

GLIMPSE ON AYURVEDA PANCHKARMA PROCEDURES AND DINCHARYA FOR THE MANAGEMENT OF LIFESTYLE DISORDERS

**Achal Mahendra Doye*¹, Prathmesh Vyas², Javahar Rahangdale³, Vinay Pandey⁴,
Deepika Kolhe⁵ and Atul Andelkar⁶**

¹PG Student, Panchkarma Department, M.S. Ayurvedic College and Hospital, Kudva,
Gondia.

²Associate Profesor, Panchkarma Department, M.S. Ayurvedic College and Hospital, Kudva,
Gondia.

³Assistant Profesor, Panchkarma Department, M.S. Ayurvedic College and Hospital, Kudva,
Gondia.

⁴Assistant Profesor, Rognidan and V.V. Department, M.S. Ayurvedic College and Hospital,
Kudva, Gondia.

⁵Associate Profesor, Kriya Sharir Department, M.S. Ayurvedic College and Hospital, Kudva,
Gondia.

⁶Senior Research Officer, Lata Medical Research Foundation, Nagpur.

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***Corresponding Author**

Achal Mahendra Doye

PG Student, Panchkarma
Department, M.S. Ayurvedic
College and Hospital,
Kudva, Gondia.

ABSTRACT

Lifestyle disorders are nothing but the diseases created by a faulty daily routine. If the factors involved in pathogenesis of these lifestyle disorders are reviewed on the basis of Ayurveda science, the symptoms show Agni dushti, Kapha dushti, Mansavaha and Medovaha dushti. When a person follows dincharya as mentioned in Ashtanga sangraha of Vagbhatacharya, the life style disorders are prevented as it involves Panchakarma and allied treatments like Abhyanga, Nasya. These procedures are very important and significant as they prevent these Kapha, Meda, Mansadushti, and stress and strain of mind as well as body. So following lifestyle of Ayurveda is important as these

Panchakarma procedures prevent lifestyle disorders. This article is aimed to review importance of Dinacharya and Panchkarma therapies in prevention of lifestyle disorders.

KEYWORDS: Ayurveda, Dinacharya, Lifestyle disorders, Panchakarma procedures.

INTRODUCTION

Panchakarma is specialized modality of Ayurveda, which eliminates excess dosha from body.^[1] Ayurveda is only science which has incorporated different detoxification methods in daily routine. This works as preventive as well as curative. The term Ayurveda means science of life which has prescribed healthy lifestyle. Vagbhatacharya has explained this lifestyle in his ancient compendia Ashtang Hrudaya and Sangraha by a separate chapter called dinacharya. Though Ayurveda is ancient health science it has capacity to deal with health problems arising in this new era such as Life style disorders. Dinacharya explained in Ayurveda was a part of culture in India. But westernization of our culture is giving rise to life style disorders like diabetes, cardio vascular elements, High cholesterol, Hypertension, stroke, depression.^[2] These diseases were explained in Ayurveda compendia's but in this era they have raised to such a level that 25% of Indians may die of these lifestyle diseases before they are 70.^[3] These are also called as diseases of civilization or diseases of longevity. Certain diseases like diabetes, dental caries or asthma are propagating in young generation specially living western way. Western life style is of less physical activity, less manual laborious work, access to much appealing but unhealthy food, late night work.^[4] If we review the factors involved in Ayurveda pathogenesis of these disorders they are mainly vitiated Kapha dosha, dushita rasadhatu, agnidushti and amapradosh. Mainly diseases due to sanchaya pradhana or santarpanajanya avastha.^[5] Pathogenesis occurring due to this western life style can be prevented by following Ayurveda dinacharya. Dinacharya includes Panchakarma and its allied procedures like Nasya, Abhyanga, Mardana, Gandush, Anjana, Udvartana. To follow Dinacharya and these Panchakarma procedures included can prevent Life style disorders. Aim – To study the different Panchakarma procedures included in dinacharya with reference to lifestyle disorders Observation- Different Panchakarma and allied procedures included in dinacharya chapter of Ashtang Hrudaya and Sangraha are as follows – Dant dhavana^[6] is done by Herbs of Kashaya, katu and tikta rasa. Jivha nirlekha^[7]- Cleansing of tongue. Anjana^[8] Anjana application in eyes Navana nasya^[9] – Is administration of anu tail which is sneha dravya in nasal route. Gandush^[10] - medicated gargling is done. Dhooma nasya^[11] Inhalation of medicated smoke Abyanga^[12] - Oleation, Whole body, Head, Feet massage. Vyayama^[13] It is exercise. Mardana^[14]- Massage by applying pressure. Udvartana.^[15] Medicated powder massage. Snana^[16] –Bath by warm water which is a type of

