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CENTRAL COUNCIL FOR RESEARCH IN AYURVEDA AND SIDHA

Department of AYUSH, Ministry of Health and Family Welfare,
Government of India

J.L.N.B.C.E.H. Anusandhan Bhawan, 61-65 Institutional Area
Opposite D-Block, Janakpuri, New Delhi- 110058

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A PRACTICAL HANDBOOK OF PANCHAKARMA PROCEDURES

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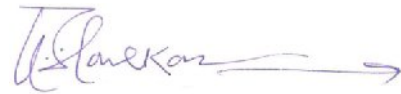
PREFACE

Practical handbook of Panchakarma Procedures is a brief knowledge several of Panchakarma procedures followed in different parts of the country. It also includes some of the common therapeutic procedures popular in Kerala. Panchakarma therapy is an integral part of Ayurvedic treatment. All the learned scholars of Ayurveda since beginning of the present era have highly appreciated the importance and therapeutic efficacy of Panchakarma therapy. The description of Panchakarma is found to be popular in Ayurvedic classics viz Charak Samhita, Sushrut Samhita, Ashtang Hridayam, Ashtang Sangraha, Sharangdhara and Vangsena etc. Classical Panchakarma includes Vamana, Virechana, Anuvasan Basti, Niruh Basti, Nasya and Raktamokshana, which require more attention and care from the physician. The procedures are also time taking. Due to these facts some of the physicians developed easier techniques with better therapeutic effects. These procedures are popular in India but now they are becoming popular all over world.

This book deals with the commonly practiced, popular Panchakarma procedures minutely in simplified form for the benefit of students and Ayurvedic practitioners. It has been tried to give the material requirements, names and doses of commonly used medicines with administration time, indications and contraindications with necessary photographs. The assessment of minimum required man power in various procedures has also been done. This book is recommends space and staff requirements for a model Panchakarma unit. Textual references are also given wherever possible.

I appreciate Dr. M.M. Sharma, Dr. B.S Sharma, Mr. Upendra Singh and Mr. Narender Singh from publication section for their tireless efforts in bringing out this publication.

I hope that this handbook will serve as a ready reckon document for students, practitioners, academicians, research scholars and certainly help to establish a good Panchakarma center for better health care services.



Place: New Delhi

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Panchakarma promotes health in diseased as well as healthy.

Caraka Siddhi Sthana 1/53

इत्यातुस्वस्थसुखः प्रयोगो बलायुषोर्वृद्धिकृदामयघ्नः । ।

चरक सिद्धि स्थान 1 / 53

INTRODUCTION:

*A*yurveda, an ancient Indian System of Medicine, has been in vogue from times immemorial to impart natural healing for various ailments. The system was nurtured by ancient scholars on the basis of sound underlying philosophy, oriental methodology and practices prevalent in that era. This system is believed to be quite safe and free from side effects as it is more close to nature.

Ayurvedic treatment comprises of two major parts viz. *Samshodhana Chikitsa* (Bio-cleansing therapy) and *Samshaman Chikitsa* (Pacifying therapy). *Samshaman Chikitsa* consists of conservative treatment like *Langhana*, *Pachana*, drug administration etc. *Samshodhana Chikitsa* envisages *Panchakarma* treatment which is basically a Bio-cleansing regimen intended to eliminate the toxic elements from the body and thereby enhances the immunity of the body. *Samshodhana Chikitsa* is considered superior to *Samshamana Chikitsa* as the chances for recurrence of the disease so treated are remote¹.

Pancakarma increases the acceptability of body to various therapeutic regimens like *Rasayana* (Rejuvenation) and *Vajikarana* (Aphrodisiac). Thus, *Panchakarma* therapy is believed to impart radical elimination of disease causing factors and maintain the equilibrium of *Doshas*. Five fold measures² comprehended as *Pancakarma* are:

1. *Vamana* (Therapeutic Emesis)
2. *Virechana* (Therapeutic Purgation)
3. *Anuvasana* (Medicated Oil Enema)
4. *Asthapana* (Medicated Decoction Enema)
5. *Nasya* (Nasal administration of Medicaments)

Description of these five procedures is available in *Charaka Samhita Kalpa Sthana*, *Shusruta Samhita Chikitsa Sthana* and *Ashtanga Hridaya Sutra Sthana*. *Vagabhatta* in *Ashtanga Hridaya* has enumerated five types of *samshodhanas*³ i.e.

1. *Niruha*
2. *Vamana*
3. *Virechana*
4. *Nasaya*
5. *Rakatmokshana*

¹ दोषाः कदाचित् कुप्यन्ति जितालंघनपाचनैः ।
जिताः संषोधनैर्यत्तु न तेषां पुनरुद्भवः ॥

(च. सू. 16/20)

² वमनं रेचनं नस्यं निरुहष्वानुवासनम् ।
एतानि पंचकर्माणि कथितानि मुनीष्वरैः ॥

(शा. उ. 8/70)

³ यदीरयेद्बहिर्दोशान् पंचधा षोडशं च तत् ।
निरूहो वमनं कायषिरोरेकोऽस्रविस्त्रुतिः ॥

(अ. ह. सू. 14/5)

Prior to these five *Pradhan Karmas* (main procedures), *Purva Karma* (preparatory measures) given to the patient are:

- *Pachana* (*Ama Pachana* & *Deepana* medicines like *Shunthi Kwatha* may be given)
- *Snehana* (Oleation) and
- *Swedana* (Sudation).

After the main procedures, *Pashchat Karma* (*Samsarjana Krama*), a special diet and life regimen (period of convalescence) is advocated as post operative measures. *Panchakarma* therapy plays a definite role in the management of diseases especially of neuromuscular, rheumatological and gastrointestinal origin. In addition to this *Panchakarma* procedures are utilized for the purpose of preservation, maintenance and conservation of health and the promotion of longevity.

Based on Ayurvedic principles and own experiences, the Ayurvedic scholars in South India have modified certain techniques/ procedures according to *Dosha*, *Prakriti* (body constitution), *Kala* (season), drug availability etc. and found them quite effective. Later on, these procedures got popularized as *Keraliya* specialities of *Panchakarma* which are extensively practiced in India and abroad as main procedures. *Shashtika shali pinda sweda*, *pizhichil*, *Shirovasti*, *shirodhara*, *shirolepana* are some of these practices. These procedures are specialized varieties of *Snehana* and *Swedana* which have more nutritive/ nourishing effect than bio-cleansing or depleting effect.

With the spread of Buddhism to the southern parts of India, Ayurvedic treatment got popularized as it was practiced in the monasteries. After the decline of the Buddhism, many of these monasteries were converted to temples and the practice of Ayurvedic treatment through these temples still continues in *Kerala*. One such example is *Tiruviza* of *Allappy Distt.* of coastal area where *Vamana* procedures are done daily. *Panchakarma* procedures were not confined to the higher societies only. Rather lower classes of the society also contributed to the promotion, progress and development of these specialized techniques. Due to this fact, modified techniques of *Panchakarma* treatment developed in *Kerala*, unlike North India. With the modernization and globalization of Ayurveda, more and more people are showing interest in these treatment procedures due to their effectiveness in addition to the conventional *Panchakarma* practices. Physicians from other parts of the country and the western world wish to acquire this knowledge.

This *Practical Handbook of Panchakarma Procedures* is written with a view to impart simple and basic knowledge of these procedures to the learners. It has also been tried to put the textual references wherever possible and to give the photographs of different procedures.

However, before administration of *Panchakarma* procedures, one must carefully select, assess and prepare the patient explaining all the procedures to be followed. The doses of drugs, *vegas* and frequency of procedures may vary according to condition of the patient and/ or severity of the disease. While under going procedures, it is duty of the physician to assess the patient's strength, constitution, age, season, disease stage and other relevant factors⁴.

⁴ दूष्यं देषं बलं कालमनलं प्रकृतिं वयः ।

सत्त्वं सात्स्यं तथाऽऽहारमवस्थाश्च पृथग्विधाः ॥

सूक्ष्मसूक्ष्माः समीक्ष्यैशां दोशौशधनिरूपणे ।

The *Samshodhana Chikitsa* (Bio-cleansing therapy) of *Ayurveda*, which includes *Panchakarma* treatment, basically intends to eliminate the toxic elements from the body and thereby enhances the immunity of the body. The toxic products of body metabolism can be broadly divided into water soluble, fat soluble and volatile substances. The volatile substances like carbon-di-oxide can easily be removed from the body through lungs. While there are number of mechanisms available to get rid of the water soluble toxic materials through kidney, sweat and other body secretions, removal of fat soluble toxic materials is very difficult and only liver can play a small role. Hence it is likely that, there would be accumulation of fat soluble toxic products in the body. Liberal use of oil and ghee in various *Panchakarma* procedures makes it possible to eliminate these toxic products. In modern day medicine, we understand that molecules moves from higher concentration to lower concentration when separated by a diffusible membrane. The skin and the mucous membrane provide an excellent opportunity for this maneuver. While skin of an average adult only provides a surface area of less than 2 square meters, the gastrointestinal tract is many meters long with a highly permeable mucous membrane. The mucous membrane of gut has many folds and projections in the form of villi and microvilli, which help to increase the total exchange area, equivalent to a tennis court. Various *Panchakarma* procedures like. *Vamana* (Therapeutic Emesis), *Virechana* (Therapeutic Purgation) and *Anuvasana* (Medicated Oil Enema) use oil liberally, there by removing toxic fat soluble waste materials. Prior to the five *Pradhan Karmas* (main procedures), *Purva Karma* (preparatory measures) i.e. *Bahya Snehana* (External oleation) and *Sarvanga Swedana* (Whole Body Sudation) are given to the patient. These procedures further helps in removing toxic materials from the body. *Swedana* procedure using hot steam increases the local skin blood flow there by enhancing the exchange process. It is known that the fat soluble toxic substances are stored in the body fat. Fat in human body is largely located below the skin and inside abdomen around the mesentery of the gut. During various *Panchakarma* procedures, exposure of skin and gut mucous membrane (which are very close to the fat stores) to a large quantity of oil seems to be a logical and ideal procedure. Repetition of these procedures over several days will largely remove the toxic wastes by concentration gradient. The *Ayurvedic* medicines added to the oil might give additional benefits.

One of the important features of these procedures is the safety and easiness by which these can be administered without any major side effects. Although the practitioners of modern system of medicine do realize the individual variations in patient population suffering from the same disease, most of them fail to appreciate these variations in practice. In *Ayurvedic* practice of *Panchakarma*, *Dosha* (fault or disease), *Prakriti* (body constitution), *Kala* (season), drug availability etc. are always of prime concern.

SNEHANA (OLEATION)

Snehana stands for lubrication of body systems by the administration of fatty substances internally and externally. *Snehapana* (internal administration of *sneha*) is an important preparatory procedure for *Panchakarma*. Four types of *Snehana dravyas* are mentioned in the

यो वर्तते चिकित्सायां न स स्वलति जातुचित् ।।

(अ० ह० सू० 12/67-68)

classics viz. *Ghrita* (Ghee), *Taila* (Oil), *Vasa* (Fat) and *Majja* (bone marrow). Out of these *Ghrita* is considered as the best⁵.

***Snehana* (Oleation) includes:**

- *Abhyantara Snehana* (Internal Oleation)
- *Bahya snehana* (External Oleation)

Abhyantara snehana is again classified into *Achhapana* and *Vicharana*. *Achhapana* is the oral intake of medicated or non medicated *Sneha* (Ghee/ oil) without mixing with food or other medicinal preparations and used for the purpose of softening and lubricating of body tissues prior to the *Shodhana* therapy.

Materials required:

- Medicated ghee or oil according to the requirement.
- Measuring glass
- Hot water for drinking (boiled with *Shunthi+Dhanyaka*).

Medicines commonly used:

- *Indukanta Ghrita*
- *Maha tiktaka Ghrita*
- *Sukumara Ghrita*
- *Dhanwantara Taila*
- *Ksheera Bala Taila* etc.

Man Power:

- Ayurvedic Physician : 1
- Attendant/ Nurse : 1

Procedure for *Snehapana*:

Agnibala may be assessed in the patient prior to *Snehapana*, so as to assess the dose of *Sneha dravya* (*Hina, Madhyama, Uttama, Hrisyasi matra*). For the patient with unknown *doshas, agni* etc. one may start with *Hrisyasi matra*⁶ (which digests within two *yamas*).

