

Role of Panchkarma in Shalakya Tantra: A Literary Review

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Abstract - Panchakarma therapy is very imperative part of Samshodhan Chikitsa and this therapy has attracted the people worldwide as it is an exclusive type of treatment for different chronic and acute disease, auto immune, degenerative disorder. The main aim and objective of Ayurved is “Swasthyasya Swasthya Rakshnam” “Aaturasya Vikara Prasamanam” Which means maintaining the health of a healthy person, prevention of disease and curing the disease of ailing person. The Shalakya Tantra, a part of Astanga Ayurved, deals with the disease above throat. It includes the disease and treatment of Netra, Karna, Nasa, Kantha, Mukha, Danta and Siro-Kapala Gata Roga. Sansamana (conservative), Samsodhana (Panchakarma) and the Shastra chikitsa (surgical procedures) are the essential treatment modalities followed to treat a disease. Panchakarma is a branch of Ayurveda, meant for the removal of vitiated Dosha, Mala or toxic part of body and balances Dosha-Dushya through, Vamana, Virechana, Nasya, Basti, Rakta Mokshana etc. In the disease like Abhisyanda, Adhimantha, Timira, Danta Nadi, Upakusha and Dusthapratishtya, most of the Panchakarma therapies are indicated according to their severity of the disease. In practice the patient, who undergoes Panchakarma or Sodhana Chikitsa shows better result than the patient treated without Sodhanakarma. it is the process, which gets the root cause of the problem, and correct the essential balance of Tridosha in the body. Therefore, increasing and mainstreaming the Panchakarma procedure in Shalakya Tantra will definitely provide an effective and satisfactory outcome in Urdhwajatrugata disorders. Looking towards Ayurved, there are lot of Panchakarma Procedures are advocated for these disorders.

Keywords: Panchakarma, Shalakya, Vamana, Virechan, Basti, Nasya, Raktamokshana.

INTRODUCTION

The three main therapy techniques used in Ayurveda to treat diseases are Samsodhana (Panchakarma),

Shastra Chikitsa (surgical procedures), and Sansamana (conservative). One of the most effective ways to eliminate, lessen, and balance the Saririka Dosha is Samsodhana Chikitsa. Panchakarma Chikitsa is another name for Samsodhana or Sodhana Chikitsa. The Poorvakarma Snehana and Swedana are part of the Panchakarma. Vamana, Virechana, Anuvasana, Niruha, and Nasya are the Pradhanakarma. In Panchakarma therapy, Basti can be added in place of Anuvasana and Niruha Basti together with Raktamokshana. Shalakya Tantra is one among the eight branch of Ayurveda and it deals with the disease of Netra, Karna, Nasa, Siro-Kapala and Mukhagata Roga. While considering the predominant Dosha of Urdhwajatrugata roga, Karna and Danta are Vata predominant, so the treatment followed is Vatahara chikitsa like Sneha as Pana, Kavala Gandusha, Sneha Virechana and Siro Basti etc. Mukha is Kapha predominant, so treatment followed are Kaphahara Chikitsa, Lekhana, Pratisarana, Siro Virechana and Jalaukavacharana etc. The diseases of Kantha are Kapha-Rakta predominant, so treatment followed is Vamana, Siro Virechana, and Raktamokshana etc. In Siro-Kapalagata Roga the treatment followed are Nasya, Raktamokshana, SiroVirechana, Murdhni-Taila and Dhoomapana etc. In Danta Nadi, Upakusha and Dusthapratishtya almost all the Panchakarma therapy are indicated according to the Dosha-Dushya, Vaya (age) and Kala. The disease treated with Panchakarma or Sodhana Chikitsa as Pradhana Karma or as Poorvakarma, never re-occur and shows better result than the patient treated without Sodhana Karma Shodhana through this therapy (Detoxification therapy) is the only therapeutic approach to get away with various disorders and also keep healthy from disorders. Through Panchakarma therapy normal health can be restores as it is one of the procedures which help in detoxification of the body.

AIMS AND OBJECTIVES

To understand body purification measures and their benefits without any side effects. To elaborate and to discuss the concept of Panchakarma in Shalakya tantra.

MATERIALS AND METHODS

Literatures will be collected from different classical textbooks of Ayurveda, from journals and from dissertations.

