



“Importance of Panchakarma Chikitsa in Ayurveda” - A Literature Review”

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Abstract:

In Ayurveda there are so many types of Chikitsa i.e. 1, 2, 3, 4, 6, 8, and 18 types. Panchakarma Chikitsa is include in Ayurveda or it is undifferentiated part of Ayurveda. But recently Panchakarma Chikitsa is quite differentiated in ayurveda because of its importance. Recently from few years the post-graduation in Panchakarma is separately recognized.

Panchakarma are 5 (five) in number; hence the term PANCHA (five) – KARMA (procedures). Panchakarma treatment is unique in the sense that it includes preventive, curative and promotive actions for various diseases. So this article is focusing on importance Panchakarma chikitsa in specific diseases in Ayurved.

Keywords: Panchakarma Chikitsa

Introduction:

Panchakarma Chikitsa: It is mentioned in Ayurveda under Shodhan chikitsa at different places. It can be considered under the special type of chikitsa.

So, in Ayurveda the There are five primary treatments included in Panchakarma. It is important to study the role of Panchakarma Chikitsa in Ayurveda.

Aims & Objectives:

To study the importance of Panchakarma Chikitsa in Ayurved.

Material & Methods:

Manual Searching & Collection.

Table showing Panchakarma chikitsa indicated in following disease specially.¹

| Sn | Disease | Chikitsa |
|----|--------------------|-------------|
| 1 | Tridhosaja Grahani | Panchakarma |
| 2 | Dushivisha | Panchakarma |
| 3 | Virechan Ayoga | Panchakarma |
| 4 | Asthimajjagat Vata | Panchakarma |
| 5 | Madataya | Panchakarma |
| 6 | Vataj Unmad | Panchakarma |
| 7 | Yoni vyapad | Panchakarma |
| 8 | Murchha | Panchakarma |
| 9 | Kushtha | Panchakarma |

Panchakarma chikitsa:²

1. Vamana

This Ayurvedic cleansing involves induced vomiting to eliminate excess mucus and toxins in your body. It's typically used to help treat respiratory and digestive tract disorders.

2. Virechana

For this treatment, we use Ayurvedic herbs to induce bowel movements which helps eliminate toxins from your system. It helps with negative accumulations in the body and promotes overall health and hormonal balance.

3. Basti

This treatment involves the use of enemas to eliminate toxins from the colon. It is typically used to treat digestive disorders, constipation, and hemorrhoids.

4. Nasya

This holistic approach to treatment involves using a nasal spray or drops to remove toxins from your sinuses and respiratory system. It's designed to help with allergies, headaches, and other sinus issues.

5. Rakta Moksha

This treatment involves bloodletting usually through the form of leeches on the body. While we do not provide this Ayurvedic therapy, it's useful for treating skin and blood disorders.

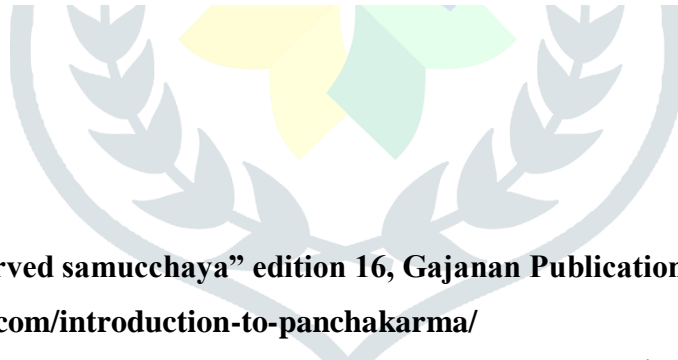
Discussion:^{3,4,5}

The diseases involved three doshaj or Samprapti is dhatugata or two or more dosha marga involved. The diseases have long duration or chronic in nature are advised to do total panchakarma treatment. Those diseases having kashthasadhyata, yapya & asadhyata are advised for full panchakarma chikitsa. Some of the important references are mentioned in above table.

The total panchakarma chikitsa one by one karma is essential in this type of diseases for the breaking of the samprapti & then cure of the disease. It is also helpful to decrease the severity of the disease. It is also helpful to remove the excess or vitiated doshas from the body. Panchakarma is the ultimate Ayurvedic detoxification of body. It also maintains balances of Doshas, digestive fire, life span, immune status, health conditions & many other factors.

Conclusion:

1. Role of panchakarma chikitsa in Ayurveda is curative & preventive therapy to the patients.
2. Panchakarma chikitsa is useful in specific disorders in specific condition in Ayurveda.
3. Panchakarma chikitsa plays an important role in treating the above mentioned disease.



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