⁵ सर्पिस्तैलं वसा मज्जा सर्वस्नेहोत्तमा मताः ।

एशु चैवोत्तमंसर्पिः संस्कारस्यानुवर्तनात् ।।

The patient who is intended to under go *Snehapana* is to take the *Sneha* in the early morning (within 15 minutes of sunrise) in the prescribed dose based on his *Agnibala* (digestive capacity), nature of disease, condition of body etc. The usual dosage is between 50 to 75ml for *Ghrta* and 30 to 50 ml for *Taila* on the first day. The dose for the next day should be fixed after assessing the time taken for digestion. Hot water boiled with a piece of *Shunthi* (dry ginger) + *Dhanyaka* (dry coriander seeds) is given in small doses to enhance the digestion (*Deepan, Pachana*).

Snehapana may be continued till *Samyak Snigdha Lakshanas*⁷ (symptoms of desired effect) are observed and usually it is obtained within 3 to 7 days⁸.

Usual practice of increasing order of *Snehapana* dosage:

First day	:	50ml
Second day	:	100ml
Third day	:	150ml
Fourth day	:	200ml
Up to 7 th day	:	350ml

Indications⁹:

- *Swedya, Samshodhya* (Persons undergoing sudation and biocleansing procedures)
- *Ruksha Sharira* (Roughness in the body)
- *Nithyamadya* (Alcoholic)
- *Krishha* (Debility)
- *Timira* (Premature cataract)

⁶ द्वाभ्यां चतुर्भिरश्टाभिर्यामैर्जीर्यन्ति याः क्रमात् ।।

ह्रस्वमध्योत्तमा मात्रास्तास्ताभ्यश्च ह्रसीयसीम् ।

कल्पयेद्वीक्ष्य दोशादीन् प्रागेव तु ह्रसीयसीम् ।।

(अ.हृ.सू. 16 / 17-18)

⁷ वातानुलोम्यं दीप्तोऽग्निर्वर्चः स्निग्धमसंहतम् ।

मार्दवं स्निग्धता चांगे स्निग्धानामुपजायते ।।

(च.सं.सू.13 / 58)

⁸ स्नेहनस्य प्रकर्षो तु सप्तरात्रत्रिरात्रको ।

(च.सं.सू.13 / 51)

- *Vatarogas* (Neuromuscular disorders)
- *Kasa* (Cough)
- *Shwasa* (Dyspnoea)
- *Hikka* (Hiccough)
- *Swarbheda* (Hoarseness of voice), etc.

Contraindications¹⁰:

- *Sthoola* (Obese)
- *Kaphaja Vikaras* (Kapha disorders)
- *Atisara* (Diarrhoea)
- *Raktapitta* (Bleeding disorders) etc.

Regimen during *Snehapana*:

- Rest
- Avoid day sleep
- Take Rice gruel after feeling hungry (when consumed *Sneha* is digested).

Complications and management:

- Indigestion
- Vomiting
- Nausea
- Anorexia
- Headache
- Constipation etc.

In such conditions, *Snehapana* should be discontinued and fasting, *Deepana* (Stomachic), *Pachana* (Digestive) drugs may be given based on the patient/ disease condition.

Scientific observation¹¹:

9 स्वेद्यसंषोध्यमद्यस्त्रीव्यायामासक्तचिन्तकाः । वृद्धबालाबलकृषा रूक्षाः क्षीणास्ररेतसः ॥
वातार्तस्यन्दतिमिरदारुणप्रतिबोधिः स्नेह्याः ।

(अ.ह.सू.16/5-6)

10 –न त्वतिमन्दाग्नितीक्ष्णाग्निस्थूलदुर्बलाः ।

ऊरुस्तम्भातिसारामगलरोगगरोदरैः । मूर्च्छाच्छर्दरुचिप्लेश्मतृशणामद्यैष्य पीडिताः ।

(अ.ह.सू.16/6-7)

11 दीप्तान्तरग्निः परिषुद्धकोशठः प्रत्यग्रधातुबलवर्णयुक्तः ।

दृढेन्द्रियो मन्दजरः षतायुः स्नेहोपसेवी पुरुशो भवेत्तु ॥

Oleation pacifies *Vata*; lubricates and softens the *Doshas*. It improves digestion, regularizes bowels, improves the strength and complexion and prevents premature ageing.

N. B. After completing *Snehana* (oleation), *Swedana* (sudation) is to be carried out (1-3 days) based on the patient/ disease condition.

SWEDANA

Swedana is a process to induce sweating (sudation) artificially in a patient/volunteer who has already undergone *Snehana*. *Swedana* is of four types¹² –

- (i) *Tapa Sweda*
- (ii) *Ushma Sweda*
- (iii) *Upnaha Sweda*
- (iv) *Drava Sweda*

Snehana and *Swedana* constitute *Poorvakarmas*. The patient is given *Snehapana* for 3-7 days depending upon the appearance of fat in stool which is considered as the end point of *Snehana*. *Snehana* is followed by *Swedana* and *Swedana* in turn is followed by *Vamana* procedure

Types of *Swedana* (on the basis of induction of heat):

1. Thermal (*Sagni Sweda*)-13
2. Non Thermal (*Niragni Sweda*)-10

Types of *Swedana* (on the basis of application of heat):

1. Local (*Ekanga Sweda*)
2. General (*Sarvanga Sweda*)

Types of *Swedana* (on the basis of nature of heat):

1. Moist heat (*Snigdha Sweda*)
2. Dry heat (*Rooksha Sweda*)

Types of *Swedana* (on the basis of intensity of heat):

1. High Sweat (*Maha Sweda*)
2. Medium Sweat (*Madhyama Sweda*)
3. Low Sweat (*Durbala Sweda*)

General features of *Swedana Dravyas*:

The medicines which produce *Sweda* are generally-
Ushna, Tikshna, Sara, Snigdha, Sukshama, Rooksha, Sthira, Drava, Guru.

12 स्वेदस्तापोपनाहोश्मद्रव भेदाच्चतुर्विधः

Indications of *Swedana*:

According to *Charaka*, *Swedana* relieves:

- Stiffness (*Stambha*)
- Heaviness (*Gourava*)
- Cold (*Sheeta*)

Stambha Gourava Sheetagnam Swedanam Swedakarkam
Stambhanam Stambhayati yat gatimantam chalam dhruvam

(*Carak Sutra-22/11*).

Indications of *Swedana*:¹³

- Following *Snehana*
- Stiffness of the body
- Pain
- Cold
- Heaviness
- Dryness
- *Vatadosha*/ Obstruction to *Mala*, *Mutra* and *Shukra*
- Prior to *Panchakarma* Procedures, as a *Poorvakarma*.
- *Swedana* is given to even infants by using warm hands¹⁴.

Contra indications of *Swedana*:

- *Dagdha* (burnt)
- *Vishapeeta* (Poisoned)
- *Madapeeta* (Alcoholic)
- *Trishita* (Thirsty/dehydrated)
- *Nidranasha*(Insomnia)
- *Chhardi* (vomiting)
- *Rakta pitta* (Bleeding disorders)
- *Hridya Rogas* (Cardiac Diseases)

13 प्रतिष्याये च कासे च हिक्काश्वासेश्वलाघवे । सर्वांगेषु विकारेषु स्वेदनं हितमुच्यते ॥

(च. सू. 14/20-24)

14 जन्मप्रभृति बालानां स्वेदमश्टविधं हितम् ॥

(का.सू., 23/25)

VASHPA SWEDA (STEAM BATH)

This is a kind of sudation by which medicated steam is applied to the patient's body for a certain period of time to get perspiration. It removes stiffness, heaviness and coldness from the body¹⁵.

For this purpose *Bashpa Sweda Yantra* (A steam-bath chamber) is required. Medicinal herbs /decoction is kept boiling in the *Bashpa Sweda Yantra* from where the steam is generated and applied all over the body or any specific part through a tube or pipe. The patient is advised to lie down inside the steam chamber after massage with warm oil (20⁰-22⁰C). A thick cotton sheet may be used to cover the body to get proper perspiration.

Materials and Equipments:

- Medicated *kwathas* (Decoction)
- Suitable oil for massage (*Mahanarayana Taila*, *Dhanwantara Taila* etc.)
- *Bashpa Sweda Yantra*/ Steam Chamber
- Bed-sheet
- Cloth
- Towel etc

Medicated *kwathas* (Decoction):

- Usually Dashamoola is used:
 - Bilwa (*Aegle marmelos*)
 - Agnimadha (*Premna integrifolia*)
 - Shyonaka (*Oroxylum indicum*)
 - Patala (*Ptereospermum suaveolens*)
 - Gambhari (*Gmelina arborea*)
 - Brihati (*Solanum indicum*)
 - Kankari (*Solanum xanthocarpum*)
 - Gokshura (*Tribulus terrestris*)
 - Shaliparni (*Desmodium gangeticum*)

15 ऊष्मा तूत्कारिकालोष्टकपालोपलपांसुभिः ।

पत्रभंगेन धान्येन करीषसिकतातुषैः ॥

अनेकोपायसन्तप्तैः प्रयोज्यो वेशकालतः ।

शिशुवारणकैरण्डकरंजसुरसार्जकात् ॥

(अ० ह० सू० 17/6.7)

वातिकोत्तर वातिकानां पुनर्मूलादीनां उत्क्वाधैः सुखोष्णैः

कुंभीर्वर्षुलिकाः प्रनाडीर्वा पूरयित्वा यथार्हसिद्ध स्नेहाभ्यक्तं

गात्रं वस्त्रावच्छन्नं परिषेचयेदिति परिषेकः ॥

(धाराकल्प-2)

<i>Visarpa</i>	- Erysipelas
<i>Timira</i>	- Cataract
<i>Madhumeha</i>	- Diabetes Mellitus
<i>Raktapitta</i>	- Bleeding disorders
<i>Atisara</i>	- Diarrhoea

Complications and management:

- Fainting – Sprinkle cold water on the face, apply suitable oil, *Drakshadi kwatha* internally can be given.
- Burns – Apply *Madhu* (Honey), *Ghruta* (Ghee), *Ghritakumari* (Aloe vera) and other suitable treatment.

Dietary regimen:

Light (liquid or semisolid) diet is advised throughout the procedure.

Scientific explanation¹⁹:

Swedana liquefies the *Doshas* and facilitate to bring them to *Koshtha*, where they can be expelled out by subsequent *Panchakarma* procedures.

18

u स्वेदयेदतिस्थूलरूक्षदुर्बलमूर्च्छितान् ।। 21 ।।

स्तम्भनीयक्षतक्षीणक्षाममद्यविकारिणः तिमिरोदरवीसर्पकुशठषोशाढ्यरोगिणः ।। 22 ।।

पीतदुग्धदधिस्नेहमधून् कृतविरेचनान् । भ्रष्टदग्धगुदग्लानिक्रोधषोकभयार्दितान् ।। 23 ।।

(अ.ह.सू.17 / 21–23)

19

स्नेहल्लिक्ननाः कोशठगा धातुगा वा, स्रोतोलीना ये च षाखास्थिसंस्थाः ।

दोषाः स्वेदेस्ते द्रवीकृत्य कोशठं नीताः सम्यक् बुद्धिर्भिर्निर्हिंयन्ते ।। 29 ।।

(अ० ह०, सू० 17 / 29)



BAHYA SNEHANA



VASHPA SWEDA

VASHPA SWEDA



VAMANA (THERAPEUTIC EMESIS)

Vamana means to induce vomiting; it is a bio-cleansing measure meant for the elimination of *doshas* (mainly *kapha*) accumulated in the upper gastro intestinal tract (*Amasaya*)²⁰. *Vamana* is a treatment of choice in *Kaphaja* disorders²¹.

Materials and Equipments:

- Comfortable seat (Arm chair) (*Vamana Peetha*) : 1
 - Bucket : 1
 - Vessels : 3
- [Mug, Glass, bowl, towels, B.P.Instruments, Weighing Scale, ECG Machine, Thermometer, Measuring Glass etc.]

Vamana Yoga – (Ingredients in approx. quantities):

- Vacha (*Acorus calamus*) powder : 2 gm
- Madanphala (*Randia dumatorum*) powder : 4gm
- Rock Salt : 5gm
- *Madhu* (Honey) : 15ml

Others:

- Medicated oil for application on chest, back abdomen : 100ml
(*Mahanarayan Taila, Ksheerabala Taila, Chandanbala Taila, Lakshadi Taila, Dhanwantara Taila* etc. may be used according to *Dosha* and disease).
- Milk : 1.5 ltr.
- *Madhuyashthi Kwatha* : 1.5 ltr.
- *Lavanodaka* : 1.5 ltr.