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DISCUSSION

General Pathogenesis of Life style disorder on basis of Ayurveda - Less activity, High calorie food, lack of exercise Result in kaphachaya, Rasa, Mansa, Meda dhatu shaithilya, sroto vaigunya Symptoms of Kaphachaya According to Prakruti and Anshansha kalpana Sthana sanshraya Causing- Diabetes, High cholesterol, Hypertention, Cardiovascular diseases, Depression. Dinacharya which is Ayurveda life style includes Shodhana treatments which may prevent these diseases. Dant dhavan^[17] - This is done by using herbal sticks of kashaya, katu, tikta rasa. Kashaya rasa herbs have astringent action on gums. Katu removes all plaque and tikta rasa acts on pitta or acid action. This type of herbal care maintains teeth and gum health. 53 per cent Indians suffer from common tooth problems such as bleeding gums, bad breath, sensitive teeth, receding gums and decayed teeth is revealed by a nation-wide study by AC Nielsen.^[18] Daily use of this danta dhavana may overcome dental problems. Jivha nirlekhana^[19] - Cleansing of tongue maintains sensation taste, removes fowl smells, heaviness of tongue and keeps mouth fresh. Dant dhavana and jivhanirlekhana maintain oral health. Anjana^[20] Anjana application in eyes maintains health of eye; it has cleansing action. it removes excess kapha and helps in smooth functioning of eyes and eyelids. Navana nasya^[21] - Nasya is carried out by using anu tail. It improves skin texture, strengthens of neck and chest region, increases beauty of face and freshness mouth. Gandush^[22] - Gargling is done. Gargling gives light feeling to mouth by removing kapha and vata. This prevents throat infections. Gives strength to vocal function Dhooma nasya^[23] - Inhalation of medicated smoke removes kapha and vata dosha sanchaya from throat area, nasal area, cleaning of sinuses. This prevents infections. All these procedures keep nasal and pharyngeal track healthy. Abyanga.^[24] Everyday oil massage is given to body. Specially head massage and feet massage is also recommended. It has rasayana effect, maintains body tone, makes muscle action smooth by acting as anulomana on vata dosh, it relieves stress and strain of muscles, and maintains tone of skin. Maintains body tone and prevents from aging. Nourishes eyes, maintains digestive fire, tightens musculature and maintains body shape and adds longevity to life. Vatanulomana is important factor which attribute in prevention of almost all diseases. Maintain physical as well as mental health. Abhyang heals body as well as mind. Prevent depression and rasadushtijanya diseases like hridrog. Vyayama^[25] - is included in daily lifestyle. Exercise gives strength, energy, high working capacity, light feeling. Increases

digestive power. Vyayama prevents accumulation of fats. It prevents cardiac elements. Mardana^[26] - Mardana is done after exercise which relaxes muscles of body prevents vitiation of vata due to over exercise. Udvartana^[27] - Udvartana is massage by medicated herbal powders. It dissolves excessive fats, strengthens the body parts and skin. Snana^[28] - bath by hot water is a type of parisheka swedana. Which is vataghna. Sweda gives lightness to body, relieves stiffness. Abhyanga, Vyayama, Mardana, Udvartana, Nasya all these procedures of dinacharya prevent doshachaya. Lifestyle disorders like Diabetes, Obesity, Cardio vascular disease are of sanchaya pradhana samprapti. Panchakarma and allied procedures of dincharya prevent this chaya of dosha and prevent these diseases.

