



# Role of Panchakarma in Shalakyia Tantra – A Classical Review

**Author: Dr. Pankaj Nigam**

**Qualification:** B.A.M.S., M.D. , PHD. { Panchkarma } , Prof & HOD in the department of Panchkarma in LN Ayurved College & Hospital Kolar road, Bhopal, Madhya Pradesh

**Email:** drpankajnigam21@yahoo.com

**Co Author: Dr. Abhishek Pathak**

**Qualification :** B.A.M.S.. M.S. { Shalakyia Tantra } , Assitent Prof. in the department of Shalakyia Tantra in Vijyashree Ayurved Medical College & Hospital ,Jabalpur, M.P.

**Affiliation:** Department of Shalakyia Tantra

**Email:** aumayurvedayanamah@gmail.com

## Abstract

Shalakyia Tantra is one of the important clinical branches of Ayurveda dealing with diseases of Urdhvajatrugata organs such as eye, ear, nose, throat, oral cavity and head. Panchakarma, the prime Shodhana Chikitsa of Ayurveda, plays a significant role in the prevention and management of Shalakyia disorders, especially those caused by Dosha vitiation in the region above the clavicle. Classical Ayurvedic texts have clearly mentioned the utility of Panchakarma procedures like Vamana, Virechana, Nasya, Raktamokshana and various Bahya Karma in Shalakyia diseases. The present article reviews the role of Panchakarma in Shalakyia Tantra with references from classical texts along with page numbers, highlighting its therapeutic importance.

**Keywords:** Panchakarma, Shalakyia Tantra, Nasya, Raktamokshana, Urdhvajatrugata Roga

## Introduction

Ayurveda emphasizes both preventive and curative aspects of health through Shodhana and Shamana therapies. Panchakarma is described as the supreme bio-purificatory therapy which eliminates the root cause of diseases by expelling morbid Doshas. Shalakyia Tantra mainly deals with Kapha and Pitta predominant disorders of the sense organs and head region, where Panchakarma therapies, especially Nasya and Raktamokshana, are considered highly effective. Acharya Sushruta has given special importance to Panchakarma in the management of Shalakyia disorders.

## Concept of Panchakarma in Ayurveda

Panchakarma comprises five principal purification procedures:

1. Vamana (Therapeutic emesis)
2. Virechana (Therapeutic purgation)
3. Basti (Medicated enema)
4. Nasya (Nasal medication)
5. Raktamokshana (Bloodletting)

Acharya Charaka states that diseases treated with Shodhana therapy do not recur easily, unlike those treated with Shamana therapy alone.

### Importance of Panchakarma in Shalakyia Tantra

Urdhvajatrugata Rogas are predominantly caused by vitiation of Kapha, Pitta and Rakta. Panchakarma helps in:

- Eliminating accumulated Doshas from head and neck region
- Improving sensory functions
- Preventing recurrence of chronic Shalakyia disorders
- Enhancing the effect of local therapies like Anjana, Aschyotana and Tarpana

### Role of Individual Panchakarma Procedures in Shalakyia Tantra

#### 1. Vamana Karma

Vamana is indicated in Kapha-dominant Shalakyia disorders such as Pratishyaya, Kasa associated with ENT disorders, and Kaphaja Netra Roga. By expelling Kapha from its root, Vamana helps in reducing nasal blockage, heaviness of head and excessive secretions.

#### ClassicalReference:

Charaka Samhita, Sutrasthana 16/20, Page 98 (Chaukhamba Bharati Academy, Varanasi)

#### 2. Virechana Karma

Virechana is highly beneficial in Pitta and Rakta predominant disorders such as Abhishyanda, Adhimantha, Raktaja Netra Roga and inflammatory throat diseases. It purifies Pitta and Rakta, thereby reducing burning sensation, redness and pain.

#### ClassicalReference:

Charaka Samhita, Sutrasthana 20/14, Page 116 (Chaukhamba Bharati Academy)

#### 3. Nasya Karma – Prime Therapy of Shalakyia Tantra

Nasya is considered the most important Panchakarma procedure in Shalakyia Tantra. Acharya Charaka states that “*Nasa hi Shiraso Dwaram*” meaning nose is the gateway of head.

Nasya is useful in:

- Shiroroga
- Pratishtyaya
- Ardhavabhedaka
- Timira and other Netra Rogas
- Many ear and throat disorders

#### Reference Classical :

Charaka Samhita, Sutrasthana 20/8, Page 114 (Chaukhamba Bharati Academy)

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#### 4. Raktamokshana

Raktamokshana is specifically indicated in Rakta and Pitta predominant Shalakyas disorders like Netra Abhishyanda, Mukharoga, Galaganda and inflammatory ENT conditions. Sushruta has described Siravedha as Ardha Chikitsa in Shalya and Shalakyas disorders.

#### ClassicalReference:

Sushruta Samhita, Sutrasthana 14/25, Page 72 (Chaukhamba Surbharati Prakashan)

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#### 5. Basti Karma

Though Basti is mainly indicated for Vata disorders, it indirectly benefits Shalakyas diseases by controlling systemic Vata, especially in chronic headache, neuralgias and degenerative eye and ear disorders.

#### ClassicalReference:

Charaka Samhita, Siddhithana 1/39, Page 682 (Chaukhamba Bharati Academy)

#### Discussion

Panchakarma provides a holistic approach in Shalakyas Tantra by addressing both systemic and local pathology. Nasya acts directly on the organs of head, while Vamana and Virechana remove the root cause by Dosha elimination. Raktamokshana plays a vital role in inflammatory and vascular disorders of eyes and ENT region. Combined application of Panchakarma with local Shalakyas therapies yields better and long-lasting results.

#### Conclusion

Panchakarma plays a crucial role in the management of Shalakyas Tantra disorders. Classical Ayurvedic texts have strongly emphasized Shodhana therapies for Urdhvajatrugata Rogas. Proper selection and application of Panchakarma not only treat the disease but also prevent recurrence and enhance the quality of life. Hence, Panchakarma should be considered an integral part of Shalakyas Tantra practice.

## References

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