20 तत्रदोषहरणं ऊर्ध्वभागं वमनसंज्ञकम्

(च.क. 1/4)

श्लेष्मणो विधिना युक्तं तीक्ष्णं वमन विरेचनम् ।

(अ.ह.सू. 13/10)

अपक्वं पित्तश्लेष्माणं बलादूर्ध्वं नयेतु यत् ।

वमनं तद्धि विज्ञेयं मदनस्यफलं यथा ॥

(शा. प्रथम खण्ड 1/84)

21 कफे विदध्याद्धमनं संयोगे वा कफोत्वणे ।

तद्विरेचनं पित्ते । विशेषेण तु वामयेत् ।

(अ.ह.सू. 18/1)

Man Power:

• Ayurvedic Physician	:	1
• Masseur	:	1
• Attendant	:	2

Mode of drug administration/ procedure:

The patient is to be prepared for *Vamana* by performing *purvakarma* properly as indicated and prescribed *kaphotklesa dravyas* like fish, *masha* (black gram), *payasam* (rice cooked in milk with ghee) etc. on the previous day of *Vamana*.

Vamana is to be conducted in the morning preferably between 7 to 8 A.M. If the patient is on empty stomach, *Yavagu* (specific type of rice preparation made from 1:6 ratio of rice and water) with Ghee are to be given before performing the *Vamana*²². After *Snehan* and *Swedana*, the patient is to be advised to sit comfortably in a chair (*Vaman peeth*). Afterwards mixture of milk or *Madhuyashthi Kwatha* (*Vamanopaga dravya*) is to be given full stomach. *Vaca* powder with honey is given to lick in between. At the last sip of the decoction *Madanphala* powder with honey is given to be licked.

The medicines for *Vamana* should be administered in proper quantity, according to the age, strength, constitution, season etc. Usually, *Vamana* starts within 10-15 minutes after giving the medicine. While the patient is vomiting, masseur should massage back and chest in upward direction. To stimulate the urge for the bouts of vomiting, warm water mixed with *Saindhava* (*Lavanodaka*) or milk should be given repeatedly. Assessment criteria of *vamana* procedure are elaborately mentioned in the classics²³. Usually the fluid comes out.

Within 48 minutes. If not vomited out the pharynx may be gently irritated with a finger or *Kamalanala*.

22 अथ च्छर्दनीयमातुरं द्वयहं त्र्यहं वा स्नेहस्वेदो _____

_____ इत्येश सर्वच्छर्दनयोगविधिः ॥

(च.सं.क.1 / 14)

23 जघन्यमध्यप्रवरे तु वेगाश्रुचत्वार इष्टा वमने शडश्टौ।

..... पित्तावसानं वमनं विरेकादर्धं.. वमने तु पीतम्

(अ.ह.सू.18 / 32)

Vegas (bouts) of *Vamana*:²⁴

According to No. of bouts (*Vegas*) *Vamana* may be classified into-

- *Jaghanya vamana* – 4 *vegas* (bouts)
- *Madhyama vamana* – 6 *vegas* (bouts)
- *Pravara vamana* – 8 *vegas* (bouts)

Post *Vamana* regimen:

When *Samyak yoga*²⁵ of *Vamana* is observed the patient should clean his mouth and face with warm water and *Dhumapana* with the prescribed drugs e.g. *Haridra* (*Curcuma longa*), is to be performed. In the evening the patient may be instructed to take hot water bath. When the patient is having good appetite, *Samsarjana karma*²⁶ is to be followed. Semi solid diet preferably rice gruel may be given.

Indications²⁷:

- Gastric problems - *Amlapitta* (Acid peptic disorders), indigestion etc.
- Respiratory diseases - *Kasa* (Cough), *Shwasa* (bronchial Asthma)
- Other diseases - such as *Madhumeha* (Diabetes), *Unmada* (Schizophrenia), *Peenasa* (Sinusitis), *Kushtha* (Skin diseases), *Granthi* (Tumour), *Shlipada* (Filariasis)

24 जघन्यमध्यप्रवरे तु वेगाष्चत्वार इष्टा वमने शडश्टौ ।

(च.सि.1 / 13)

(अ.ह.सू.18 / 31)

25 निर्विबन्धं प्रवर्तन्ते कफपित्तानिलाः क्रमात् ।

(अ.ह.सू.18 / 25)

26 पेयां विलेपीमकृतं कृतं च, यूशं रसं त्रीनुभयं तथैकम् ।

क्रमेण सेवेत नरोऽन्नकालान् प्रधानमध्याऽवरषुद्धिषुद्धः ।

(अ.ह.सू.18 / 29)

27विशेषेण तु वामयेत् ।

नवज्वरातिसाराधः पित्तासृग्राजयक्षिणः ।

कुष्ठमेहापचीग्रन्थिश्लीपदोन्मादकासिनः ॥

श्वासहृल्लासवीसर्पस्तन्यदोषोर्ध्वरोगिणः ।

(अ.ह.सू.18 / 1-2)

Contraindications²⁸:

- Acute peptic ulcer
- *Atikrisha* (Emaciated body)
- *Bala* (Children)
- *Vridhdha* (Old age)
- *Garbhini* (Pregnancy)
- *Shranta* (Exhausted)
- *Pipasita* (Thirsty)
- *Kshudhita* (Hungry)
- *Hridroga* (Cardiac disorders)

Complications of *Vamana* therapy²⁹:

Atiyoga (excessive) of *vamana* may cause –

- (i) Froth in vomitus
- (ii) Hematemesis
- (iii) Weakness
- (iv) Dryness of throat
- (v) Feeling of darkness
- (vi) Giddiness
- (vii) *Vatarogas*
- (viii) Fresh bleeding

Scientific observation:

Certain diseases originate due to accumulation/ vitiation of phlegm/ *Kapha*. The elimination of this *dosha* will help to prevent and cure the disease.

-
- 28 अवाभ्या गर्भिणी रूक्षः क्षुधितो नित्यदुःखितः ॥
बलवृद्धषस्थूलहृद्गोर्गिक्षतदुर्बलाः । प्रसक्तवमथुप्लीह-तिमिरक्रिमिकोशितनः ॥
उर्ध्वप्रवृत्तवाखस्त्रदत्तबस्तिहतस्वराः । मूत्राघात्युदरी गुल्मी दुर्बमोऽत्यग्निरर्षसः ॥
उदावर्तभ्रमाशठीला-पार्श्वरुग्वातरोगिणः । ऋते विशगराजीर्णविरुद्धाम्यवहारतः ॥

(अ.ह.सू.18 / 3-6)

- 29 अतियोगे तु फेनचन्द्रकरक्तवत् ॥

(अ.ह.सू.18 / 25)

वमितं क्षामता दाहः कण्ठशोषस्तमो भ्रमः ।
घोरा वाय्वामया मृत्युर्जीवषोणितनिर्गमात्

(अ.ह.सू.18 / 26)



VAMANA PROCEDURE



VIRECHANA (THERAPEUTIC PURGATION)

Virechana is the procedure by which the vitiated *Doshas* are eliminated through the anal route. It is the treatment of choice for *Pitta* predominant conditions³⁰.

Materials and Equipments:

- Attached toilet (lavatory) is a must.
- Towels, Bed sheets etc.

Medicines:

Single drugs:

Any of the following medicines may be selected according to the condition of the patient:

- Trivrit (*Operculina turpethum*) - root powder – 5gm
- Aragvadha (*Cassia fistula*) - fruit pulp – 10gm
- *Eranda* (Castor oil) -oil – 15 to 25 ml

Compound preparations:

Any of the following medicines may be selected according to the condition of the patient:

- *Ichhabhedi Rasa* - 60-120mg with cold water
- *Kalyana guda/ Manibhadra guda* - 10-15gm
- *Bindu Ghrita* - 4-5 drops
- *Hingu triguna taila* - 15-25ml
- *Avipattikara churna* - 10-20gms

Man power:

- Ayurvedic Physician (for supervision) : 1
- Attendant : 1

Mode of administration/procedure

Selected patient should undergo first *Purvakarma* i.e. *Snehapana* for 3-7 days, then *Abhyanga* & *Swedana* for three days. The medicine for purgation is to be given in early morning at 6 AM preferably on empty stomach. Usually the purgation will start after three hours. Warm water may be given in small doses, when the patient feels thirsty or the urge for evacuation is not felt sufficient. Cold water should be used for drinking when the preparation of *Jayaphala* is used for purgation. When the evacuation of bowel is complete as per the *lakshanas*

30 अधोभागं विरेचनं संज्ञकम् ।।
तद्विरेचनं पित्ते विशेषेण तु वामयेत् ।
(अ. ह. सू. 18/1)

described for *Samyak virechana*³¹, the patient is advised to take complete rest. Thereafter *Samsarjana krama*³² is to be followed as per the directions of the physician. Assessment criteria of *virechana* procedure are elaborately mentioned in the classics³³
(*Jaghanya*- 10 *Vegas*, *Madhyama*- 20 *Vegas*, *Pravara*- 30 *Vegas*).

Indications³⁴:

- Gastrointestinal disorders - Constipation, *Krimi* (Worm infestation), *Kamala* (Jaundice)
- Dermatological disorders - Eczema, Allergic dermatitis etc.
- Other major conditions - *Pakshaghat* (Hemiplegia), *Jeerna Jwara* (Chronic fever), *Madhumeha* (Diabetes), *Arbuda* (Tumour), *Tamak Shwasa* (Bronchial Asthma), *Galganda* (Goitre), etc.

Contraindications³⁵:

- *Navajwara* (Acute fevers)
- *Krishna* (Emaciated patients)
- *Rajayakshma* (Tuberculosis)
- *Garbhini* (Pregnant women)
- *Hridroga* (Cardiac problems)

Complications:

The complications during *Virechana* therapy may be in the form of *Ayoga* / *Atiyoga*.

Symptoms of *Ayoga*:

1. *Hridya Ashuddhi* (Heaviness of Precordium)

31 पित्तावसानं वमनं विरेकादद्धं कफान्तं च विरेकमाहुः।
द्वित्रान् सविट्कानपनीय वेगान् मेयं विरेके, वमने तु पीतम्।।
(अ. ह. सू., 18/32)

32 पेयां विलेपीमकृतं कृतं च, यूशं रसं त्रीनुभयं तथैकम्।
क्रमेण सेवेत नरोऽन्नकालान्, प्रधानमध्याऽवरषुद्धिषुद्धः।
(अ. ह. सू., 18/29)

33 दषैव ते द्वित्रिगुणा विरेके प्रस्थस्तथा स्याद् द्विचतुर्गुणश्च।।31।।
..... कफान्तं च विरेकमाहुः।... वित्रान् सविट्कानपनीतवेगान् मेयं विरेके,....
(अ. ह. सू., 18/32)

34 विरेकसाध्या गुल्मार्षो कोश्टगाः कृमयो व्रणाः
(अ. ह. सू., 18/8-9)

35 न तु रेच्या नवज्वरी
अल्पान्धोगपित्तास्रक्षतपाय्वतिसारिणः।
सषल्यस्थापितक्रूरकोश्टातिस्निग्धषोशिणः।
(अ. ह. सू., 18/10-11)

2. *Udara Ashuddhi* (heaviness of abdomen)
3. *Aruchi* (Anorexia)
4. *Kapha-pitta ulklesha*
5. *Kandu* (itching)
6. *Daha* (burning sensation)
7. *Pitika* (eruptions)
8. *Peenasa* (sinusitis)
9. Obstruction of *Vata & Mala*

Symptoms of *Samyak virechana*³⁶

The symptoms of *Samyak virechana* are opposite to that of *Ayoga*.

Symptoms of *Atiyoga*

1. Malena
2. Prolapse of rectum
3. Thirst
4. Giddiness
5. Sunken eyes

Scientific observations

This process cleans the channels by the removal of accumulated waste products, undigested material and the toxins mainly from the gut (Gastrointestinal tract). It enhances the appetite, power of digestion and absorption of food.