Indications of Panchakarma in Various disease of Urdhwajatru Netra is the Pitta predominant organ as Alochaka-Pitta seats on the Netra. Therefore, while considering the treatment protocol the Virechana, Rakta mokshana and Snehana Karma are to be considered as a prime treatment. However, based on the Dosha predominant the other Panchakarma therapies are also recommended. Karna (ear) is Vata Predominant, so the Snehana (Ghritha pana), Swedana and Rasayana Karma are considered first. Tikshna-Nashya, Vamana, Dhoomapana, Kavala and Gandusha are primarily considered in Nasa Roga because of its Kapha predominance. Most of the Dantamoola-gata roga are Kapha-Rakta predominant, hence the treatment protocol followed are Raktamokshana, Kavala, Gandusha, Dhoomapana, Nashya etc. Talu and Kantha Roga are Kapha and Rakta predominant and among them, most of the diseases are Asadhya. The procedures adopted are Raktamokshana, Kavala, Gandusha, Dhoomapana and Tikshna-Nashya. Danta Roga are Vata predominant and the treatment protocol adopted are Sneha Kavala, Gandusha and Snehika Dhoomapana etc. In Jihwa- roga, the treatments followed are Raktamokshana, Kavala and Gandusha etc. Panchakarma According to Acharya Charaka, it comprises five major procedures like Vamana, Virechana, Niruha Basti, Anuvasana basti and Nasya. According to Acharya Sushruta, it includes five procedures Vaman, Virechana, Basti, Nasya and Raktamokshana. Poorva karma (Preparatory Procedures) Before initiating Panchakarma following poorvakarma should be done: Deepan- Pachan, Snehana and Swedana. They aim at preparing the body for the main procedure i.e. Panchakarma. Deepan-Pachana Deepan drugs enhance agni and ignite vata dosha. Ex. pippali, chitraka. Pachana drugs stimulate peristalsis of intestine, increase secretion of digestive enzyme. Ex. Musta, ajamoda.

SNEHANA- It is the administration of oily substances (medicated oil or ghee) either internally or externally, or both. Externally: Abhyanga (oil massage) Shiroabhyang. Shirodhara, Shiropichu, instillation of medicated oil drops in ear (karna pooran), in nose (Nasya). Internally: the medicated ghee or oil given orally for a specific duration and is known as Snehpana. **SWEDANA** -It is a method of inducing sweating in the body by various means of heat application. For example, application of warm poultice over the skin or steam bath, it is in the form of peti-sweda, Patra pinda sweda, Shali shastik pinda sweda, Upnah sweda, Nadi swedana, Sankar sweda.

PRADHAN KARMA (MAIN PROCEDURES)

According to Acharya Charaka, it has comprises five major procedure like -Vaman, Virechana, Niruah basti, Anuvasan basti and Nasya.

According to Sushrut, five procedure – Vaman, Virechan, Basti, Nasya and Raktamokshan.

1. Vamana (Emesis therapy)- Vamana is generally carried out in early hours of day preferably in the early morning after proper Snehana and Swedana, when kapha dosha is dominant. The process in which apakva pitta and kapha are forcibly expelled through the upper route i.e. mouth systematically induced emesis. Detoxification through Vamana is suggested in disease which mainly involve kapha dosha or arises due to vitiation of kapha dosha.

- Netra Roga (Disease of Eye) - PillaRoga, Balasgranthita, Sashopha and Ashophaakshipaka Kukunaka and Pakshmosata Vartma LekhanaRoga –KlinnVartma, Utsangini, Bahalvartma, Kardamvartma, Kumbhika.
- Karna-Roga (Disease of Ear) Karna Daurgandhya, Karnakandu, Karna nada, Badhira,KarnaVidradhi, Kaphaja Karnashoola, ChinnaKarnaPali, Krimikarna ,Karnakandu Nasa-Roga(Disease of Nose) Apeenasa and Pootinasa Pooyarakta Kaphaja Pratishtaya
- Kantha-Roga(Disease of Neck) -Rohini Kaphaja Galaganda
- Mukha-Roga(Disease of Oral Cavity) -Pittaja and Kaphaja,SarvasaraMukhaRoga and in Pittaja Mukhapaka Upakusha Pooti-Mukha Danta nadi
- Shiro-Roga(Disease of Head) -Kaphaja-Shiro-Roga Sannipataja Shiroroga Khalita, Palita

Suryavarta and in Ardhavabhedaka Indralupta and Arunshika

2.Virechana (Purgation therapy) The process in which, the elimination of morbid humors occurs through the adhibhaga / Guda (anal route) is known as Virechana. Therapy can be conducted as an individual detoxification therapy or as a follow up therapy next to Vamana to ensure complete detoxification. Virechana is suggested for pitta dosha Shamana.

- Virechana is indicated generally in sira, karna, akshi, nasa rogas and specifically in akshipaka, kacha, timira and abhisyanda & Indralupta.
- Karna shula, karanad, karna badhirya, karna shewed this four diseases are dominated by vitiated vat dosha, should be treated by Purgation through oily drugs after snehapan and swedana karma.

3. Basti (Medicated enema therapy for Shodhana) - Basti therapy is considered as Chikitsa ardha among all therapy and some physician recognize it as complete therapy. It is considered as prime treatment modality for Vata dosha. Basti karma is expelling body toxins and vitiated doshas from colon by introducing medicated kwatha (decoction) or oils through Anus, Urethra or Vaginal canal. Basti improve vision, weight decrease in obese people, in emaciated person weight increase and nourishes, slow down ageing process.

