

Session 8: Panchakarma

AYUR 1000

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Panchakarma

- Pre-procedures- Oleation, sudation
- Main procedures
Vamana / Therapeutic Emesis
Virechana/ Therapeutic Purgation
Vasti / Enema
Raktamokshana / Blood Letting
Nasya / Nasal drops
- Post-procedures- regaining strength of Agni

Vamana – the first panchakarma

- Best for Kapha diseases e.g. Fevers, skin, indigestion, obesity, asthma, sinusitis, poisons,
- Contraindicated in the weak, kids, very elderly, vata disorders, pregnancy, heart diseases, bleedings.
- Done in early morning.
- Medicines needed - Randia spinosa, Acorus calamus, milk, licorice, honey
- 4 – 8 bouts of emesis.



Virechana

- Best for Pitta diseases e.g. piles, constipation, skin, worms, jaundice, paralysis, asthma, ascites etc.
- Contraindicated in intestinal bleeding, TB, diarrhoea etc.
- Done in forenoon with cassia fistula, castor oil, picrorhiza, triphala etc.
- 10 – 30 loose motions



Vasti – most effective Panchakarma

- Done in vata disorders e.g. paralysis, all pains, neurological diseases, Rheumatoid Arthritis, infertility, irritable bowel syndrome etc.
- Done with oil only (20 – 200 ml), oil with decoction, salt, honey (100 – 900 ml).
- Anytime

Nasya, Rakta Mokshana / Blood Letting



Nasya – Effective for headaches, eyes, ENT, dental diseases, Insomnia, Stress, Dry Eye disease; above the clavicle bone

Rakta Mokshana / Blood Letting – Practised by the surgical experts from Ayurveda; effective for liver, skin, blood pressure, allergies, and Pitta diseases; Leeches, Blood Donation, cupping etc

Time Involvement - 58 / 85 / 138 Days

- 7 Days- AmaPachana & Snehana Internal
- 8 Day- Abhyanga- Swedana
- 9 Day- Abhyanga- Swedana - **Vamana**
- 9-15 Day- Samsarjana
- 16 Day- Normal Diet
- 17 -19-Day- Snehana Internal
- 20 – 22 Day-Light diet
- 23 Day- Abhyanga- Swedana - **Virechana**
- 24 – 31st Day- Samsarjana
- 32 Day- Normal diet
- 33 -62 Day- Anu.-Niru.-Karma **Vasti**
- 63-122 Day- Parihara Kal
- 123-129 Day- **Nasya**
- 130 -136 Day- Internal Snehana
- 137 Day – Abhayanga- Swedana
- 138th Day- Abhayanga- Swedana **RaktaMokshana**

Evidences

- Radio labeled enema material can be detected from stomach wash.
- 0.3-1% rise in serum Proteins noted after enema.
- Decreases Pyruvic acid so increases Vitamin B1 after Vasti in serum- Neurine Tonic

Herbs for Vasti

- V- All the **sweet, sour, saline** herbs, Dashamool, Erand, Rasna, Saptaparna, Bala, Ashwagandha
- P- All the **bitter, sweet, astringent** herbs, Chandan, Manjishtha, Guduchi, Neem, Vasa, Patol, Bala, Shatavari, Kutaj
- K - All the **pungent, bitter, astringent** herbs, Kushta, Haridra, Trikatu, Punarnava, Ark, Vacha

Infrastructure

- HR - DOCTOR
- Rooms for Consultation — 1 or 2
- Therapy room with Toilets — 3
- Store — 1
- Kitchen - 1
- Waiting area With Toilets

Instruments

Multipurpose tables - 2

Nasya Chair --1

Vamana Table/Chair - 1

Steamer / Autoclav - 2

Kitchenware

Medicines

Some Rules

One/Many PK can be done to a Patient

All round clinical assessment

Duration & Types of PK

Pravar/Madhyama/Avara Shodhana

Abhyanga Medicine/Type/Dose

Swedana Medicine/Type/Dose

Post Panchakarma / Samsarjan Time & Diet

Always follow PK with

- Symptomatic Rx
- Rasayana / Rejuvenation

Chronic Fever

- Abhyanga with Ghrita
- Mild Vashpa Swedana
- Avara Vamana- Lesser Dose of MadanPhal.
- Mridu Virechena with Caster/Amaltas/Triphala
- Brimhan vasti Sequence- Bala, Widari wtc
- Rakta—Mokshana

Bleeding Disorders

Mild Internal Snehana — Vasa Ghrita

Vashpa Sweda

No Vamana

Mridu Virechana

Amalatas/Panchasakar/Avipattikar!

Triphala.

Brimhana Vasti

Diabetes Mellitus

No/ Minimum Internal/External Oil usage

Dry Swedana (Sauna)

Vamana/Virechana in fit Patients

Lekhana Vasti

Rasayana after PK

Nasya- Teekshana for Kapha Control

Skin Diseases

Ghritapana- Khadir, Manjishtha, Tikta

Abhyanga- Khadiradi Oil- Only if not Communicable

Swedana- Mild Steam

Vamana

Virechana- Tiktaka Ghrita, Amaltas

Vasti- Tikta Heabs

Raktamokshana

Epilepsy

Ghrita Pana- Saraswat, Brahmi etc

Abhyanga

Swedana — Vashpa

Vamana/Virechana — Téekshna

Vasti - Dashamoola, Tagar, Brahmi etc

Nasya — Teekshana- Apamarg, Vidanga

Oedema

Snehana- Minimum

Swedana — Dry

Vamana

Virechana- Nitya with Danti/Nishotha

Nasya — Vidanga, Shigru, Shireesh

Raktamokshana in Strong Patients

Indigestion

Snehana — Chitraka, trikatu Ghrita

Swedana — Minimum

Vamana — Rare; Good in Ama Vish, acute Indigestion

Virechana- Regular- Kutki/ Narayan/ Snuhi

Vasti — Milk/ Dashmoola/ Valka

Rakta Moksnana

Irritable Bowel Syndrome/Sprue

Agni Deepana is The Most Important

Snehana — Trikatu / Shadushan Ghrita

Swedana — Dry

Vamana — Pippali/Sarsahp/MadamPhal

Virechana -Trikatu etcDeepniyal Ghrita

Vasti — Dashamoola, Chitrak, Piccha

Takra and Parpati Kalpa are the best.

Asthma

Abhyanga — Salted Oil Massage on chest

Swedana - Steam

Vamana- In Excess Kapha

Virechnaha — Best, Regular

Nasya — Sharp, as with Mustard Oil

Q and A