Benefits of *Samshodhana*³⁷:

Samshodhana (*Vamana & Virechana*) procedures provide the following benefits:

- * Clarity of the mind
- * Strength to the sense organs
- * Stability to the tissues
- * Improves the digestion
- * Slows down the Ageing process

36 हृत्कक्ष्यषुद्धिररुचिरुत्क्लेशः प्लेश्मपित्तयोः ।।38।।
कण्डुविदाहः पितकाः पीनसो वातविड्ग्रहः । अयोगलक्षणम्—
— योगो वैपरीत्ये यथोदितात् ।।39।।

(अ. ह. सू., 18/38–39)

37 बुद्धिप्रसादं बलमिन्द्रियाणां धातुस्थिरत्वं ज्वलनस्य दीप्तिम् ।
चिराच्च पाकं वयसः करोति संषोधनं सम्यगुपास्यमानम् ।।60।।

(अ. ह. सू., 18/60)

VASTI (MEDICATED ENEMA)

Vastikarma is the procedure by which the medicines in suspension form are administered through rectum or genitourinary tract using *Vastiyantara*³⁸. It is the most important procedure among *Panchakarma* procedures and the most appropriate remedial measure for *Vatadosha*..

Materials and Equipments:

- *Vastiputaka* (Bladder or polythene bag approx. 1.5 Lt. capacity) - 1
- *Vasti netra* (Nozzle) - 1
- Lavatory facilities
- Others (thread, vessels, churner, heating apparatus, table/ bench, towel, hot water for bath etc.)

Medicines- usual ingredients:

- Medicated oils for *Abhyanga*
- *Swedana Karma* materials
- Medicated oils for *Vasti*
- *Kwatha* (Decoction) & *Kalka* (Paste) made from prescribed medicines –
- *Madhu* (Honey)
- *Saindhava* (Rock-salt)

Man Power:

- Ayurvedic Physician : 1
- Masseur : 1

Types of *Vasti* (Classified into many ways):

According to the nature of medicine used, two types of enemas are:

- *Astapana/Kashaya/ Niruha Vasti* - Decoction based enema
- *Anuvasana/ Sneha Vasti* - Oil based enema

Matra (dose) of *Vasti dravyas*:

It depends upon age, sex, strength (*bala*) of the patient and state of *Doshas* / disease.

Apparatus for *Vasti*:

Vasti yantra is composed of a *Vastiputaka* (animal bladder/polythene bag) and *Vastinetra* or nozzle made up of metals like gold, silver, copper, etc. (*Charak Siddhi* 3/7). The length of *Vastinetra* may be 6 to 12 fingers according to age of the patient (*Sushrut Cikitsa* 35/8)

³⁸ बस्तिभिर्दीयते यस्मात् तस्मात् बस्तिरिति स्मृतः

1. NIRUHA VASTI/ KASHAYA VASTI (DECOCTION ENEMA):

Decoction enema is given before meals (i.e. 8-9 AM) and usually consists of

Medicated oil/ghee	:	240ml
Madhu (Honey)	:	180ml
Decoction made from prescribed drugs	:	480ml
Shatahwa kalka	:	30gm
Rock-salt	:	15gm

Preparation of Vasti dravya³⁹

Powdered rock-salt is added to honey and stirred in a clean vessel with a pestle. Oil is added to this mixture little by little and again stirred. Then paste of *Shatahwa* followed by decoction is to be added little by little quantity and mixed properly to make homogenous emulsion, and heated gently in a water bath (slightly above body temperature). This mixture is poured into a *Vastiputaka* (polythene bag/ animal bladder) and fixed with *Vasti Netra* (tied by using thread).

Procedure⁴⁰:

Having undergone *Abhyanga* and *Swedana*, the patient is advised to lie down in left lateral position. Apply little quantity of oil on patient's anus and nozzle of *Vasti yantra*. The nozzle is gently inserted into the anal canal up to a specific length and *Vastiputaka* containing mixture is pressed with a uniform pressure. The pressure is continued till only small quantity of fluid remains in the bag (to avoid air insertion). Then the nozzle is removed gently and the patient is allowed to lie down on supine position till he feels urge to excrete.

The *Vasti dravya* along with faeces normally comes out within 10 minutes when a full dose of *Niruha Vasti* is given. The maximum time specified for retention of *Vastidravya* is 48 minutes⁴¹. After evacuation of the bowel, the patient may take hot water bath and semi solid diet.

Usually *Niruha Vastis* are not to be given alone. Wherever required, *Niruha Vasti* must be given alternatively with *Snehavasti*. Arrangement of *SnehaVastis* in the beginning, *Niruha Vastis* and *SnehaVastis* alternatively later followed by *SnehaVastis* in the last is done in three specific patterns according to total number of *Vastis*, the severity of disease and condition of the patient etc. These are known as:

³⁹ माक्षिकं लवणं स्नेहं कल्कं क्वाथमिति क्रमात् ।।

आवपेत निरूहाणामेष संयोजने विधिः

(अ. ह. सू. 19/45)

⁴⁰ तलाक्तगात्रं कृतमूत्रविट्कं नातिक्षुधार्तं षयने मनुश्यम् ।

समेऽथवेशन्नतपीर्शकं वा नात्युच्छिते स्वास्तरणो पपन्ने ।।

(च.सि.3/17)

⁴¹ आगतौ परमः कालौ मुहूर्तो मृत्यवे परम् ।।

(अ. ह. सू. 19/47)

- ❖ *Karmavasti*⁴² - 30 in number (12 *Niruha*, 18 *Anuvasana*)
- ❖ *Kalavasti*⁴³ - 16 in number (6 *Niruha*, 10 *Anuvasana*)
- ❖ *Yogavasti* - 8 in number (3 *Niruha*, 5 *Anuvasana*).

Commonly used *Vasti Yogas*:

- *Madhutailika vasti*
- *Bala guduchyadi vasti*
- *Patolanimbadi vasti*
- *Vaitarana vasti*

Indications⁴⁴:

- Neurological disorders - Hemiplegia, Paraplegia, Sciatica, parkinson's disease etc.
- Rheumatological disorders - Gout, Rheumatoid Arthritis, Lumbago, Osteo Arthritis, Myalgia etc.
- Digestive disorders
- Chronic Fever
- Secondary Amenorrhea, etc.

Contraindications⁴⁵:

- *Urakshata* (Chest Injuries)
- *Krishna* (Emaciated body)
- *Amatisara* (Diarrhoea with mucus)
- *Chhardi* (Vomiting)
- *Kasa* (Cough)
- *Swasa* (Asthma)
- *Madhumeha* (Diabetes)
- *Arsha* (Piles)

⁴² प्राक्स्नेह एकः पंचान्ते द्वादशास्थापनानि च ।
सान्वासनानि कर्मैवं वस्तयस्त्रिंशदीरिताः ॥

(अ. ह. सू. 19/63)

⁴³ कालः पंचदशैकोऽत्र प्राक् स्नेहोऽन्ते त्रयस्तथा ।
शट् पंचवस्त्यन्तरिता योगोऽटो वस्तयोऽत्रतु ॥

(अ. ह. सू. 19/64)

⁴⁴ षेशास्त्वास्थाप्याः विशेषतस्तु प्रधानतममित्युक्तं वनस्पति मूलच्छेदवत् ॥
(च. सि. 2/16)

⁴⁵ अनास्थाप्यास्त्वतिस्निग्धः क्षतोरस्को भृषं कृषं ।
आमातिसारी वमिमान् संषुद्धौदत्तनावन् ॥
ष्वासकासप्रसेकार्षोहिध्माध्मानाल्पवहनयः । षूनपायुः कृताहारो बद्धच्छिद्रोदकोदरी ॥
कुष्ठी च मधुमेही च मासान् सप्त च गर्भिणी ।

(अ. ह. सू. 19/4-5)

- *Shoona Payu* (Inflamed Anus)
- *Kritahara* (Immediately after taking food)
- *Udakodara* (Ascitis)
- *Garbhini* (Pregnant woman)

2. SNEHA VASTI (OIL ENEMA):

Administration of medicated oil through anal /genitourinary route is called *Sneha vasti*. The dosage through anal route may vary from 100 ml to 250 ml according to the *Doshika* predominance, disease condition / patient's condition etc. The usual time of administration is after noon immediately after lunch.

Procedure:

After *Abhyanga* and *Swedana*, the patient is advised to lie down in left lateral position. The *Vastidravya* (*Sneha*) is administered in similar manner as *Niruha vasti*. As it is a retention enema, the contents should be allowed to retain inside for a minimum period of three hours and all efforts are to be done for the same. It is not harmful even though it is retained for one day.

Indications⁴⁶:

- Neurological & Arthritic conditions - *Katishoola* (backaches), *Gridhrasi* (Sciatica) and other *Vata vyadhis*
- *Jeerna Jwara* (chronic fevers)

Contraindications⁴⁷:

- *Arsha* (Piles)
- *Bhagandara* (Fistula)
- *Raktapitta* (bleeding disorders)
- *Navajwara* (Acute fever)
- *Pushpita* (menstrual period)
- *Pandu* (Anemia)
- *Kamla* (Jaundice)
- *Prameha* (Diabetes)
- *Peenasa* (Sinusitis)
- *Sthoola* (Obese)
- *Krimi Koshtha* (Worm infestation)
- *Galganda* (Thyroid disorders)
- *Shlipada* (Filariasis)

⁴⁶ य एवास्थाप्यास्त एवानुवास्याः विषेशतस्तु रुक्षतीक्ष्णाग्नयः
केवलवातरोगार्ताष्वः एतेशु ह्यनुवासनं प्रधानतममित्युक्तं मूलेद्रुमप्रसेकवत् ।।
(च. सि. 2/19)

⁴⁷ य एवानास्थाप्यास्त एवाननुवास्याः स्युः गुरुकोशठप्लीपदगलगण्डापचिक्रिमिकोशितनः
(च. सि. 2/17)

***MATRA VASTI*⁴⁸:**

Matra vasti is the method of administration of medicated oil in small dose, which can be given daily and is totally harm less. It is a type of *Sneha Vasti* and indications are similar to *Snehavasti*. It can be indicated irrespective of age and no precautionary measures are required. The usual dosage is 60 ml.

Indications:

- *Vyayama* (excess physical and mental exertion)
- *Madyapana* (Alcoholism)
- *Dourbhalya* (Debility)
- *Vataroga* (Neurological disorders)
- *Bala, Vriddha* (Children & Elderly persons) etc.

Complications during *Vasti Cikitsa*:

The complications of *Vasti* are dealt in detail in texts (*Caraka Samhita Siddhi Sthana*) There are:

- *Doshas* (defects) of *Netra* (nozzle) – 8 types
- *Doshas of vasti* - 8 types
- *Doshas of vastidata* (technician) – 10 types
- *Snehavasti vyapat* – 6 types

These may result into various symptoms related with:

- Local anal injury
- GIT symptoms like pain abdomen, vomiting etc.
- Generalized symptoms like *murchha, angamarda* etc.

Management is done accordingly.

⁴⁸ कर्मव्यायामभाराध्वया (पा) नस्त्रीकर्शितेषु च।
दुर्बले वातभग्ने च मात्रावस्तिः सदा मतः॥



VASTI DRAVYAS



VASTI YANTRA



VASTI KARMA



NASYA (NASAL INSUFFLATIONS)

Administration of medicines through nostrils is called *Nasya*. *Nasya* is indicated mainly in aggravated and accumulated *Doshas* of head and neck⁴⁹.

