

BOOK 9: PANCHAKARMA: DAILY DETOX AND DISEASE-WISE DETOX

In this book, we will learn about this powerful detox protocol called [Panchakarma](#) in Ayurveda.

We shall discuss the basic principles, types, application, precautions, indications and contraindications of [Panchakarma](#) along with the references of various herbs and herbal preparations required at different stages.

1. Introduction

[Panchakarma](#) is the corner stone of Ayurveda system of Healing. In a way, this can be believed to benefit in almost all kinds of diseases. This is of such high repute that Charaka calls it as “Half of all the Ayurveda treatments”. An explanation behind this claim is that all the diseases are caused by [Tridosha](#) imbalance and [Panchakarma](#) most effectively restores [Tridosha](#) balance. No other treatment protocol can be this effective. This is the best Shodhana / Detoxification available in Ayurveda. This can be used as a versatile tool in [health](#) as well as in [disease](#) conditions.

Pancha means Five and *Karma* means Procedures.

1.1. Snehana Therapy- 1

[Snehana](#) is the therapy which causes unctuousness, softness, liquefaction and sliminess in the body. This is best anti Vata. It is one of the six main treatment procedures of treatment mentioned in Ayurveda.

It is one of the important methods of Poorvakarma (pre procedure) hence Snehapana and Abhyanga must be done before administering the Vamana drugs (emetics), [Virechana](#) drugs (purgatives) and external application of [Snehana](#) (Abhyanga) must be done before administering Swedana, Vasti and [nasya](#) treatments. Singly too, [Snehana](#) is an effective treatment.

By administering Oleation, the toxins are made lax and can be effectively detached and moved out of the body on giving sudation and [Panchakarma](#).

Properties of [Snehana](#) drugs -

The Oleation materials as oils, Ghrita are -

1. Unctuous
2. Heavy
3. Cold
4. Soft
5. Liquid
6. Slimy
7. Sluggish
8. Subtle

2. Classification

[Panchakarma](#) to be a proper system which is delivered in following stages –

- Pre procedures – Ama Pachana, [Snehana](#), Swedana
- Main procedure – the five [Karma](#)
- Post procedure – [Agni](#) Enhancement

These five detoxifying procedures are as follows –

1. Vamana / Therapeutic emesis
2. [Virechana](#) / Purgation
3. Vasti / Enema
4. [Nasya](#) / Nasal drops
5. Raktamokshana / Blood letting

This regimen is followed for a particular purpose. The pre procedures ensure the Ama removal, [Snehana](#) to loosen the sticky toxins and Swedana to melt and drain them towards Alimentary tract.

Now follows main [Panchakarma](#). Its components expel the toxins accumulated in the alimentary canal, from the nearest exit.

[Nasya](#) addresses to the [Dosha](#) accumulated in the head area as eyes, ears, nose, throat, brain and psychiatry disorders.

[Rakta](#) Mokshana removes Doshas from blood.

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Snehana dravyas are divided in to four varieties according to their origin-

- 1) Ghrita (Ghrita)
- 2) Taila (Oil)
- 3) Vasa (muscle fat)
- 4) **Majja** (bone marrow)

We describe the above the following sections

3.1. Properties of Ghrita

It is indicated for Vata and Pitta [Prakriti](#) persons and for diseases by Vata Pitta Doshas. Ghrita can be taken for following benefits-

- 1) Good eye sight
- 2) Longevity
- 3) Strength
- 4) Good complexion
- 5) Voice
- 6) Nourishment
- 7) Lustre
- 8) Ojas
- 9) Memory 1
- 10) Intelligence
- 11) Power of digestion
- 12) Proper functioning of sense organs

Ghrita has a remarkable property to assimilate the properties of other substances without losing its own quality. It has the capacity to transform it so to imbibe all the qualities of the substances added to it. This property is called Yoga Vahan.

4. Vasti Therapy

If [Panchakarma](#) is one half of total Ayurvedic treatments, Vasti is one half of [Panchakarma](#). This is the most versatile & modifiable tool available in Ayurveda. Where a practitioner has not much to plan with Vamana, [Virechana](#), [Nasya](#) & [Rakta](#) Mokshana, Vasti offers endless planning and variety.

The process in which a medicated oil or decoction is administered into rectum, urinary bladder, uterus or vagina with the help of a Vasti tool, this is known as Vasti. It is the best therapy to treat all Vata diseases. Vasti is the best treatment not only for Vata, but also for Pitta, Kapha, [Rakta](#) and combinations of [Dosha](#). This is so because Vata is the most potent [Dosha](#) and corrupts other [Dosha](#) too. If Vata is controlled, Pitta & Kapha can be controlled easily.

4.1. Classification of Vasti

- **As per place of administration**

1. Pakwashaya gata Vasti – in the rectum; Commonest
2. Mootrashayagata Vasti - in the urinary bladder
3. Garbhashayagata Vasti – in the uterus
4. Vranagata Vasti – in some wound opening

- **As per the material infused**

1. **Nirooha Vasti** - This Vasti is Kwatha rich i.e. has more of decoction & lesser of oil. It removes Doshas from the body hence it is called as **Nirooha Vasti**. It enhances age hence it is also named as Asthapana Vasti. This is more of Shodhana / Purifying enema than Anuvasana and on overuse, can also vitiate Vata.
2. Anuvasana Vasti - In Anuvasana Vasti Sneha (oil) is the main ingredient. It has no decoction. This is harmless even if stays longer in the rectum, hence is the name. This is more of nourishing in nature and can vitiate Kapha if used excessively.

