

Case Report

Ayurved Panchkarma: A Panacea for Chronic Diseases

Narayan Jadhav¹, Shital Jadhav², Shrikant Ghorband³

¹Associate Prof. & Head, Dept. of Rognidan & V.V, Dhanvantari Ayurveda Medical College & Hospital, UDGIR (M.S), India

²Ayurveda Consultant, Sushrut Ayurved Hospital & Research Center, UDGIR, (M.S), India

³PG Scholar, Department of Rasashastra & B.K. NKJ AMC & PG Center, Bidar, (KA), India

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Abstract

In Ayurveda, Panchkarma: Therapy is a unique and a complete holistic approach, to the elimination of the root cause of every chronic disease. In India, Chronic diseases contribute 53% of death and 44% of disability adjusted life year lost. Charakacharya has described that moderate imbalance in Doshas can be pacified by Shamana i.e. palliation, such as administration of drugs, diet & life style modification, but deep rooted imbalances in Doshas can be completely eliminated by the administration of Shodhana therapies (Bio-purification) such as Panchkarma, including Vamana, Virechana, Anuvasana & Asthapana Vasti & Nasya Karma.

These therapies detoxify, strengthen tissues & enhance cell's inner intelligence to facilitate self-healing to help, eliminate chronic diseases & promote longevity. Chronic diseases such as Arthritis, Asthma, Cardiac disease, Cancer, Stroke, Skin disease, Obesity & Epilepsy are among the most common, costly & preventable of all health problems in India.

Panchkarma Therapies are widely practiced across the country & also getting Global attention, so there is urgent need to standardize the procedure with respect to its safety & efficacy. With this intent the attempt is made to assess the role of different panchakarma therapies in various chronic diseases. These therapies are found applicable to all chronic cases, covering a wide range of preventive, curative and promotive aspects.

Keywords: *Ayurveda, Panchkarma, Vamana, Virechana, Anuvasana, Asthapana, Vasti, Nasya, Yapyavyadhi, Chronic disease*

Introduction

Ayurveda, the 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 [1].

Chronic diseases are the diseases of long duration and slow progression such as Heart disease, Stroke, Cancer, Diabetes, Obesity, Arthritis, Spine disorders, and Epilepsy. These are the leading causes of mortality in the world, representing 63% of all deaths, out of these 36 million people who died from chronic disease in 2008, in which 9 million were under 60, and 90% of these premature deaths occurred in low and middle income countries, which can be prevented. In India chronic diseases contribute 53% of death and 44% of disability adjusted life year lost. Health damaging behaviors particularly tobacco use, lack of physical activity and poor eating habits are major contributors to the leading chronic diseases [2]. In *Ayurveda*, chronic diseases are the *Yappa* conditions having unstable features, multiple focus of disease with deep seated pathology, affecting vital organs requiring regular and comprehensive treatment [3].

The *Ayurvedic* approach to prevention and cure of disease swings around two broad principles viz. 1) *Nidan Parivarjan* i.e. elimination of cause of disease. 2) *Samprapti Vighatan* i.e. reversal of pathogenesis. In many early and reversible conditions, *Samprapti Vighatana* spontaneously follows *Nidan parivarjan* without any treatment, but in chronic diseases *Samprapti Vighatana* may not occur even after palliative treatment procedures because a vicious circle is set and the system of the body learns to function in a pathological order and

as the pathology becomes physiology of the altered state, Therefore a chronic disease is to be treated in a comprehensive manner, if a real cure is to be achieved. *Ayurveda* advocates two fold approach to cure i.e. *Samshaman* or palliation such as administration of drugs, diet and life style modifications, and *Shamshodhan* (Panchkarma) or Bio-purification-The curative detoxification which aim to purify the body from organ to cellular level and to clear various channels of the body [4]. It does not just treat the diseased organs and tissues it treats and manages *Dosha*, the biological forces responsible for any kind of pathogenesis in our body and thus reverts the disease mechanism itself. It is also claimed that a disease cured by Shamshodhan never relapse or re-occur, as this therapy eradicates the very root cause of disease [5].