Materials and Equipments:

- Chair
- *Droni/ Panchakarma* table
- *Gokarna* (special type of vessel)
- Oil for massage
- Towel

Medicines:

Commonly used oils are-

- *Dhanvantara taila*
- *Anu taila*
- *Ksheera Bala taila*
- *Shadbindu taila* etc.
- Medicated Powder in *Pradhamana Nasya*
- Medicated Juice in *Avapida Nasya*
- Medicated Smoke in *Dhooma Nasya*

Types of *Nasya*:⁵⁰

1. *Snehanasya*
(a) *Marsha Nasya* (b) *Pratimarsha Nasya*
2. *Avapida nasya* (when *kalka/swarasa* of leaf/ fruit etc. are used)
3. *Shirovirechana nasya* (when *tikshna dravyas* are used)
4. *Pradhamana nasya* (insufflations of drug-powder)

Types of *Nasya* (according to action):

1. *Virechana Nasya*
2. *Brimhana Nasya*
3. *Shamana Nasya*

⁴⁹ औषधम् औषध सिद्धो वा स्नेहो नासिकाभ्यां दीयते इति नस्यम् ।।

(सु. चि. 40/21)

ऊर्ध्वं जत्रुविकारेषु विशेषान्नस्यमिष्यते ।

नासाहि शिरसो द्वारं तेन तद्व्याप्तं हन्ति तान् ।।

(अ. ह. सू. 20/1)

⁵⁰ मर्षश्च प्रतिमर्षश्च द्विधा स्नेहोऽत्र मात्राया । कल्काद्यैरवपीडस्तु स तीक्ष्णैर्मूर्द्धरेचनैः ध्मानं विरेचनश्चूर्णो

(अ. ह. सू. 20/7)

Man power:

- Ayurvedic Physician : 1
- Masseur : 1

Doses of *Nasya*:

<i>Matra</i>	<i>Marsha</i>	<i>Avapida</i>
<i>Uttama matra</i>	10 drops	8 drops
<i>Madhyam matra</i>	8 drops	6 drops
<i>Hriswa matra</i>	6 drops	4 drops

Pratimarsha nasya matra: 2 drops

Time of *Pratimarsha nasya*⁵¹

1. In the night
2. In the day
3. After food
4. After *Vamana*
5. After day sleep
6. After traveling
7. After exhaustion
8. After sexual relation
9. After *Siroabhyanga* (head massage)
10. After *Gandoosha* (gargles)
11. After urination
12. After *Anjana*
13. After defecation
14. After teeth cleaning
15. After laughing

Procedure:

The patient should sit or lie down in a comfortable posture. He has to undergo gentle massage over the head, forehead and face followed by mild *Swedana*. Slightly warm oil should be instilled in the prescribed dose in each nostril. Gentle massage is to be performed on the plantar and palmar regions, shoulder and back. The patient is allowed to spit if patient feels discomfort due to oil in the throat. After completion of the procedure, oil on the face is to be wiped off and complete rest is advised to the patient. Gargling with hot water may follow.

Dhoomapana (inhalation of medicated smoke) through mouth may be given after *Nasya*.

Dose of the oil: 4-8 drops per sitting.

⁵¹ निषाहर्भुक्तवान्ताहः स्वप्नाध्वश्रमरेतसाम् ।
विरोभ्यंजनगण्डूशप्रस्रावांजनवर्चसाम् ॥

Duration of the treatment: 7-14 days.

Indications⁵²:

- *Shirashula* (Headache)
- *Udharwajatrugata- Roga* (E.N.T. diseases)
- *Ardita* (Facial paralysis)
- *Manyastambha* (Cervical spondylitiss)
- *Timira* (cataract)
- *Vyanga* (Hyper pigmentation)

Contraindications⁵³:

- Pregnancy
- Immediately after taking food, water, alcohol etc.
- *Ajeerna* (Indigestion)

⁵² पेशास्त्वर्हाः, विशेषतस्तु षिरोदन्तमन्यास्तम्भ केवलं विकारकरं दोशमपकर्षति ।
(च. सि. 2/22)

⁵³ अषिरोविरेचनार्हास्तु अजीर्णिभुक्तभक्तपीतस्नेह अनृतौदुर्दिनेचेति ।।
(च. सि. 2/20)



NASYA



DHOOM AFTER NASYA

ABHYANGA (MASSAGE)

Abhyanga can be defined as the procedure of application of *Sneha Dravya* over the body with mild pressure. *Abhyanga* word is derived from 'Abhi' *upsarga* and 'anga' *dhatu*. Thus *taila/ghrita/vasa* etc. are rubbed over the body in directions comfortable to the patient. It improves strength and alleviates *Vata*. *Abhyanga* is a type of *Bahya Snehana*. It can be performed as therapeutic procedure as well as preventive procedure.

Materials and Equipments:

- *Abhyanga table* - 1
- Medicated oil - 100 to 150ml
- Vessel - 200ml. capacity
- Tissue paper/soft towel
- Green gram powder/ Medicated *Snana Churna*/ Medicated soap

Oils commonly used in the Abhyanga:

- *Masha taila*
- *Narayana taila*
- *Dhanvantara taila*
- *Karpasasthyadi taila*
- *Ksheera bala taila* etc.

Man power:

- Ayurvedic Physician : 1
- Masseur : 2

Procedure:

The patient is made to sit on the *Abhyanga table* with leg extended. The oil is to be heated to optimum temperature and applied over the head, ears, and soles of feet. Then the oil should be applied uniformly with mild pressure over the body by two masseurs standing on both sides of the table. Massage is to be started from scalp, head and move down to neck, upper back, shoulders, upper arms, fore arms, hands and then chest, abdomen, low back and lower limbs.

Abhyanga should be done in sitting, supine, right lateral and left lateral positions and prone position. At the end of the procedure the oil on the body is wiped off with tissue paper or towels.

Duration:

Usually 30 - 40 minutes.

Post operative procedure

Patient should take complete rest for half to one hour in a comfortable manner. Bath can be taken with hot water and medicated powder (*Snana churna*) or soap may be used to remove the oil and to clean the body. Light semisolid digestible diet may be advised after bath.

Indications:

- Neuromuscular disorders - *Pakshavadha* (Hemiplegia), *Shaishaveeya-vata* (Poliomyeliti *Pangu* (paraplegia) and *Gridhrasi* (Sciatica)etc.
- Rheumatological problems- Arthritis, Lumbago etc.
- *Vriddhavastha* (Old age)
- *Shirahshula* (Headache)
- *Angamarda* (Bodyache)
- Rejuvenation of the body

Contraindications:⁵⁴

- *Navajwara* (Acute fevers)
- *Ajeerna* (Indigestion)
- *Raktapitta* (Hemorrhagic disorders)
- *Atisara* (Diarrhoea)
- Immediately after *Panchakarma*

Actions⁵⁵:

- It provides smoothness and improves luster of the skin.
- It takes care of body-exhaustion
- It controls *Vata* (Neurological disorders)
- It improves vision
- It induces sound sleep
- It strengthens the body and gives longevity

Scientific explanation:

The *Abhyanga* with oils provides stimulation to the nerves. It improves the sensory motor integration. It also gives passive exercise to the muscles thereby strengthening them. The gentle pressure used during massage relaxes the muscles. *Abhyanga* also removes skin dryness and improves skin lustre.

⁵⁴ वज्र्योऽभ्यंग कफग्रस्त कृत संषुद्धयजीर्णिभिः ॥

(अ. ह. सू. 2/9)

⁵⁵ अभ्यंगमाचरेन्नित्यं स जराश्रमवातहा ।

दृष्टि प्रसाद पुष्टयायुःस्वप्नसुत्वक्त्वदाढर्यकृत ॥

शिरः श्रवण पादेषु तं विशेषेण शीलयेत् ।

(अ. ह. सू. 2/8-9)

ABHYANGA (IN VARIOUS POSITIONS)



ABHYANG IN VARIOUS POSITIONS





ABHYANG IN VARIOUS POSITIONS



KAYASEKA (PIZICHIL)

Kayaseka or *Pizhichil* with oil is a modified form of *Parisheka Sweda* developed as a specialty of Kerala. *Pizhichil* is the process by which the body is made to perspire by means of pouring warm medicated oil in a specific manner. It is a preparatory procedure of *Panchakarma* which has the advantage of producing *Snehana* and *Swedana* effect at the same moment.

Materials and Equipments:

- *Panchakarma Droni (Dhara table)* - 1
- Pillow (soft and comfortable) - 1
- Cotton cloth (40X40 cms) - 4 pieces
- Vessels 5 liter capacity - 4 no.
- Warm water for bath
- Towel/ tissue paper to wipe the oil from the body
- Heating arrangements (stove etc.)
- Piece of cloth rolled lengthwise, to be tied around the forehead to prevent flow of oil to the eyes.

Medicines:

- Medicated oil as per the prescription of physician. - 5 to 6 liters
- Medicated oil for head - 10ml
- *Rasnadi churna* - 5gms
- *Gandharva hasthadi kashaya* - 60ml

Man Power:

- Ayurvedic Physician : 1
- Masseurs : 2
- Attendant ; 2

Procedure:

The patient should be made to sit on the *Droni* with legs extended. Cotton swab (*Taila Pichu*) is to be applied over the scalp after soaking in suitable oil and *Karnapurana* (application of oil in the ears) is to be done. The rolled cotton cloth has to be tied above the ears around the head at the level of forehead. Ears should be plugged with cotton and oil is to be applied all over the body. Gentle massage is to be performed by two masseurs attending either side of the patient.

The oil for *Kayaseka* is to be heated by keeping the vessel on a hot water bath. The temperature of oil must be comfortable to the patient. Then piece of cloth is to be dipped in the warm oil and squeezed over body with the right hand. Simultaneously gentle massage is done with left hand. The oil should flow in uniform stream from the thumb facing down wards from a height 12 to 20 cms. or as per the condition of the disease / patient. The process is to be continued in seven positions as given below.

Positions for *Kayaseka*:

Basically three positions Sitting, Supine and prone are described but practically following seven positions can be followed:

- | | | |
|------------|------------------|-----------------|
| 1. Sitting | 2. Supine | 3. Left lateral |
| 4. Prone | 5. Right lateral | 6. Supine |
| 7. Sitting | | |

Post process measures:

After *Kayaseka*, the body of the patient is to be massaged gently and oil to be wiped off with clean towel over the scalp and body. Then fresh oil is to be applied all over the body and covered with blanket or cotton cloth. Rest is advised for few minutes followed by hot water bath. *Rasnadi Churna* is to be applied over the scalp and *Gandharva hasthadi kwatha* (60 ml) is to be given orally.

Duration:

The duration of the procedure may be 45 to 60 minutes and usually performed for 7, 14 or 21 days according to the condition of the disease/ patient.

Use of Oil:

It is desirable to use fresh medicated oil for *Kayaseka* every day. But as it is very costly, the same oil may be reheated, filtered and used for further three days. Another quantity of fresh oil is again to be taken and used as before for the next three days. The quantity of oil preserved after 1st and 2nd course of treatment can be used for the 7th day after heating and removing the sediments. Being completed the course of seven days; the residual oil is to be discarded.

Indications:

- Neuromuscular disorders - Hemiplegia, Paraplegia, Peripheral Neuropathy and other Degenerative conditions, Muscular and Ligamentous injuries

- Orthopaedic & Rheumatological problems - Rheumatoid Arthritis Osteoarthritis, other Degenerative joint disorders, Contusion injuries, Post fracture stiffness of joints, Dislocation of joints
- Rejuvenation therapy

Contraindications:

- Painful inflammatory conditions
- Acute stages of fever
- Gastro intestinal problems - Diarrhoea, Digestive disorders etc,
- Respiratory disorders - Cough, Breathing difficulty, Infections etc

Dietary regimen:

Normal diet can be prescribed. For rejuvenation, meat soups can also be given.

Scientific explanation⁵⁶:

This process stimulates neuromuscular system; increases the peripheral circulation, improves the functions of skin, sense organs and provides nourishment.

⁵⁶ धातूनां दृढतां करोति वृषतां देहाग्नि वर्णोजसा ।
 स्थैर्यं पाटवमिन्द्रियस्य जरसो माधं चिरंजीवितम् ॥
 अस्थानां भ्रमपाकरषि नितरां दोषान् समीरादिकान् ।
 सर्वस्नेहकृता सुखोष्ण सुभगा सर्वागधारा नृणाम् ॥



KAYASEKA (PIZICHIL)

SHASHTIKA SHALI PINDA SWEDA (NAVARAKIZHI)

Shashtikashali pinda sweda also known as *Navarakizhi* is a Kerala specialty of treatment in which the whole body or any specific part is made to perspire by the application of heated medicinal rice (*Navara*) puddings externally in the form of boluses tied up in a cotton cloth⁵⁷.

Materials and Equipments:

- Panchakarma Droni - 1
- Gas Stove - 1
- Vessels - 2 or 3
- Cotton pieces (1ft x 1 ft) - 4 no.
- Cotton thread - 2mtrs
- Palm leaves -8-10 in No.
- Towel
- Hot water for bath

Medicated oils commonly used for *Abhyanga*:

- *Mahamasha taila*
- *Dhanwantara taila*
- *Ksheera bala taila*
- *Karpasasthyadi taila*
- *Ashvagandha Bala taila*

Quantity required: approx.100ml

Medicated kwatha:

- *Dashmoola Kwatha/ Balamoola Kwatha* – 3 litres
- *Gandharva Hastadi Kwatha* – 60ml (orally)

Amalaki Kalka (paste of *Emblica officinalis*):

- Paste prepared after boiling in butter milk – 100gm

⁵⁷ तिलमाशकुलत्थाम्ल घृततैलाभिशौदनैः ।

पायसैः कृषरैमांसैः पिण्डस्वेदं प्रयोजयेत् ॥

(च. सू. 14/25)

Others:

- Cows milk – 3 litres
- *Shastika shali* (Special variety of rice) – 300 to 500gm

Man power:

- Ayurvedic Physician : 1
- Masseur : 2
- Attendant : 2

Mode of administration/ procedure⁵⁸:

300 to 500gm of *Shastika shali* (specific variety of rice, which is yielded after 60 days) is cooked with 1.5 liters of milk and decoction of *Balamoola* (root of *Sida cordifolia*) or *Dashamoola*. This mixture is to be kept in four pieces of cloth to make 4 boluses. Another portion of decoction and milk of the same quantity should be mixed and heated in low temperature to dip the above boluses for warming the *Pottali (Kizhi)*.

