

GENERAL PRECAUTIONARY PROTOCOL FOR PERFORMING PANCHAKARMA TREATMENT

Dr Amol S Patil^{*1}, Dr Jagdish P Patil², Dr Shardul Vikram Sing³, Dr Ajit Dahatonde⁴, Dr Janardhan K⁵

^{*1}(HOD & Assitant Professor, Dept. of Balroga) Shri Gurudeo Ayurveda College Mozari Amravati. MAHARASHTRA

²(HOD & Assitant Professor, Dept of Panchakarma) Shri Gurudeo Ayurveda College Mozari Amravati. MAHARASHTRA

³(Assitant Professor, Dept of Balroga) Pacific Ayurvedic Medical College Gorakhpur UP

⁴(Assitant Professor, Dept of Balroga) Shri Dhanvantary Ayurveda Medical College, Mathura UP

⁵(Ayurvedic Practicner)

Abstract

Panchakarma is an ayurvedic modality of treatments. It is composed of five interventions or karma which overall help in detoxification process. Panchakarma not only help in cleaning process but also support physiological functioning of body by improving physiological process. Recently many researchers proved Panchakarma as preventive approach against many diseases. Panchakarma help to pacify vitiated Dosha. Ayurveda suggest that Panchakarma therapy not only boost physical health but also support mental health. That is very essential to know the standard procedural protocol for the use of Panchakarma therapy along with its safety and precautionary measurements. This article emphasized safety and precautionary consideration associated with Panchakarma.

Keywords:

Panchakarma, Ayurveda, Safety, Precaution.

INTRODUCTION

Panchkarma is a purification therapy of traditional medical science of India i.e; Ayurveda. It encompasses various therapeutic procedures for the purification purpose such as; *Vamana, Virechana, Nasya, Basti* and *Raktamoskshana*. *Panchkarma* acts as healing and preventive process for against different deterioration and diseases respectively. It involves a certain amount of risk factors in the whole cleansing and detoxification processes. Each one of these procedures constitutes specific measures which have to be applied with due consideration of the particular type of *Doshic* disturbances; indications and contraindication of their use. Therefore, the patient has to be selected, assessed and prepared before the administration of one or the other of the procedures included under Panchakarma therapy. This has to be followed by Samsarjana Krama or specially planned diet and other post therapeutic measures. This article summarized specific *Panchkarma* protocol for each and every intervention of *Panchkarma* therapy.

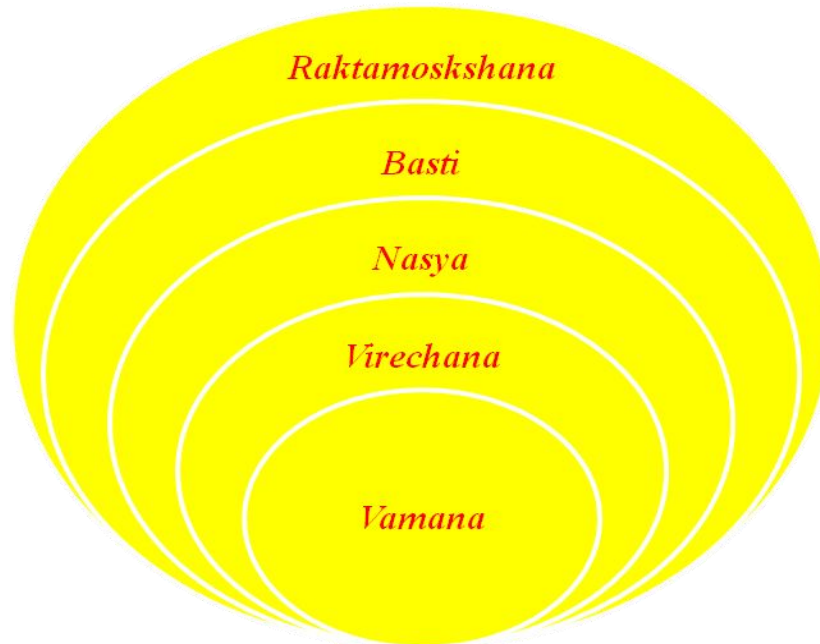


Figure 1. Different interventions of Panchkarma.

