

Ayurveda -Traditional Indian Medicine & Education System for Practice Principle, Prakriti, Pathya & Panchkarma

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Abstract: Traditional Indian Medicine System Ayurved is treasure of knowledge, life principle ,health maintenance &disease cure secrets .Panchakarma, (purification Therapy) help to expel toxin from body.Panchamahabhutas, Agni, Nadi Pareeksha, Ama, Tridosh, Sapt Dhatu, Shadvidh kriyakal, Prakriti, Pathya& Panchkarma are soul of Ayurved. Through the detoxification process, panchakarma is an Ayurvedic method of body purification. The five therapies— *Vamana*, *Virechana*, *Basti*, *Nasya*, and *Rakthamoksha*—along with the Panchakarma regimen generally eradicate the poisons. Our immune systems are bolstered and our bodies are revitalized through detoxification. The *Tridoshas* are balanced by Panchakarma. In order to suit time and logistical constraints, *panchakarma* can be done at home in addition to the usual *ayurveda* centre by a qualified and experienced ayurvedic practitioner. *Ayurvedic* guidelines and a few easy at-home remedies are used in *panchakarma*, a type of at-home medicine. There are some *Panchkarma* operations that can be performed at home, but the first step is to determine which kind of therapy would be most beneficial for a particular person. Thus, in order to determine the best course of action based on *Ritu*, *Roga*, the patient's *Prakriti*, and *Poorvakarma* and *Paschatkarma*, one must speak with a physician.

Keywords: Tridosha, , Detoxification, Prakriti, Ayurved, Indian Medicine Sysyem, Panchakarma.

Introduction

The science of life known as *Ayurveda* addresses both positive and negative aspects of living, as well as happy and unhappy states of being, as well as the measurement, quality, and essence of life itself. *Ayurveda* holds that achieving the four highly desired excellent life aspects—*Dharma*, *Artha*, *Kama*, and *Moksha*—begins with good health. It is impossible to accomplish any of these four objectives without *Indriya Manah*, or well health (a joyful

condition of the soul, senses, and mind). Everything in Universe is made of the *Panchamahabhutas* (five basic elements of life) – *Akasha* (Space), *Vayu* (Air), *Teja* (Fire), *Jala* (Water) and *Prithvi* (Earth) as per Ayurved Concept.. They are united in an infinite variety of relative proportions such that each form of matter is distinctly unique. The whole world is *Pancha mahabhautikand* it is only by the modulation (excess or less quantity) of these great elements the structural and functional unit of the body is formed! The three body humours known as Tridosas are Vata, Pitta, and Kapha. The body and mind's physiological and psychological processes are governed by these doshas, which act as dynamic forces that determine growth and decay. According to Ayurveda, the body's seven structural and supporting units are referred to as Dhatu (Saptadhatu).

These are the fundamental tissues that are vital to the body's growth, nourishment, and sustenance. They also aid in the building of the body's fundamental structure. Every Dhatu (tissue) has the essence known as Ojas, which is regarded as Sara among the seven Dhatus, ranging from Rasa to Shukra. Consciousness, mental clarity, health, optimism in all circumstances, enhanced immunity, lifespan, intelligence, and memory are all attributed to Ojas. The three main categories of waste products are Sveda (sweat), Mutra (urine), and Purisha (faeces). These are the leftovers from meals and the tissues, or Dhatus, that are created throughout regular digestion and metabolism. The biological fire that governs metabolism is called *Agni*, which is responsible for all the transformations in the body and mind. The digestion, absorption of food, cellular transformations all depend on *Agni*. So, *Agni* is responsible for whole sequences of chemical interactions and changes in the body and mind. *Srotas* are the inner transport system of the body that provides a platform for activities of important bio-factors like three *Dosha*, seven *Dhatu*, *Ojas*, *Agni*, thoughts, and emotions. Proper functioning of *Srotas* is necessary for transporting different materials to the site of their requirement. Several disorders are brought on by *Srotas* obstruction. Ayurvedic information has been covered in multiple reviews thus far. However, very few reviews detail the modalities of the basic principles and history of *Ayurveda*²

Branches of Ayurveda:

Ayurveda has eight branches as below:

- *Kaya Chikitsa* (Internal Medicine)
- *Bala Chikitsa* (Pediatrics/ Children treatment)
- *Graha Chikitsa* (Psychology)
- *Urdhvaanga Chikitsa* (Treatment of disease the ENT, EYE)
- *Shalya Chikitsa* (Surgery)
- *Agada Tantra / Visha Chikitsa*: Toxicology
- *Vajikarana*: Reproductive sciences
- *Jara / Rasayana Tantra*: Geriatrics

Treatment Modes:***Nidan Parivarjan*(Avoidance of the disease-causing and aggravating factors)**

Nidan Parivarjan should refrain from the three recognized risk factors for the disease in the patient's food and way of life.. It also encompasses the idea to refrain from precipitating or aggravating factors of the disease. It inhibits the prognosis of disease like *VataVardhakaharVihar* is restricted in *Vataj* disease³.

***Shamana Therapy* (Palliative Treatment)**

Doshas, or vitiated humor, are suppressed by shamanic therapy. According to Acharya Charaka, the illness that is cured with shamanic medicine may recur eventually. Furthermore, taking Shamana drugs after completing the suggested course of Shadhana provides further alleviation.

and helps in the total eradication of disorders⁴. This treatment is achieved by using appetizers, digestives drugs, exercise, exposure to sun and fresh air, etc. Palliatives and sedatives are used in this form of treatment.

***Shodhana therapy* (Purification Treatment)**

Panchakarma is a classically formulated *Shodhana* regimen. The purificatory therapies, if applied suitably, provide for clarity of the mind, strength of sense organs, stability of tissue and keenness of digestive power. The process of ageing also slows down by merits of this therapy⁵

***Satvavajaya* (Psychotherapy)**

Satvavajaya treatment concerns with psychological disorders. In *Ayurveda* mind is considered as dual organ means as sensory and motor in nature, so the disease of mind are affecting both mind and body. The mind required to conjugate the subject, to understanding of any subject. *Acharya Charaka* has described that beginning of all the diseases are *Manas-vikara* only which are main cause of *Adharma*. *Manas Roga* causes vitiation in *Sharirika doshas* resulting development of various diseases⁶.

Diagnostic Methodology(8 type)**NADI, MAL, MUTRA, JIVHA, DRUK SPARS ,TAK. AKRITI**

Ayurvedic approach of diagnosis is very unique and different from conventional medicine. An Ayurveda physician examines patient and disease both for confirming the diagnosis and status of disease.. The physician takes a careful note of the patient's internal physiological characteristics and mental disposition. He also studies such other factors as the affected bodily tissues, humours, the site at which the disease is located, patient's resistance and vitality, his daily routine, dietary habits, the gravity of clinical conditions, condition of digestion and details of personal, social, economic and environmental situation of the

patient. The diagnosis also involves various other examinations, like- Pulse examination,; Urine examination, Tongue examination etc.

Preventive Approach Based on the Concepts of Aetio-Pathogenesis(Shadvidh Kriya Kal)

Sanchay, Prakop, Prasara, Sthan Sansray, Vyaktavastha, Bheda Avastha

Ayurveda has produced a very clear and analytical account of all the phases and happenings from the moment the causal causes start to work until the ailment manifests itself in its final form. This provides this technique with the added benefit of being able to predict the potential beginning of disease well in advance of the latent symptoms manifesting.

This very much enhances the preventive role of this system of medicine by making it possible to take proper and effective steps in advance, to arrest further progress in pathogenesis or to take suitable therapeutic measures to curb the disease in its earliest stage of onset.

Treatment Plan (Purification , Pacification & Remove Causative factors)

PURUSHAM PURUSHAM VEEKSHYAM (Individualized treatment for every individualize)

The phases and events that occur from the time the causal causes start to work until the disease manifests itself in its final form are very vividly described analytically in Ayurveda. The ability to detect a potential disease onset well in advance of latent symptoms manifesting is an added benefit this method has. Treatment of the disease consists in avoiding causative factors responsible for disequilibrium of the body matrix or of any of its constituent parts through the use of Panchkarma procedures, medicines, suitable diet, activity and regimen for restoring the balance and strengthening the body mechanisms to prevent or minimize future occurrence of the disease.