The patient should be properly massaged with suitable warm oil all over the body and head. The paste of *Amalaki Kalka* should be applied on the scalp. The warm *Pottalis (kizhi)* should be gently applied in synchronized manner by two masseurs on two sides of *droni*. They should ensure that the heat of the boluses is bearable to the patient by touching them over the dorsum of their hand. The temperature of the boluses should be maintained throughout the procedure by continuous use of four boluses. The process should be continued till the patient gets *Samyak Swinna Lakshana*⁵⁹. This process is also done in seven positions as in *Kayaseka* or as per the requirement.

⁵⁸ संशोधितानां कृडवद्वयं—प्राक् संशोधितम् षष्टिकं तंडुलानाम्
बलकषाये पयसा युतत्वान् विपाचयेत् षड्गुणिते यथावत् तंडुलानाम् ।
पिंडान् विदध्याद् अमुनाष्टचैका खण्डेषु नूतनेषु सुसुब्रबद्धान् ।
विपाच्यमाने क्वथिते बलाया क्षिपेदधैनान् पयसा समेते ॥
अभीक्षणं विक्षेपकवोष्णितैस्तैः विभ्यष्य मृदनान् यथोपदेशम् ।
शुभेमुहूर्ते कृतपूज्यपूजं यथोक्तस्तैलाकतं तनुं मनुष्यम् ॥
यामार्द्धकालेन समाप्तिमेति यथाकषायः सपस्क एषेः ।
तथा पचेत् तत्र मृदुक्षिपेच्च पिंडान् सुखोष्णी करणाय तेषां
ऊनापनीयखिलं लेपमंगायाथास्वतैलार्जितसर्वगाः
स्नातः सुखोष्णेन जलेन पथ्यभोजी भजेत् स्नेहविधानं चर्मन्मू

(आयुर्वेदिक ट्रीटमेन्ट ऑफ केरल पृ० 5–6)

⁵⁹ षीतषूलब्युपरमे स्तम्भगौरवनिग्रहे ।

संजाते मार्दवे स्वेदे स्वेदनाद्विरतिर्मता ॥

Post operative procedure:

At the end of the procedure, the paste of medicine remaining over the body should be scrapped off with palm leaves or in similar way and the body should be wiped off with dry soft towels. Then *Taila* swab is to be removed and *Rasnadi churna* is applied over the scalp. Medicated oil should be applied over the body and *Gandharva hasthadi kwatha* is given orally. The patient should take complete rest for at least half an hour and then take a bath with warm water.

Duration:

The total duration of the procedure may be 45 to 60 minutes. The procedure is usually performed for 7, 14 or 21 days according to the requirement.

Indications:

- Neuromuscular disorders - Hemiplegia, Paraplegia, Muscular wasting
- Diseases of joints -Osteoarthritis and other degenerative conditions
- Rejuvenation therapy

Contraindications:

- Acute fever
- Inflammatory and painful conditions, Myalgia
- Gastro intestinal problems like Diarrhoea, digestive disorders etc,
- Respiratory disorders - Cough, Breathing difficulty, Infections etc

Dietary regimen:

Light vegetarian diets consisting of liquids or semisolids are usually prescribed during the course of the treatment.

Scientific explanation:

By performing this procedure, massage, heat and pressure are provided to the body simultaneously with nourishment to the muscles and nerve endings.



ITEMS FOR SHASTIKA SHALI PINDA SWEDA



SHALI SHASHTIKA PINDA SWEDA

AVAGAHA SWEDA (SITZ BATH)

Avagaha sweda is a type of *Swedana* (sudation) in which the patient is made to sit/ lie in a tub containing medicated decoction for a certain period of time so as to give fomentation to the body⁶⁰.

Materials and Equipments:

- Bath Tub (6ft x 2.6ft x1.4ft) - 1
- Vessels - 2
- Decoction of medicinal plants - 40-60 litres
- Oil for *Abhyanga* - 100ml
- Towel/ tissue paper

Medicines:

Usually the following Decoctions are used for this purpose

- *Sahachara kwatha*
- *Nirgundi kwatha*
- *Dashmoola kwatha*

Man power:

- Ayurvedic Physician : 1
- Masseur : 2

Mode of administration/ procedure:

The patient should be massaged properly and advised to sit in the tub (containing warm decoction) for 20 to 30 minutes. It should be ensured that the lower part of the body is submerged in the decoction. To maintain continuous uniform temperature, fresh warm liquid may be added to the decoction after small intervals. After completion of this procedure, body should be wiped off. The patient should be advised to take hot water bath followed by light food. *Gandharva Hastadi Kwatha* is to be given afterwards for drinking. The treatment may be given for 3-7 days or as per Physician's directives based on patient/ disease condition.

⁶⁰ तैरेव वा द्रवैः पूर्णे कुण्डं सर्वांगेऽनिले ।
अवगाह्यातुरस्तिष्ठेदर्शः कृच्छादिरुक्षु च ॥

(अ. ह. सू. 17/11)

Indications:

- Lumbo sacral pain and degenerative conditions
- Neurological problems of hip and lower limbs
- Lower gastro intestinal problems
- Urogenital problems like renal calculi, retention of urine etc.
- *Bhagandara* (Fistula-in-ano)
- *Arsha* (Piles)

Contraindications:

- *Nava Jwara* (Acute fevers)
- *Atisara* (Diarrhoea)
- *Prasuta* (Purpuration)
- *Madhumeha* (Diabetes)

Dietary regimen:

Light easily digestible diet preferably liquids and semisolids.

Scientific explanation:

This is a process in which stimulation to nerves and relaxation to muscles is provided through heat and fomentation to the back, perineum, thighs and lower abdomen. It is also a local treatment for *Arsha* (piles) and *Bhagandara* (fistula).



AVAGAHA SWEDA (SITZ BATH)

UPANAHA (POULTICE)

Upanaha is one type type of *Swedana* (sudation) in which the medicines are made in to a paste after boiling with suitable liquid and applied over a specific area. It is to be covered with *Vatahara* leaves and bandaged with thick cloth which can be removed after 12 hours. *Acharya Chakrapani* described the *Upanaha sweda* in to two types (i.e. *Sagni*, *Niragni*).

Materials

- Fine powder of prescribed drugs -50gms
- *Taila/ Ghrita* -15-25 ml
- *Amla dravya*
(*Dhanyamla/ Curd*) -50-100ml
- *Saindhava* (rock salt) -20-30gms
- Leaves of Eranda (*Ricinus communis*) QS
- Thick cotton/ woolen cloth QS
- Vessel -1
- Stirrer (Spoon) -1

Man power:

- Ayurvedic Physician : 1
- Masseur : 1

Procedure⁶¹

Saindhava and powdered drugs are to be taken in a vessel along with sufficient quantity of *Taila/ Ghrita* and *Amla dravya* and then heated. This mixture is stirred continuously till it becomes thick paste. Warm oil should be applied in the area where *Upanaha* is to be done. Then the above paste with bearable heat should be applied. The area where the paste is applied should be covered with *Eranda patra* or other prescribed leaves and bandage to be done with thick cotton cloth. This can be removed and cleaned after 8 – 12 hours followed by oil to be applied.

⁶¹ उपनाहो वचाकिण्णोवषतहवादेवदारुभिः ।
धान्यैः समस्तैर्गन्धैश्च रासनैरण्डजटामिश्रैः ॥
उद्रिक्तलवणैः स्नेहचुक्रपयःप्लुतैः ।
केवले पवने, प्लेश्मसंसृष्टे सुरसादिभिः ॥
पित्तेन पद्मकाद्यैस्तु साल्वणाख्यैः पुनः पुनः ।
(अ.ह.सू. 17/2-3)

रात्रौ बद्धं दिवा मुन्वेन्मुन्वेद्वात्रौ दिवाकृतम् ।
विदाहपरिहारार्थं, स्यात् प्रकर्शस्तु शीतले ॥
(च. स. सू. 14/38)

Indications:

- Head ache
- Arthritis
- Bursitis
- Frozen shoulder
- Varicose vein
- Tumor
- Plantar fasciitis
- Cervical spondylosis

Contraindications

- Severe inflammation of skin
- Infections

Diet:

Normal diet

Scientific observation:

It is a type of *Swedana* (sudation) that imparts heat to a specific area resulting into reduction of swelling and pain. It improves the blood circulation and thus, mobilizes the waste materials of that area.

PATRA PINDA SWEDA

Patra Pinda Sweda refers to the *Swedana* (sudation) performed by specially prepared bolus of medicinal leaves⁶². In this process leaves of *Vatahara* drugs are cut into pieces and fried with rock salt and suitable medicated oil. This hot mixture is tied in cotton cloth as boluses for application over the body.

Materials and Equipments:

- *Panchakarma Droni* - 1
- Frying pan - 1
- Vessels for heating - QS
- Gas stove - 1

Ingredients:

- Leaves of various herbs (chopped into pieces) -1 kg
- Grated coconut -100 gms
- Rock salt -15 gms
- Lemons - 2
- Medicated oil - 100ml

The leaves commonly used:

- Eranda (*Ricinus communis*)
- Amlika (*Tamarindus indica*)
- Karanja (*Pongamia glabra*)
- Shigru (*Moringa oleifera*)
- Dhatura (*Datura metel*)
- Arka (*Calatropis procera*)
- Nirgundi (*Vitex Negundo*)

The Medicated Kwatha:

- Gandharva Hastadi Kwatha – 60 ml. (orally)

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ऊष्मा तूत्कारिका लोष्टकपालोपलपांसुभिः ।

पत्रभंगेन धान्येन कशीषसिकतातुषैः ॥

अनेकोपायसन्तप्तैः प्रयोज्यो देशकालतः ।

(अ. ह. सू. 17/6-7)

Commonly used oils:

- *Karpasasthyadi taila*
- *Kottamchukkadi taila*
- *Balaashwagandhadi taila*
- *Dhanwantara taila etc.*

Man power:

- Ayurvedic Physician : 1
- Masseur : 2

Mode of administration/ procedure:

The leaves and lemon are cut into very small pieces and fried with medicated oil and rock salt in a frying pan by giving proper heat. The mixture so prepared is put into a small piece of cloth and tied up into two boluses. The bolus (*pottali*) should be gently applied in synchronized manner. This bolus is applied hot to the skin already smeared with warm medicated oil. To maintain its temperature, the bolus is intermittently kept warm by heating on the frying pan.

Post operative procedure:

At the end of the procedure body should be wiped off with dry soft towel. Gandharva Hastadi Kwatha is to be given orally. The patient should take complete rest for at least an hour and then allowed to take bath with warm water.

Indications:

- Neuro muscular disorders - *Pakshavadha* (Hemiplegia), *Gridhrasi* (Sciatica)
- Rheumatological conditions - Arthritis due to various reasons-*Amavata*, *Sandhivata*, *Katishula*, *Avabahuka* etc.

Contraindications:

- *Taruna Jwara* (Acute fever)
- *Atisara* (Diarrhoea)
- *Raktapitta* (Hemorrhagic disorders)
- *Twak Vikara* (Infective eczema, Psoriasis etc.)

Dietary regimen:

Light diet preferably liquids and semisolids.

Scientific explanation:

It is a kind of *Swedana* (sudation) where heat, pressure and oil are applied simultaneously with some *Vatahara* drugs. So this may stimulate and strengthen neuromuscular system resulting in reduction of pain and inflammation.



INGREDIENTS FOR PATRAPINDA SWEDA



PATRA PINDA SWEDA



CHURNA SWEDA

Churna Sweda is a kind of *Swedana* (sudation) given by powder of various herbs made as *pottalis (bolus)* and application of these *pottalis* over the body after heating.

