A PRACTICAL HANDBOOK OF PANCHAKARMA PROCEDURES

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A PRACTICAL HANDBOOK
OF
PANCHAKARMA PROCEDURES

CENTRAL COUNCIL FOR RESEARCH IN AYURVEDA AND SIDDHA
Department of AYUSH, Ministry of Health and Family Welfare,
Government of India

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A PRACTICAL HANDBOOK OF PANCHAKARMA PROCEDURES

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PREFACE

Practical handbook of Panchakarma Procedures is a brief knowledge several of Panchakarma procedures followed in different parts of the country. It also includes some of the common therapeutic procedures popular in Kerala. Panchakarma therapy is an integral part of Ayurvedic treatment. All the learned scholars of Ayurveda since beginning of the present era have highly appreciated the importance and therapeutic efficacy of Panchakarma therapy. The description of Panchakarma is found to be popular in Ayurvedic classics viz Charak Samhita, Sushrut Samhita, Ashtang Hridayam, Ashtang Sangraha, Sharangdhara and Vangsena etc. Classical Panchakarma includes Vamana, Virechana, Anuvasan Basti, Niruh Basti, Nasya and Raktamokshana, which require more attention and care from the physician. The procedures are also time taking. Due to these facts some of the physicians developed easier techniques with better therapeutic effects. These procedures are popular in India but now they are becoming popular all over world.

This book deals with the commonly practiced, popular Panchakarma procedures minutely in simplified form for the benefit of students and Ayurvedic practitioners. It has been tried to give the material requirements, names and doses of commonly used medicines with administration time, indications and contraindications with necessary photographs. The assessment of minimum required man power in various procedures has also been done. This book is recommends space and staff requirements for a model Panchakarma unit. Textual references are also given wherever possible.

I appreciate Dr. M.M. Sharma, Dr. B.S Sharma, Mr. Upendra Singh and Mr. Narender Singh from publication section for their tireless efforts in bringing out this publication.

I hope that this handbook will serve as a ready reckon document for students, practitioners, academicians, research scholars and certainly help to establish a good Panchakarma center for better health care services.

Place: New Delhi

Prof. G.S. Lavekar
Director General
CCRAS
Paricharya promotes health in diseased as well as healthy.
INTRODUCTION:

Ayurveda, an ancient 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.

Ayurvedic treatment comprises of two major parts viz. Samshodhana Chikitsa (Bio-cleansing therapy) and Samshaman Chikitsa (Pacifying therapy). Samshaman Chikitsa consists of conservative treatment like Langhana, Pachana, drug administration etc. Samshodhana Chikitsa envisages Panchakarma treatment which is basically a Bio-cleansing regimen intended to eliminate the toxic elements from the body and thereby enhances the immunity of the body. Samshodhana Chikitsa is considered superior to Samshamana Chikitsa as the chances for recurrence of the disease so treated are remote\(^1\).

Panchakarma increases the acceptability of body to various therapeutic regimens like Rasayana (Rejuvenation) and Vajikarana (Aphrodisiac). Thus, Panchakarma therapy is believed to impart radical elimination of disease causing factors and maintain the equilibrium of Doshas. Five fold measures\(^2\) comprehended as Panchakarma are:

1. Vamana (Therapeutic Emesis)
2. Virechana (Therapeutic Purgation)
3. Anuvasana (Medicated Oil Enema)
4. Asthapana (Medicated Decoction Enema)
5. Nasya (Nasal administration of Medicaments)

Description of these five procedures is available in Charaka Samhita Kalpa Sthana, Shusruta Samhita Chikitsa Sthana and Ashtanga Hridya Sutra Sthana. Vagabhatta in Ashtanga Hridya has enumerated five types of samshodhanas\(^3\) i.e.

1. Niruha
2. Vamana
3. Virechana
4. Nasaya
5. Rakatmokshana

\(^{1}\) दोषः कदाचित्त कुयान्ति जितालधनपायने।
जिता: संयोजनायेतु न तेषां पुनरुत्सवः।
(च. सृ. 16/20)

\(^{2}\) वमनं रेचनं नस्तं निरुक्षणार्वासनम्।
एतानि पंचकर्माणि कथितानि मुखीष्ये॥
(शास्त्र. उ. 8/70)

\(^{3}\) वदीर्येऽधिर्दौशानं पंचभ योधनं तत्।
निरुक्षे वमनं कायपिरोकाउक्षविधुते॥
(अ. दृष्ट. सृ. 14/5)
Prior to these five *Pradhan Karmas* (main procedures), *Purva Karma* (preparatory measures) given to the patient are:

- **Pachana** (*Ama Pachana & Deepana* medicines like *Shunthi Kwatha* may be given)
- **Snehana** (*Oleation*) and
- **Swedana** (*Sudation*)

After the main procedures, *Pashchat Karma* (*Samsarjana Krama*), a special diet and life regimen (period of convalescence) is advocated as post operative measures. *Panchakarma* therapy plays a definite role in the management of diseases especially of neuromuscular, rheumatological and gastrointestinal origin. In addition to this *Panchakarma* procedures are utilized for the purpose of preservation, maintenance and conservation of health and the promotion of longevity.

Based on Ayurvedic principles and own experiences, the Ayurvedic scholars in South India have modified certain techniques/ procedures according to *Dosha*, *Prakriti* (*body constitution*), *Kala* (*season*), drug availability etc. and found them quite effective. Later on, these procedures got popularized as *Keraliya* specialities of *Panchakarma* which are extensively practiced in India and abroad as main procedures. *Shashitika shali pinda sweda, pizhichil, Shirovasti, shirodhara, shirolepana* are some of these practices. These procedures are specialized varieties of *Snehana* and *Swedana* which have more nutritive/ nourishing effect than bio-cleansing or depleting effect.

With the spread of Buddhism to the southern parts of India, Ayurvedic treatment got popularized as it was practiced in the monasteries. After the decline of the Buddhism, many of these monasteries were converted to temples and the practice of Ayurvedic treatment through these temples still continues in *Kerala*. One such example is *Tiruviza* of *Allappy Distt.* of coastal area where *Vamana* procedures are done daily. *Panchakarma* procedures were not confined to the higher societies only. Rather lower classes of the society also contributed to the promotion, progress and development of these specialized techniques. Due to this fact, modified techniques of *Panchakarma* treatment developed in Kerala, unlike North India. With the modernization and globalization of Ayurveda, more and more people are showing interest in these treatment procedures due to their effectiveness in addition to the conventional *Panchakarma* practices. Physicians from other parts of the country and the western world wish to acquire this knowledge.

This *Practical Handbook of Panchakarma Procedures* is written with a view to impart simple and basic knowledge of these procedures to the learners. It has also been tried to put the textual references wherever possible and to give the photographs of different procedures.

However, before administration of *Panchakarma* procedures, one must carefully select, assess and prepare the patient explaining all the procedures to be followed. The doses of drugs, *vegas* and frequency of procedures may vary according to condition of the patient and/or severity of the disease. While undergoing procedures, it is duty of the physician to assess the patient’s strength, constitution, age, season, disease stage and other relevant factors.

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4 दूषण देयं बलं कालमनलं प्रकृति: वयः ।
सत्त्वं सत्त्वं तथाभागमवयक्ष्यं पृष्ठितिः ॥
सूक्ष्मसूक्ष्मं: समित्वात् दोषशास्त्रीयनिरुपणे।
The Samshodhana Chikitsa (Bio-cleansing therapy) of Ayurveda, which includes Panchakarma treatment, basically intends to eliminate the toxic elements from the body and thereby enhances the immunity of the body. The toxic products of body metabolism can be broadly divided into water soluble, fat soluble and volatile substances. The volatile substances like carbon-di-oxide can easily be removed from the body through lungs. While there are number of mechanisms available to get rid of the water soluble toxic materials through kidney, sweat and other body secretions, removal of fat soluble toxic materials is very difficult and only liver can play a small role. Hence it is likely that, there would be accumulation of fat soluble toxic products in the body. Liberal use of oil and ghee in various Panchakarma procedures makes it possible to eliminate these toxic products. In modern day medicine, we understand that molecules moves from higher concentration to lower concentration when separated by a diffusible membrane. The skin and the mucous membrane provide an excellent opportunity for this maneuver. While skin of an average adult only provides a surface area of less than 2 square meters, the gastrointestinal tract is many meters long with a highly permeable mucous membrane. The mucous membrane of gut has many folds and projections in the form of villi and microvilli, which help to increase the total exchange area, equivalent to a tennis court. Various Panchakarma procedures like. Vamana (Therapeutic Emesis), Virechana (Therapeutic Purgation) and Anuvasana (Medicated Oil Enema) use oil liberally, there by removing toxic fat soluble waste materials. Prior to the five Pradhan Karmas (main procedures), Purva Karma (preparatory measures) i.e. Bahya Snehana (External oleation) and Sarvanga Swedana (Whole Body Sudation) are given to the patient. These procedures further helps in removing toxic materials from the body. Swedana procedure using hot steam increases the local skin blood flow there by enhancing the exchange process. It is known that the fat soluble toxic substances are stored in the body fat. Fat in human body is largely located below the skin and inside abdomen around the mesentery of the gut. During various Panchakarma procedures, exposure of skin and gut mucous membrane (which are very close to the fat stores) to a large quantity of oil seems to be a logical and ideal procedure. Repetition of these procedures over several days will largely remove the toxic wastes by concentration gradient. The Ayurvedic medicines added to the oil might give additional benefits.

One of the important features of these procedures is the safety and easiness by which these can be administered without any major side effects. Although the practitioners of modern system of medicine do realize the individual variations in patient population suffering from the same disease, most of them fail to appreciate these variations in practice. In Ayurvedic practice of Panchakarma, Dosha (fault or disease), Prakriti (body constitution), Kala (season), drug availability etc. are always of prime concern.

**SNEHANA (OLEATION)**

Snehana stands for lubrication of body systems by the administration of fatty substances internally and externally. Snehapana (internal administration of sneha) is an important preparatory procedure for Panchakarma. Four types of Snehana dravyas are mentioned in the
classics viz. Ghrita (Ghee), Taila (Oil), Vasa (Fat) and Majja (bone marrow). Out of these Ghrita is considered as the best.

**Snehana (Oleation) includes:**

- Abhyantara Snehana (Internal Oleation)
- Bahya snehana (External Oleation)

Abhyantara snehana is again classified into Achhapana and Vicharana. Achhapana is the oral intake of medicated or non medicated Sneha (Ghee/ oil) without mixing with food or other medicinal preparations and used for the purpose of softening and lubricating of body tissues prior to the Shodhana therapy.

**Materials required:**

- Medicated ghee or oil according to the requirement.
- Measuring glass
- Hot water for drinking (boiled with Shunthi+Dhanyaka).

**Medicines commonly used:**

- Indukanta Ghrita
- Maha tiktaka Ghrita
- Sukumara Ghrita
- Dhanvantara Taila
- Ksheera Bala Taila etc.

**Man Power:**

- Ayurvedic Physician : 1
- Attendant/ Nurse : 1

**Procedure for Snehapana:**

Agnibala may be assessed in the patient prior to Snehapana, so as to assess the dose of Sneha dravya (Hina, Madhyama, Uttama, Hrisyasi matra). For the patient with unknown doshas, agni etc. one may start with Hrisyasi matra (which digests within two yamas).

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5 सर्पिनसैलं बसा मन्जा सर्वचन्द्रोतमा मतः।
एशु वैकोतमंसरी: संस्कारस्यनुवर्तनात्।।
(बृहस्पति 13/13)
The patient who is intended to undergo Snehapana is to take the Sneha in the early morning (within 15 minutes of sunrise) in the prescribed dose based on his Agnibala (digestive capacity), nature of disease, condition of body etc. The usual dosage is between 50 to 75ml for Ghrita and 30 to 50 ml for Taila on the first day. The dose for the next day should be fixed after assessing the time taken for digestion. Hot water boiled with a piece of Shunthi (dry ginger) + Dhanyaka (dry coriander seeds) is given in small doses to enhance the digestion (Deepan, Pachana).