Pathya Vyavastha (Paln of Diet and Physical Work)

Indications and contraindications for food, exercise, habits, and emotional state are included in Pathya Vyavastha. This is done with a view to enhance the effects of therapeutic measures and to impede the pathogenetic processes. Emphasis on do's and don'ts of diet etc is laid with the aim to stimulate Agni and optimize digestion and assimilation of food in order to ensure strength of tissues.

Prakriti: Personal Unique Identity

The idea of prakriti provides a personalized strategy for illness management and prevention. It is a vital Ayurvedic tool that supports the planning and maintenance of a healthy lifestyle. It offers details about the mental and physical makeup of a person. Ayurveda provides a safe and efficient treatment for a range of health issues, including allergies, neuromuscular disorders, degenerative diseases, and lifestyle disorders. . Prakriti-based counseling helps to

enjoy happy and healthy life. Immuno-modulator approach helps to boost the immunity for prevention of various infections, especially in children.

Specialties of Ayurveda:

***Panchakarma* (Fivefold Therapy)**

In Ayurvedic medicine, the purifying procedure known as panchakarma is employed. Panchakarma encompasses five categories of operations meant to purify and reestablish equilibrium in the body, mind, and emotions. Pre-panchakarma treatments such as Swedana Karma (forced sweating) and Snehana Karma (external & internal oleation therapy) are administered to dissolve vitiated Doshas before to panchakarma treatment. The five steps that are involved are

- (a) Vamana (Emesis therapy)
- (b) Virechana (Purgation therapy)
- (c) Anuvasana Basti (Oily enema therapy)
- (d) Asthapana Basti (Decoction enema therapy)
- (e) Sirovirechana (Nasal insufflation therapy)

Indications of *Panchakarma*:

Lumbosacral radiculopathy, Frozen shoulder Hemiplegia, Bell's palsy, Osteoarthritis, Rheumatoid arthritis, Gouty arthritis, cervical spondylitis, , Paraplegia, Bronchial asthma, Irritable bowel syndrome, Diabetes mellitus, Obesity, Psoriasis, Leucoderma, Oligozoospermia, Dysmenorrhoea, Leucorrhoea,, Hypothyroidism, Hyperthyroidism, etc.

***Rasayana* Therapy (Rejuvenation Therapy):** Certain herbals, oils, and ghee are used in Panchakarma techniques like Basti, Abhyanga, and Utsadana to enhance libido, complexion, and longevity in addition to achieving Dharma (virtue), Artha (wealth), and Preeti (pleasure) and Yasha(fame)⁷. *Vajikarana* treatment improves the function of reproductive systems and vitalizes reproductive tissues increasing sperm count, strengthen sperm motility in men. In Oligozoospermia only sperm count was affected but in *KshinaShukra* qualitative as well as quantitative value of *Shukra* was affected. *Charaka Acharya* mentioned so-many *Vrushyabasti* in *Charakamsidhisthana*, among them *ChatuhaPrasratika Basti*⁸ and making the eggs more viable for conception in women. This process improves not only the quality and longevity of individual life but also the health and vitality of his or her offspring.

***Rakt-Mokshan-Jalauka Avacharana* (Leech Therapy):** *Jalauka Avacharana* (Leech Application) is defined as a gentle method for the removal of *Pitta Dosa* vitiated blood in a sophisticated person.

Indications of Leech Therapy: Varicose veins, Thrombosed piles, Skin diseases like Psoriasis and Eczema, Diabetic ulcer, Chronic non-healing ulcer, Burger's disease, etc.

Ksharasutra Karma Therapy (Medicated kshar thread)

Ksharasutra Karma therapy is a negligible invasive *Ayurvedic* para-surgical procedure & time tested *Ayurvedic* technique in the management of anorectal disorders.

Indications of *Ksharasutra*: Haemorrhoids, Sentinel piles, Fistula in Ano, Pilonidal sinus, Rectal & anal polyps, etc.

