

# Critical Review on Panchakarma and its Relevance in Visha Chikitsa in Current Scenario

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## ABSTRACT

**Introduction** - Agadtantra includes the treatment of disease caused by poisons & toxins such as spoiled food, animals, reptiles, insect bites, poisonous minerals, metals, & unsuitable food combinations. Visha i.e. poison due to its gunas spreads all over the body very quickly. Most of the chikitsa mentioned in vishachikitsa are panchakarma and bahirparimarjan chikitsa. Where the toxic matters are expelled from body by various detoxifying procedures like Vamana, Virechana, Basti, Nasya, raktamokshana, etc, from the nearest route.

**Objectives** – The present study elaborate the concept of panchakarma and its relevance in various type of visha chikitsa which are applicable in present scenario of toxicity.

**Methodology** - In visha chikitsa, panchakarma is divided into –Purvakarma, Pradhankarma and Paschatkarma. It involves various detoxifying processes like Vamana, Virechana, Basti, etc to expel out the toxic matters due to Jangam Visha (Animal poison), Sthavar Visha (Vegetable poison), or poisons due to other environmental factors, etc. For example: Vamana is useful in dooshivisha chikitsa, garavisha chikitsa, kaphasthanagata visha, loota visha, mooshak damsha, sarpa visha chikitsa, & first & second vega of visha chikitsa. While Virechana are useful in sthavara & jangama visha chikitsa, dooshivisha, loota visha, mooshak visha, keeta visha & alarka visha chikitsa.

**Conclusion** – Panchakarma is necessary in visha chikitsa due to quick action in visha nirharana. All types of panchakarma which were mentioned in our ancient texts are also reliable in toxicities in current era.

**Key words:-** Panchkarma, Agadtantra, Visha chikitsa, Dooshivisha.

## INTRODUCTION

Ayurveda is an ancient science. The two main objectives of this science are to maintain the health of a healthy person and to cure the person who is suffering from disease. The foundation of Ayurveda is based on eight clinical branches called as ashtanga ayurveda.

Among these branches, agadtantra deals with the bites of snakes, insects, spiders, scorpions, rats, etc., their characteristic poisonous symptoms, & treatment of diseases caused by different types of natural, artificial, & combined poisons<sup>1</sup>.

While panchakarma deals with the total eradication of vikrut doshas from the body, leading to equilibrium of doshas. Without panchakarma, visha chikitsa is not possible due to the prabhava of visha.

Visha causes vishannatva (distress) and vishada (sadness) in the body. Thus, visha has been defined as a substance which is destructive to life and possesses properties like ushna, tikshna, ruksha, sukshma, vyavayi, vikasi, ashukar, anirdeshya rasa, apaki<sup>2</sup> etc.

Ayurveda has evolved bio-purification procedures like panchakarma to detoxify the human body, also

it can neutralize toxins created in our body due to the high levels of stress of modern society.

Panchakarma therapy is a preventive health care procedure which will benefit any adult without reference to his present health condition.

Ayurveda however is preventive medical science with a goal to maintain the human body in a state of perfect health. It is now possible to use standard pathological tests to monitor the removal of toxins from the body.

Panchakarma should be done periodically, preferably every year to maintain the body in a state of perfect health.

Panchakarma should be evaluated by standard blood tests to be done before & after the panchakarma to assess the effectiveness of the detoxification.

With each round of detoxification these should keep on improving for individuals with healthy eating habits & life style.

The purification therapy is described classically in terms of *sanshodhana* by panchakarma procedures. The five procedures of panchakarma have been applied in almost all diseases. Through panchakarma therapy toxicity are removed to normalize the physiological process, hence panchakarma therapy is called as detoxification therapy.

So panchakarma is a full therapeutic role as a promotive, preventive, curative, & rehabilitative procedure.

#### AIM & OBJECTIVE

- To elaborate the Concept of Panchakarma in various type of *visha chikitsa* .
- To Explain the scientific approach of Panchakarma in *visha chikitsa* in current scenario.

Methodology – in *visha chikitsa* various Ayurvedic *samhitas* describe *shodhana* & *samana* treatment in *visha prakarana*. The role of panchakarma in *visha chikitsa* has three main purpose-

(1). Preventive panchakarma – for promoting the health of healthy individuals.

(2). Curative panchakarma – for eradicating the disease of a diseased persons.

(3). Conservative panchakarma- disease suppression & rehabilitation.

The panchakarma procedure is divided into 3 steps-

(1). *Purvakarma* - it is preparative process which have to be done before the detoxification.

(2). *Pradhankarma* – the main detoxifying process.

(3). *Paschatkarma* – rehabilitation of diet and lifestyle.