Materials and Equipments:

- Medicinal powder : 200-400gm
- Lemon : 2-4 pieces
- Rock Salt : 15-30 grams
- Oil : 25-50 ml
- Gas stove : 1
- Others - Cotton cloth, thread, *Panchakarma Droni*, frying pan, big spoon

Medicines:

Any of the following

- *Kola Kulutthadi churna*
- *Jatamayadi churna*
- *Tilamashadi churna*

The Medicated Kwatha:

- Gandharva Hastadi Kwatha – 60 ml. (orally)

Commonly used oils:

- *Karpasasthyadi taila*
- *Kottamchukkadi taila*
- *Balaashwagandhadi taila*
- *Dhanwantara taila etc.*

Man Power

- Ayurvedic Physician : 1
- Masseur : 2

Mode of administration/ procedure:

Powder of medicinal plants/ seeds, lemon, rock salt are mixed together and fried with medicated oil. This mixture is tied up in a cotton cloth to prepare a bolus.. This bolus is heated in oil and applied with mild pressure over the body after gentle massage.

Post operative procedure:

At the end of the procedure body should be wiped off with dry soft towel. Gandharva Hastadi Kwatha is to be given orally. The patient should take complete rest for at least an hour and then allowed to take bath with warm water.

Indications:

- Neuro muscular disorders - Myalgia, *Gridhrasi* (Sciatica) etc
- Rheumatological conditions- Arthritis due to various causes
- Cervical spondylitis

Contraindications:

- Acute inflammatory conditions
- Acute fevers
- Haemorrhagic disorders
- Pregnancy

Dietary regimen:

Light food preferably liquids and semisolids

Scientific explanation:

It is a kind of fomentation that stimulates nerve endings, relaxes muscles and relieves pain.

SHIRODHARA

Shirodhara is a type of *Murdha taila*⁶³ (Application of oil to the Head/ scalp), in which prescribed medicated oil/ liquid is continuously poured over the forehead and then allowed to flow over the scalp from a specific height for a certain period of time.

Materials and Equipments:

- *Shirodhara device* – 1
- *Dhara table* – 1
- Suitable liquids for *Shirodhara* – 3 litres

Medicines:

Any of the following:

Oils:

- *Karpasasthyadi taila*
- *Ksheera bala taila*
- *Chandadi taila*
- *Dhanvantara taila*
- *Narayana taila.*

Other liquids:

- Buttermilk prepared with Amalaki (*Emblica officinalis*).
- Decoction of Yashtimadhu (*Glycyrrhiza glabra*)
- Milk
- Coconut water

Man Power:

- Ayurvedic Physician : 1
- Attendant : 2

Mode of administration/procedure:

The patient is to be massaged on the head with suitable oil. In certain cases whole body massage is also done before *Shirodhara*. Patient should lie in supine position on the *Droni* with a pillow under the neck and the *Shirodhara device* is placed over the head. Its height is fixed in such a way that suitably warm oil/ medicated liquids should fall from a height of 8 to 10 cm in a continuous stream of the thickness of a little finger over the forehead. The oil/ liquid poured is recollected and reheated just above the body

⁶³ अभ्यङ्गसेकपिचवो बस्तिश्चेति चतुर्विधम् ।
मूर्धतैलम् बहुगुणं तद्विद्यादुत्तरोत्तरम् ॥

(अ. ह. सू. 22/23)

temperature and again poured in the *Dhara Patram*. The attendant should move the vessel to both sides of the fore head so that the flow of liquid reaches both sides properly. After this process, the oil is to be wiped off and the patient is advised to take bath with medicated warm water after half an hour.

Duration:

It may be done for 7, 14 or 21 days as per the severity of the disease.

Indications⁶⁴:

- Cerebrovascular disorders - Hemiplegia
- Cerebral palsy
- Facial palsy
- Headache
- Insomnia
- Cervical Spondylitis
- Anxiety Neurosis
- Other psychological disorders
- Eye diseases of neurological origin etc.

Contraindications:

- Space occupying lesion in the brain
- Glaucoma
- Fever
- Conjunctivitis
- Inflammatory conditions of head

Dietary regimen:

Light diet, preferably semisolids and liquids

Scientific explanation:

Constant flow of liquid in a specified manner relaxes the mind, calms and tranquillizes the patients. It pacifies *Vata*.

⁶⁴ अरुषिकाशिरस्तोददाहपाकव्रणेषु तु ।

परिषेकः पिचुः केशाशातस्फुटनधूपने ॥

(अ. ह. सू. 22/24)



MATERIALS FOR SHIRODHARA



SHIRODHARA



SHIROLEPANA

Shirolepana is a procedure of application of paste of medicines on head for a specific period of time.

Materials Required:

- Musta (*Cyperus rotundus*) 10-20gm.
- Dried Dhatri phala (*Emblica officinalis*) - 250 gm
- *Takra* (Butter milk) - 500 ml.
- *Taila* (Suitable oil) - 20 ml.
- Lotus leaves - QS
- Rasnadi Choorna (*Pluchea lanceolata*) - QS

Preparation of *Takra* & Paste:

Milk is boiled with Musta (Cyperus rotundus). Curd is made from this boiled and cooled milk. Takra is prepared from this curd and Amalaki (Emblica officinalis) is to be soaked in Takra for over night. The next day paste is prepared from this mixture.

Preparation of the patient & Procedure:

The head of the patient is to be shaved and medicated oil applied over the body and scalp. Patient has to sit comfortably in a chair and *Varti* is to be tied around his head. Thereafter paste should be applied on his head with a thickness of 3 inches. At the center, a dip (trench) is made and *taila* is poured into it. Lotus leaves are to be covered on the applied paste and tied around the head. After one hour, lotus leaves and the paste should be removed. Afterwards head is to be washed and *Rasnadi Choorna* is to be applied.

Man power:

- Ayurvedic physician : 1
- Attendant : 1

Time and duration:

Morning, between 8 AM to 10 AM for one hour daily.

The course of treatment may be continued for 7 days or 14 days.

Indications:⁶⁵

- *Nidranasa* (Sleeplessness)
- *Shirahshula* (Headache)
- *Pitta Raktaja Shirorogas*
- *Twak Rogas* (Psoriasis, Eczema etc.)

⁶⁵ पित्तरक्तसमुत्थानौ शिरोरोगौ निवारयेत् शिरोलेपैः ससर्पिश्कैः परिशेकैष्वषीतलैः ।
क्षीरेक्षुरसधान्याम्लमस्तुक्षौद्रसिता जलैः ॥

Contraindications:

Cold, Fever, Sinusitis and other inflammatory conditions.

Diet:

Normal diet

Scientific observation:

It provides tranquility to the head and brain soothes the mind and nourishes the brain cells. It is found very effective in mental retardation, loss of memory and in psychiatric problems.

SHIROVASTI

Shirovasti is a type of *Murdha taila*⁶⁶, in which the medicated oil is kept over the head with the help of a cap fixed for a prescribed period of time.

Materials & equipments required:

- Rexene/ leather cap (75cm X 25cm) - 1
- Black gram flour - 250gms
- Medicated oil - 1.5 litres
- Cotton cloth (5cm X 60cm) - 2
- Gas Stove - 1
- Hot water bath - 1
- Vessels - 3
- Rasnadi churna (*Pluchea lanceolata*) - 5gm
- Arm chair - 1

Medicated oils commonly used :

- *Dhanwantara taila*
- *Narayana taila*
- *Balataila*
- *Ksheerabala taila*
- *Chandanadi taila*
- *Karpasasthyadi taila*

Method of administration & Procedure:

The patient is made to sit comfortably in a armed chair .The strip of cloth smeared with paste of black gram powder should be wound around the head 2 cm above the eye brows. It must be tight enough to prevent leaking of oil, but not causing any discomfort. Then the cap is to be fixed over the strip and the junctions are to be sealed with black gram paste. To seal the junctions leak free, another layer of cloth smeared with the paste is also applied over the cap.

The medicated oil heated just above the body temperature is to be slowly poured inside the cap over the head without any discomfort to the patient .The oil is to be filled up to a height of 5 cm above the scalp. Temperature of the oil (warmness) is to be maintained by replacing with warm oil at regular intervals. The process is to be continued for 45 minutes.

At the end of the procedure, the oil is to be taken out by dipping cotton piece and squeezing in a container so as to recollect the oil. After this the cap is removed and head Wash is done. After wiping off the oil with clean and dry towel, *Rasnadi Churna* is applied. Gentle massage is performed on shoulder, neck forehead and back.

⁶⁶ अभ्यङ्गसेकपिचवो बस्तिश्चेति चतुर्विधम् ।
मूर्धतैलम् बहुगुणं तद्विद्यादुत्तरोत्तरम् ॥ (अ. ह. सू. 22 / 23)

Man Power:

- Ayurvedic Physician : 1
- Attendant : 1

Duration and time:

The usual course of therapy is 7 days and is usually done in the afternoon or evening (between 3 and 5 PM) for an average time of 45 minutes.

Indications:

- Neurological disorders such as Hemiplegia, Facial palsy
- Numbness
- Sleeplessness
- Dryness of mouth and nose
- Eye diseases
- Severe /chronic diseases of head

Contraindications:

- Acute inflammatory conditions
- Infections

Dietary regimen:

Light diet, liquids and semisolids are preferable.

Scientific observations:

- Treatment for *Vata vikaras* of head
- Useful in neurological complaints, chronic diseases, etc.
- Strengthens the organs in the head and soothes the mind



SHIROVASTI





SHIROVASTI

KATI VASTI

Kativasti is a procedure in which comfortably hot medicated oil is kept over the lumbosacral area or any adjacent part for a certain period of time with the help of a cap like hollow structure.

Materials and Equipments:

- *Panchakarma table* - 1
- Vessels - 3
- Spoon - 1
- Cotton QS
- Hot water for bath - 1
- Medicated oil - 1Lt.
- Black gram powder - 1 Kg.
- *Dashamula Kwatha* for *Nadi Sweda*

Medicines:

Any of the following Medicated oils can be used:

- *Karpasasthyadi taila*
- *Sahacharadi taila*
- *Masha taila*
- *Dhanvantara taila*
- *Kottumchukkadi taila*.
- *Mahanarayana taila*

Mode of administration/ procedures:

Black gram powder is to be mixed with sufficient quantity of water to make a thick paste (dough). It is then rolled into a flat slab like structure having length of about 45 to 60 cm, thickness of 2-3 cm and height 5 cm. Selected patient should undergo *Abhyanga* (massage) all over the body and then *Nadi sweda* (Medicated steam) on the low back & legs. Patient is advised to lie down in prone position. The prepared dough is to be fixed on the lumbosacral area in a circular shape, taking care not to cause any leakage of oil.

The oil should be heated up to warmness over the water bath and poured slowly inside the ring. Its uniform temperature must be maintained throughout the process by replacing warm oil. The oil is to be kept for 30-40 minutes. After the prescribed time, oil is to be removed by dipping cotton and squeezing in a container. Dough can be removed afterwards, and the area is to be wiped off followed by cleaning with lukewarm water. Thereafter the patient is advised to take rest. Oil used once may be filtered and reused for next two days. 4th day the oil to be used should be fresh.

Man power:

- Ayurvedic physician : 1
- Attendants : 2

Time and duration:

30-40 minutes daily.

The course of treatment may be continued for 7 days or 14 days.

Indications:

- Lumbo sacral pain - Lumbar spondylosis, PIVD etc.
- Neuro muscular disorders - *Gridhrasi* (Sciatica), *Katishula*

Contraindications:

- Acute fever
- Acute stage of Rheumatoid arthritis
- Inflammatory or infective conditions
- Haemorrhagic disease
- Kidney disease

Dietary regimen:

Normal diet

Scientific explanation:

Keeping the medicated oil for specific period of time on the affected area may nourish the nerves, muscles and joints in the particular region. The heat of the oil also gives passive fomentation. It gives relief from symptoms.



KATI BASTI



URO VASTI

Retaining warm medicated oil on specific area of chest for a specified period of time is called *Uro Vasti*.

Materials and Equipments:

- *Panchakarma table* - 1
- Medicated oil - 500ml
- Black gram powder - 500gm - 1 Kg.
- Cotton gauze QS

Medicated oil (any of the following):-

- *Karpasasthyadi taila*
- *Panchaguna taila*
- *Balaashwagandhadi taila*
- *Bala taila*
- *Narayana taila*
- *Kottumchukkadi taila*

Man Power:

- Ayurvedic Physician : 1
- Masseur : 1

Mode of administration/ procedure;

Black gram powder is made in to dough by mixing it with water. The patient has to lie down in supine position. A trough is to be made with this dough on chest or heart region. Medicated oil has to be filled in it and retained for 30 to 40 minutes. After the specified time, the oil is to be removed with the help of cotton gauze. Thereafter, trough can be removed and oil wiped off. The patient is to be advised to take rest. Usually the procedure is done for 7days.

