

Role Of Panchkarma (Ayurvedic Detoxification) In the Management of Lifestyle Related Disorders.

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Abstract—Lifestyle diseases is a term given to all the diseases which arise because of unhealthy lifestyle. Lifestyle disorder is the conditions result as a change in living and result as a change in living and behavioural pattern of human. The main factors contributing to lifestyle diseases factors contributing to lifestyle diseases include bad food habits, sedentary lifestyle and disturbed biological clock. India is predicted to have the greatest number of lifestyle related patient's Occupational lifestyle diseases include those caused by lifestyle diseases include those caused by the factors present in the vicinity of pollutants. Due to increase in sedentary life style pattern, job requirement, competitive life and fast move to achieve are the cause of all the diseases that includes hypertension, obesity, diabetes, chronic obstructive pulmonary disease, metabolic syndrome, depression, stroke, heart disease, Alzheimer's disease, atherosclerosis. A healthy lifestyle must be adopted with a proper balanced diet, physical activity and by giving due respect to biological clock. Healthy lifestyle methods are now easily achievable with nutritional counselling, regular medical check-ups and stress management techniques. Ayurveda offers various methods to manage life-style disorders by following Dinacharya, Ritucharya, Panchakarma therapy, Rasayana therapy. Ayurveda in order to apply measures in preventing the upcoming epidemic of lifestyle disorders which are preventable with changes in diet, lifestyle and environment.

Index Terms—Panchakarma, Shodhana, Rutu Shodhana, Lifestyle Disorders, Rasayana.

I. INTRODUCTION

Lifestyle diseases are the diseases primarily based on the daily habits of the people as a result of inappropriate relationship with the environment. According to Ayurveda, those diseases may be due to

pragyaparadha (intellectual blemish) or asatmya indyarthasamyoga (unhealthy sensory perception) which results in disharmony in the body either as increase or decrease of Dosha are the cause of lifestyle diseases. Lifestyle disorders are fast rising problem in India. Ayurveda as science of life is a part of culture of Indian lifestyle. But westernization of our culture is giving rise to lifestyle disorders like Madhumeha, Hridaya Roga, Pakshaghata etc. The term Ayurveda means science of life which has prescribed healthy lifestyle. Acharya Vagbhata has explained these lifestyles in Ashtanga Hridaya and Ashtanga Sangraha in Dinacharya Adhyaya^[1,2]

According to Ayurveda, those diseases may be due to pragyaparadha (intellectual blemish) or asatmya indyarthasamyoga (unhealthy sensory perception) which results in disharmony in the body either as increase or decrease of Dosha are the lifestyle diseases. Life is concordance with the principles of right living and determine root causes of suffering & unhappiness. To fulfil the healthy life (hitayu-sukhyu) the theory of tri upstambha Ahar, Nidra and Bramhacharya are three pillars of life & play a key role in the maintenance of health & long healthy life span. They support tri stambh Vata, Pitta, Kapha of body and also tri guna satva, raja, tama. But in present condition of era every people running in competitive race and do not follow any rules of life no perfect time to eat food & sleep with modern life style, over stress aggressive to mind that affects to body as well as prakrati resulting Dosha vaisamyata. If continue unhealthy life style leads to Dosha-dhatu vaisamyata, Agni bala vaisamyata (impaired digestion and metabolism), Strotodusti (Dysfunction of body channels), harassment of satva (impaired mental condition) causing various types of life style

disorders. Dilemma with Lifestyle disorders are that these are insidious in onset, takes longer span to become cause of death, medicines are not effective in its treatment, here is no permanent cure for such kind of disorders.^[3]these disorders are not easy to manage and Classical ayurveda texts having good intervention to prevent and manage of Doshadhatu vaisamya, Dhatu dusti gat roga as life style disorders like dietary management by Ahar-vihar, Sansodhan upkrama by Panchakarma, sanshman upkrama by Rasayana, daivya vyapashraya and satvavjaya following with din charya, ritu charya, sadvrit, achar rasayan.

AIM –

To Prevents & Management Of Life Style Disorders.

II. OBJECTIVE

- To evaluate the Basic Principles of Ayurveda for healthy life
- To evaluate the Ayurvedic management of life style disorders

Material And Methods: Ayurvedic classical texts, Journal, Internet.

Ayurvedic Management of Lifestyle Disorder

The basic therapeutic approach is that alone is the right treatment which makes for health & he alone is the best doctor who free one from disease.