[A]. *Purvakarma* – in *purvakarma* two main process are –

(a). *Snehana* – procedure adopted to induce lubrication of internal & external body channels & tissues with *sneha dravyas*.

*Snehana karma* is of two types –

(1). *Abhayanga* – by massage with medicated oils, external oleation is done after the completion of internal oleation. The whole body or body part is massaged with medicated oil.

(2). *Snehapana* for purification or shaman – internal oleation is done by administering small quantities of medicated oil or ghee internally.

The duration of internal oleation, quantity & type of medicated oil or ghee is determined by the physician after analyzing the body constitution of the patient. The patient has to eat liquid food or light food on the day prior to internal oleation.

*Snehana karma* leads to oleation, liquefaction, increased fluidity & softening. These steps are adopted to soften the channels and toxin, so that the toxins can get detached & eliminated easily during main detoxifying process.

(b). *Swedana* - it relieves stiffness, heaviness, and coldness of body & induces the sweating. *Swedana* is done after *snehana*. Through *swedana* the waste materials are brought into the main body channels & expelled through the main techniques of panchakarma.

Both snehana & swedana help to soften the channels & toxins clogs, then elimination of toxins becomes easy.

Pradhanakarma – Panchakarma therapies

(1). Vamana Karma

(2). Virechana Karma

(3). Basti Karma

(4). Nasya Karma

(5). Raktamokshna Karma

(1). Vamana Karma – Urdhva-shodhana, use of emesis.

Drugs used for the vamana in poisoning – pipali, ikshu rasa, madhu, sharkara, yashtimadhu kwath, & salt water are the common dravya used for vamana karma<sup>3</sup>.

Indication of tikshna vamana in vishapita –payient having kapha-prakruti, in sheeta prasheka, in sheeta kala, having mada or murchha<sup>4</sup>.

In kaphadhikya paste of yastimadhu, guduchi, madanphala, ankol, jalini, nirgundi is administered with triphala kwath, this is able to remove all visha & pacify all doshas<sup>5</sup>.

Indication of vamana karma –

- In aamasayagata visha – immediate vamana withmadanphala, katutumbi, koshataki phal, or dadhi jala, takra or tandulodaka<sup>6</sup>.
- Inanimate poisoning – first & second vishvega<sup>7</sup>.
- In sarpavisha chikitsa, Taila, kulattha yush, madya, and kanji are contraindicated in sarpa damsha visha for vamana<sup>8</sup>.
- Animate poisons – darvikara 4<sup>th</sup> vishvega, mandali 3<sup>rd</sup> vishvega, rajiman 4<sup>th</sup>, 5<sup>th</sup> vishvega<sup>9</sup>.
- In dooshivisha chikitsa<sup>10,11</sup>.
- In gaurava, utklesh, hrullash due to kapha vaman with milk<sup>12</sup>.
- In garavisha chikitsa<sup>13</sup>.
- In kaphasthangata visha chikitsa<sup>14</sup>.
- In loota (spider) visha – tikshna vamana<sup>15</sup>.

- In mooshak damsha (rat bite) – vaman with katu tumbi, mainphala, ankoth kashaya, also mix with yava kshar, kevanch & brihati kshar<sup>16a</sup>. Or vamana with neelini moola kwatha & ankol chhal kwath<sup>16b</sup>.

(2). Virechana (Adhoshodhana purgation)

Indications –

- In pakvasayagata visha – virechana with neelini phala & ghee<sup>17</sup>.
- In treatment of 2<sup>nd</sup> vishavega of sthavar (Inanimate, plants, minerals)<sup>18a,18b</sup>. – tivra virechana.
- In jangama visha (animate poison) – in darvikara sarpa, 5<sup>th</sup> & 6<sup>th</sup> visha vega, in mandali & rajimana sarpa visha 3<sup>rd</sup> & 5<sup>th</sup> visha vega<sup>19</sup>
- In pittasthanasthit visha chikitsa<sup>20</sup>..
- In dooshi vishas chikitsa<sup>21</sup>.
- In loota visha – tikshna virechana<sup>22</sup>.
- In mooshak visha – with nishoth, danti & triphala kalka<sup>23</sup>.
- In keeta visha – chaulai mool & nishoth with ghee<sup>24</sup>.
- In alarka visha – virechana yoga with arkakshira<sup>25</sup>.

(3). Nasya (shirovirechana)- If poisoning patient is having the symptoms of headache, heaviness in head, lithargy, neck stiffness, galgraha, manyastambha, then nasya is urgent<sup>26</sup>.