Need of study

According to *Ayurveda*, human body is made up of innumerable channels or srotheses –*Srothomayam hi Shariram*, the dynamics of which keeps our body healthy i.e. the functional and biological aspects of which is interrupted progress to further structural distortion and if allow to continue it gives way to different kinds of disease depending upon the nature and extent of srotas-distortion and its site. *Panchkarma* therapy is essentially designed to restore the integrity of this dynamic system in the body. Thus in short *Panchkarma* therapy is the axis on which the *Ayurvedic* management of diseased conditions

***Corresponding author:** Narayan Jadhav, Associate Prof. & Head, Department of Rognidan & V V Dhanvantari Ayurveda Medical College & Hospital, UDGIR (M.S), India, Telephone: +919822675803; Fax: +919822675803; E-mail: drnarayanj52@gmail.com

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and its maintenance of positive health revolve. On other hand, a view of the changing world around us reveals the entry of numerous exogenous deleterious elements into the body in the form of food or pollution of the environment. This has increased incidence of the chronic illnesses, truly attributed to the accumulation of toxins in the body. Growing standard of living and a better literacy has improved the awareness regarding such grave conditions and this changed scenario, Panchkarma therapies are stood up to the challenges in negating the detrimental effect of the changed environment that too without taxing the body organs [6].

These therapies are widely practiced across the country and also getting Global attention that's why there is an urgent need to standardize the procedure with respect to its safety and efficacy in different clinical conditions, with this intent the attempt is made to assess the role of different panchkarma procedures in various chronic diseases, by sticking on to the strong fundamentals of these treatment modalities.

Aim: To Assess the Concept of *Shodhana* (*Panchkarma*) In the management of Chronic Diseases.

Objectives

1. To assess the efficacy of *Panchkarma* procedures w. r. t. *Vamana*, *Virechana*, *Asthapana* & *Anuvasana Vasti* and *Nasyakarma* in various chronic diseases.

2. To establish an effective and simple treatment modality for various chronic diseases

The *Panchkarm* procedures are *Vamana* (Therapeutic Emesis), *Virechana* (Therapeutic purgation), *Anuvasana* (Medicated oil Enema), *Asthapana Vasti* (medicated Decoction Enema) and *Nasya* (Nasal insufflations) [7-9].

Vamana -It is the therapeutic procedure adopted for expulsion of vitiated *Doshas* through *urdhvamarga* (oral route), by the administration of prescribed *Vamanoushadhi*.

Virechana -It is a procedure in which the *prakupita Doshas* are expelled through *adhomarga* (rectal route), by the administration of prescribed *Virechana oushadhies* through oral route.

Anuvasana Vasti- Administration of medicated oil through anal route and vitiated *Dosha* are expelled out through same route.

Asthapana Vasti- The process in which medicated Decoction, honey, rock salt, medicated oil and herbal paste are mixed in specific manner and vitiated *Doshas* are expelled out.

Nasyakarma -It is a procedure wherein medicaments are instilled in to nasal cavity to expel *Doshas* pertaining to *Uthamanga* (ENT & Head) [10,11].

Materials & Methods

The study was conducted in clinically diagnosed patients of various chronic diseases, 502 cases were randomly selected from OPD & IPD of Sushrut *Ayurved* Hospital & Research Center, Udgir (MS), India; out of which 59 cases were rejected. As per the selection criteria all the patients were interviewed, examined and randomly selected.

Inclusion Criteria

1. Patients of either sex between 10-70 age groups.
2. Patients who are fit for each *Panchkarma* procedure.
3. Patients with chronicity from 1 to 20 years.

Exclusion Criteria

1. Patients below 10 years and above 70 years of age.

2. Patients who are not fit for each *Panchkarma* procedure.

3. Patients with chronicity below 1 & above 20 years.

4. Patients having complications & critical illnesses.

Selection of Procedure, Drugs, Dose & Duration

The complete process of *Panchkarma* consists of three steps. *Poorvakarma*, *Pradhankarma* & *Paschatkarma*.

Poorvakarma

Pachana & Deepana: Trikatu churna -500 mg BD for 3 to 5 days; **Udvardana & Valukasweda:** *Kottamchukkadi and kolkullathadi churna* 3 to 7 days as per clinical condition; **Snehpana (internal oilation):** *Panchtiktak Ghрут for Vamana & Trifala Ghрут for Virechana*, 3 to 7 days; **Abhyanga:** Whole body massage by Sesame oil 1 to 3 days; **Swedana:** Steam bath by the Decoction of Dashmul Bharad 1 to 3 days.