Snehapana may be continued till Samyak Snigdha Lakshanas\(^7\) (symptoms of desired effect) are observed and usually it is obtained within 3 to 7 days\(^8\).

**Usual practice of increasing order of Snehapana dosage:**

<table>
<thead>
<tr>
<th>Day</th>
<th>Dosage (ml)</th>
</tr>
</thead>
<tbody>
<tr>
<td>First day</td>
<td>50</td>
</tr>
<tr>
<td>Second day</td>
<td>100</td>
</tr>
<tr>
<td>Third day</td>
<td>150</td>
</tr>
<tr>
<td>Fourth day</td>
<td>200</td>
</tr>
<tr>
<td>Up to 7(^{th}) day</td>
<td>350</td>
</tr>
</tbody>
</table>

**Indications\(^9\):**

- Swedya, Samshodhya (Persons undergoing sudation and biocleansing procedures)
- Ruksha Sharira (Roughness in the body)
- Nityamadya (Alcoholic)
- Krisha (Debility)
- Timira (Premature cataract)

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\(^6\) द्वारा चतुर्वेदीश्वकभूतान्कःकृतीयतिः या: क्रमात।।
हंसवंश्योहता मानान्तरायम् व्यवहर्षीम।
कल्पक्षेत्रीय दोषादीन् प्राणेव तु हंसीयसीम।।
(अंु-सुं 16/17-18)

\(^7\) वातानुक्लयम् दीपतोर्निर्वर्जः सिन्धुमसंहतम्।
मार्दिं तस्मिन चांगे सिन्धानामणुजायते।।
(च-सं-सुं 13/58)

\(^8\) स्नेहास्य प्रकर्षों तु सपतात्रितिसत्त्रो।।
(च-सं-सुं 13/51)
• *Vatarogas* (Neuromuscular disorders)
• *Kasa* (Cough)
• *Shwasa* (Dyspnoea)
• *Hikka* (Hiccough)
• *Swarbheda* (Hoarseness of voice), etc.

**Contraindications**:10:

• *Sthoola* (Obese)
• *Kaphaja Vikaras* (Kapha disorders)
• *Atisara* (Diarrhoea)
• *Raktapitta* (Bleeding disorders) etc.

**Regimen during Snehapanas**:

• Rest
• Avoid day sleep
• Take Rice gruel after feeling hungry (when consumed Sneha is digested).

**Complications and management:**

• Indigestion
• Vomiting
• Nausea
• Anorexia
• Headache
• Constipation etc.

In such conditions, *Snehapanas* should be discontinued and fasting, *Deepana* (Stomachic), *Pachana* (Digestive) drugs may be given based on the patient/ disease condition.

**Scientific observation**:11:

9 स्वेदरुपामहािसङ्गमद्रीःवाधणाकामाससाह्यतिष्ठतः।
वृद्धाशालावलकृता रुक्षः शीघ्राकरेतः।
वातार्त्सनिकमनिपरामर्शमप्रतिवर्धिनः स्नेहः।

(अ.पु.१६/५–६)

10 -न त्वज्ञन्द्विवित्तमेबाभ्यंभूः।
ञुरुःमातिसारसामत्मगङ्गोगङ्गे।
मूक्षाच्छन्दःचिल्लितमुख्यानवैच्छ पीड़ितः।

(अ.पु.१६/६–७)

11 दीनाणामनष्टिसः परिधुरुङ्कोरः प्रत्यप्रतिगुलः।
द्रूढःस्मिरिष्यो नंद्यश्च शतायु स्त्रियोपपीती युक्तं भवेत।।
Oleation pacifies Vata; lubricates and softens the Doshas. It improves digestion, regularizes bowels, improves the strength and complexion and prevents premature ageing.

N. B. After completing Snehana (oleation), Swedana (sudation) is to be carried out (1-3 days) based on the patient/disease condition.
SWEDANA

Swedana is a process to induce sweating (sudation) artificially in a patient/volunteer who has already undergone Snehana. Swedana is of four types:\n(i) Tapa Sweda
(ii) Ushma Sweda
(iii) Upnaha Sweda
(iv) Drava Sweda

Snehana and Swedana constitute Poorvakarmas. The patient is given Snehapana for 3-7 days depending upon the appearance of fat in stool which is considered as the end point of Snehana. Snehana is followed by Swedana and Swedana in turn is followed by Vamana procedure.

Types of Swedana (on the basis of induction of heat):

1. Thermal (Sagni Sweda)-13
2. Non Thermal (Niragni Sweda)-10

Types of Swedana (on the basis of application of heat):

1. Local (Ekanga Sweda)
2. General (Sarvanga Sweda)

Types of Swedana (on the basis of nature of heat):

1. Moist heat (Snigdha Sweda)
2. Dry heat (Rooksha Sweda)

Types of Swedana (on the basis of intensity of heat):

1. High Sweat (Maha Sweda)
2. Medium Sweat (Madhyama Sweda)
3. Low Sweat (Durbala Sweda)

General features of Swedana Dravyas:

The medicines which produce Sweda are generally-
Ushna, Tikshna, Sara, Snigdha, Sukshama, Rooksha, Sthira, Drava, Guru.

12 स्वेदस्तापोपनाहोश्मद्व भेदायच्युर्वर्धः

(अङ्ग-सूत्र 17/1)
Indications of Swedana:

According to Charaka, Swedana relieves:
- Stiffness (Stambha)
- Heaviness (Gourava)
- Cold (Sheeta)

\[ \text{Stambha Gourava Sheetaghnam Swedanam Swedakarkam} \]
\[ \text{Stambhanam Stambhayati yat gatimantam chalam dhruvam} \]

(Carak Sutra-22/11).

Indications of Swedana:

- Following Snehana
- Stiffness of the body
- Pain
- Cold
- Heaviness
- Dryness
- Vatadosha/ Obstruction to Mala, Mutra and Shukra
- Prior to Panchakarma Procedures, as a Poorvakarma.
- Swedana is given to even infants by using warm hands.

Contra indications of Swedana:

- Dagdha (burnt)
- Vishapeeta (Poisoned)
- Madapeeta (Alcoholic)
- Trishita (Thirsty/dehydrated)
- Nidranasha (Insomnia)
- Chhardi (vomiting)
- Rakta pitta (Bleeding disorders)
- Hridya Rogas (Cardiac Diseases)
VASHPA SWEDA (STEAM BATH)

This is a kind of sudation by which medicated steam is applied to the patient’s body for a certain period of time to get perspiration. It removes stiffness, heaviness and coldness from the body.

For this purpose Bashpa Sweda Yantra (A steam-bath chamber) is required. Medicinal herbs/decoction is kept boiling in the Bashpa Sweda Yantra from where the steam is generated and applied all over the body or any specific part through a tube or pipe. The patient is advised to lie down inside the steam chamber after massage with warm oil (20°-22°C). A thick cotton sheet may be used to cover the body to get proper perspiration.

Materials and Equipments:

- Medicated kwathas (Decoction)
- Suitable oil for massage (Mahanarayana Taila, Dhanwantara Taila etc.)
- Bashpa Sweda Yantra/ Steam Chamber
- Bed-sheet
- Cloth
- Towel etc

Medicated kwathas (Decoction):

- Usually Dashamoola is used:
  - Bilwa (*Aegle marmelos*)
  - Agnimadha (*Premna integrifolia*)
  - Shyonaka (*Oroxylum indicum*)
  - Patala (*Pterospermum suaveolens*)
  - Gambhara (*Gmelina arborea*)
  - Brihati (*Solanum indicum*)
  - Kantakari (*Solanum xanthocarpum*)
  - Gokshura (*Tribulus terrestris*)
  - Shaliparni (*Desmodium gangeticum*)

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15 ऊष्मा तूलकारिकालोकालोकालोपपाङ्कमुः: ||
प्रतरंगेन धारणे करीष्पीलहतुपूः: ||
अनेकोपगसतापूर्वः प्रयोजये वेशाकल्मतः: ||
शिष्यवारणकृपाेर्णकरंजसुरसारंकालः: ||

(असं ह्यं सूः 17/6.7)

धारितकृत्र धारितकरा पन्नूर्लहातीयों उल्लवार्षुः: सुखोःः
कृष्णीयसिद्धि: प्रमादीयों पूर्पित्वा यथाहसिद्ध स्नेहायतः
गात्रं वस्त्रावचनः परिशेषियकति परिषेकः: ||

(शास्त्रकल्य—२)
Prishniparni (*Uraria picta*)

- Tulasi (*Ocimum sanctum*)
- Nirgundi (Moola / patra) (*Vitex negundo*)
- Eranda Moola (*Ricinus communis*), may also be used.

**Oils for massage:**

- *Mahanarayana Taila*
- *Rasnadi taila*,
- *Nirgundi taila*,
- *Dhanwantara taila* etc. (as indicated by physician)

**Man power:**

- Ayurvedic Physician : 1
- Masseur : 1

**Mode of administration/ procedure:**

Patients are to be massaged properly with suitable oil for 30-45 minutes all over the body. Then the patient is advised to lie down inside the *Bashpa Sweda Yantra* and cover the body with a blanket. Patient is to remain inside the *yantra* for 15-20 minutes or till he gets proper perspiration (*Samyakswinna Lakshana*). Prior to *Virechana* it is recommended for 3 days and for *Vamana* one day. At the end of the procedure, patient may come out of the chamber and the sweat is wiped off with a towel. Bath is advised with luke warm water according to the physician’s choice.

**Indications**:

- Neuro muscular disorders - Hemiplegia, Para plegia, sciatica etc
- Rheumatological problems - Rheumatoid arthritis, Osteoarthritis, Post fracture stiffness of joints, etc.
- Rejuvenation therapy

**Contraindications**:

16 'अतुलन्यायर्चन लोभिनिवार्ये | संजाते माद्वेये भवेदनागृहिणितम मतः || (वा.सं.-सू.14/13)

17 व्रष्टिप्रतिश्रोतिविद्याधिकारीभविष्यु | स्वरथाविद्याविद्याधिकारमस्तम्भार्गैशि ||

------------------------- स्वेदे यथास्वयं कुर्यासदृश्याविश्वासितः || (अ.-सं.-सू.17/25-27)
Visarpa - Erysipelas  
Timira - Cataract  
Madhumeha - Diabetes Mellitus  
Raktapitta - Bleeding disorders  
Atisara - Diarrhoea

Complications and management:

Fainting – Sprinkle cold water on the face, apply suitable oil, *Drakshadi kwatha* internally can be given.

Burns – Apply *Madhu* (Honey), *Ghrita* (Ghee), *Ghritakumari* (Aloe vera) and other suitable treatment.

Dietary regimen:

Light (liquid or semisolid) diet is advised throughout the procedure.

Scientific explanation^{19}:

*Swedana* liquefies the *Doshas* and facilitate to bring them to *Koshtha*, where they can be expelled out by subsequent *Panchakarma* procedures.

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^{19}: त्वेदेयेदतिरस्थूलस्मदुर्बलमूबिच्छिदानः।
स्तम्भपायकाश्चात्मकक्षमै तिमिरोदरसम्पूर्णकृष्णशिक्षाकर्मोगनः॥ ॥
पीतुदिदिक्षेपस्मादेवूरः कृष्णविशेषनात्। प्रश्वदग्निज्ञर्ग्निक्रोधोनकामयादितनात्॥ ॥

(अ-क्ष-सु.17/21–23)

^{19}: स्तेहन्त्किन्नः कोषठगा धातुगा वा, स्त्रोतोलिना ये व षाखशिवसङ्क्रा।
दौषा: स्तेद्वैश्ये प्रवीणकृत्ति कोषठ नीता: सम्यकु वळ्यमिलित्वते॥ ॥

(अ-क्ष. सू. 17/29)
BAHYA SNEHANA

VASHPA SWEDA
VASHPA SWEDA
VAMANA (THERAPEUTIC EMESIS)

Vamana means to induce vomiting; it is a bio-cleansing measure meant for the elimination of *doshas* (mainly *kapha*) accumulated in the upper gastro intestinal tract (*Amasaya*). Vamana is a treatment of choice in *Kaphaja* disorders.

