



INTERNATIONAL RESEARCH JOURNAL OF HUMANITIES AND INTERDISCIPLINARY STUDIES

(Peer-reviewed, Refereed, Indexed & Open Access Journal)

DOI : 03.2021-11278686

ISSN : 2582-8568

IMPACT FACTOR : 8.031 (SJIF 2025)

Ayurveda Panchakarma for healthy life, a review

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DOI No. **03.2021-11278686**

DOI Link :: <https://doi-ds.org/doi/10.25825/IRJHIS2504022>

Abstract:

Ayurveda is a holistic health care science. Ayurveda had mentioned some basic principles which states the functioning of body and mind. One such principle- Tridosh Siddhant explain the basic constitution of our body. This unique constitution (Prakriti) made up of three Dosha—Vata, Pitta, and Kapha—that govern physical and mental functions. Health is maintained when these Dosha are in balance, while imbalance can lead to illness. Shamana Chikitsa and Shodhana Chikitsa are two basic treatment modalities for balancing the vitiated Dosha. In this, Panchakarma-Shodhana Chikitsa holds prime importance as it eliminates the Dosha off the body and rejuvenates mind – body. In present day to day life the Panchakarma to be adopted for healthy life is briefed.

Keywords: Tridosh Siddhant, Shodhana Chikitsa, Panchakarma,

Introduction:

Ayurveda is science of life. Each aspect of human life is studied and holistic health care science is illustrated in classics of Ayurveda. The functioning of body and mind is explained on the basis of the principles mentioned in Ayurveda classics. Living beings are governed by three fundamental working units or *Dosha* —*Vata*, *Pitta*, and *Kapha*. These *Dosha* are derived from the five elements (earth, water, fire, air, and ether) and control various physiological and psychological functions within the body. According to Ayurveda, each person has a unique combination of these *Dosha*, which influences their physical characteristics, mental state, and predisposition to illness. Health is achieved when these *Dosha* are in harmony, and disharmony or imbalance leads to disease. The practice of Ayurveda involves understanding one's *Dosha* constitution and making lifestyle, dietary, and herbal adjustments to maintain balance. Three bio-energies, however, are responsible for maintaining the functional state, *Vata*, *Pitta* and *Kapha*. *Vata* is a type of kinetic energy that powers

all of the body's intricate movements. The heat energy known as *Pitta* is what drives metabolism. The mechanical energy known as *Kapha* gives the body its binding strength. The *Prakop Avastha* and *Vruddhi Avastha* of this vitiated *Dosha* are prime indication for *Shodhana Chikitsa – Panchakarma*.

Panchakarma –

It is a therapeutic process in Ayurveda designed to detoxify and rejuvenate the body and mind. The term *Panchakarma* literally means five actions or five treatments, and it involves a series of five distinct procedures aimed at eliminating accumulated toxins (*Ama*) from the body, balancing the *Dosha* (*Vata*, *Pitta*, and *Kapha*), and restoring overall health.

The five key procedures of *Panchakarma* are:

1. **Vamana**

Vamana is a procedure aimed at expelling excess *Kapha* - *Vrudhi* from the upper respiratory and digestive systems. It is primarily used to treat conditions like asthma, bronchitis, obesity, and chronic cold. By inducing controlled vomiting, *Vamana* helps clear mucus and other toxins from the body.

2. **Virechana**

Virechana involves the use of herbal laxatives to eliminate excess *Pitta* from the digestive tract. This procedure is particularly effective in treating conditions of *Pitta Dosha* like skin diseases, liver disorders, and digestive issues such as constipation or diarrhea.

3. **Basti**

Basti is a key treatment for balancing *Vata Dosha*. It involves the administration of herbal decoctions or oils through the rectum, helping to detoxify the colon, improve digestion, and eliminate excess *Vata*. This treatment is beneficial for conditions of *Vata Dosha* such as joint pain, digestive disorders, and nervous system imbalances.

4. **Nasya**

Nasya involves the administration of herbal oils or powders through the nose, targeting the head, neck, and sinuses. It helps clear toxins from the respiratory and sinus systems, promoting mental clarity and relieving conditions like headaches, sinusitis, and migraines.

5. **Raktamokshana**

Acharya Sushruta had considered *Rakta* as fourth *Dosha* and the vitiation in it is eliminated through the procedure called *Raktamokshana*. In this a small amounts of blood is drawn to eliminate toxins from the bloodstream. It is beneficial for conditions involving blood impurities, such as certain skin disorders.

It is a major therapeutic procedure involving three steps. *Purvakarma* – pre procedures, *Pradhana Karma* – main procedure and *Paschyat Karma* – post procedures. Each step have its own importance in order to apply the therapy and get desired results.

Purvakarma – it includes following procedures

- *Ama Pachana* – use of medication for elimination of undigested food – *Ama* circulating elsewhere in body.
- *Snehana* – oilation therapy, i.e. application of medicated oils with proper massage along with internal administration of *Sneha*.
- *Swedana* – sudation, application of steam or other methods for the perspiration of the patient.

Pradhana Karma – it includes the above mentioned five procedures.

- *Vamana* – for vitiated *Kapha Dosha*
- *Virechana* – for vitiated *Pitta Dosha*
- *Basti* – for vitiated *Vata Dosha*
- *Shirovirechana/ Nasya* – for *Uttamanga Chikitsa*
- *Raktamokshana* – for *Rakta Dosha*

Paschyat Karma –

- *Sansarjan Karma* – it includes *Agni Sandhukshana* i.e. protecting the digestive fire and use of certain dietary products for its ignition to full strength.

Contemporary relevance –

In today's world, where lifestyle-related diseases like obesity, hypertension, diabetes, and stress-related disorders are prevalent, *Panchakarma* provides a natural remedy. The accumulation of *Dosha* – toxins are at body and mind levels. Here the holistic approach of natural cleansing procedure of *Panchakarma* shows the way. In a time when many people seek alternative medicine for stress management, *Panchakarma* offers a way to combat the negative effects of chronic stress, anxiety, and fatigue. The treatments not only detoxify the body but also help calm the nervous system, improve digestion, boost immunity, and enhance mental clarity, contributing to overall well-being.

Inference –

In present day scenario, the change in lifestyle and food habits had lead to increase in prevalence of non-communicable disorders and mental issues. All body tissues – *Dhatu* are been affected with the vitiated *Dosha*. Also the Mala are imbibed with unnatural toxins and *Ama*. Here a radical treatment protocol is necessary for elimination of this toxins. The day to day stress and anxiety also adds up to the vitiated *Dosha* and *Dushya* – *Dhatu, Mala*. A complete body mind detoxification and rejuvenation can be achieved through holistic treatment of Ayurveda – *Panchakarma*.

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