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Review Article

Ayurveda description of *Panchkarma* for the management of life style disorders

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ABSTRACT

Ayurveda is indigenous system of medical science offers various therapeutic modalities for the management of healthy living. Ayurveda not only emphasized curative approaches for health management but also suggested some preventive measures as. *Panchakarma* is one of them which come under *Shodhana Chikitsa* of ayurveda system; it play crucial role towards the prevention and treatment of various diseases. *Panchakarma* offers calming and detoxifying effect, it improves circulation, balances mood & behavior, regulate metabolic activities and boost muscular tone therefore recommended for various diseases related to the disturbed pattern of life style such as; obesity, thyroid, diabetes, sleeplessness, headache, depression and anxiety. Different approaches of *Panchakarma* therapy like; *Vamana*, *Virechana*, *Basti*, *Nasya*, *Raktamokshana*, *Shirodhara* and *Abhyanga* may be utilized effectively for the management of above mentioned life style disorders. Present article summarized therapeutic importance of *Panchakarma* therapies for the management of diseases which occurs due to the in disciplinary life style pattern.

Keywords: *Ayurveda*, *Panchakarma*, *Diabetes*, *Depression* and *Anxiety*.

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INTRODUCTION

Life style related disorders are rapidly growing medical problem in India due to the disturbed and stressed living of mass population. Avoidance of early wake up, lack of exercise, disturbed timing of meal and sleep, bad food habits and ignorance of principles of *sadavrita* induced pathogenesis of various diseases such as; thyroid, obesity, diabetes, sleeplessness, migraine, depression, cardio vascular elements, high cholesterol, hypertension, stroke and anxiety¹⁻⁵. As per general principle of science these all diseases attributed to the consequences of in disciplinary life style. It is believed that large number of world population currently suffering from such types of diseases due to the increase level of in disciplinary life pattern. Lack of physical exercise, consumption of unhealthy food, late night working culture, day time sleeping habits, *chintan*, continuous seating on chair, excessive bike riding and

exposure to environmental pollution are some major activities associated with modern life style which greatly affecting health of people globally²⁻⁶. These factors may initiates pathogenesis of symptoms such as; *mansavaha dushti*, *agni dushti*, *kapha dushti* and *medovaha dushti* which further resulted various chronic disorders. Ayurveda suggested following rules of *dincharya* as mentioned in ancient text along with preventive approaches such as; *Panchakarma*. The various modalities of *Panchakarma* help to balances *Doshas*, *Dhatus*, *Meda* and *Mansadushti*, *Panchakarma* also help to remove *ama* (toxins) therefore prevent lifestyle disorders (**figure 1**). *Panchakarma* improves digestion and metabolic processes, boost *Agni* (**table 1**) therefore offer significant relief in life style disease such as diabetes⁷⁻¹⁰.

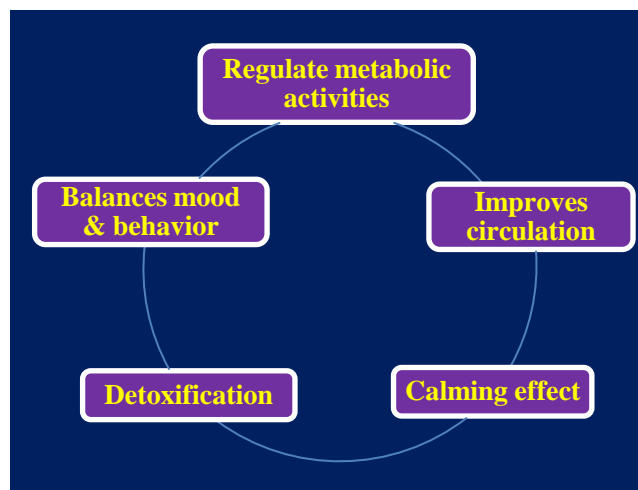


Figure 1: Beneficial effects of *Panchakarma* in life style disorders

Table 1: Life style related disorders and their management by *Panchakarma*:

Diseases	<i>Panchakarma</i>
Obesity and thyroid	<i>Vamana</i>
Hyperacidity, Indigestion	<i>Virechana</i>
Back pain, joint pain and spondylitis etc.	<i>Basti</i>
Headache, sinusitis, frozen shoulder and sleeplessness	<i>Nasya</i>
Sleeplessness, migraine and psychological stress	<i>Shirodhara</i>
Body pain, muscle spasm, rigid muscular movement and pain on movement.	<i>Abhyanga</i>

Panchakarma for *Chittavasada*

Chittavasada (depression) is a psychiatric disorder and stressful life style and sleeplessness considered responsible for *Chittavasada* along with other factors. Ayurveda described *shodhana* therapy such as; *Panchacarma* for the management of *Chittavasada* due to its calming effect. Approaches of *Panchacarma* such as; *Antarparimarjana* offer internal purification, *Samshodhana* pacifies vitiated *Doshas* while *Bahiraparimarjana* provides external purification in *Mansa Vikara*, therefore *Panchacarma* therapy relief symptoms of depression. *Panchacarma* therapy relaxing body, offer calming effect on mind, help in detoxification of accumulated toxins, improve circulation for brain supply, boost nerve functioning and regulate coordination paring of mortar activity, thus relief in neural symptoms of depression.