**Materials and Equipments:**
- Comfortable seat (Arm chair) (*Vamana Peetha*) : 1
- Bucket : 1
- Vessels : 3
  - [Mug, Glass, bowl, towels, B.P.Instruments, Weighing Scale, ECG Machine, Thermometer, Measuring Glass etc.]

**Vamana Yoga – (Ingredients in approx. quantities):**
- Vacha (*Acorus calamus*) powder : 2 gm
- Madanphala (*Randia dumatorum*) powder : 4gm
- Rock Salt : 5gm
- Madhu (Honey) : 15ml

**Others:**
- Medicated oil for application on chest, back abdomen : 100ml
  - (*Mahanarayan Taila, Ksheerabala Taila, Chandanbala Taila, Lakshadi Taila, Dhanwantara Taila* etc. may be used according to *Dosha* and disease).
- Milk : 1.5 ltr.
- *Madhuyashthi Kwatha* : 1.5 ltr.
- *Lavanodaka* : 1.5 ltr.

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19-20  तत्रदोषहरणं ऊर्ध्वभागं वमनसङ्करं ।
   (च.क्र. 1/4)
   शलेषणो विधिनां युक्तं तीक्ष्णं वमन विशेषम् ।
   (अ.ह.प. 13/10)
   अपकम्पं पित्रशलेषणं बलादूष्यं नयेतुं यत् ।
   वमनं तद्द्रिद्ध विशेषं मद्नस्फलं यथा ॥
   (श. प्रथम खण्ड 1/84)

21  कफ्के विद्वघ्नं संयोज्यं वा कफोल्यं ।
   तद्धिरेष्यं पिले । विशेषं तु वामेतु ।
   (अ.ह.प. 18/1)
Man Power:

- Ayurvedic Physician : 1
- Masseur : 1
- Attendant : 2

Mode of drug administration/ procedure:

The patient is to be prepared for Vamana by performing purvakarma properly as indicated and prescribed kaphotklesa dravyas like fish, masha (black gram), payasam (rice cooked in milk with ghee) etc. on the previous day of Vamana.

Vamana is to be conducted in the morning preferably between 7 to 8 A.M. If the patient is on empty stomach, Yavagu (specific type of rice preparation made from 1:6 ratio of rice and water) with Ghee are to be given before performing the Vamana. After Snehan and Swedana, the patient is to be advised to sit comfortably in a chair (Vaman peeth). Afterwards mixture of milk or Madhuyashthi Kwatha (Vamanopaga dravya) is to be given full stomach. Vaca powder with honey is given to lick in between. At the last sip of the decoction Madanphala powder with honey is given to be licked.

The medicines for Vamana should be administered in proper quantity, according to the age, strength, constitution, season etc. Usually, Vamana starts within 10-15 minutes after giving the medicine. While the patient is vomiting, masseur should massage back and chest in upward direction. To stimulate the urge for the bouts of vomiting, warm water mixed with Saindhava (Lavanodaka) or milk should be given repeatedly. Assessment criteria of vamana procedure are elaborately mentioned in the classics. Usually the fluid comes out.

Within 48 minutes. If not vomited out the pharynx may be gently irritated with a finger or Kamalanala.

22 अथ च्यर्दिनेियमातुर्वे द्वयं ए्यस्यां वा स्त्रेस्बेदो——
_____________ — इत्येक सत्यश्रद्धन्योगविधि:।
(चं.सं.कं.1/14)

23 ज्ञात्वमात्रपश्चाते तु बेगाब्रक्षचार इस्ता कमने शक्ति।
........ पिताकालां वमनं विरेकार्यर् .. कमने तु पीतम्
(अहं.सं.18/32)
Vegas (bouts) of Vamana: 24

According to No. of bouts (Vegas) Vamana may be classified into -
- Jaghanya vamana – 4 vegas (bouts)
- Madhyama vamana – 6 vegas (bouts)
- Pravara vamana – 8 vegas (bouts)

Post Vamana regimen:

When Samyak yoga 25 of Vamana is observed the patient should clean his mouth and face with warm water and Dhumarpana with the prescribed drugs e.g. Haridra (Curcuma longa), is to be performed. In the evening the patient may be instructed to take hot water bath. When the patient is having good appetite, Samsarjana karma 26 is to be followed. Semi solid diet preferably rice gruel may be given.

Indications 27:
- Gastric problems - Amlapitta (Acid peptic disorders), indigestion etc.
- Respiratory diseases - Kasa (Cough), Shwasa (bronchial Asthma)
- Other diseases - such as Madhumeha (Diabetes), Unmanda (Schizophrenia), Peenasa (Sinusitis), Kushtha (Skin diseases), Granthi (Tumour), Shlipada (Filariasis)
Contraindications:
- Acute peptic ulcer
- Atikrisha (Emaciated body)
- Bala (Children)
- Vriddha (Old age)
- Garbhini (Pregnancy)
- Shranta (Exhausted)
- Pipasita (Thirsty)
- Kshudhita (Hungry)
- Hridroga (Cardiac disorders)

Complications of Vamana therapy:
Atiyoga (excessive) of vamana may cause –
(i) Froth in vomitus
(ii) Hematemesis
(iii) Weakness
(iv) Dryness of throat
(v) Feeling of darkness
(vi) Giddiness
(vii) Vatarogas
(viii) Fresh bleeding

Scientific observation:
Certain diseases originate due to accumulation/ vitiation of phlegm/ Kapha. The elimination of this dosha will help to prevent and cure the disease.
VAMANA PROCEDURE
VIRECHANA (THERAPEUTIC PURGATION)

*Virechana* is the procedure by which the vitiated *Doshas* are eliminated through the anal route. It is the treatment of choice for *Pitta* predominant conditions.

**Materials and Equipments:**

- Attached toilet (lavatory) is a must.
- Towels, Bed sheets etc.

**Medicines:**

### Single drugs:

Any of the following medicines may be selected according to the condition of the patient:

- **Trivrit** (*Operculina turpethum*) - root powder – 5gm
- **Aragvadha** (*Cassia fistula*) - fruit pulp – 10gm
- **Eranda** (Castor oil) - oil – 15 to 25 ml

### Compound preparations:

Any of the following medicines may be selected according to the condition of the patient:

- **Ichhabhedi Rasa** - 60-120mg with cold water
- **Kalyana guda/ Manibhadra guda** - 10-15gm
- **Bindu Ghrita** - 4-5 drops
- **Hingu triguna taila** - 15-25ml
- **Avipattikara churna** - 10-20gms

**Man power:**

- Ayurvedic Physician (for supervision) : 1
- Attendant : 1

**Mode of administration/procedure**

Selected patient should undergo first *Purvakarma* i.e. *Snehapana* for 3-7 days, then *Abhyanga* & *Swedana* for three days. The medicine for purgation is to be given in early morning at 6 AM preferably on empty stomach. Usually the purgation will start after three hours. Warm water may be given in small doses, when the patient feels thirsty or the urge for evacuation is not felt sufficient. Cold water should be used for drinking when the preparation of *Jayaphala* is used for purgation. When the evacuation of bowel is complete as per the *lakshanas*

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30 अधोभाग विरेचन संज्ञानम्॥
तद्विरेचनं पिते विशेषतः तु बायमेव॥
(अ. ह. चौ. 18/1)
described for *Samyak virechana*\(^{31}\), the patient is advised to take complete rest. Thereafter *Samsarjana krama*\(^{32}\) is to be followed as per the directions of the physician. Assessment criteria of *virechana* procedure are elaborately mentioned in the classics\(^{33}\)

(Jaghanya- 10 Vegas, Madhyama- 20 Vegas, Pravara- 30 Vegas).

**Indications**\(^{34}\):
- Gastrointestinal disorders - Constipation, *Krimi* (Worm infestation), *Kamala* (Jaundice)
- Dermatological disorders - Eczema, Allergic dermatitis etc.
- Other major conditions - *Pakshaghat* (Hemiplegia), *Jeerna Jwara* (Chronic fever), *Madhumeha* (Diabetes), *Arbuda* (Tumour), *Tamak Shwasa* (Bronchial Asthma), *Galganda* (Goitre), etc.

**Contraindications**\(^{35}\):
- *Navajwara* (Acute fevers)
- *Krisha* (Emaciated patients)
- *Rajayakshma* (Tuberculosis)
- *Garbhini* (Pregnant women)
- *Hridroga* (Cardiac problems)

**Complications:**

The complications during *Virechana* therapy may be in the form of *Ayoga / Atiyoga*.

**Symptoms of Ayoga:**

1. *Hridya Ashuddhi* (Heaviness of PREC)D

\(^{31}\) दिल्य प्रेम स्वाभाविक कृत्योऽषु, यूषेषं यथा शीतूभ्यं यथैति
   क्रमेष्य स्वेभं नरेश्वरकालान्, प्रागान्तमध्यायरुपिणिष्ठौ
(अ. ह. सू. 18/32)

\(^{32}\) श्लेष्मकं कृत्यं च, यूषमं तत्वमं तत्वकर्णः
   क्रमेष्य स्वेभं नरेश्वरकालान्, प्रागान्तमध्यायरुपिणिष्ठौ
(अ. ह. सू. 18/29)

\(^{33}\) दशैं ते दित्तिगुणम् विषयं प्रस्थतत्वम् स्वाद्विषमुवृणयूषम्
   क्रमेष्य स्वेभं नरेश्वरकालान्, प्रागान्तमध्यायरुपिणिष्ठौ
(�. ह. सू. 18/32)

\(^{34}\) विषयाश्च गुप्ताश्च सय्रेण्यदिव्यं कोशलगः कृत्यं द्रवणः
(अ. ह. सू. 18/8–9)

\(^{35}\) सऽत्स्क न तु पावः नक्षत्रीयः
   अवलोक्यं गितार्थस्त्रापिक्षात्वायत्तिसरितः
   सत्यवृत्तिप्रेक्ष्ठार्था: सत्यतिरित्सनात्मयोऽश्चिरः
(�. ह. सू. 18/10–11)
2. **Udara Ashuddhi** (heaviness of abdomen)
3. **Aruchi** (Anorexia)
4. **Kapha-pitta ulkleha**
5. **Kandu** (itching)
6. **Daha** (burning sensation)
7. **Pitika** (eruptions)
8. **Peenasa** (sinusitis)
9. Obstruction of *Vata & Mala*

**Symptoms of Samyak virechana**

The symptoms of *Samyak virechana* are opposite to that of *Ayoga*.

**Symptoms of Atiyoga**

1. Malena
2. Prolapse of rectum
3. Thirst
4. Giddiness
5. Sunken eyes

**Scientific observations**

This process cleans the channels by the removal of accumulated waste products, undigested material and the toxins mainly from the gut (Gastrointestinal tract). It enhances the appetite, power of digestion and absorption of food.

**Benefits of Samshodhana**:

* Clarity of the mind
* Strength to the sense organs
* Stability to the tissues
* Improves the digestion
* Slows down the Ageing process

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36 हृतकुश्युदिररचितरत्नेष्यालेक्ष्मभिपतयाम्।[38]
कषुचिदाहम् पितका पीनसो वातविक्रमः। अयोगलक्ष्यम्—
— योगो वैपीति स्वाध्यतितात्।[39]

(अ. ह. सूक्ल, 18/38-39)

37 बुज्जिन्द्रां बलमिन्द्रियाणां धातुसखिरतां ज्वलनस्य दीपिताम्।
विशाल्य पारस्य वलस्य करोति संपूर्णं सन्यगुप्तमानम्।[60]

(अ. ह. सूक्ल, 18/60)
VASTI (MEDICATED ENEMA)

Vastikarma is the procedure by which the medicines in suspension form are administered through rectum or genitourinary tract using Vastiyantra\textsuperscript{38}. It is the most important procedure among Panchakarma procedures and the most appropriate remedial measure for Vatadosha.

