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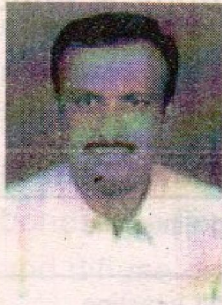
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For Internal Circulation Only

Ayurved Panchkarma Therapy- for Healthy & Long Life



Ayurveda is the science of life. The aim of Ayurveda is two fold, **to maintain and promote the health of healthy person and to treat the diseased one.** For serving these purposes various **health regimes & treatment modalities with basic principles** have been described.

1. Shodhan Therapy - Purificatory (Bio-purification Methods) Radical Treatment
2. Shaman Therapy - palliative & conservative Management.
3. Nidan Parivarjan - avoidance of causative & precipitating factors of diseases.
4. Pathya vyavastha - do & donots regarding diet & life style.
5. Rasayana Therapy - Immunomodulatory or system rejuvenatory treatment modalities. **Shodhan** (eliminative bio-purification) includes **PANCHAKRMA** (five purifactory process)
 1. **Vaman Karma** - Medically induced emesis.
 2. **Virechana Karma** - Medically induced Laxation, or Purgation.
 3. **Basti Karma** - Medicated enema
 4. **Nasya Karma** - Administration of medicine through nose
 5. **Raktamokshan** - Blood letting (Venepuncture)

Panchkarma presents an unique approach of Ayurveda to therapy with specially designed five procedures of Internal purification of the body through the gross channels like G.I. tract and Respiratory tract etc. up to the subtlest levels such as cells, molecules cell membrane etc. such purification permits the biological system to return to normalcy & to rejuvenate spontaneously & also facilitates the desired pharmacokinetic effect of curative remedies administered there after, it eliminates toxins & stagnated malas (excreta) & metabolites from the body, cleans to macro & micro channels, maximizes the absorption & metabolism of nutrients & drugs & helps in minimizing their dose & toxicity. It facilitates the transport of ions & molecules through the cell membrane. **This therapy is not only a pre-**

requisite for all the therapeutic procedures & medications but has also a full therapy role as a promotive, preventive, curative & rehabilitative procedure.

Each & every healthy person should under go seasonal bio-purification methods (Panchkarama) to maintain body & mind healthy up to one year

SEASON WISE PANCHKARAMA-FOR HEALTHY & LONG LIFE

Type of Karma	Season (Rutu)	Approximate Duration	Organ of Purification
1. Basti Karma	VARSHA RUTU	15 th Jun to 15 th August	Large intestine
2. Virechan Karma	SHARAD RUTU	15 th Oct. to 15 th Dec.	Small intestine
3. Raktamokshan	SHARAD RUTU	15 th Oct. to 15 th Dec.	Reticuloendothelial system
4. Vaman karma	VASANT RUTU	15 th Feb. to 15 th Aprl.	Upper GI & Respiratory Tract
5. Nasya Karma	ALL RUTUS	-----	CNS, ENT, Diseases

The process of disease begins with the accumulation of morbid wastes and toxins that are vitiated due to unhealthy lifestyle.

Panchkarma procedures which aims to purify the human body from organ to cellular levels & to clear various channels of human body to enable free flow of nutrients, metabolites & MEDICINES.

The human body consists of numerous strotas (Channels of circulation) these strotas are tracable up to the levels of pores of the cell membrane. When these strotas get blocked the metabolic activity becomes sluggish at cellular level. The metabolic toxins starts to accumulate & pave the ways of disease at cellular level.

Panchakarma (bio-purification) are meant to purify these srotas & eliminate the metabolic toxins from the human body. Thus **clinical effect in terms of metabolic balance is long lasting**. These procedures are very effective in treating **stress & pollution related, chronic metabolic, neurological, musculoskeletal & endocrinological disorders**.

BASTI THERAPY - (Medicated Enema)

Basti Karma - form of Bio-purification is administered into the rectum for its action on large bowel/colon.

It has been used to cleanse & purify the colon, to nourish the body and rejuvenate the different systems. Traditionally the enema bag was made from the bladders of animal.

Charak the great physician has suggested that 60% of all diseases are attributed to the vata dosha & 80% of these disorders may be cured by medicated enema (Basti therapy) vata dosha's primary seat of activity in the body is the colon, The bone and cartilage tissue is another significant site of vata., Mucous membrane in the colon nourishes the bones as it is related to the periosteum or outer casing of the bones. Medications used in BASTI therapy penetrate the intestinal walls and diffuse deeply into the bones tissue, restoring order in the bone related conditions such as arthritis, backache, sciatica, nervous system disorders etc.

Enteric medication and enteric nutrition two important terms used in modern medicine may not explain the whole phenomenon of basti-even though the purpose of administration is same in both the cases, site of action is different. The basti karma exerts a more systemic action beside exert local action probably operating through large intestine involving enteric nervous system.

It has been postulated that basti therapy by virtue of it's medications normalies intestinal bacterial flora which play important role in the synthesis of vitamin B12 which is important in the maintainance & degeneration of nervous tissues.

TYPES OF BASTI THERAPY

1. **Niruha Basti** - It is a purifactory type of Basti. In which ingestion of medicated decoction in the colon, to remove excess bodily wastes and aggravated doshas from the colon through the anus.
2. **Anuvasana Basti** - It is nutritive type, in which ingestion of medicated oils, fats and nourishing herbs takes place.

This nourishing therapy is use to built up bodily tissues rather than, to deplete them of their excesses.

COMMON INDICATIONS

1. Nervous system disorder - Hemiplegia neuropathy, Parkinsonism, Mental retardation
2. Musculoskeletal disorder - Osteoarthritis, Rheumatoid arthritis, Vertebral disc lesions, Myopathy.
3. Metabolic disorders - DM, Obesity.
4. All types of Degenerative disorders -
5. GIT disorders - Duodenal & Peptic ulcer, mal-absorption syndrome, IBS, Chronic, Constipation & colitis. Sprue etc.
6. Genito - Urinary system disorders - BEP, Urethral stricture, Infertility (Male / Female) Tubalblock etc. (UTTAR BASTI)
7. Some Endocrine disorders.

Basti Therapy is used in four healing ways on the basis of its place administration.

- 1) **Rectum** - (Pakwashayagot) - Niraha & Anuvasana these both basti are administered through the rectum in to the large intestine are colonic form of therapy (Intravesicle)
- 2) **Mutrashay gat** - (urethra) - Intraurethral i.e. vagina or penis into the bladder. It is used in female menstrual disorders menorrhagia, Amenorrhoea. & In male - UTI urethral stricture infertility, sexual disorder etc.
- 3) **Garbhashyagat basti - (vagina) (Intrauterine)** - It is used in diseases related to vagina, uterus & cervix etc. prolapse of uterus, sterility, tubal block etc.
- 4) **Vranagat basti - (Through ulcers or Sinus)** - To purifying, draining & mending Ulcers is through opening of the Ulcers rather a painful procedure.

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