General rules of *Panchkarma* therapy

- Should not be performed immediately after meal.
- Should wear loin cloth (light cloth) while the treatment.
- Therapist must be informed about the other problem associated with patient.
- Taking rest for a while after completion of treatment.
- Smoking and drinking must be avoided while taking treatment.
- The guideline for therapy should be follow as per the instruction of therapist.
- *Panchakarma* should be performed under silent condition.
- Pure water may be consumed during treatment, but there must be gap between time of water consumption and onset of treatment.
- Warm water should be used for bathing.
- Preparation for *Panchakarma* must be done as per guideline of Ayurveda literature.
- Children and geriatric patient must be handled with great care while performing *Panchakarma*.
- While taking *Panchakarma* strict diet regimen must be followed.

General precautionary Protocol of *Vamana*

- Purvakarmas like *Rukshana Pachana* and *Dipana* are mandatory before *Vamana karma* followed by *Snehapana* for appropriate period.
- *Kaphotkleshakara Ahara* is advised on one day before *Vamana*.
- The *Vamana* should be start after the massage, steam and *Yavagupana* in morning.
- The seating process should be appropriate as per instruction and remain calm and quiet while taking therapy.
- Consumption of milk or sugarcane juice need be allowed.
- Patient must be supported by other person for retaining *Vamana* position and for massage from back side.
- Palpitation and discomfort up to certain level must be avoided.
- After complete procedure of *Vamana*, patient must guided to take rest and advised *Paschyat karma* like *Dhoompana* and *Kawala-Gandusha*.
- Exposure to the sun and heavy wind must be avoided.

General precautionary Protocol of Virechana

- *Snehapana* must be advised before *Virechana karma*.
- Massage and steam is advised for 2 days before *Virechana karma* along with *Pitta Utklesha Kara* food.
- *Virechana* medicines must be given after 10 AM.
- Nothing is to be advised as food till the completion of *Virechana* except hot water.
- Should not speak loudly while taking treatment.

General precautionary Protocol of Vasti

- *Anuvasan vasti* must be administered after lunch.
- *Niruh vasti* need to be administered in morning on empty stomach.
- The *Vasti* must be done only after body massage and steam.
- Should be performed in left lateral position.
- The amount of *Niruh vasti* should not exceed up to 960 ml.
- Defecation may be suggested after *Vasti*.
- Patient should relax for a while after *Vasti* treatment.
- Cold water bathing should be avoided after *Vasti*.

General precautionary Protocol of Nasya

- While performing *Nasya* patient should not move head.
- Inhalation of liquid from both nostrils should be done alternatively.
- Should not talk or laugh too much while taking treatment.
- Oil should not be swallowed while taking therapy.
- Burning sensation up to the level must be avoided that may occur due to the oil.
- After the treatment patient should be advised to relax in stretched position for a while followed by *Dhoompaana*.
- *Nasal* activity should be avoided immediately after *Nasya*.
- Exposure to cold during the treatment should be avoided.

General precautionary Protocol of Raktmokshana

- *Raktmokshana* therapy must be applied for aggravated *Rakta* and *Pitta dosha*.
- The great precaution need to be taken regarding adverse effects associated with skin while performing *Raktmokshana*.
- The time duration must be followed as per guideline.
- The *Raktmokshana* never be performed near the cavities of body.
- Pain threshold up to certain level in *Raktmokshanas* must be avoided.
- *Raktmokshana* needs great supervision of trend therapist.
- This therapy should be applied when patient completely agreed for same.
- Children and geriatric patient need more care during therapy as compared to adult.

General precautionary Protocol of Post-Panchkarma

- After *Panchkarma* therapy the instructed diet regime should be followed for a week.
- Fibrous fruit should be consumed after *Panchkarma* for complete detoxification.
- Physical and mental stress must be avoided just after *Panchkarma* treatment.
- Prohibited medicine should not be taken as mentioned in protocol.

CONCLUSION

Panchakarma is an important therapeutic approach of Ayurveda. It acts as *Sodhna Chikitsa* for body and allows removal of noxious toxins form body. *Panchakarma* reestablishes vitiated *Dhatu* and detoxify accumulated *Dosha*. *Panchakarma* offers beneficial effects against various diseases of *Dosha*, *Dhatu* and *Mala*. The *Panchakarma* need to be applied with great care since inappropriate use of *Panchakarma* therapy may leads various adverse effects;

thus it is very essential to know the safety protocol of this treatment. This article presented specific precautionary consideration of *Panchakarma* therapy to explore knowledge of this unique therapeutic modality.

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