Materials and Equipments:

- Vastiputaka (Bladder or polythene bag approx. 1.5 Lt. capacity) - 1
- Vasti netra (Nozzle) - 1
- Lavatory facilities
- Others (thread, vessels, churner, heating apparatus, table/ bench, towel, hot water for bath etc.)

Medicines- usual ingredients:

- Medicated oils for Abhyanga
- Swedana Karma materials
- Medicated oils for Vasti
- Kwatha (Decoction) & Kalka (Paste) made from prescribed medicines –
- Madhu (Honey)
- Saindhava (Rock-salt)

Man Power:

- Ayurvedic Physician : 1
- Masseur : 1

Types of Vasti (Classified into many ways):

According to the nature of medicine used, two types of enemas are:

- Astapana/Kashaya/ Niruha Vasti.php - Decoction based enema
- Anuvasana/ Sneha Vasti - Oil based enema

Matra (dose) of Vasti dravyas:

It depends upon age, sex, strength (bala) of the patient and state of Doshas / disease.

Apparatus for Vasti:

Vasti yantra is composed of a Vastiputaka (animal bladder/polythene bag) and Vastinetra or nozzle made up of metals like gold, silver, copper, etc. (Charak Siddhi 3/7). The length of Vastinetra may be 6 to 12 fingers according to age of the patient (Sushrut Cikitsa 35/8)

\textsuperscript{38} \textit{वस्तिमिदीयते प्रयोगः तत्समात् बस्तिरिन्ति स्मृतः}.

\textit{(शा. उ. क्ल. 5–1)}
1. **NIRUHA VASTI/ KASHAYA VASTI (DECOCTION ENEMA):**

Decoction enema is given before meals (i.e. 8-9 AM) and usually consists of

- Medicated oil/ghee: 240ml
- Madhu (Honey): 180ml
- Decoction made from prescribed drugs: 480ml
- Shatahwa kalka: 30gm
- Rock-salt: 15gm

**Preparation of Vasti dravya**[^39]

Powdered rock-salt is added to honey and stirred in a clean vessel with a pestle. Oil is added to this mixture little by little and again stirred. Then paste of Shatahwa followed by decoction is to be added little by little quantity and mixed properly to make homogenous emulsion, and heated gently in a water bath (slightly above body temperature). This mixture is poured into a Vastiputaka (polythene bag/ animal bladder) and fixed with Vasti Netra (tied by using thread).

**Procedure**[^40]:

Having undergone Abhyanga and Swedana, the patient is advised to lie down in left lateral position. Apply little quantity of oil on patient’s anus and nozzle of Vasti yantra. The nozzle is gently inserted into the anal canal up to a specific length and Vastiputaka containing mixture is pressed with a uniform pressure. The pressure is continued till only small quantity of fluid remains in the bag (to avoid air insertion). Then the nozzle is removed gently and the patient is allowed to lie down on supine position till he feels urge to excrete.

The Vasti dravya along with faeces normally comes out within 10 minutes when a full dose of Niruha Vasti is given. The maximum time specified for retention of Vastidravya is 48 minutes[^41]. After evacuation of the bowel, the patient may take hot water bath and semi solid diet.

Usually Niruha Vastis are not to be given alone. Wherever required, Niruha Vasti must be given alternatively with SnehaVasti. Arrangement of SnehaVastis in the beginning, Niruha Vastis and SnehaVastis alternatively later followed by SnehaVastis in the last is done in three specific patterns according to total number of Vastis, the severity of disease and condition of the patient etc. These are known as:

[^39]: माक्षिक अन्न स्नेह कल्क क्वायणिति क्रेमात् ॥
आवनेत निरुहानामेष संयोजनेविधिः
(अः हः सूः 19/45)

[^40]: ततालंतग्रत्र कृत्रूपस्वदक्षानातिशयार्थ ययने मनुष्यम् ।
समेद्धवेवनानातीतिशक्ति वा नातुयित्वोऽस्वास्तरणोऽपने ॥
(ःसः 3/17)

[^41]: आगती परमः काली प्रभुते मृत्युवे परम् ॥
(अः हः सूः 19/47)
- **Karmavasti** - 30 in number (12 Niruha, 18 Anuvasana)
- **Kalavasti** - 16 in number (6 Niruha, 10 Anuvasana)
- **Yogavasti** - 8 in number (3 Niruha, 5 Anuvasana).

**Commonly used Vasti Yogas:**
- Madhutailika vasti
- Bala guduchyadi vasti
- Patolanimbadi vasti
- Vaitarana vasti

**Indications:**
- Neurological disorders - Hemiplegia, Paraplegia, Sciatica, Parkinson’s disease etc.
- Rheumotological disorders - Gout, Rheumatoid Arthritis, Lumbago, Osteo Arthritis, Myalgia etc.
- Digestive disorders
- Chronic Fever
- Secondary Amenorrhea, etc.

**Contraindications:**
- Urakshata (Chest Injuries)
- Krisha (Emaciated body)
- Amatisara (Diarrhoea with mucus)
- Chhardi (Vomiting)
- Kasa (Cough)
- Swasa (Asthma)
- Madhumeha (Diabetes)
- Arsha (Piles)
• Shoona Payu (Inflammed Anus)
• Kritahara (Immediately after taking food)
• Udakodara (Ascitis)
• Garbhini (Pregnant woman)

2. SNEHA VASTI (OIL ENEMA):

Administration of medicated oil through anal / genitourinary route is called Sneha vasti. The dosage through anal route may vary from 100 ml to 250 ml according to the Doshika predominance, disease condition / patient’s condition etc. The usual time of administration is after noon immediately after lunch.

Procedure:

After Abhyanga and Swedana, the patient is advised to lie down in left lateral position. The Vastidravya (Sneha) is administered in similar manner as Niruha vasti. As it is a retention enema, the contents should be allowed to retain inside for a minimum period of three hours and all efforts are to be done for the same. It is not harmful even though it is retained for one day.

Indications46:

• Neurological & Arthritic conditions - Katishoola (backaches), Gridhrasi (Sciatica) and other Vata vyadhis
• Jeerna Jwara (chronic fevers)

Contraindications47:

• Arsha (Piles)
• Bhagandara (Fistula)
• Raktaapitta (bleeding disorders)
• Navajwara (Acute fever)
• Pushpita (menstrual period)
• Pandu (Anemia)
• Kamla (Jaundice)
• Prameha (Diabetes)
• Peenasa (Sinusitis)
• Shoola (Obese)
• Krimi Koshtha (Worm infestation)
• Galganda (Thyroid disorders)
• Shlipada (Filaria)

46 य एवान्नस्थाप्यास्तं एवानुवा:। विशेषतः सु रक्तपीताम्बुलम्।
केवलात्सरीगताच्छायाः एते रक्तपीताम्बुल प्रधानात्मविनिर्देशम्।
(च. सिंह 2/19)

47 य एवान्नस्थाप्यास्तं एवानुवा:। स्यु: । गुरुकोशात्श्रीपदश्रीगण्मापचिक्रिनिकृतम्।
(च. सिंह 2/17)
MATRA VASTI:

Matra vasti is the method of administration of medicated oil in small dose, which can be given daily and is totally harmless. It is a type of Sneha Vasti and indications are similar to Snehavasti. It can be indicated irrespective of age and no precautionary measures are required. The usual dosage is 60 ml.

Indications:

- Vyayama (excess physical and mental exertion)
- Madyapana (Alcoholism)
- Dourbhyalya (Debility)
- Vataroga (Neurological disorders)
- Bala, Vriddha (Children & Elderly persons) etc.

Complications during Vasti Cikitsa:

The complications of Vasti are dealt in detail in texts (Caraka Samhita Siddhi Sthana)

There are:

- Doshas (defects) of Netra (nozzle) – 8 types
- Doshas of vasti - 8 types
- Doshas of vastidata (technician) – 10 types
- Snehavasti vyapat – 6 types

These may result into various symptoms related with:

- Local anal injury
- GIT symptoms like pain abdomen, vomiting etc.
- Generalized symptoms like murchha, angamarda etc.

Management is done accordingly.

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48 कर्मव्यायामभाराव्यासा (पा) नस्त्रीकर्षितेषु च।
दुर्बले वातमने च मात्राविस्तः सदा मतः।।

(च 8 सिं 4/52)
VASTI DRAVYAS

VASTI YANTRA
VASTI KARMA

VASTI KARMA (MEDICATED ENEMA)

NASYA (NASAL INSUFFLATIONS)
NASYA (NASAL INSUFFLATIONS)

Administration of medicines through nostrils is called Nasya. Nasya is indicated mainly in aggravated and accumulated Doshas of head and neck.49

Materials and Equipments:

- Chair
- Droni/ Panchakarma table
- Gokarna (special type of vessel)
- Oil for massage
- Towel

Medicines:

Commonly used oils are-

- Dhanvantara taila
- Anu taila
- Ksheera Bala taila
- Shadbindu taila etc.
- Medicated Powder in Pradhamana Nasya
- Medicated Juice in Avapida Nasya
- Medicated Smoke in Dhooma Nasya

Types of Nasya:50

1. Snehanasya
   (a) Marsha Nasya (b) Pratimarsha Nasya
2. Avapida nasya (when kalka/swarasa of leaf/ fruit etc. are used)
3. Shirovirechana nasya (when tikshna dravyas are used)
4. Pradhamana nasya (insufflations of drug-powder )

Types of Nasya (according to action):

1. Virechana Nasya
2. Brimhana Nasya
3. Shamana Nasya

49 अष्टमम् अष्टम सिद्धो वा स्नेहो नासिकाम्यां दीयते इति नस्यम् ।
   (सू. चि. 40/21)

उत्तरं जतुतिकारेणु विशेषान्नन्यमित्वे ।
नासाहित शिरसो द्वारं तेन तद्विप्रायं हन्ति तान् ।।

50 मर्द्ध्व प्रतिमर्द्ध्व ह्यथा स्नेहोऽज्ञ मात्राया। कल्काद्विपीडः स तीक्ष्णद्रायस्तिः धानं विरेचनाद्वूर्णोऽनि
   (आ. हृ. सू. 20/7)
Man power:
- Ayurvedic Physician : 1
- Masseur : 1

Doses of Nasya:

<table>
<thead>
<tr>
<th>Matra</th>
<th>Marsha</th>
<th>Avapida</th>
</tr>
</thead>
<tbody>
<tr>
<td>Uttama matra</td>
<td>10 drops</td>
<td>8 drops</td>
</tr>
<tr>
<td>Madhyam matra</td>
<td>8 drops</td>
<td>6 drops</td>
</tr>
<tr>
<td>Hriswa matra</td>
<td>6 drops</td>
<td>4 drops</td>
</tr>
<tr>
<td>Pratimarsha nasya matra</td>
<td>2 drops</td>
<td></td>
</tr>
</tbody>
</table>

Time of Pratimarsha nasya 51

1. In the night
2. In the day
3. After food
4. After Vamana
5. After day sleep
6. After traveling
7. After exhaustion
8. After sexual relation
9. After Siroabhyanga (head massage)
10. After Gandoosha (gargles)
11. After urination
12. After Anjana
13. After defecation
14. After teeth cleaning
15. After laughing

Procedure:

The patient should sit or lie down in a comfortable posture. He has to undergo gentle massage over the head, forehead and face followed by mild Swedana. Slightly warm oil should be instilled in the prescribed dose in each nostril. Gentle massage is to be performed on the plantar and palmar regions, shoulder and back. The patient is allowed to spit if patient feels discomfort due to oil in the throat. After completion of the procedure, oil on the face is to be wiped off and complete rest is advised to the patient. Gargling with hot water may follow. Dhoomapana (inhalation of medicated smoke) through mouth may be given after Nasya.