- Sthiradi Niruha basti and Baladi kalpa is used to increase Netrabala (strength of eye).
- In basti, the use of Mansarasa (meat juice) helps to get rid of Andhatva (Blindness) and Shirshul (headache). Use snehabasti or niruhabasti for Abhishandya and Adhimantha.
- In Pakwa Pratikhaya Asthapan Basti is used.
- In Pittaja and Raktaja Siro Roga it is beneficial to give the Asthapan basti of milk proved by kalk and kwath of Utpakadigana medicine mentioned in Dravyasagrahaniya adhyay Or Anuvasan basti of proved ghrta by kalka and kwath of kakolyadi madhurgana.
- Adding yashtimadhu kalk kwath in madhutaalik basti is beneficial for eyes.
- Yapan basti is beneficial for eyes.

4.Nasya therapy- Nasya is the most important therapy as it is used for the treatment of Urdhavajatrugata

disease. According to Charaka, nose is the gateway of head. Nasya karma is therapeutic measure where the medicated oil, ghee, kwatha, churna, swarasa, etc. are administered through nose to eliminate the vitiated dosha situated in Sira. It is useful in the conditions like Migraine, headache, Pinasa (rhinitis).

- 1 Ardhavbhedaka -Shirisha mool, phala avapid
- 2.Timir -Gomaya siddha taila, trivrutta taila
- 3.Vataja Mukhapaka- Vatahara dravya siddha taila
- 4 .Vataja Rohini -Panchamula siddha taila
- 5.Kaphaja Rohini- Sweta,vidanga,danti,sendhanamak siddha taila
6. Karnakandu, shool- Shirovirechana, nasya
- 7 Pratishyay Anu tail nasya
- 8 Kaphaja Swarabheda -Tikshan nasya

5. Raktamokshana (Therapeutic blood letting)- Raktamokshana is a procedure of removing the vitiated Rakta in disease caused mainly by Rakta and Pitta. It is carried out either by using sharp surgical instruments like Siravedha or by parasurgical procedures like Leech, Alabu, Ghati, Shrung .

DISCUSSION

The goal of Ayurveda's Shalakya tantra branch is to preserve the health of the ears, nose, throat, and eyes. This branch recommended using Panchakarma, or cleansing therapy, to treat Netra roga. Diseases like Abhishyanda, Adhimantha, Sirotpat, Siraharsha, Puyalasao, Anyatovat, and Vatparyay, among others, can be treated with panchakarma. Netra Rogas can be prevented and treated with Panchakarma therapy's anti-inflammatory, anticoagulant, anesthetic, analgesic, antithrombotic, and vasodialator properties, among others. Panchakarma strengthens the muscles that support the eyes, clears blockages in the channels that supply the eyes, and increases blood flow to the area, which feeds the muscles and nerves. Panchakarma's calming and cooling properties help to reduce the symptoms of dry, itchy eyes. Panchakarma has revitalizing properties and helps prevent dark circles.

CONCLUSION

A lot of disorders can be effectively treated with panchkarma. It treats illnesses at their source. It supports outstanding health maintenance in addition to detoxifying. A healthy person can have panchkarma

treatment as well. Of the five panchkarmas, Nasya's involvement in Shalakya is the most significant. It helps with ailments related to all aspects of the Shalakya Tantra. There are currently numerous pharmaceutical products from various manufacturers on the market, including oils, ghee, and churna. Therefore, panch karma needs to be heavily promoted so that everyone can profit from it. The main aim and objective of Ayurveda is "Swasthyasya Swasthya Rakshnam" "Aaturasya Vikara Prasamanam" Which means maintaining the health of a healthy person, prevention of disease and curing the disease of ailing person. The Shalakya Tantra, a part of Astanga Ayurveda, deals with the disease above throat. It includes the disease and treatment of Netra, Karna, Nasa, Kantha, Mukha, Danta and Siro-Kapala Gata Roga. Sansamana (conservative), Samsodhana (Panchakarma) and the Shastra chikitsa (surgical procedures) are the essential treatment modalities followed to treat a disease. These are the basic treatment modalities, explained in the classical texts of Ayurveda. Panchakarma is a branch of Ayurveda, meant for the removal of vitiated Dosha, Mala or toxic part of body and balances Dosha-Dushya through, Vamana, Virechana, Nasya, Basti, Rakta Mokshana etc. In the disease like Abhisyanda, Adhimantha, Timira, Danta Nadi, Upakusha and Dusthapratishtaya, most of the Panchakarma therapies are indicated according to their severity of the disease. In practice the patient, who undergoes Panchakarma or Sodhana Chikitsa as Pradhana karma or Poorvakarma shows better result than the patient treated without Sodhanakarma. The patients, treated with Sodhanakarma recover faster than patient treated only with Shamanachikitsa does. Therefore, increasing and mainstreaming the Panchakarma procedure in Shalakya Tantra will definitely provide an effective and satisfactory outcome in Urdhwajatrugata disorders. Now a days ENT & Ophthalmic Diseases Are Major Concerned Because patient could not want to go for surgical procedure. Looking towards Ayurveda there are lot of Panchakarma Procedures are advocated for this disorders.

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