Ayurveda has two aspect of treatment- preventive & therapeutic.

These are

1. Nidan Parivarjan- Nidan parivarjan is to avoid the known disease-causing factors in diet & life style of the patients, It inhibits the prognosis of disease like vata vardhak ahar vihar is restricted in vataj disease.
2. Ahar Vihar- In ayurveda ahar vihar (pathya-apathya) is very important to prevents and manage of life style disease. Ahar is considered as prana (basis of life) in ayurved charak samhita. The importance of diet can be understood with the fact that it has been called is mahabhaishjya in kasyap samhita. In ayurveda it has been clearly mentioned that food should be taken keeping in mind & the rule that one part of stomach should be filled up with solid food, the second part with liquid & third part should be left empty for proper actions of dosha. The asta ahar vidhi vishesayan is prakrti, karan, sanyog, rashi, desh, kal, upyog sanstha & upyokta which determine the utility of food.

General Pathya Ahar-

1. Anna Varga-Wheat, Bajra, Rakt Shali, Mash
 2. Dugdha-Cow, Goat
 3. Phala-Draksha
 4. Jalaushna Jala, Shrit Shit Jala
 5. Madya-Sura, Madira, Amla Kanji
 6. Mansh-Kukkut
 7. Mutra-Cow, Horse, Elephant
 8. Sak Varga-Jivanti, Shigru, Patol, Rasona Etc.
- Panchakarma (Detoxification) –
- Rutu Samshodhana i.e., Vamana in Vasanta Rutu ^[4]
- Virechana and Raktamokshana ^[5]in
- Sharad Rutu, Basti in varsha rutu.

Ayurveda is only science which has incorporated different detoxification methods in daily routine. this works as preventive as well as curative. Panchakarma is a collection of five active procedures of bio purification.

These are

1. Vaman -therapeutic emesis -mainly kaphaj disorders
2. Virechan-therapeutic purgation -mainly pittaj disorders
3. Aasthapan Basti -therapeutic decoction enema-mainly vataj & kaphaj disorder
4. Anuvasan Basti-therapeutic oil enema -vataj disorders
5. **Nasya**-nasal medication -mainly kaphaj & tridoshaj disorders

In Sushrut Samhita Mention Raktamokshan Blood Letting by Siravedh, Leech Therapy (For Toxic Blood Mainly Pittaj, Rakta Disorders).⁶

Snehapana as the Poorvakarma in Shodhana Karma, liquefies the Dosha-Dushya Sammurcchana. Pradhana Karma like Vamana, Virechana, Asthapan Basti due to Vyavayi, Vikasi, Ushna, Teekshna and Anupravanabhava, also by the effect of Vyana, Udana, Apana Vayu, Agni and Jalamahabhuta all the toxic materials get excreted through Gastrointestinal tract either in the upward or in the downward direction, leads to Srotoshodhana, Agnivardhana, Koshtashodhana. Removes Vata Aavarana, reduces stress on tissues, leading to Roganivrutti. If we review the factors involved in Ayurveda pathogenesis of lifestyle disorders, they are mainly vitiated Kapha Dosha, Dooshita Rasadhatu, Agnidushti and Amapradosha. Mainly diseases are due to Sanchaya Pradhana and Santarpanajanya Avastha ^[7].

Ayurveda literatures like Charaka Samhita, Sushruta Samhita, Ashtanga Sangraha and Ashtanga Hridaya were referred for descriptions of lifestyle disorders and utility of Panchakarma. Different Teekas and translations were referred and arrived at appropriate interpretations of the descriptions that Shodhana therapy can be conducted as the initial line of treatment before giving Shamana Oushadhi or modern medicines.

•**Snehana:**

Includes both Bahya and Abhyantara Snehana. It has Rasayana effect, maintains body tone, makes muscle action smooth by acting as Vata Dosha Anulomaka, makes body Mrudu, removes any obstructions to Mala^[8] Abhyanga^[9] heals Shareera as well as Mana. Prevents depression and Rasadhatujanya diseases like Hridaya Roga.

•**Swedana:**

Relieves Sthambha, Gourava, Sheetata in Shareera and produces Sweda in turn expels the vitiated

Doshas out.^[10]

•**Vamana:**

Removes Dooshita Kapha Dosha through Urdhwa Marga^[11]

Examples - Obesity, thyroid, diabetes, asthma, PCOS (polycystic ovarian syndrome) and skin diseases etc.