Dose of the oil: 4-8 drops per sitting.

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51 निषादकुंकितविद्यांः स्वन्ताद्यांश्रमेवतस्म| विशेषवेदोत्तरप्रसादावाजनवर्ससाम् ||

(अ. ५६  चूँ  20/28)
Duration of the treatment: 7-14 days.

Indications\(^{52}\):
- Shirashula (Headache)
- Udharwajatrugata- Roga (E.N.T. diseases)
- Ardita (Facial paralysis)
- Manyastambha (Cervical spondylitis)
- Timira (Cataract)
- Vyanga (Hyper pigmentation)

Contraindications\(^{53}\):
- Pregnancy
- Immediately after taking food, water, alcohol etc.
- Ajeerna (Indigestion)

\(^{52}\) वेषास्त्वर्णः, विशेषतः विरोदनमन्यास्त्वर्ण सुगंधित हृदया विनाशितम्। संयोगस्य विनाशितम्।
\(\text{च. सिंह 2/22}\)

\(^{53}\) अष्टोत्तरविशेषज्ञानाः कल्याणस्य कामस्य स्नेधि क्रिया संस्काराः। अनुसूचिता हृदयाः
\(\text{च. सिंह 2/20}\)
NASYA

DHOOM AFTER NASYA
ABHYANGA (MASSAGE)

Abhyanga can be defined as the procedure of application of Sneha Dravya over the body with mild pressure. Abhyanga word is derived from ‘Abhi’ upsarga and ‘anga’ dhatu. Thus taila/ghrita/vasa etc. are rubbed over the body in directions comfortable to the patient. It improves strength and alleviates Vata. Abhyanga is a type of Bahya Snehana. It can be performed as therapeutic procedure as well as preventive procedure.

Materials and Equipments:

- Abhyanga table - 1
- Medicated oil - 100 to 150ml
- Vessel - 200ml. capacity
- Tissue paper/soft towel
- Green gram powder/ Medicated Snana Churna/ Medicated soap

Oils commonly used in the Abhyanga:

- Masha taila
- Narayana taila
- Dhanvantara taila
- Karpasasthyadi taila
- Ksheera bala taila etc.

Man power:

- Ayurvedic Physician : 1
- Masseur : 2

Procedure:

The patient is made to sit on the Abhyanga table with leg extended. The oil is to be heated to optimum temperature and applied over the head, ears, and soles of feet. Then the oil should be applied uniformly with mild pressure over the body by two masseurs standing on both sides of the table. Massage is to be started from scalp, head and move down to neck, upper back, shoulders, upper arms, fore arms, hands and then chest, abdomen, low back and lower limbs.

Abhyanga should be done in sitting, supine, right lateral and left lateral positions and prone position. At the end of the procedure the oil on the body is wiped off with tissue paper or towels.

Duration:

Usually 30 - 40 minutes.

Post operative procedure

Patient should take complete rest for half to one hour in a comfortable manner. Bath can be taken with hot water and medicated powder (Snana churna) or soap may be used to remove the oil and to clean the body. Light semisolid digestible diet may be advised after bath.
Indications:

- Neuromuscular disorders - *Pakshavadha* (Hemiplegia), *Shaishaveyya-vata* (Poliomyeliti *Pangu* (paraplegia) and *Gridhrasi* (Sciatica) etc.
- Rheumotological problems- Arthritis, Lumbago etc.
- *Vriddhavastha* (Old age)
- *Shirahshula* (Headache)
- *Angamarda* (Bodyache)
- Rejuvenation of the body

Contraindications:

- *Navajwara* (Acute fevers)
- *Ajeerna* (Indigestion)
- *Raktapitta* (Hemorrhagic disorders)
- *Atisara* (Diarrhoea)
- Immediately after *Panchakarma*

Actions:

- It provides smoothness and improves luster of the skin.
- It takes care of body-exhaustion
- It controls *Vata* (Neurological disorders)
- It improves vision
- It induces sound sleep
- It strengthens the body and gives longevity

Scientific explanation:

The *Abhyanga* with oils provides stimulation to the nerves. It improves the sensory motor integration. It also gives passive exercise to the muscles thereby strengthening them. The gentle pressure used during massage relaxes the muscles. *Abhyanga* also removes skin dryness and improves skin lustre.

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54 वर्ज्योध्यं संपश्रस्त कूल संध्वस्याजीरीणिमि:।
अः हः सूः २/९

55 अर्यंगमचर्चितं स प्रताध्यं
धृष्टि प्रसाद रूपमायु: संलक्षितं
शिर: श्रवण पादेयु: त्व्योश्चेषो शीतोऽयेल।
अः हः सूः २/८-९
ABHYANGA (IN VARIOUS POSITIONS)

ABHYANG IN VARIOUS POSITIONS
KAYASEKA (PIZICHIL)

*Kayaseka* or *Pizichil* with oil is a modified form of *Parisheka Sweda* developed as a specialty of Kerala. *Pizichil* is the process by which the body is made to perspire by means of pouring warm medicated oil in a specific manner. It is a preparatory procedure of *Panchakarma* which has the advantage of producing *Snehana* and *Swedana* effect at the same moment.

**Materials and Equipments:**

- *Panchakarma Droni (Dhara table)* - 1
- Pillow (soft and comfortable) - 1
- Cotton cloth (40X40 cms) - 4 pieces
- Vessels 5 liter capacity - 4 no.
- Warm water for bath
- Towel/ tissue paper to wipe the oil from the body
- Heating arrangements (stove etc.)
- Piece of cloth rolled lengthwise, to be tied around the forehead to prevent flow of oil to the eyes.

**Medicines:**

- Medicated oil as per the prescription of physician. - 5 to 6 liters
- Medicated oil for head - 10ml
- *Rasnadi churna* - 5gms
- *Gandharva hasthadi kashaya* - 60ml

**Man Power:**

- Ayurvedic Physician : 1
- Masseurs : 2
- Attendant ; 2

**Procedure:**

The patient should be made to sit on the *Droni* with legs extended. Cotton swab (*Taila Pichu*) is to be applied over the scalp after soaking in suitable oil and *Karnapurana* (application of oil in the ears) is to be done. The rolled cotton cloth has to be tied above the ears around the head at the level of forehead. Ears should be plugged with cotton and oil is to be applied all over the body. Gentle massage is to be performed by two masseurs attending either side of the patient.
The oil for Kayaseka is to be heated by keeping the vessel on a hot water bath. The temperature of oil must be comfortable to the patient. Then piece of cloth is to be dipped in the warm oil and squeezed over body with the right hand. Simultaneously gentle massage is done with left hand. The oil should flow in uniform stream from the thumb facing downwards from a height 12 to 20 cms. or as per the condition of the disease / patient. The process is to be continued in seven positions as given below.

**Positions for Kayaseka:**

Basically three positions Sitting, Supine and prone are described but practically following seven positions can be followed:

1. Sitting  
2. Supine  
3. Left lateral  
4. Prone  
5. Right lateral  
6. Supine  
7. Sitting

**Post process measures:**

After Kayaseka, the body of the patient is to be massaged gently and oil to be wiped off with clean towel over the scalp and body. Then fresh oil is to be applied all over the body and covered with blanket or cotton cloth. Rest is advised for few minutes followed by hot water bath. Rasnadi Churna is to be applied over the scalp and Gandharva hasthadi kwatha (60 ml) is to be given orally.

**Duration:**

The duration of the procedure may be 45 to 60 minutes and usually performed for 7, 14 or 21 days according to the condition of the disease/ patient.

**Use of Oil:**

It is desirable to use fresh medicated oil for Kayaseka every day. But as it is very costly, the same oil may be reheated, filtered and used for further three days. Another quantity of fresh oil is again to be taken and used as before for the next three days. The quantity of oil preserved after 1st and 2nd course of treatment can be used for the 7th day after heating and removing the sediments. Being completed the course of seven days; the residual oil is to be discarded.

**Indications:**

- Neuromuscular disorders - Hemiplegia, Paraplegia, Peripheral Neuropathy and other Degenerative conditions, Muscular and Ligamentous injuries
- Orthopaedic &
  Rheumatological problems - Rheumatoid Arthritis Osteoarthritis, other
  Degenerative joint disorders, Contusion injuries,
  Post fracture stiffness of joints, Dislocation of joints
- Rejuvenation therapy

**Contraindications:**

- Painful inflammatory conditions
- Acute stages of fever
- Gastro intestinal problems - Diarrhoea, Digestive disorders etc,
- Respiratory disorders - Cough, Breathing difficulty, Infections etc

**Dietary regimen:**

Normal diet can be prescribed. For rejuvenation, meat soups can also be given.

**Scientific explanation**\(^{56}\):

This process stimulates neuromuscular system; increases the peripheral circulation, improves the functions of skin, sense organs and provides nourishment.

\(^{56}\) धातूनां कृद्वतं करोति वृषता देहामिन्न वर्णाजिता ।
स्वर्ण्य पातविश्विरयस्य जरसो माथं चिरकनिरीतम ।।
अस्थायां भूग्राहाकरण्ः निलां दोषान् समीराधिकान् ।।
सर्वस्तेहकृतला सुखोण्य सुमगा सर्वगिध्वस्त गुणाम ।।

(भारकल्य—2)
**SHASHTIKA SHALI PINDA SWEDA (NAVARAKIZHI)**

*Shashtikashali pinda sweda* also known as Navarakizhi is a Kerala specialty of treatment in which the whole body or any specific part is made to perspire by the application of heated medicinal rice (*Navara*) puddings externally in the form of boluses tied up in a cotton cloth.

**Materials and Equipments:**

- Panchakarma Droni - 1
- Gas Stove - 1
- Vessels - 2 or 3
- Cotton pieces (1ft x 1 ft) - 4 no.
- Cotton thread - 2mtrs
- Palm leaves - 8-10 in No.
- Towel
- Hot water for bath

**Medicated oils commonly used for Abhyanga:**

- *Mahamasha taila*
- *Dhanwantara taila*
- *Ksheera bala taila*
- *Karpasasthyadi taila*
- *Ashvagandha Bala taila*

Quantity required: approx.100ml

**Medicated kwatha:**

- *Dashmoola Kwatha/ Balamoola Kwatha* – 3 litres
- *Gandharva Hastadi Kwatha* – 60ml (orally)

**Amalaki Kalka** (paste of *Emblica officinalis*):

- Paste prepared after boiling in butter milk – 100gm

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57 *तिलमासकुल्लथम्मल घूततैलाभिशंदन: ।
पा०ै: कृष्णसे०: पिण्डस्वेदः प्रयोज्येत।।
(च. सू. 14/25)
Others:

- Cows milk – 3 litres
- Shastika shali (Special variety of rice) – 300 to 500gm

Man power:

- Ayurvedic Physician : 1
- Masseur : 2
- Attendant : 2

Mode of administration/ procedure\(^{58}\):

300 to 500gm of Shashtika shali (specific variety of rice, which is yielded after 60 days) is cooked with 1.5 liters of milk and decoction of Balamoola (root of Sida cordifolia) or Dashamoola. This mixture is to be kept in four pieces of cloth to make 4 boluses. Another portion of decoction and milk of the same quantity should be mixed and heated in low temperature to dip the above boluses for warming the Pottali (Kizhi).

