *Manyastambha* (cervical stiffness) and *Hanustambha* (stiffness of the jaw), deafness etc.<sup>(20)</sup>

Ayurveda gives detailed Explanations of *Sanchaya*, *Prakopa*

and *Prashamana* of *Dosha* according to each *Rutu* (Table no.1), based on *Doshas*.<sup>(21)(22)(23)</sup>

**Table 1 : Different Rutu (Seasons) and Panchakarma procedures**

Season	Panchakarma procedure
<i>Varsha (Vata Prakopa)</i>	<i>Basti</i>
<i>Vasant (kapha prakopa)</i>	<i>Vamana</i>
<i>Sharad (Pitta Prakopa)</i>	<i>Virechana</i>
<i>Pravruta, Sharad, Vasant</i>	<i>Nasya</i>
<i>Sharad (Rakta Dushti)</i>	<i>Raktmokshan</i>

### To cure disease-

Is the second aim of Ayurveda, all diseases are treated with *panchakarma* because disease are the results vitiated *Dosha*<sup>(24), (25), (26), (27), (28),(29),(30), (31),(32), (33), (34)</sup> (Table no.2)

**Table 2 : Diseases treated according to Panchakarma procedures**

Disease	Panchakarma
<i>Sthaulya (Obesity)</i>	<i>Udvardana, (Ruksha) Pinda swedana and Lekhanbasti</i>
<i>Prameha (Diabetes)</i>	<i>Vamana, Virechana, Udvardana</i>
<i>Kushtha (Skin disorder)</i>	<i>Vamana, Virechana, Raktamokshana and Nasya</i>
<i>Sandhigatavata (Osteoarthritis)</i>	<i>Snehana, Swedana and Basti</i>
<i>Amavata (Rheumatoid Arthritis)</i>	<i>Pachana, Virechana, Anuvasana basti, Kshar Basti and Valuka Swedana</i>
<i>Pakshavadha (paralysis)</i>	<i>MriduVirechana, Asthapanabasti, Anuvasanbasti, Snehana and Swedana</i>
<i>Amlapitta (Gastritis)</i>	<i>Vamana and Virechana</i>
<i>Shwas (COPD)</i>	<i>Vamana, Virechana and Swedana</i>
<i>Shiroroga (Headache)</i>	<i>Nasya and Virechana</i>
<i>Anidra (insomnia)</i>	<i>Shirodhara, Nasya, Abhyanga, Utsadana</i>
<i>Udara roga (Ascites)</i>	<i>Nitya Virechan</i>

### Rejuvenation of Health

*Panchakarma* procedure such as *Vamana, Virechana, basti* etc with the use of particular herbals, Tail, and *ghruta* to improve sexual activity, Complexion, and longevity, as well as to Achieve *Dharma* (virtue), *Artha* (wealth), *Preeti* (pleasure), and *Yasha* (fame).<sup>(35)</sup>

*Panchakarma* is used as *Purvakarma* for rejuvenation therapy. *Rasayana* should not be consumed by anyone whose body has not been purified by *Shodhana*, according to

*Acharya Sushruta*. Similar to how colour does not make dirty clothing more attractive, Consumption of *Rasayana* has no effect on an impure individual.

### Preconceptional Health

Miscarriages, various pregnancy complications, and toxemia are now all too common due to change in lifestyle and diet. For a healthy pregnancy and safe delivery, action must be taken throughout the pre-conceptional period. Pre-conception *Shodhana* aids in *Agni*, *Dhatu*, and *Dosha* balance. Consequently With, a healthy foetus growth and development as well as uncomplicated pregnancy are ensured.

Similar to how a good seed produces healthy fruit, the first step in creating healthy sperm and eggs is to undergo a thorough internal cleansing to balance the doshas and get rid of impurities (also known as ama) by detoxifying the body with the help of *panchakarma*.

### Paediatric Health

When it comes to physical, mental, and social aspects of growth and development, childhood is a crucial time with the exception of taking precautions to avoid Complications. The classics have provided some justification for the changes made to *panchakarma* with respect to paediatric practices. this could Explain why *Balachikitsa* is placed first Among the *Ashtanga* (8 branches) in *Kashyapa Samhita*.