Panchakarma is an effective therapy in managing autoimmune, neurological, psychiatric and musculo-skeletal diseases of chronic and metabolic origin.^[7] In the current scenario, these unique procedures are widely practiced by physicians in India and many other countries globally for prophylactic and therapeutic purposes. Panchakarma therapy is considered superior to Samshamana therapy in Ayurveda as the disorders treated with Samshamana therapy may sometimes be provoked again by gaining momentum with the help of etiological factors and vitiated environmental factors but in case of those treated with Panchakarma, there is lesser/no chances of gaining such type of momentum and thus, lesser/no chances of recurrence of a particular disorder.^[8]

The five technologies of Panchakarma includes-

1. Vamana (therapeutic emesis),
2. Virechana (therapeutic purgation),
3. Asthapana Basti (therapeutic decoction enema), Anuvasana Basti (therapeutic oil enema)
4. Nasya Karma (nasal medication).
5. Raktamokshan

Ayurveda emphasizes more on the preventive aspect of the Panchakarma rather than curative. It also facilitates the absorption of nutrient and drugs administered thereafter in favor to attain their desired pharmaco therapeutic effects. Panchakarma also restore the mental health, reduces the stress^[9] and therefore, help in the prevention as well as management of many lifestyle disorders.

Benefits of Panchakarma

Panchkarma procedure is Removal of impurities from the body. Restoration of equilibrium and harmony in the body. Removal of negativity and enhancement of an optimistic feeling,

improvement of mental, physical, and emotional well-being, and an enhanced sense of self-worth. Overall improvement of health and well-being.^[10] Panchakarma utilizes a set of therapeutic procedures which are given in a specific order to promote the elimination of toxic substances out of the body via the nearest possible route of elimination. Panchakarma accomplishes the removal of toxic accumulations and the return of the Doshas to normalcy and balance.^[11] All the Panchakarma regimens are followed to achieve the homeostasis and not just counter the specific symptom. That is why it outcores the conventional medicines when it comes to tackle a multi-dimensional disorder like Lifestyle diseases. Panchakarma plays vital role in the preservation, maintenance and conservation of health and promotion of longevity. They form a part in the regimen of preventive medicine (Swasthavritta) indicated as prophylactic measures in the context of epidemics and pan epidemics. Mandagni is the cause for all diseases. For correction of Agni Panchakarma is the best treatment.

Roganusara Panchakarma

Diseases are the outcome of disturbed Doshas and thus Panchakarma treatment is used for all types of diseases. Some of the diseases that are commonly treated are;

1. **Vamana**- Kapha predominant diseases, Obesity, thyroid, diabetes, asthma, PCOS (polycystic ovarian syndrome) and skin diseases.
 2. **Virechana**- Pitta predominant diseases, Hyperacidity, skin diseases.
 3. **Basti**- Vatapredominant diseases, Arthritis, spondylitis etc.
 4. **Nasya**- Migraine, headache, sinusitis, hair fall, premature graying of hair, frozen shoulder, cervical spondylitis, sleeplessness, allergies, etc.
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1. **Raktamokshana**- Rakta predominant diseases Gouty arthritis etc., Shirodhara, Sleeplessness, headache, dandruff, psychological diseases etc.

Other simple Panchkarma procedures are also a part of Panchkarma therapy like **Abhyanga**- Relaxation and frequent body pain, Shirodhara, Kati Basti, Janu Basti etc. a patient is to receive is decided according to the season, climate, diet, emotional state of the patient, the knowledge and understanding of the physician, the length of treatment, in addition to the Prakriti (constitution) of the patient. Also, every treatment is individualized to meet the needs of each individual, including herbal oil selection, pressure, pace, marma points used and intention. Research over the last 100 years has shown encouraging results for Ayurvedic treatment of various ailments, especially chronic disorders. "Lifestyle diseases" known internationally as 'non-communicable diseases' (NCD's) or 'chronic diseases of lifestyle'

(CDL) emerge from inappropriate relationship of people with their environment. These are a group of diseases that share similar risk factors, which may be due to exposure over many decades, unhealthy diets, smoking, lack of exercise, and stress. Panchakarma in Ayurveda can provide a better opportunity to combat such diseases more effectively without causing its re occurrence. Purification procedures known as Panchakarma remove toxins from the body. Panchakarma revitalizes tissues and rejuvenates the body.

CONCLUSION

Lifestyle disorder is the new umbrella term used for diseases created by a developed human being by unnecessary showoff of eating habits and living status. Lifestyle disorders is creating a burden on health system of country and it has very limited scope of treatment in modern medicine. In this case, Ayurveda is showing extremely promising role in the prevention and cure of lifestyle disorders. Different procedures from dinacharya help to prevent hazards which occur due to western lifestyle. Life style disorders can be prevented by following Panchakarma procedures and dincharya prescribed by Ayurveda.

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