- If visha is present in brain & head region then bandhujiva moola, bharangi moola, Krishna tulusi moola juice is used separately for nasya<sup>27</sup>.

- For chetnanirmiti (to gain consciousness) pippali, hingu, vrishchikali, shirish beeja, Apamarga, lawan must be used<sup>28</sup>.

Indications –

- In treatment of 3<sup>rd</sup>, 6<sup>th</sup>, 7<sup>th</sup> vishavega<sup>29</sup>.
- Darvikara sarpa visha vega 3<sup>rd</sup> & 7<sup>th</sup>, rajiman sarpa visha vega 6<sup>th</sup><sup>30</sup>.
- In loota, mooshak, sarpa & other keeta visha – nasya with vanshatvagadi agad<sup>31</sup>.
- In mooshak visha chikitsa – nasya with sara bhaga of shirish & shirish phala<sup>32</sup>.
- If there is obstruction in nasa, akshi, karna, jihwa, kantha, then nasya is necessary with

kantakari, bijaura nimbu, malkanguni etc sangyasthapaka & kapha nihsaraka dravyas<sup>33</sup>.

- In unconscious patient , vivrutaksha & bhagnagriva – tikshna pradhmana nasya should be performed<sup>34</sup>.
- in krisha vyakti due to prabhav of visha, in the condition of ati rakta srava nasya is useful<sup>35</sup>.

(4). Raktamokshana – Through blood letting maximum local visha is get out of the body, hence it is known to be as “parma kriya” in visha chikitsa<sup>36</sup>. With blood visha also come out of the body. For raktamokshana, prachaan, shringa, jalauka, vyadhana, are the tools & methods used according to doshadusti<sup>37</sup>.

Indications –

- If visha is present at kaphasthana, then use of ksharagada, swedana & siravyadha will completely remove the poison<sup>38</sup>.
- If the site of poisoning is hard, inflamed & painful then instant blood letting is compulsory<sup>39</sup>.
- In unconscious patient siravedh at shankha Pradesh (temporal region)<sup>40</sup>.
- Twakmamsagata visha<sup>41</sup>.
- Kaphasthangata visha<sup>42</sup>.
- In dooshivisha chikitsa – panchsiravedhan<sup>43</sup>.
- In darvikara, mandali & rajiman sarpa visha chikitsa – 1<sup>st</sup> visha vega<sup>44</sup>.
- In mooshak visha chikitsa<sup>45</sup>.
- In loota visha chikitsa<sup>46</sup>.

(5) Basti & Anuvasana Basti – this two procedures are not directly mentioned in vishachikita, but in samhitas some places role of basti is mentioned.

- After removal of visha for treatment of kupita pitta dosha, basti & pitta jwarnashak sneha is used<sup>47</sup>.

- in krisha vyakti due to prabhav of visha, in the condition of ati rakta srava basti is useful<sup>48</sup>.

- In the treatment of dooshivisha , when dooshivisha enters in the blood, then siravedh & panchakarma treatment is advised<sup>49</sup>. In panchakarma, vishagna gana & Eksara gana dravyas are used as basti dravya in basti karma procedure.

## CONCLUSION

Panchakarma therapy is a preventive health care procedure which will benefit any adult without reference to his present health condition.

Ayurveda however is preventive medical science with a goal to maintain the human body in a state of perfect health. It is now possible to use standard pathological tests to monitor the removal of toxins from the body.

Panchakarma should be done periodically, preferably every year to maintain the body in a state of perfect health.

## DISCUSSION

The relevance of panchakarma in visha chikitsa has great importance in treatment point of view. In ancient period for treatment of various sthava, jangama, dooshivisha, & garavisha toxicities, different types of panchakarma plays important role. In current time also various diseases caused by dooshivisha, garavisha, & their complications are well treated by panchakarma procedures. In the treatment of poisoning modern medicine also used some procedures which are similar to some panchakarma procedure. Ie,

For removal of unabsorbed poison – induction of vomiting within 4-6 hour & gastric lavage used, which is similar as vama in panchakarma.

For elimination of absorbed poison – purgation, forced diuresis & whole bowel irrigation is used, which is similar as virechana in panchakarma.

For elimination of some absorbed poison – excessive sweating is advised, which is similar as swedana (purvakarma of panchakarma).

In the case of opium & barbiturates poisoning treatment purgation & enema is used, enema is similar as basti in panchakarma.

In the case of injected poison & snake bite – incision & suction is advised, which is similar as raktamokshana in panchakarma.

Thus panchakarma & its similar procedures are very useful in visha chikitsa in current scenario.

Panchakarma & agadtantra together can be applied in emergency treatment for life saving activity, so the effort to aware about future research in this area.

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