### Geriatric Health

*Vridhhavastha* is natural phenomenon occurs due to degenerative changes such as atrophy of various structure of body and depletion of *agni*. It results in loss of *dhatu*, *Oja* and *Bala*. *Vridhhavastha* is characterized by predominance of *Vata Dosha*. According to Acharya charak, *Vridhhavastha* is after 60years and *sushruta* it is above 70 years.<sup>(36)</sup>

*Aging results in loss of smriti, buddhi, loss of senses, rasa Kshaya, increase in vata (constipation, pain in joints). for loss of smriti and buddhi, Shirodhara and shirobasti is useful, for loss of function of eye Tarpana and Anjana is useful, in loss of function of ear Karnapurana and for nose, Nasya is useful. For vitiated vata, Snehan, Swedan, Basti is useful*

In geriatric care, *panchakarma* procedure such as *Abhyanga* (medicated Massage), *Sarvanga dhara* (*Kayaseka*), *Nadi Sweda*, *Pinda sweda*, *Shirodhara*, *Basti* etc. Are useful to counter the degenerative processes, thereby Improving the quality of life.

### Discussion

Due to Globalisation, Deforestation, pollution, Stress, change in diet and lifestyle, our body remains malnourished. Due to These several factors occurs various health Challenges. Cases of disease such as cardiovascular disease, respiratory disorders, obesity, Diabetes, renal disease,

Anxiety, Depression are increasing day by day. Therefore, our Health is always a concern. *Hetusevan* causes imbalance in metabolic system which leads *Agnimandya* and production of *Ama* which get accumulated in various channels, responsible for vitiation of *Dosha* and manifestation of various disease.

*Panchakarma* procedure especially used restore the integrity of *strotas*, helps to keep the body's *dosha's* in balance, eliminate toxins via nearest possible route of elimination, and stop the progression of existing illnesses. It serves the main purpose of Ayurveda that is maintenance of health and management of disease. *Panchakarma* helps in maintenance of health. By enhancing *jatharagni* (digestive fire and metabolism), treating illnesses, maintaining the balance of the *Doshas*, and improving colour, complexity, mind, and intelligence, Additionally, it boosts a person's power and vitality, enabling them to live longer and in better health.

*Purvakarma* like *Snehan* and *swedana* helps to ripen and liquify the *dosha*, *dosha* get detached causes *Doshotklesha*, because of this *dosha* move towards *koshta* which makes easy to eliminate toxins.

*Vamana* removes vitiated *Kapha*, lightens the body, increases the activities of sense organs, and clears the channels of the chest, flanks, and head area when done correctly.

*Virechana* purifies vitiated *Pitta* from *grahani*, Duodenum, biliary system and clears all body channels, generating *Jatharagni* and Imparting lightness to the body when performed correctly.

*Basti* helps to remove vitiated vata from *pakvashaya* by ensuring correct faeces, urine, and flatus ejection, as well as enhancing appetite and Taste, and creates happiness.

The aggravated *Dosha* above *Urdhva Jatru Pradesh* is removed by *Nasya Karma*, which also clears the circulation pathways (head and neck).

*Raktamokshana* helps to remove impure blood and prevents various *raktapradoshaja Vyadhi*.

Pediatric *panchakarma* has been clearly mentioned in classics with its indications and contraindication. *Panchakarma* helps to remove toxic materials from body, strengthens immunity.

Rapid urbanization, changes in lifestyle have cause variety of issues for older population. *panchakarma* procedures are used to promote healthy ageing as well as to prevent and treat diseases i.e. boost metabolism cure illnesses. With the help of *panchakarma*, one can easily overcome the geriatric problem. There are some restrictions in contemporary medicine for such problem and having side effects but by using *panchakarma* we can effectively overcome this problem.

Given its many advantages, it is believed that Shodhana has an impact on almost every bodily system, including the digestive, endocrine, and metabolic systems.

The Idea behind *shodhana* is that it will enhance all metabolic waste products and get rid of free radicals and helps to revitalise the body and mind. Clinical investigations have shown that biochemical levels in the body revert to normal following *Panchakarma* therapy. If *Panchakarma* is well supported by solid scientific data and confirmation, Global health concerns can be addressed. Scientific studies suggest that detoxification techniques aid in the more efficient eradication of chronic disorders.

### Conclusion

*Ayurveda's* unique gift to human well-being, *panchakarma*, is unmatched. When used properly, these treatments have the potential to provide amazing results. For Successful result of *Panchakarma*. *Purva Karma*, *Pradhana Karma*, and *Paschat Karma* must all be done without any fault. When used correctly, *Panchakarma* therapy eliminates *Doshas*, treats ailments, and restores one's natural Strength and complexion, all of which contribute to a longer and better life. Elimination therapies, on the other hand, entirely eliminate vitiated *Doshas* from their source, ensuring that they don't reappear unless there are very strong etiological causes. It has benefited various public health problem Globally as well. *Panchakarma* therapy improves strength, longevity, and the eradication of ailments, and is advantageous to both those with illness and those in good health.

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