***KriyaKalpa (Eye Therapy)*:** The primary *Ayurvedic* treatment for ophthalmology is called *Kriyakalpa*. Medication given locally reaches the blood vessels, nasal cavity, inner and outer canthus, conjunctival sac, and fornices, alleviating the condition both locally and systemically.. One of the *Panchakarma* treatments capable of expelling the *Doshas* from the *Urdhvanga* is *Nasya karma*. *Nasa* (Nose) is the entry of the brain, as stated in *Ayurveda*. The procedure is particularly effective in treating a variety of ocular diseases. *Akshitarpana* is a Sanskrit word where '*akshi*' means eye and '*tarpana*' means food⁹

Indications of *Kriyakalpa*: Computer vision syndrome, Stye, Chronic conjunctivitis, Uveitis, Glaucoma, Diabetic retinopathy, Central serous retinopathy (CSR), Refractive errors, Chalazion, etc.

Gynaecological Female Disorder Care: *Ayurveda* is a vital tool for women to prevent morbidities and assist them on their path to improved health. It is essential to understand the *Garbhini* (antenatal), *Sutika* (postnatal), and *Paricharyas* (daily regimen) for *Rajaswala* (menstruating women) in order to prevent various gynecological illnesses. Artificial reproductive procedures are being studied as alternatives to *Uttarabasti*, which is the vaginal delivery of medicinal oil. Prenatal counseling and *garbhasamskara* (antenatal care) approaches help couples planning healthy children reduce the risk of difficulties during and after delivery. Polycystic ovarian disease, psychosexual problems, menstrual irregularities are successfully treated through *Ayurveda*. Sedentary lifestyle and stress filled modern era has lead to alterations in the activities of neuro-endocrine system causing newer health challenges like PCOS¹⁰.

Paediatric Care (*Kaumarabhritya*)

Numerous ailments in children from the imbalance of *Vata*, *Pitta*, and *Kapha* *Doshas*. *Panchkarma*, which includes treatments for *Vaman*, *Virechana*, *Basti*, *Nasya*, and other *doshas*, helps cleanse the body by getting rid of toxic substances. *Panchkarma* boosts immunity, helps to balance these *Doshas*, and makes the body more receptive to other forms of treatment.

*regimen*¹¹. *Swarnaprasana* (*Ayurvedic* Immunization) is helpful for *Medhavaradhana* (improving intellect), *Agnivardhana* (promoting digestion and metabolism), *Balavardhana* (promoting immunity and physical strength), *Ayushyam* (Promoting longevity), *Grahapaham* (protection against infectious organisms).

Immunity and Ayurveda:

Ayurveda places more emphasis on strengthening the body and mind to handle a variety of stressors, such as infections. In *Ayurveda*, several treatment options are available for enhancing immunity against diseases; these include certain immune-modulators known as *Guduchi/Giloya* (*Tinospora cordifolia*), *Rasayana. Amla* (*Phyllanthus emblica*), *Aswagandha* (*Withania somnifera*), *Chyavanprash* and *Brahmarasayan* are used as *Rasayan* and for preventing many infectious diseases.

Cancer treatment in Ayurveda

When patients are left with no other option and chemotherapy, radiation, or surgery are contraindicated, Ayurvedic remedies can help halt the progression of cancer. The medications used in Rasayana therapy have cell-protective properties that enhance cancer patients' comfort and quality of life.. The nervous system (*Vata* or air), the venous system (*Pitta* or fire) and the arterial system (*Kapha* or water) are three basics of Ayurveda and very important for normal body function¹²

In Various Disease

In Ayurveda Panchakarma has a very important role in the management of various chronic, autoimmune, degenerative, hormonal, and metabolic disorders, and it is gaining global reorganization for its preventive and curative effect¹³

Shirodhara is good due to lack of Sleep, patient can also experience joint stiffness, lower back pain, leg pain¹⁴Pottali swedan helps in increase sleep duration by pacify pain¹⁵..

Panchkarma unique modality Janudhara is effective in Knee OA¹⁶ .Ayurvedic formulation, NAOQ¹⁹ along with standard care in the treatment of mild-moderate COVID was effective found.¹⁷ .Matra Basti and Kati Basti with Nirgundi Taila in the effective in lumber disorder¹⁸

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