- **According to the dose of Oil**

1. SnehaVasti - 240 ml
2. Anuvasan Vasti - 120 ml
3. **Matra** Vasti - 60 ml.

- **According to number of enemas planned**

1. Yog Vasti – 8 enemas – $A N X 3 + 2A$
2. **Kala** Vasti - 15 or 16 enemas - $A N X 6 + 3A$
3. **Karma** Vasti -30 enemas - $A N X 12 + 6A$

Where A = Anuvasana Vasti

N = **Nirooha Vasti**

One Vasti is given on a day thus 8 Vasti means a course of 8 days & so on.

In Yog Vasti, this represents that on day 1, an Anuvasana Vasti is given. On day 2, a **Nirooha Vasti** is given. Thus on days 1, 3, 5, 7 & 8, Anuvasana is given where as on days 2, 4 and 6 a Nirooha is given. Thus, a combination of decoction & oil enemas always starts & finishes with oil Vasti to control Vata.

4.2. ANUVASANA VASTI

We now look at the two types of Vasti i.e., the oil Vasti / Anuvasana and the decoction one, Nirooha.

ANUVASANA VASTI

The Vasti which is having fats (oils & Ghrita) as main ingredient is termed as Anuvasana Vasti. It can stay in rectum for long period hence named as Anuvasana Vasti. These oil Vastis are said to be of 3 varieties as per the volume of oil: 1) [Sneha Vasti](#) 2) Anuvasana Vasti and 3) [Matra Vasti](#).

1. [Sneha Vasti](#) - In this Vasti, 240 ml of medicated oil should be administered.
2. Anuvasana Vasti - In this Vasti 120 ml of medicated oil should be administered.
3. [Matra Vasti](#) - 60 ml of oil should be administered.

Indications:-

The patients going for Decoction Vasti have to take Anuvasana Vasti first.

- Emaciated persons
- Person with having strong appetite
- All types of Vata diseases

Contraindications

Patients who have not taken food, in conditions of acute fevers, jaundice, piles, liver disorders, skin diseases, obesity, worms, poisoning, edema, ascites etc.

4.3. NIROOHA VASTI

It is a process in which medicated decoctions is administered through the rectum. Care must be taken that Anuvasana Vasti should be given before and after this [Nirooha Vasti](#) as this can produce dryness, vitiating Vata. It removes Doshas and [Malas](#) from the body hence named as Nirooha and it enhances longevity it is called Asthapana Vasti.

Indications

This is advised in all Vata diseases as osteoarthritis, rheumatoid arthritis, sciatica, paralysis, tympanitis, constipation, osteoporosis etc & also in Diabetes, infections etc.

5. Summary

Charaka addresses [Panchakarma](#) as “Half of all the Ayurveda treatments”. An explanation behind this claim is that all the diseases are caused by [Tridosha](#) imbalance and [Panchakarma](#) most effectively restores [Tridosha](#) balance.

This is the best Shodhana / Detoxification available in Ayurveda. This can be used as a versatile tool in [health](#) as well as in [disease](#) conditions.

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Shirodhara is the most popular of scalp Oleations. Pouring of fluids like decoction, medicated oil, medicated milk, medicated butter milk, [water](#) etc over head for a specific period is known as Shirodhara.

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Matra Vasti is a procedure in which lesser medicated oils or Ghrita introduced in to the rectum. **Matra Vasti** is one of the safest Vastis mentioned in Ayurveda. Its dose is very small. This Vasti can be given in almost all debilitating diseases where nourishment is going to help.

Administration of medicines through the orifices which are situated anteriorly (Uttar / front) is said to be Uttar Vasti. In males and female the administration of Vasti into urethra and only in females, intrauterine administration of Vasti through cervix is known as Uttar Vasti.

Nasya is a special procedure by which a medicated oil or powder is instilled in the nostrils. **Nasya** is useful in the diseases of **Shalakyta Tantra**, i.e. the diseases above clavicle bone. These include specialties of eye, ear, nose, throat, dentistry and some nervous system disorders. It is especially useful in Stiffness in neck/cervical spondylosis, Toothaches, Stiffness in mandible Joint, Sinusitis, All types of ophthalmic diseases, Trigeminal neuralgia, Frozen shoulder, Headache etc.

To control **Rakta** and Pitta, a special treatment **Rakta Mokshana** has been told by surgeon Sushruta. All skin diseases, wounds, tumours can respond well to **Rakta Mokshana**.

When **Panchakarma** is over, the patient may feel weak and there can be low **Agni** as Pitta is lost with washing. It is advisable to follow **Agni** enhancement procedures for one week. Once the strength & appetite are back to normal, **Rasayana** therapy can be instituted for better quality **Dhatu**.

9.1 Video Preventive Panchakarma

<https://youtu.be/0qyNknEbz-A>

9.2 video Therapeutic Panchakarma

https://youtu.be/gSTieEuI_bc