The patient should be properly massaged with suitable warm oil all over the body and head. The paste of Amalaki Kalka should be applied on the scalp. The warm Pottalis (kizhi) should be gently applied in synchronized manner by two masseurs on two sides of droni. They should ensure that the heat of the boluses is bearable to the patient by touching them over the dorsum of their hand. The temperature of the boluses should be maintained throughout the procedure by continuous use of four boluses. The process should be continued till the patient gets Samyak Swinna Lakshana\(^{59}\). This process is also done in seven positions as in Kayaseka or as per the requirement.

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\(^{58}\) सांशोधितानां कुड़वहरे-प्राकः सांशोधितम् प्रस्तिक तंडुलानाम्
बलचाये परसा युतलानु विपाययेत बड़गुणिते यथावतः तंडुलानाम् ।

\(^{59}\) चीतपूज्यपरे स्माभगौरवनिग्रहे ।
संजाले माधवे स्वदेस्य स्वेदनान्वितिनिर्मिता ।

(च १४/१३)
Post operative procedure:

At the end of the procedure, the paste of medicine remaining over the body should be scrapped off with palm leaves or in similar way and the body should be wiped off with dry soft towels. Then Taila swab is to be removed and Rasnadi churna is applied over the scalp. Medicated oil should be applied over the body and Gandharva hastadi kwatha is given orally. The patient should take complete rest for at least half an hour and then take a bath with warm water.

Duration:

The total duration of the procedure may be 45 to 60 minutes. The procedure is usually performed for 7, 14 or 21 days according to the requirement.

Indications:

- Neuromuscular disorders - Hemiplegia, Paraplegia, Muscular wasting
- Diseases of joints - Osteoarthritis and other degenerative conditions
- Rejuvenation therapy

Contraindications:

- Acute fever
- Inflammatory and painful conditions, Myalgia
- Gastro intestinal problems like Diarrhoea, digestive disorders etc,
- Respiratory disorders - Cough, Breathing difficulty, Infections etc

Dietary regimen:

Light vegetarian diets consisting of liquids or semisolids are usually prescribed during the course of the treatment.

Scientific explanation:

By performing this procedure, massage, heat and pressure are provided to the body simultaneously with nourishment to the muscles and nerve endings.
ITEMS FOR SHASTIKA SHALI PINDA SWEDA
SHALI SHASHTIKA PINDA SWEDA
AVAGAHA SWEDA (SITZ BATH)

Avagaha sweda is a type of Swedana (sudation) in which the patient is made to sit/lie in a tub containing medicated decoction for a certain period of time so as to give fomentation to the body.\(^{60}\)

Materials and Equipments:

- Bath Tub (6ft x 2.6ft x1.4ft) - 1
- Vessels - 2
- Decoction of medicinal plants - 40-60 litres
- Oil for Abhyanga - 100ml
- Towel/ tissue paper

Medicines:

Usually the following Decoctions are used for this purpose

- Sahachara kwatha
- Nirgundi kwatha
- Dashmoola kwatha

Man power:

- Ayurvedic Physician : 1
- Masseur : 2

Mode of administration/ procedure:

The patient should be massaged properly and advised to sit in the tub (containing warm decoction) for 20 to 30 minutes. It should be ensured that the lower part of the body is submerged in the decoction. To maintain continuous uniform temperature, fresh warm liquid may be added to the decoction after small intervals. After completion of this procedure, body should be wiped off. The patient should be advised to take hot water bath followed by light food. Gandharva Hastadi Kwatha is to be given afterwards for drinking. The treatment may be given for 3-7 days or as per Physician’s directives based on patient/ disease condition.

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\(^{60}\) तैरेव वा द्रव्यं पूर्णं कुष्ठं सर्वं गर्निनिले।
अवगाहातुरसरिलार्त्वं कृष्णदिरिक्ष्मं च।
(अं हि सू १७/११)
Indications:

- Lumbo sacral pain and degenerative conditions
- Neurological problems of hip and lower limbs
- Lower gastro intestinal problems
- Urogenital problems like renal calculi, retention of urine etc.
- Bhagandara (Fistula-in-ano)
- Arsha (Piles)

Contraindications:

- Nava Jwara (Acute fevers)
- Atisara (Diarrhoea)
- Prasuta (Purpurium)
- Madhumeha (Diabetes)

Dietary regimen:

Light easily digestible diet preferably liquids and semisolids.

Scientific explanation:

This is a process in which stimulation to nerves and relaxation to muscles is provided through heat and fomentation to the back, perineum, thighs and lower abdomen. It is also a local treatment for Arsha (piles) and Bhagandara (fistula).
AVAGAHA SWEDA (SITZ BATH)
UPANAHA (POULTICE)

Upanaha is one type of Swedana (sudation) in which the medicines are made into a paste after boiling with suitable liquid and applied over a specific area. It is to be covered with Vatahara leaves and bandaged with thick cloth which can be removed after 12 hours. Acharya Chakrapani described the Upanaha sweda in to two types (i.e. Sagni, Niragni).

Materials

- Fine powder of prescribed drugs - 50gms
- Taila/ Ghrita - 15-25 ml
- Amla dravya (Dhanyamla/ Curd) - 50-100ml
- Saindhava (rock salt) - 20-30gms
- Leaves of Eranda (Ricinus communis) - QS
- Thick cotton/ woolen cloth - QS
- Vessel - 1
- Stirrer (Spoon) - 1

Man power:

- Ayurvedic Physician : 1
- Masseur : 1

Procedure

Saindhava and powdered drugs are to be taken in a vessel along with sufficient quantity of Taila/ Ghrita and Amla dravya and then heated. This mixture is stirred continuously till it becomes thick paste. Warm oil should be applied in the area where Upanaha is to be done. Then the above paste with bearable heat should be applied. The area where the paste is applied should be covered with Eranda patra or other prescribed leaves and bandage to be done with thick cotton cloth. This can be removed and cleaned after 8 – 12 hours followed by oil to be applied.

81 उपनाहो वचाक्षातत्त्वात्त्वात्त्वानामिनिभः।।
धात्र्यः समस्तौ-निबृज्य रासन्योद्गुणजातामिनिभः।।
ज्ञैति विधात्व श्वेष्कुमत्थतुमिनिभः।।
केवले पदोन्मे ब्लेषणसंस्थृते सूक्तादिभि।।
पिल्लेन पदस्यकाठानुसारे साल्वाण्येयं चुनंः।।
(अह. सू. 17/2–3)

राज्यं बद्धं दिवा मुच्चेन्यथं द्वारा दिवाकृतम्।।
विदाहपरिवार्त्यं, स्थात प्रकृतस्तु वीतले।।
(च. सू. 14/38)
Indications:

- Head ache
- Arthritis
- Bursitis
- Frozen shoulder
- Varicose vein
- Tumor
- Plantar fascitis
- Cervical spondylosis

Contraindications

- Severe inflammation of skin
- Infections

Diet:

Normal diet

Scientific observation:

It is a type of Swedana (sudation) that imparts heat to a specific area resulting into reduction of swelling and pain. It improves the blood circulation and thus, mobilizes the waste materials of that area.
PATRA PINDA SWEDA

Patra Pinda Sweda refers to the Swedana (sudation) performed by specially prepared bolus of medicinal leaves\(^{62}\). In this process leaves of Vatahara drugs are cut into pieces and fried with rock salt and suitable medicated oil. This hot mixture is tied in cotton cloth as boluses for application over the body.

**Materials and Equipments:**

- *Panchakarma Droni* - 1
- Frying pan - 1
- Vessels for heating - QS
- Gas stove - 1

**Ingredients:**

- Leaves of various herbs (chopped into pieces) - 1 kg
- Grated coconut - 100 gms
- Rock salt - 15 gms
- Lemons - 2
- Medicated oil - 100 ml

**The leaves commonly used:**

- Eranda (*Ricinus communis*)
- Amlika (*Tamarindus indica*)
- Karanja (*Pongamia glabra*)
- Shigru (*Moringa oleifera*)
- Datura (*Datura metel*)
- Arka (*Calatropis procera*)
- Nirgundi (*Vitex Negundo*)

**The Medicated Kwatha:**

- Gandharva Hastadi Kwatha – 60 ml. (orally)

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\(^{62}\) ऊष्मा तुष्कारिका लोष्टकपालोपलपांसुम्भिः: ।
पत्रसंग्रं धान्येन करशसिन्कतातुधः: ।
अनेकोपायसताते प्रयोजयो देशकालतः: ।

(आ. ह. वि. १७/६-७)
Commonly used oils:

- Karpasasthyadi taila
- Kottamchukkadi taila
- Balaashwagandhadi taila
- Dhanwantara taila etc.

Man power:

- Ayurvedic Physician : 1
- Masseur : 2

Mode of administration/ procedure:

The leaves and lemon are cut into very small pieces and fried with medicated oil and rock salt in a frying pan by giving proper heat. The mixture so prepared is put into a small piece of cloth and tied up into two boluses. The bolus (pottali) should be gently applied in synchronized manner. This bolus is applied hot to the skin already smeared with warm medicated oil. To maintain its temperature, the bolus is intermittently kept warm by heating on the frying pan.

Post operative procedure:

At the end of the procedure body should be wiped off with dry soft towel. Gandharva Hastadi Kwatha is to be given orally. The patient should take complete rest for at least an hour and then allowed to take bath with warm water.

Indications:

- Neuro muscular disorders - Pakshavadha (Hemiplegia), Gridhrasi (Sciatica)
- Rheumatological conditions - Arthritis due to various reasons-Amavata, Sandhivata, Katishula, Avabahuka etc.

Contraindications:

- Taruna Jwara (Acute fever)
- Atisara (Diarrhoea)
- Raktapitta (Hemorrhagic disorders)
- Twak Vikara (Infective eczema, Psoriasis etc.)

Dietary regimen:

Light diet preferably liquids and semisolids.

Scientific explanation:

It is a kind of Swedana (sudation) where heat, pressure and oil are applied simultaneously with some Vatahara drugs. So this may stimulate and strengthen neuromuscular system resulting in reduction of pain and inflammation.
INGREDIENTS FOR PATRAPINDA SWEDA
PATRA PINDA SWEDA

CHURNA SWEDA
**Churna Sweda** is a kind of *Swedana* (sudation) given by powder of various herbs made as *pottalis* (*bolus*) and application of these *pottalis* over the body after heating.

**Materials and Equipments:**
- Medicinal powder : 200-400gm
- Lemon : 2-4 pieces
- Rock Salt : 15-30 grams
- Oil : 25-50 ml
- Gas stove : 1
- Others - Cotton cloth, thread, *Panchakarma Droni*, frying pan, big spoon

**Medicines:**

Any of the following
- *Kola Kuluthadi churna*
- *Jatamayadi churna*
- *Tilamashadi churna*

**The Medicated Kwatha:**
- Gandharva Hastadi Kwatha – 60 ml. (orally)

**Commonly used oils:**
- *Karpasasthyadi taila*
- *Kottamchukkadi taila*
- *Balaashwagandhadi taila*
- *Dhanwantara taila* etc.

**Man Power**

- Ayurvedic Physician : 1
- Masseur : 2

**Mode of administration/ procedure:**

Powder of medicinal plants/ seeds, lemon, rock salt are mixed together and fried with medicated oil. This mixture is tied up in a cotton cloth to prepare a bolus. This bolus is heated in oil and applied with mild pressure over the body after gentle massage.

**Post operative procedure:**

At the end of the procedure body should be wiped off with dry soft towel. *Gandharva Hastadi Kwatha* is to be given orally. The patient should take complete rest for at least an hour and then allowed to take bath with warm water.

**Indications:**
- Neuro muscular disorders - Myalgia, *Gridhrasi* (Sciatica) etc
- Rheumatological conditions- Arthritis due to various causes
- Cervical spondylitis

**Contraindications:**

- Acute inflammatory conditions
- Acute fevers
- Haemorrhagic disorders
- Pregnancy

**Dietary regimen:**

Light food preferably liquids and semisolids

**Scientific explanation:**

It is a kind of fomentation that stimulates nerve endings, relaxes muscles and relieves pain.
SHIRODHARA

*Shirodhara* is a type of *Murdha taila* (Application of oil to the Head/ scalp), in which prescribed medicated oil/ liquid is continuously poured over the forehead and then allowed to flow over the scalp from a specific height for a certain period of time.