Procedure of Vamankarma: Selection of *Vamanarha* patients; Classical *Vamanakarma* was performed and *sansarjankarma* (Diet Regimen) was followed for 3 days.

Procedure of Virechankarma: Selection of *Virechnarha* patients; Classical *Virechanakarma* was performed and *sansarjanakarma* was followed for 3 days.

Procedure of Vastikarma: Selection of patients who were fit for *Vastikarma*; *Asthapana Vasti* -classical *Dashmuladi Niruha*, *Madhutaalik*, *Vaitaran Piccha Vasti* were given as per clinical condition in *Yogvasti* format alternately with dose of 500 to 1000 mL; *Anuvasana Vasti* -*Tiktaksheer*, Goat Majja (bone marrow), or Medicated oils used as per condition in the form of *Matravasti* or *Yogvasti* with dose 75 to 120 mL.

Procedure of Nasyakarma: Selection of patients & conditions, indicated for *Nasyakarma*; Classical *Navan Nasya* was performed by *Panchendriyavardhan tail* or *Anu tail* in as per condition with 5 drops in each Nostril.

Shamana therapy: 6 According to clinical condition and their chronicity *Shamana* therapies were given as per classics for 1 month. All the patients were studied along with the registration by noting their demographic profile like age, sex, occupation, education, socio-economic status etc. Detailed physical, general and systemic examinations were performed as per textual references.

Criteria of Assessment

During the trial and follow up study, the patients were assessed after completion of treatment and follow up was done.

Subjective Improvement: All the patients under trial were specially asked for any changes or improvement in their growing feeling of wellbeing, either physically or mentally and their clinical manifestation produced by the procedure.

Clinical Improvement: All symptoms to be taken for assessment of clinical improvement in each condition. The incidence of presenting features were worked out and severity of symptoms was rated in each case.

Observations and Result: In following tables the data is analyzed according to various parameters of observation and results shown (Tables 1-7).

Discussion

Chronic Diseases are compared with *Yapya Vyadhi* in *Ayurveda*. These are difficult to cure, after a lot of advancement in field of modern medicine, management of chronic diseases are still remaining

a challenge. The characteristic features observed during this study are, incidence of different chronic diseases were found in 443 patients in which Arthritis - 132 (29.79%), Diabetes mellitus - 18 (4.06%), obesity- 26 (5.86%), Hypertension- 34 (7.67%), Stroke - 19 (4.28%), APD- 60 (13.54%), Asthma -71 (16.02%), Skin Diseases- 43 (7.70%), others- 54 (12.18%). Incidence of sex in 443 cases were found in male about 247 (55.75%), while in female were 196 (44.24%). Incidence of Panchkarma procedures performed in this study were Vaman-99 (15.76%), Virechana-225 (35.82%), Asthapana vasti-137 (30.92%), Anuvasana Vasti -102(16.24) while Nasyakarma-65 (10.35 %).

Overall clinical response of 443 cases were found, complete relief In 203 (45.82%), Marked relief in 125 (28.21%), Moderate relief in 99 (22.34%) while No response in 16 (03.61%) cases. It is observed that there are various factors which cause chronic diseases such as excessive tobacco use, lack of physical activity, poor eating habits and sedentary life style.

Probable mode of action of different panchkarma procedures

Vamana & Virechana: These procedures cleans the channels by the removal of accumulated waste products ,undigested material and the toxins mainly from gut i.e. upper & middle Gastrointestinal tract (elimination of vitiated Kapha and Pitta Doshas), which removes the obstruction of channels (Shrotorodha) and helps to enhance bioavailability which improves appetite ,power of digestion and absorption of food & drugs.it gives clarity of mind, strength to the sense organs, stability to the tissues and slow down of Ageing Process [12].

Vastikarma: Acharya charaka described that, Tasmachikistardhamiti Bruvanti Sarvam Chikistamapi Bastimeke [13].

Samshodhana: It cleans the waste materials which are accumulated in body from cellular level. It revitalize and improves the efficiency of the body also enhances the ageing process.

Samshamana: It pacifies the Doshas, improves the body nutrition and enhances the nonspecific immunity in the body.

Sangrahani: Astringent action –it absorbs the fluids in the body

Krusham Brimhanti: It improves the weight of lean person.