Panchakarma for *Anidra*

Aahara, *Nidra* and *Brahmacharya* are the major sub-pillars of life, *Nidra* is considered vital factor for maintaining normal health status. *Anidra* (Insomnia) is pathological condition involving loss of sleep due to the bad effect of modern day life and stress. *Anidra* pathologically involve aggravation of *Vata* & *Pitta*, *Vruddhi* in *Rajasik Guna* along with *Shleshma* and *Tama Kshaya*. *Panchkarma* therapy pacifies aggravated *Vata* & *Pitta*, offers calming and shooting effect therefore recommended for the management of *Anidra*. It is believed that *Tila Taila Sarvang Snehana*, *Sarvang Swedan* with *Dashmula Kwath* and *Shirodhara* with *Tila Taila* provide great relief in *Anidra*. Blockage in respiratory passage & accumulation of *Kapha* may sometime disturb sleep, *Panchkarma* improve respiratory passage & clear accumulated *Kapha*, relax

mind and impart lightness in whole body therefore promotes sleep.

Panchakarma for *Madhumeha*

Madhumeha (diabetes) is also one of the common disorders associated with disturbed conduction of daily routine. It may be present in two broad forms *Sthula pramehi* and *Krusha pramehi*. Metabolic derangement and unhealthy lifestyle along with bad food habits initiates pathogenesis of diabetes. Literature study confirm efficacy of *Panchakarma* in *Madhumeha*. Various principles of *Panchakarma* therapy offers different therapeutic benefits in *Madhumeha* such as; improvement in digestion and *Agni* to control metabolic processes in body. Various studies suggested that use of *Vamana* with *Madanaphaladi Yoga*, *Virechana* with *kalyanaka guda* and *Snehapana* with *Dhanwantharam ghrita* offers satisfactory result in *Madhumeha*.

In diabetes Panchakarma therapy offers following beneficial effects:

- Clarify *shrotas*
- Reduces peripheral resistance & prevent deposition of *meda*
- Liquefy stagnated *dosha* & *dushya* accumulated in micro circulation
- Offers *Rakta sodhaka* & *Tridosha samaka* effect
- Help in the utilization of glucose by peripheral tissue
- *Bahu abaddha Meda vilayana* & *kapha nasa* effect
- Improve circulation and thus metabolic regulation
- Boost *Agni*, detoxify body and reduces stress one of the etiological factor of diabetes.

Panchakarma for Tamaka-Shwasa

Tamaka-Shwasa is *pranavaha srotas Vyadhi* and after initial predisposition disease may become worsen due to the excessive exposure to environmental pollution as a part of current life style pattern. *Hridaya and mahasrotas & uraha pradesha* are *sthana* of *pranavaha srotas* which may be affected by vitiated *Kapha Dosh*. *Avalambaka, bhodaka* and *kledhak kapha* are mainly responsible for *Tamaka-Shwasa*. *Tamaka-Shwasa* clinically involve vitiation of *Vata dosha* along with *Kapha* resulting *Dushitha Prana Vyau* leading to chronic manifestation such as; *Hikka, Dushitha & Swasa*. *Panchakarma* helps in *pranavaha srotastha vyadhi* pacifying *Dosha* and eliminating accumulated *Dushitha Vayu*. *Panchakarma* detoxify *ama* and enhance efficiency of *Shrotas*, clean respiratory passage and boost immune response against allergens. *Panchakarma* also improve circulation, regularizes heart rhythm and enhances lungs

capacity therefore recommended for symptomatic relief in *Tamaka-Shwasa*.

CONCLUSION

Ayurveda considered prevention of disease as prime approach than treatment and advised *Panchakarma* as prophylactic care for many disorders. *Shodhana Chikitsa* such as *Panchakarma* offers many beneficial effects in different pathological condition especially associated with disturbed pattern of daily regimen. *Panchakarma* helps to manage diseases such as; obesity, thyroid, hypertension, headache, sleeplessness, migraine and psychological stress. These all diseases related to the modern day life therefore it can be said that *Panchakarma* utilized as precautionary and curative approach for the management of diseases which may occurs due to the conduction of in disciplinary life style pattern.

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