

Introduction

Panchakarma, the procedure in Ayurveda, has uniqueness of its kind which has great effects. It mainly aims at body detoxification which is also known as Shodhana karma, simultaneously it gives Balya which is a Rasayana effect.¹ Before adopting Panchakarma, careful assessment of Upasthita Dosha (Utkleshita Dosha) is required. It should be administered at a proper time and after performing the Snehana and Svedana only. Thus it can be classified into Purva karma, Pradhana karma, and Paschat karma. The Snehana and Svedana fall under Purva karma. Pradhana karma is further divided into Vamana, Virechana, Basti, Nasya and Raktamokshana. And in the Paschat karma, the Samsarjana karma has been adopted. Later, the administration of Rogashamaka Oushadhi will be carried out.² If applied properly, the Panchakarma will give the complete cure of the disease along with non-recurrence of the disease.³ Due to all these effects Panchakarma occupies main role in the Ayurvedic disease management principles. The details of Panchakarma are explained in further Chapters. However, a brief introduction of the Purva, Pradhana and Paschat karma are given below.

Purva Karma: These are meant to convert the Samanya Dosha into Utklesha Dosha. It includes Paachana, Snehana, Svedana, to convert the Heena Dosha into Upasthita Dosha. So the Upasthita Dosha now can be eliminated easily through Pradhana karma.

Pradhana Karma: The Dosha, having attained Utkleshana by administering Purva karma are eliminated by administering the Pradhana karma like Vamana, Virechana, Basti, Nasya and Raktamokshana.

Paschat Karma: The patient's body becomes weak due to the strenuous Purva karma, Pradhana karma procedures, and hence body requires certain measures to improve the Bala through Agnibala. This can be best achieved by adopting Samsarjana karma (special diet regimen). After this stage, suitable medication is to be advised.

REFERENCES

1. Ca. Su. 16/17, 18, 19
2. Dal. on Su. Su. 5/1
3. Ca. Su. 16/20

Gist of the Chapter

- Ayurvedic Panchakarma is meant for body detoxification.
- With Panchakarma treatments complete cure of disease can be achieved.
- Proper application of Ayurvedic Panchakarma in the stages of Purva, Pradhana and Paschat karma gives the benefit of non-recurrence of the disease.
- Other benefits of Panchakarma are Balya, Brimhana, Medha Vriddhi, etc.

Multiple Choice Questions

1. Purva karma should be performed only at

- a. Upasthita Dosha
- b. Utkleshita Dosha
- c. Both a and b
- d. Heena Dosha

2. Panchakarma is classified into

- | | |
|------------|------------|
| a. 5 karma | b. 6 karma |
| c. 7 karma | d. 8 karma |

3. Pradhana karma is named

- a. Vamana, Virechana, Basti, Nasya, Raktamokshana
- b. Snehana, Svedana, Vamana, Virechana, R. Mokshana
- c. Snehana, Svedana, Vamana, Virechana, Basti
- d. Parisheka, Avagaha, Siropichu

4. Paschat karma contains

- a. Samsarjana karma
- b. Oushadhi chikitsa
- c. Rasayana and Vajikarana
- d. All of the above

5. Shodhana karma mainly brings as Apatarpana and Langhna actions

- a. Yes
- b. No

6. Mala in the context of Panchakarma includes

- a. Paripakwa Dhatu
- b. Sarira Upadeha
- c. Prakupita Dosha
- d. All of the above

7. Avoidable things in Panchakarma are

- a. Uchhbhasyam
- b. Brahmachari
- c. Kshapasaya
- d. All of the above

8. Bahudosha Lakshana are

- a. Avipaka
- b. Aruchi
- c. Pidaka
- d. All of the above