Sthulam karshyayati: Lekhan vasti significantly reduces the body weight and lipid profile.

Balatail matra & madhutaalik vasti has improves muscle powers in paralysis patients. It may be due to decrease in cerebral oedema.

Tiktksheer basti: It nourishes bone tissues & shown improvement in degeneration of bone tissue and it nourishes the cartilage tissues.

It effects on heamatology; improves Hb%, decrease ESR, increases serum proteins, sero negativity /ASO titre [14,15].

Nasyakarma: This procedure stimulates vital centers in the brain, clears the channels by draining mucosal secretions and removes congestion, which results in improving cerebral circulation, nourishing the nervous tissues, corrects the neuro-vascular anomalies and improves sensory perception [16].

There may be a possibility of direct entry of Nasya medicines to CSF (mastulunga), possible transaxonal transportations, Secondary effects of olfactory stimulations-like pheromonal effects (Ghreya prayoga), Entry to intra cranial space through special venal anastomosis (shringataka) [17].

Table 1: Disease wise Distribution of 443 patients of Different chronic Diseases.

Sr. No.	Disease	Male	Female	Total	Percentage
1.	Arthritis	57	75	132	29.79%
2.	Diabetes Mellitus	14	4	18	4.06%
3.	Obesity	10	16	26	5.86%
4.	Hypertension	20	14	34	7.67%
5.	Stroke	15	4	19	4.28%
6.	Acid Peptic Diseases	35	25	60	13.54%
7.	Bronchial Asthma	45	26	71	16.02%
8.	Skin Diseases	22	21	43	7.70%
9.	Other	33	21	54	12.18%
	Total	247	196	443	100%

Table2: Age wise Distribution of 443 patients of Various Chronic Diseases.

Sr. No.	Age Group	Male	Female	Total	Percentage
1.	10-20	9	10	19	4.28%
2.	21-30	55	42	97	21.89%
3.	31-40	71	64	135	30.47%
4.	41-50	81	58	139	31.37%
5.	51-60	19	13	31	6.99%
6.	61-70	12	10	22	4.96%
	Total	247	196	443	100%

Table3: Panchakarma Procedure wise Distribution of 443 Patients.

Sr. No.	Panchkarma	Male	Female	Total	Percentage
1.	Vamankarma	51	48	99	15.76%
2.	Virechankarma	126	99	225	35.82%
3.	Asthapana Vasti	73	64	137	30.92%
5.	Anuvasan Vasti	61	41	102	16.24%
6.	Nasyakarma	42	23	65	10.35%
	Total	353	275	628	100%

Table4: Sex wise Distribution of 443 patients of various Chronic Diseases.

Sr. No.	Sex	No.of Patients	Percentage
1.	Male	247	55.75%
2.	Female	196	44.24%
	Total	443	100%

Table5: Occupation wise Distribution 443 patients.

Sr. No.	Occupation	Male	Female	Total	Percentage
1.	Hard work	89	66	155	34.98%
2.	Moderate work	80	70	150	33.86%
3.	Sedentary life style	78	60	138	31.15%
	Total	247	196	443	100%

Table6: Chronicity wise distribution of 443 patients.

Sr. No.	Chronicity (years)	Chronicity Grade	Male	Female	Total	Percentage
1.	1-10	Mild	134	94	228	51.45%
2.	11-15	Moderate	60	42	102	23.02%
3.	16 -20	Severe	53	60	113	25.50%
	Total		247	196	443	99.97%

Table7: Result wise Distribution of 443 patients.

Sr. No.	Result	No. of Patients	Percentage
1.	Complete Improved	203	45.82%
2.	Marked Improved	125	28.21%
3.	Moderate Improved	99	22.34%
4.	Not Responded	16	03.61%
	Total	443	100%

Conclusion

Chronic diseases are the diseases of long duration and slow progression such as heart disease, stroke, cancer, diabetes, obesity, arthritis, spine disorders, and epilepsy. These are the leading causes of mortality in the world, representing 63% of all deaths. Health damaging behaviors particularly tobacco use, lack of physical activity, poor eating habits and modern life style are major contributors to the leading chronic diseases. In *Ayurveda*, chronic diseases are the *Yapya* conditions having unstable features, multiple focus of disease with deep seated pathology, affecting vital organs requiring regular and comprehensive treatment.

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