

ROLE OF PANCHKARMA ON LIFESTYLE AND METABOLIC DISORDERS

Dr. Anil Kumar Yadav^{1*} and Dr. Narendra Kumar Gupta²

¹M.D. (Ayu) Assistant Professor Panchkarma, Prabuddh Ayurvedic Medical College, Hospital & Research Centre, Mall Malihabad, Lucknow (U.P.).

²M.D. (Ayu) Assistant Professor Agad tantra, Vyahar-Ayurved evum Vidhivaidyak, Prabuddh Ayurvedic Medical College, Hospital & Research Centre, Mall Malihabad, Lucknow (U.P.).

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***Corresponding Author**

Dr. Anil Kumar Yadav

M.D. (Ayu) Assistant
Professor Panchkarma,
Prabuddh Ayurvedic
Medical College, Hospital &
Research Centre, Mall
Malihabad, Lucknow (U.P.).

ABSTRACT

Today's lifestyle is completely changed by all the means our diet pattern, lifestyle and behavioral patterns is not suitable for our normal physiology of digestion on body. Most of people are suffering from life style and metabolic disorders. These diseases are chronic in nature and affecting to adults mostly. Lifestyle and metabolic disorders are mainly caused by dietetic pattern, mental stress and strain which is related our digestion.

What is Panchkarma

Samshodhan therapy is known as "PANCHKARMA THERAPY". It is to be noted that the Panchkarma therapy is not a classification of specialized techniques but is a comprehensive Samshodhan regimen

under which all other similar procedures may be included. Panchkarma therapy consists following procedures.

A. Purva Karma: It consists mainly.

1). Deepana 2). Pachana 3). Snehana 4). Swedana.

B. Pradhan Karma: Main Samshodhan measures:

1). Vamana Karma (Therapeutic emesis procedure).

2). Virechana Karma (Therapeutic purgation procedure). 3). Basti Karma (Therapeutic enema).

- a). Anuvasana Basti (Therapeutic oil enema).
- b). Asthapana Basti (Therapeutic enema with decoction). 4). Nasya Karma (Errhines).
- 5). Rakta Mokshana (Therapeutic blood letting).

C. Pashchat Karma: Samsarjana Krama, specially planned diet and other post therapeutic measures Dhumpana, Kavalgraha and Gandusha.

Definition of Lifestyle

A way of living individuals, families and societies, which they manifest in coping with their physical, psychological and economic environments on a day to day basis.^[1]

Definition of Metabolism

Metabolism is the organic and chemical process inside of organisms that are necessary to maintain life or how quickly you burn calories or fat.^[2]

Definition of Lifestyle Disorders

Lifestyle diseases characterized those diseases whose occurred primarily based on the daily habits of people and are a result of an inappropriate relationship of people with their environment. The main factors contributing to lifestyle diseases including bad food habits, physical, wrong body posture and disturbed biological clock.

How produce the Metabolic disorders due to Lifestyle

Today, we are living in an ultra urbanized society which is sophisticated more than the requirement. There by man becomes intentionally ignorant regarding the time, quantity, place and space of food. He tends to eat any thing and everything in the geared up speedy lifestyle. This irregular eating with an animal Instinct as per Ayurveda is the root cause for Ajeerna, which is an abode for the origin of multiple disorders. This is a reality today.

Ayurvedic concepts point out that almost all the diseases afflicting the mankind have their root source in the disturbed Agni. This Agni acts like the fire and helps in processing, transforming and assimilating whatever is offered to it, mainly the four types of food. Due to irregular and untoward food habits and also changed lifestyle of the humankind, the Doshas governing the smooth functioning of the body get disturbed and in turn produce abnormal manifestations of Agni in the form of Mandatwa, Tikshnatwa and vishamatwa which are responsible for the manifestation of many diseases.

Some very important disease caused by Lifestyle and Metabolic disfunction

1. Hyperacidity: Hyperacidity refers to Amlapitta - when Pitta accumulated by own factors gets further aggravated by excessive intake of burning and faulty food and having predominance of sourness is situated in gastro-intestinal tract, it is known as Amlapitta. The main symptoms of Amlapitta are indigestion, weakness, bitter and sour eructations, nausea and burning sensation in epigastric region and throat.^[3]

2. Diabetes: Diabetes is defined as a metabolic disorder that causes your body to be unable to properly produce insulin and regulates its blood sugar levels.^[4]

3. Obesity: Obesity is defined as being overweight, having too much fat on your body and a body mass index (BMI) over 30.^[5]

Ayurvedic concepts point out the obstruction of the fat, the movement of food is confined to kotha resulting in the stimulation of the digestive power and absorption of food. The individual digests food quickly and becomes a voracious eater. In the event of disproportionate increase of fat, the body becomes vulnerable to many diseases. Owing to an excessive increase of fat and muscle tissue, the buttocks, abdomen and breast become pendulous and the body strength becomes disproportionate to physical growth.^[6]

4. Gout: Gout is a form of arthritis characterized by swelling and pain that generally occurs in the hands and feet from an excess of uric acid.^[7]