**Materials and Equipments:**

- *Shirodhara device* – 1
- *Dhara table* – 1
- Suitable liquids for *Shirodhara* – 3 litres

**Medicines:**

Any of the following:

**Oils:**

- *Karpasasthyadi taila*
- *Ksheera bala taila*
- *Chandadi taila*
- *Dhanvantara taila*
- *Narayana taila.*

**Other liquids:**

- Buttermilk prepared with *Amalaki* (*Emblica officinalis*).
- Decoction of *Yashtimadhu* (*Glycyrrhiza glabra*).
- Milk
- Coconut water

**Man Power:**

- Ayurvedic Physician : 1
- Attendant : 2

**Mode of administration/procedure:**

The patient is to be massaged on the head with suitable oil. In certain cases whole body massage is also done before *Shirodhara*. Patient should lie in supine position on the *Droni* with a pillow under the neck and the *Shirodhara device* is placed over the head. Its height is fixed in such a way that suitably warm oil/ medicated liquids should fall from a height of 8 to 10 cm in a continuous stream of the thickness of a little finger over the forehead. The oil/ liquid poured is recollected and reheated just above the body.

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63 अष्टग्रेकोपिययो वस्त्रस्ंचित चतुर्भिधम्।
मुखतेल्यम भद्दुप्त तत्वत्स्यादुत्स्थलतरण्।।

(अ. ह. सू. 22/23)
temperature and again poured in the Dhara Patram. The attendant should move the vessel to both sides of the fore head so that the flow of liquid reaches both sides properly. After this process, the oil is to be wiped off and the patient is advised to take bath with medicated warm water after half an hour.

**Duration:**

It may be done for 7, 14 or 21 days as per the severity of the disease.

**Indications**\(^6^4\):

- Cerebrovascular disorders - Hemiplegia
- Cerebral palsy
- Facial palsy
- Headache
- Insomnia
- Cervical Spondylitis
- Anxiety Neurosis
- Other psychological disorders
- Eye diseases of neurological origin etc.

**Contraindications:**

- Space occupying lesion in the brain
- Glaucoma
- Fever
- Conjunctivitis
- Inflammatory conditions of head

**Dietary regimen:**

Light diet, preferably semisolids and liquids

**Scientific explanation:**

Constant flow of liquid in a specified manner relaxes the mind, calms and tranquillizes the patients. It pacifies *Vata.*

---

\(^6^4\) अरुणिकाशिशस्तूददायापकवशिशुः तु ।
परिषक्षः पितुः केशाशातस्पुन्यन्धुपने ॥

(अ. है. स. 22/24)
MATERIALS FOR SHIRODHARA
SHIROLEPANA

Shirolepana is a procedure of application of paste of medicines on head for a specific period of time.

Materials Required:

- Musta (*Cyperus rotundus*) 10-20gm.
- Dried Dhatri phala (*Emblica officinalis*) - 250 gm
- *Takra* (Butter milk) - 500 ml.
- *Taila* (Suitable oil) - 20 ml.
- Lotus leaves - QS
- Rasnadi Choorna (*Pluchea lanceolata*) - QS

Preparation of *Takra* & Paste:

*Milk is boiled with Musta (*Cyperus rotundus*). Curd is made from this boiled and cooled milk. *Takra* is prepared from this curd and Amalaki (*Emblica officinalis*) is to be soaked in *Takra* for over night. The next day paste is prepared from this mixture.*

Preparation of the patient & Procedure:

The head of the patient is to be shaved and medicated oil applied over the body and scalp. Patient has to sit comfortably in a chair and *Varti* is to be tied around his head. Thereafter paste should be applied on his head with a thickness of 3 inches. At the center, a dip (trench) is made and *taila* is poured into it. Lotus leaves are to be covered on the applied paste and tied around the head. After one hour, lotus leaves and the paste should be removed. Afterwards head is to be washed and *Rasnadi Choorna* is to be applied.

Man power:
- Ayurvedic physician : 1
- Attendant : 1

Time and duration:

Morning, between 8 AM to 10 AM for one hour daily.
The course of treatment may be continued for 7 days or 14 days.

Indications:

- *Nidranasa* (Sleeplessness)
- *Shirahshula* (Headache)
- *Pitta Raktaja Shirorogas*
- *Twak Rogas* (Psoriasis, Eczema etc.)

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65 पितःक्षुसङ्गमानी विशेषोऽविवर्णं विवेशेत्वसृपर्णः परिशोक्षिततः।
श्रीभुशुस्वप्नान्तःस्तुक्षिद्रिस्तिः जालेः।
(ए. 26/12–13)
**Contraindications:**

Cold, Fever, Sinusitis and other inflammatory conditions.

**Diet:**

Normal diet

**Scientific observation:**

It provides tranquility to the head and brain soothes the mind and nourishes the brain cells. It is found very effective in mental retardation, loss of memory and in psychiatric problems.
SHIROVASTI

*Shirovasti* is a type of *Murdha taila*[^1], in which the medicated oil is kept over the head with the help of a cap fixed for a prescribed period of time.

**Materials & equipments required:**

- Rexene/ leather cap (75cm X 25cm) - 1
- Black gram flour - 250gms
- Medicated oil - 1.5 litres
- Cotton cloth (5cm X 60cm) - 2
- Gas Stove - 1
- Hot water bath - 1
- Vessels - 3
- Rasnadi churna (*Pluchea lanceolata*) - 5gm
- Arm chair - 1

**Medicated oils commonly used:**

- *Dhanwantara taila*
- *Narayana taila*
- *Balataila*
- *Ksheerabala taila*
- *Chandanadi taila*
- *Karpasasthyadi taila*

**Method of administration & Procedure:**

The patient is made to sit comfortably in an armed chair. The strip of cloth smeared with paste of black gram powder should be wound around the head 2 cm above the eye brows. It must be tight enough to prevent leaking of oil, but not causing any discomfort. Then the cap is to be fixed over the strip and the junctions are to be sealed with black gram paste. To seal the junctions leak free, another layer of cloth smeared with the paste is also applied over the cap.

The medicated oil heated just above the body temperature is to be slowly poured inside the cap over the head without any discomfort to the patient. The oil is to be filled up to a height of 5 cm above the scalp. Temperature of the oil (warmness) is to be maintained by replacing with warm oil at regular intervals. The process is to be continued for 45 minutes.

At the end of the procedure, the oil is to be taken out by dipping cotton piece and squeezing in a container so as to recollect the oil. After this the cap is removed and head wash is done. After wiping off the oil with clean and dry towel, *Rasnadi Churna* is applied. Gentle massage is performed on shoulder, neck forehead and back.

[^1]: अथवा धनवंतरस्य बलान्तरी चर्चितम्भो।
    मूलात्तम स्थानविभिन्नता। (अ. हृ. 22/23)
Man Power:

- Ayurvedic Physician : 1
- Attendant : 1

Duration and time:

The usual course of therapy is 7 days and is usually done in the afternoon or evening (between 3 and 5 PM) for an average time of 45 minutes.

Indications:

- Neurological disorders such as Hemiplegia, Facial palsy
- Numbness
- Sleeplessness
- Dryness of mouth and nose
- Eye diseases
- Severe /chronic diseases of head

Contraindications:

- Acute inflammatory conditions
- Infections

Dietary regimen:

Light diet, liquids and semisolids are preferable.

Scientific observations:

- Treatment for *Vata vikaras* of head
- Useful in neurological complaints, chronic diseases, etc.
- Strengthens the organs in the head and soothes the mind
SHIROVASTI
SHIROVASTI
KATI VASTI

Kativasti is a procedure in which comfortably hot medicated oil is kept over the lumbosacral area or any adjacent part for a certain period of time with the help of a cap like hollow structure.

Materials and Equipments:

- Panchakarma table - 1
- Vessels - 3
- Spoon - 1
- Cotton QS
- Hot water for bath - 1
- Medicated oil - 1Lt.
- Black gram powder - 1 Kg.
- Dashamula Kwatha for Nadi Sweda

Medicines:

Any of the following Medicated oils can be used:

- Karpasasthyadi taila
- Sahacharadi taila
- Masha taila
- Dhanvantara taila
- Kottumchukkadi taila.
- Mahanarayana taila

Mode of administration/ procedures:

Black gram powder is to be mixed with sufficient quantity of water to make a thick paste (dough). It is then rolled into a flat slab like structure having length of about 45 to 60 cm, thickness of 2-3 cm and height 5 cm. Selected patient should undergo Abhyanga (massage) all over the body and then Nadi sweda (Medicated steam) on the low back & legs. Patient is advised to lie down in prone position. The prepared dough is to be fixed on the lumbosacral area in a circular shape, taking care not to cause any leakage of oil.

The oil should be heated up to warmness over the water bath and poured slowly inside the ring. Its uniform temperature must be maintained throughout the process by replacing warm oil. The oil is to be kept for 30-40 minutes. After the prescribed time, oil is to be removed by dipping cotton and squeezing in a container. Dough can be removed afterwards, and the area is to be wiped off followed by cleaning with lukewarm water. Thereafter the patient is advised to take rest. Oil used once may be filtered and reused for next two days. 4th day the oil to be used should be fresh.
Man power:

- Ayurvedic physician : 1
- Attendants : 2

Time and duration:

30-40 minutes daily.
The course of treatment may be continued for 7 days or 14 days.

Indications:

- Lumbo sacral pain - Lumbar spondylosis, PIVD etc.
- Neuro muscular disorders - Gridhrasi (Sciatica), Katishula

Contraindications:

- Acute fever
- Acute stage of Rheumatoid arthritis
- Inflammatory or infective conditions
- Haemorrhagic disease
- Kidney disease

Dietary regimen:

Normal diet

Scientific explanation:

Keeping the medicated oil for specific period of time on the affected area may nourish the nerves, muscles and joints in the particular region. The heat of the oil also gives passive fomentation. It gives relief from symptoms.
KATI BASTI
URO VASTI

Retaining warm medicated oil on specific area of chest for a specified period of time is called Uro Vasti.

Materials and Equipments:
- Panchakarma table - 1
- Medicated oil - 500ml
- Black gram powder - 500gm - 1 Kg.
- Cotton gauze - QS

Medicated oil (any of the following):
- Karpasasthyadi taila
- Panchaguna taila
- Balaashwagandhadi taila
- Bala taila
- Narayana taila
- Kottumchukkadi taila

Man Power:
- Ayurvedic Physician : 1
- Masseur : 1

Mode of administration/ procedure;
Black gram powder is made in to dough by mixing it with water. The patient has to lie down in supine position. A trough is to be made with this dough on chest or heart region. Medicated oil has to be filled in it and retained for 30 to 40 minutes. After the specified time, the oil is to be removed with the help of cotton gauze. Thereafter, trough can be removed and oil wiped off. The patient is to be advised to take rest. Usually the procedure is done for 7days.

Indications:
- Muscular pain/stiffness of the chest
- Chronic injury of Chest

Contraindications:
- Status asthmaticus
- Tuberculosis
- Bleeding disorders

Dietary regimen:
Normal diet

Scientific explanation;
Keeping the medicated oil for specific period of time on the affected area may nourish the nerves, muscles and joints in that particular part.
URO VASTI
AKSHI TARPANA

In this process, medicated ghee is retained over eyes for 15-20 minutes.

Materials and Equipments:

- *Panchakarma Droni* - 1
- Medicated Ghee - 50ml
- Black gram powder - 250gm

Medicines:

The following medicated ghee preparations are commonly used.