•**Virechana:**

Removes Dooshita Pitta Dosha and Rakta Dosh through Adho Marga.^[12]

Examples. Skin diseases, Hyperacidity

•**Basti:**

Removes Dooshita Vata Dosha through Adho Marga.^[13]

Examples – Chronic vata diseases, Infertility, constipation

•**Nasya:**

Removes Dooshita Doshas of Urdhwa Jatru Pradesh through Nasa and Mukha.^[14]

Examples- Migraine, headache, sinusitis, hair fall, premature graying of hair, frozen shoulder, cervical spondylosis

•**Dhoomapana:**

Inhalation of medicated smoke removes Kapha and Vata Dosha Sanchaya from Kantha, Nasa, cleaning of sinuses, thus prevents infections.^[15]

•**Raktamokshana:**

Removes Dooshita Rakta Dhatu, leading to Rakta Shuddhi.^[16]

Rasayana (Rejuvenation)-

It is a Sanskrit word consist of Rasa (nutrition) & ayan (path) which refers to nutrition and its transportation in body channels (stroto prasadan). Many rasayan describe in ayurveda according to essentiality like medhya rasayan for developing brain, hridya rasayan for being a good cardiac activity, twachya rasayana for healthy skin as well as good cosmetic etc. Rasayan karma affords a preventive role against all range of life style disease through improved metabolism, promote immunity, improve endocrine, exocrine secretion, antioxidant action, antiaging, haemopoietic effect, adaptogenic action, anabolic action & neuroprotective action at molecular level.

Vajikaran (Aphrodisiacs)- Vajikaran or vrishya chikitsa is a one of eight major speciality of astang ayurved. It is concerned with aphrodisiacs, virility & improving health of progeny. As per charak samhita by proper use of these formulation one becomes endowed with good attractive physique, potency, strength & complexion & sexually potent. This is helpful in many common sexual dysfunction, infertility, premature ejaculation & erectile dysfunction. Vajikar drugs are also used for high potentate bija (sperm & ovum) being a uttam santan utpatti (healthy baby) after detoxification of body.

Dincharya (Daily Routine)- There are several things to implement in daily life that makes to feel healthy, happy & full of energy. Ayurveda describe the rule of conduct to be daily life style after leaving bed seeking perfect health & sound body.

Daily routine in shortly

1. Morning- waking up at brhma muhurt (2 hrs before sun rise) due to a lots of satva (purity)
2. Tooth brushing- tooth brush should be made of a fresh twig of nimb, khadir, karanj due to prevent dental disorders.
3. Scraping of coated tongue by gold, silver, copper or wood.
4. Gargles with medicated oil to being healthy gums.
5. Eye & mouth wash with trifala decoction to prevent eye disease, wrinkles, pigmentation.
6. Tambul sevan to cleans mouth.
7. Head massage to make strong hair roots & relaxing brain.
8. Pouring oil in ear cavity
9. Body massage
10. Parishek affusing the body removes fatigue.

11. Physical Exercise to make body strength. Ritucharya- Ritu the season classified by different features expresses different effects on the body as well as environment. As adaptation according to the changes is the key for survival, the knowledge of ritucharya (regimen for various seasons) is important. People do not know or ignore the suitable type of food stuff, dressing & other regimen to be followed in particular season this leads to dearrangement of homeostasis & causes various life style disorders.

III. DISCUSSION

As the lifestyle disorders like Madhumeha, Sthoulyaetc. are very common ailments in this mechanical era, Samshodhanatherapy i.e., Vamana, Virechana, Bastihas a significant role in Samprapti Vighatanaof these disorders and does Agnivruddhiand Srotoshodhana. Rutushodhana possesses preventive effect due to its detoxifying action on free radicals, hence, prevent disease production. Bahya ShodhanaAbhyanga, Nasyapossess the promotive effect by providing better and easy life. Panchakarma i.e.Abhyantara Shodhanaexpels the toxins from the body at the cellular level, activates the function of cell membrane, activates digestion, metabolism, absorption, assimilation and excretion. So, maintains the homeostasis of the body. Panchakarmatherapy can be suggested as the initial line of treatment before starting the Shamana Oushadhi for their better action. Hence, the Panchakarmapractices are very much significant in preventing present day lifestyle disorders.

IV. CONCLUSION

Different Panchakarmaprocedures help to prevent diseases which occurs due to lifestyle changes. Lifestyle disorders can be prevented by following Ritu Shodhana / Panchakarma prescribed by Ayurveda.

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