Indications:

- Muscular pain/stiffness of the chest
- Chronic injury of Chest

Contraindications:

- Status asthmaticus
- Tuberculosis
- Bleeding disorders

Dietary regimen:

Normal diet

Scientific explanation;

Keeping the medicated oil for specific period of time on the affected area may nourish the nerves, muscles and joints in that particular part.



URO VASTI

AKSHI TARPANA

In this process, medicated ghee is retained over eyes for 15-20 minutes.

Materials and Equipments:

- *Panchakarma Droni* - 1
- Medicated Ghee - 50ml
- Black gram powder - 250gm

Medicines:

The following medicated ghee preparations are commonly used.

- *Jeevantyadi Ghrita*
- *Patoladi ghrita*
- *Triphala Ghrita* etc.

Man power:

- Ayurvedic Physician : 1
- Attendant : 1

Procedure⁶⁷:

Black gram powder is to be made in to dough by using water. The patient is to be advised to lie down in supine position. Gentle massage is to be done on head, eyes and face. A trough is to be made with this dough around both eyes, approximately 2 cm in height around the eyes. Medicated ghee (a little below body temperature but in liquid form) is to be filled inside the trough. It is to be kept for 15-20 minutes and then the ghee is to be collected by the gauze. The face should be wiped off with clean dry towel. Thereafter eyes should be covered with the leaves of lotus or petals of rose and the patient is to be advised to sit away from the sunlight for a day. It may be done for 7 to 14 days.

⁶⁷ आतुरे शान्तरागाश्रुशूलसंरम्भदूषिके ।
निवाते तर्पणं योज्यं शुद्धयोर्मूर्च्छकाययोः ॥
काले साधारणे प्रातः सायं वोत्तानशायिनः ।

(अ. ह. सू. 24/3)

Indications⁶⁸:

- Ophthalmological conditions
- Xerophthalmia
- Optic nerve atrophy

Contraindications:

- Conjunctivitis

Scientific explanation:

This process may nourish the structures in the eyes. It strengthens the optic nerve.

⁶⁸ नयने ताम्यति स्तब्धे शुष्के रुक्षेऽभिघातिते ।
वातपित्तातुरे जिह्वे शीर्णपक्ष्माविलेक्षणे ॥
कृच्छ्रोन्मीलशिराहर्षशिरोत्पाततमोऽर्जुनैः ।
स्यन्दमन्थान्यतोवात वातपर्यायशुक्रकैः ॥

(अ. ह. सू. 24 / 1-2)



AKSHI TARPANA

PASHCAT KARMA (POST OPERATIVE REGIMEN)

The patient should take complete rest for an equal period of time for which he has undergone the therapeutic procedure. *Pashcat Karma* is done as the patient requires to regain the strength of *Dhatus* and to come to normalcy.

*Peyadi Samsarjana Karma*⁶⁹ is to be followed in all cases undergone *Panchakarma* procedures i. e., liquids, semisolids and solid diet is given successively. The patient should use hot water for all purposes and should observe *Brahmacharya* (Celibacy) during *Pashcat Karma*. Sleeping in day time is to be avoided and proper sleep in the night is to be maintained. Natural urges should not be controlled forcibly. The patient should be free from physical and mental exertion and should not be exposed to smoke, excess cold, sun rays, wind etc. Traveling, sitting idle for a long time and talking in a high voice are to be avoided. Soft and low pillows are to be used. *Gandharva Hastadi Kwatha* is usually given for *Vatanulomana* during the course of therapy. *Rasayana Chikitsa* may be administered to the patient after this period.

Some of the important *Rasayanas* (10-15gm twice daily) used are:

- *Chayavanprasha*
- *Agastya Haritaki*
- *Sukumar Rasayana*
- *Brahma Rasayana*
- *Naarsimha Rasayana*

Single *Rasayana*/ *Vajikarana* drugs:

- *Vardhman Pippali*
- *Lashuna Kalpa*
- *Shilajatu*
- *Ashwagandha*
- *Masha Atmagupta Rasayana*
- *Musali etc.*

⁶⁹ भोज्योऽन्नं मात्रया पास्यन् श्वः पिबन् पीतवानपि ।

द्रवोष्णमनभिष्यन्दि नातिस्निग्धमसंकरम् ॥

ऊष्णोदकोपचारी स्याद्ब्रह्मचारी क्षपाशयः ।

न वेगरोधी व्यायामक्रोधशोकहिमातपान् ॥

प्रवातयानयानाध्वभाष्यात्यासनसंस्थितीः ।

नीचात्युच्चोपधानाहः स्पज्जधूमरजांसि च ॥

यान्यहानि पिबेत्तानि तावन्त्यन्यान्यपि त्यजेत् ।

सर्वकर्मस्वयं प्रायो व्याधिक्षीणेषु च क्रमः ॥

(अ. ह. सू. 16/25-28)

LIST OF ESSENTIAL EQUIPMENTS REQUIRED FOR SETTING UP OF A PANCHAKARMA THEATRE

1)	Massage table (Wooden/ Fibre)	:	2	Length: 7 feet Width: 3 feet Height: 2.5 feet
2)	<i>Panchkarma Droni (Dhara Droni)</i>	:	2	Length: 9 feet Width: 2.5 feet Height: 2.5 feet
3)	<i>Shirodhara</i> Vessels	:	2	Stainless steel vessels 3 litre capacity
4)	<i>Vasti Netra</i> (disposable)	:	30 no.	
5)	<i>Nasya</i> applicator/ dropper	:	2	
6)	Geyser	:	1	
7)	Hot fomentation instruments (Steam chamber)	:	2	
8)	Leather Cap (for <i>ShiroVasti</i>)	:	2	
9)	Gas Stove/heating apparatus	:	2	
10)	Tub (for <i>Avagaha sweda</i>)	:	2	
11)	Small vessels, Spoons	:	4	

NB: Automated instruments may also be used as per the availability.



PANCHAKARMA DRONI (TUB)

MEDICINES COMMONLY USED IN PANCHAKARMA THERAPY

TAILAS (OILS)

1. *Anu taila*
2. *Bala Guduchyadi taila*
3. *Chandanadi taila*
4. *Chandanabala Lakshadi taila*
5. *Dashamoola taila*
6. *Dhanwanthara taila*
7. *Eranda taila*
8. *Karpasaasthyadi taila*
9. *Kottamchukkadi taila*
10. *Ksheerabala taila*
11. *Lakshadi taila*
12. *Mahamashadi taila*
13. *Mahanarayana taila*
14. *Nirgundyadi taila*
15. *Prabhanjana taila*
16. *Prasarini taila*
17. *Sahacharadi taila*
18. *Saindhavadi taila*
19. *Shadbindu taila*
20. *Tila taila* (Sesame oil)
21. *Pinda taila*

CHURNAS/ AVALEHA/ RASA

(Powders/ Confectionery/ Herbomineral preparations)

1. *Jatamansayadi Churna*
2. *Dashamula Kwatha Churna*
3. *Kottam Chukkadi Churna*
4. *Madanaphaladi Churna*
5. *Upanaha Churna*
6. *Kalyanaka Avaleha*
7. *Icchabhedi Rasa*
8. *Gandharava Hastadi Kwatha Churna*
9. *Rasnadi Churna*

OTHERS

1. Balamula (Root of <i>Sida cordifolia</i>)
2. Nirgundi (<i>Vitex negundo</i>)
3. Amalaki churna (<i>Emblica officinalis</i>)
4. Dhatura (<i>Datura metel</i>)
5. Musta (<i>Cyperus rotundus</i>)
6. Trivrit (<i>Operculina turpethum</i>)
7. Aragwadha (<i>Cassia fistula</i>)
8. Goghrita (Ghee)
9. <i>Saindhava lavana</i> (Rock salt)
10. <i>Madhu</i> (Honey)
11. <i>Shatawha</i> (<i>Anethum sowa</i>)
12. Leaves of Karanja (<i>Pongamia pinnata</i>), Shigru (<i>Moringa oleifera</i>), Arka (<i>Calotropis procera</i>), Eranda (<i>Ricinus comunis</i>), Amlika (<i>Tamarindus indica</i>), Padmaka (<i>Nelumbo nucifera</i>) etc.
13. Vacha (<i>Acorus calamus</i>)
14. <i>Mudga</i> and <i>Masha Churna</i> (Green and black gram powder)
15. <i>Shashtika Shali Dhanya</i> (a variety of rice yield after sixty days)
16. <i>Takra</i> (Butter milk)
17. <i>Dugdha</i> (Milk)
18. <i>Narikela jala</i> (Coconut water)

SPECIFICATIONS OF PANCHAKARMA THEATRE

In the existing hospitals, there should be separate wards for males and females to carry out the various *Panchakarma* procedures as per following details:

MALE PANCHAKARMA SECTION	:	<ul style="list-style-type: none"> 1 <i>Snehan Kaksha</i> (Room) 14' x 12' 1 <i>Swedan Kaksha</i> (Room) 14' x 12' 1 <i>Vasti Kaksha</i> (Room) 10' x 10' 1 <i>Shirodhara Kaksha</i> (Room) 10'x10'
FEMALE PANCHAKARMA SECTION	:	<ul style="list-style-type: none"> 1 <i>Snehan Kaksha</i> (Room) 14' x 12' 1 <i>Swedan Kaksha</i> (Room) 14' x 12' 1 <i>Vasti Kaksha</i> (Room) 10' x 10' 1 <i>Shirodhara Kaksha</i> (Room) 10'x10'
SPECIAL PRIVATE ROOM ARRANGEMENT	:	At least 4
O.P.DEPARTMENT	:	300 sq. ft
DISPENSING AND PHARMACY UNIT	:	400 sq. ft
KITCHEN AND CANTEEN	:	800 sq. ft
LABS FOR INVESTIGATION	:	Routine Biochemical and Hematological investigation
OFFICE AND RECORD SECTION	:	As per requirement

STAFF REQUIRED FOR PANCHAKARMA SPECIALITY CENTER

1.	Medical Superintendent MD (Ay.) in <i>Kayachikitsa (Panchakarma)</i> With 10-12 years experience in the profession 1	
2.	<i>Panchakarma specialist</i> (Male) MD (Ay.)	1
3.	<i>Panchakarma specialist</i> (Female) MD (Ay.)	1
4.	Resident Medical Officers	2
5.	Male Masseurs (<i>Panchakarma</i> technicians)	4
6.	Female Masseurs (<i>Panchakarma</i> technicians)	4
7.	Staff nurses (Round the clock)	5
8.	Kitchen staff	3
9.	Cleaning services	4
10.	Pharmacist	3
11.	Record keeper	1

SOME PANCHAKARMA CENTRES IN INDIA

1. Central Govt. Health Scheme Ayurvedic Hospital, Lodhi Road, New Delhi.
2. Central Research Institute for Ayurveda, Cheruthuruty, Kerala
3. Central Research Institute for Ayurveda, Road No. 66, Punjabi Bagh, New Delhi.
4. Dept. of Kayachikitsa, Faculty of Ayurveda, Institute of Medical Sciences, B.H.U., Varanasi.
5. Govt. Ayurvedic College, Tripunithura
6. Govt. Ayurvedic College, Trivandrum
7. Institute for Post Graduate Training and Research, Gujarat Ayurveda University, Jamnagar.
8. Kerala Ayurveda Pharmacy and Nursing Home, Alwaye, Kerala.
9. Keraleeya Ayurveda Samajam Shoranur, Kerala.
10. Maniben Ayurveda Hospital, Ahmedabad.
11. National Institute of Ayurveda, Madhav Vilas, Amer Road, Jaipur, Rajasthan.
12. Sitaram Ayurveda Health Centre, Press club Road, Trichur
13. Vaidyaratana Aushadhasala & Nursing home Taikkattussay, Ollurtrichur Dist. Kerala
14. Vasudeva Vilasam Nursing Home, Trivandrum.
15. Aryavaidyasala, Kottakala Post, Mallapuram Distt., Kerala.
16. Holy Family Hospital, Okhala Road, Jamia Nagar, New Delhi.
17. Moolachand Khairati Ram Hospital, Lajapata Nagar, New Delhi.
18. Aryavaidyasala Kottakala, Ayurvedic Hospital and Research Centre, 18X-19X, Institutional Area, Karkarduma, Delhi-110092.

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From:

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