5. Rheumatoid arthritis: Rheumatoid arthritis is a chronic autoimmune disease whose cause is unknown, characterized by inflammation, pain and swelling of the joints accompanied by spasms in adjacent muscles and often leading to deformity of the joints.^[8]

6. Osteoporosis: Osteoporosis is a medical condition in which bones lose density and become very fragile, usually caused by a calcium or hormone deficiency.^[9]

7. Hypertension: Hypertension (HTN or HT), also known as high blood pressure (HBP), is a long term medical condition in which the blood pressure in the arteries is persistently elevated. High blood pressure typically does not cause symptoms.^[10]

8. Thyroid problem**a. Hypothyroidism^[11]**

1. Deficient activity of the thyroid gland.
2. The disorder resulting from this, characterized by a retarded rate of metabolism and resulting sluggishness, puffiness, etc.

b. Hyperthyroidism^[12]

1. Excessive activity of thyroid gland.
2. The disorder resulting from this or from taking too much thyroid extract, characterized by loss of weight, nervousness, a rapid pulse etc.

Treatment through Panchkarma based on the current Practices**1. Hyperacidity^[13]**

Vamana: Patolarista Varinam. Virechana: Triphala/ Amlaki Kwath yoga.

Niruha Basti: Kashya tikta drava siddha basti. Anuvasana Basti: Pipalyadi Ghrit/ Mahatiktak Ghrit.

2. Diabetes^[14]

Patient having Bahudosha and good strength, Samshodhan Chikitsa should be followed.

Kaphaja Prameha: Vamana- Kalpasthanokta.

Pittaja Prameha: Virechana- Kalpasthanokta.

Vataja Prameha: Cathars Taila & Ghritpana.

Pramehghna Basti: Panchatikta Panchaprasrit Niruha Basti/ Madhutailik Basti.

3. Obesity^[15]

Rukshana: udvartana with kulathha, Triphala, kottamchukadi Churns. Snehana: Panch Tikta Ghrita Guggulu/ Devadarvyadi tails.

Swedana: Bashpa.

Vamana: Madanphaladi yoga.

Virechana: Icchabhedi Rasa+Triphala-Trivrit-Katuki kashya 100 ml+Gomutra 50ml. Lekhana Basti for 8 days.

4. Gout^[16]

Virechana: Nimba-Amritadi Eranda Tails. Abhyanga: Pinda Tails/ Balaguduchyadi Taila.

Niruha Basti: Panchatikta Kshir Basti.

Anuvasana Basti: Panch Tikta Ghrita Guggulu/ Maha Tiktaka Ghrita. Raktamokshana: Shringa jalaukadi as per need.

5. Rheumatoid Arthritis^[17]

Abhyanga: Saindhwadi Taila/ Prasarani Tails.

Swedana: Baluka Sweda/ Karpasbijadi Pinda Sweda/ Patra Pinda Sweda. Dhanyamla Dhara.

Sadyo Virechana: Eranda Taila with Shunthi Kashaya. Lepam: Naggaradi/ jatamayadi

Niruha Basti: Vaitarana Basti/ Dasmula Kshara Basti for 5-7 days. Anuvasana Basti: Brihat Saindhavadi Taila.

Purana Amavat^[18]

Pizhichil: Dhanvantaram Taila+Prasarani Taila.

Niruha Basti: Erandamuladi Niruha.

Anuvasana Basti: Guggulu Tiktaka Ghrita/ Ashvagandhadi Ghrit.

6. Osteoporosis^[19]

On 1st day Sadyo Virechana: Eranda Taila 40 ml+Shunthi Kashaya 50 ml. Abhyanga: Balashvagandhadi Taila+Murivenna Taila for 8-16 days.

Navara Khizhi: 8-16 days.

Niruha Basti: Panchatikta Ksheera Basti 8-16 days. Anuvasana Basti: Mahatiktaka/ Tiktaka Ghrita.

7. Hypertension^[20]

Snehana: Panchatikta Ghrita or Maha Tiktaka Grita. Virechana: Avipattikar Churns 20-40 GM's with hot/warm milk. Shirodhara: Takradhara.

8. Thyroid

Vamana Virechana Niruha Basti Anuvasana Basti Gandusha Kavala Nasya etc. with oral medications.

DISCUSSION

Ayurveda is the science of life. Basic approaches of Ayurveda are the preservation of health and preservation of disease. More emphasis has been laid over preservation of health of masses.

In principle, the Ayurvedic approach to the treatment of a disease consist of two major

procedures- 1). Samshodhan Chikitsa and 2). Samshaman Chikitsa. With administration of Samshodhan therapy attempts are made to purify or cleanse all the body tissues and to bring about the harmony of Tridosha and Manasa Dosha in such a way that vitiated Doshas are removed from the body and long lasting beneficial effects of long duration are produced in the body. It is a radical treatment of a disease and is supposed to eradicate or eliminate the vitiated Doshas thus completely preventing or curing the disease. Samshodhan therapy is conservative or palliative in nature. In this therapy efforts are made to bring Tridosha and Manas Dosha in a state of equilibrium.

CONCLUSION

It is belived that the diseases cured by Samshodhan therapy never relapse while the disease cured by Samshaman treatment may recur.

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