- *Jeevantyadi Ghrita*
- *Patoladi ghrita*
- *Triphala Ghrita* etc.

Man power:

- Ayurvedic Physician : 1
- Attendant : 1

Procedure:

Black gram powder is to be made in to dough by using water. The patient is to be advised to lie down in supine position. Gentle massage is to be done on head, eyes and face. A trough is to be made with this dough around both eyes, approximately 2 cm in height around the eyes. Medicated ghee (a little below body temperature but in liquid form) is to be filled inside the trough. It is to be kept for 15-20 minutes and then the ghee is to be collected by the gauze. The face should be wiped off with clean dry towel. Thereafter eyes should be covered with the leaves of lotus or petals of rose and the patient is to be advised to sit away from the sunlight for a day. It may be done for 7 to 14 days.

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67 आयुर्वेद शास्त्राग्रहशृृण्डबन्धवृत्तिकेऽ
निवाले तर्पणं योज्यं शुद्धयोग्यं दृढःकाययोऽ।
काले साधारणे प्रातः सायं वैशाखशास्त्रिणः।

(अं हिं सू: 24 /3)
Indications:

- Ophthalmological conditions
- Xerophthalmia
- Optic nerve atrophy

Contraindications:

- Conjunctivitis

Scientific explanation:

This process may nourish the structures in the eyes. It strengthens the optic nerve.

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68 नयने ताम्यतिः स्तब्धे शुच्ये रुक्षोभिमालिते ||
वातपितातुरे जिज्ञे शीर्षकपिकविलेखणे ||
कृष्णोपनीलिएरःशिशिरोद्वातमोद्वृजने: ||
स्यवदन्मस्यन्तोऽवात्वा वातपयायशुक्रके: ||

(अ. ह. पु. 24/1-2)
PASHCAT KARMA (POST OPERATIVE REGIMEN)

The patient should take complete rest for an equal period of time for which he has undergone the therapeutic procedure. *Pashcat Karma* is done as the patient requires to regain the strength of *Dhatus* and to come to normalcy.

*Peyadi Samsarjana Karma* is to be followed in all cases undergone *Panchakarma* procedures i.e., liquids, semisolids and solid diet is given successively. The patient should use hot water for all purposes and should observe *Brahmacharya* (Celibacy) during *Pashcat Karma*. Sleeping in day time is to be avoided and proper sleep in the night is to be maintained. Natural urges should not be controlled forcibly. The patient should be free from physical and mental exertion and should not be exposed to smoke, excess cold, sun rays, wind etc. Traveling, sitting idle for a long time and talking in a high voice are to be avoided. Soft and low pillows are to be used. *Gandharva Hastadi Kwatha* is usually given for *Vatanulomana* during the course of therapy. *Rasayana Chikitsa* may be administered to the patient after this period.

Some of the important *Rasayanas* (10-15gm twice daily) used are:

- Chayavanprasha
- Agastya Haritaki
- Sukumar Rasayana
- Brahma Rasayana
- Naarsimha Rasayana

Single Rasayana/ Vajikarana drugs:

- Vardhman Pippali
- Lashuna Kalpa
- Shilajatu
- Ashwagandha
- Masha Atmagupta Rasayana
- Musali etc.

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69 भौज्योज्यं मात्रणा पास्यन् यथ: विपन् पीतवायपि |
द्वयो:णमननिषिद्धत नातिलिन्यमव्यक्तिर् ||
ऊणोदोकचारी स्थादुर्वप्राचारी व्याशायः |
न वेगरोची व्यायामक्रोचवशोककिमात्मान् ||
प्रवात्यायन्यायाभवायात्यातनस्वरूपीतः |
नीचातयुक्तोधानाः स्त्रियाःसुरजासि च ||
यात्याहानि पिवेतानि ततवच्यायन्यपि र्तोजेत ||
सर्वकर्मेऽव्रायो वायुक्षिःतेषु च क्रमः ||

(आः ह्यं सूची 16 /25–28)
## LIST OF ESSENTIAL EQUIPMENTS REQUIRED FOR SETTING UP OF A PANCHAKARMA THEATRE

1) **Massage table**
   - (Wooden/ Fibre)
   - Length: 7 feet
   - Width: 3 feet
   - Height: 2.5 feet

2) **Panchkarma Droni (Dhara Droni)**
   - Length: 9 feet
   - Width: 2.5 feet
   - Height: 2.5 feet

3) **Shirodhara Vessels**
   - Stainless steel vessels
   - 3 litre capacity

4) **Vasti Netra (disposable)**
   - 30 no.

5) **Nasya applicator/ dropper**
   - 2

6) **Geyser**
   - 1

7) **Hot fomentation instruments**
   - (Steam chamber)
   - 2

8) **Leather Cap (for ShiroVasti)**
   - 2

9) **Gas Stove/heating apparatus**
   - 2

10) **Tub (for Avagaha sweda)**
    - 2

11) **Small vessels, Spoons**
    - 4

**NB:** Automated instruments may also be used as per the availability.
PANCHAKARMA DRONI (TUB)
MEDICINES COMMONLY USED IN PANCHAKARMA THERAPY

TAILAS (OILS)

1. Anu taila
2. Bala Guduchyadi taila
3. Chandanadi taila
4. Chandanabala Lakshadi taila
5. Dashamoola taila
6. Dhanwanthara taila
7. Eranda taila
8. Karpasaasthyadi taila
9. Kottamchukkadi taila
10. Ksheerabala taila
11. Lakshadi taila
12. Mahamashadi taila
13. Mahanarayana taila
14. Nirgundyadi taila
15. Prabhanjana taila
16. Prasarini taila
17. Sahacharadi taila
18. Saindhavadi taila
19. Shadbindu taila
20. Tila taila (Sesame oil)
21. Pinda taila
CHURNAS/ AVALEHA/ RASA

(Powders/ Confectionery/ Herbomineral preparations)

1. Jatamansayadi Churna
2. Dashamula Kwatha Churna
3. Kottam Chukkadi Churna
4. Madanaphaladi Churna
5. Upanaha Churna
6. Kalyanaka Avaleha
7. Icchabhedi Rasa
8. Gandharava Hastadi Kwatha Churna
9. Rasnadi Churna
### OTHERS

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
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<tbody>
<tr>
<td>1.</td>
<td>Balamula (Root of <em>Sida cordifolia</em>)</td>
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<tr>
<td>2.</td>
<td>Nirgundi (<em>Vitex negundo</em>)</td>
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<tr>
<td>3.</td>
<td>Amalaki churna (<em>Emblica officinalis</em>)</td>
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<td>4.</td>
<td>Dhatu (<em>Datura metel</em>)</td>
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<tr>
<td>5.</td>
<td>Musta (<em>Cyperus rotundus</em>)</td>
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<td>6.</td>
<td>Trivrit (<em>Operculina turpethum</em>)</td>
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<td>7.</td>
<td>Aragwadha (<em>Cassia fistula</em>)</td>
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<td>8.</td>
<td>Goghrita (Ghee)</td>
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<td>9.</td>
<td>Saindhava lavana (Rock salt)</td>
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<td>10.</td>
<td>Madhu (Honey)</td>
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<td>11.</td>
<td>Shatawha (<em>Anethum sowa</em>)</td>
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<td>13.</td>
<td>Vacha (<em>Acorus calamus</em>)</td>
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<tr>
<td>14.</td>
<td>Mudga and Masha Churna (Green and black gram powder)</td>
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<tr>
<td>15.</td>
<td>Shashtika Shali Dhanya (a variety of rice yield after sixty days)</td>
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<td>16.</td>
<td>Takra (Butter milk)</td>
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<td>17.</td>
<td>Dugdha (Milk)</td>
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<tr>
<td>18.</td>
<td>Narikela jala (Coconut water)</td>
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</tbody>
</table>
SPECIFICATIONS OF PANCHAKARMA THEATRE

In the existing hospitals, there should be separate wards for males and females to carry out the various *Panchakarma* procedures as per following details:

**MALE PANCHAKARMA SECTION**

1. *Snehan Kaksha* (Room) 14’ x 12’
2. *Swedan Kaksha* (Room) 14’ x 12’
3. *Vasti Kaksha* (Room) 10’ x 10’
4. *Shirodhara Kaksha* (Room) 10’x10’

**FEMALE PANCHAKARMA SECTION**

1. *Snehan Kaksha* (Room) 14’ x 12’
2. *Swedan Kaksha* (Room) 14’ x 12’
3. *Vasti Kaksha* (Room) 10’ x 10’
4. *Shirodhara Kaksha* (Room) 10’x10’

**SPECIAL PRIVATE ROOM ARRANGEMENT**

At least 4

**O.P.DEPARTMENT**

300 sq. ft

**DISPENSING AND PHARMACY UNIT**

400 sq. ft

**KITCHEN AND CANTEEN**

800 sq. ft

**LABS FOR INVESTIGATION**

Routine Biochemical and Hematological investigation

**OFFICE AND RECORD SECTION**

As per requirement
<table>
<thead>
<tr>
<th>No.</th>
<th>Position</th>
<th>Description</th>
<th>Required</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Medical Superintendent MD (Ay.)</td>
<td>in Kayachikitsa (Panchakarma) with 10-12 years experience in the profession</td>
<td>1</td>
</tr>
<tr>
<td>2.</td>
<td>Panchakarma specialist (Male)</td>
<td>MD (Ay.)</td>
<td>1</td>
</tr>
<tr>
<td>3.</td>
<td>Panchakarma specialist (Female)</td>
<td>MD (Ay.)</td>
<td>1</td>
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<tr>
<td>4.</td>
<td>Resident Medical Officers</td>
<td></td>
<td>2</td>
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<tr>
<td>5.</td>
<td>Male Masseurs (Panchakarma technicians)</td>
<td></td>
<td>4</td>
</tr>
<tr>
<td>6.</td>
<td>Female Masseurs (Panchakarma technicians)</td>
<td></td>
<td>4</td>
</tr>
<tr>
<td>7.</td>
<td>Staff nurses (Round the clock)</td>
<td></td>
<td>5</td>
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<tr>
<td>8.</td>
<td>Kitchen staff</td>
<td></td>
<td>3</td>
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<tr>
<td>9.</td>
<td>Cleaning services</td>
<td></td>
<td>4</td>
</tr>
<tr>
<td>10.</td>
<td>Pharmacist</td>
<td></td>
<td>3</td>
</tr>
<tr>
<td>11.</td>
<td>Record keeper</td>
<td></td>
<td>1</td>
</tr>
</tbody>
</table>
SOME PANCHAKARMA CENTRES IN INDIA

1. Central Govt. Health Scheme Ayurvedic Hospital, Lodhi Road, New Delhi.
2. Central Research Institute for Ayurveda, Cheruthuruty, Kerala.
3. Central Research Institute for Ayurveda, Road No. 66, Punjabi Bagh, New Delhi.
4. Dept. of Kayachikitsa, Faculty of Ayurveda, Institute of Medical Sciences, B.H.U., Varanasi.
5. Govt. Ayurvedic College, Tripunithura.
7. Institute for Post Graduate Training and Research, Gujarat Ayurveda University, Jamnagar.
8. Kerala Ayurveda Pharmacy and Nursing Home, Alwaye, Kerala.
10. Maniben Ayurveda Hospital, Ahmedabad.
11. National Institute of Ayurveda, Madhav Vilas, Amer Road, Jaipur, Rajasthan.
12. Sitaram Ayurveda Health Centre, Press club Road, Trichur.
15. Aryavaidyasala, Kottakala Post, Mallapuram Distt., Kerala.
16. Holy Family Hospital, Okhala Road, Jamia Nagar, New Delhi.
17. Moolachand Khairati Ram Hospital, Lajapata Nagar, New Delhi.
18. Aryavaidyasala Kottakala, Ayurvedic Hospital and Research Centre, 18X-19X, Institutional Area, Karkarduma, Delhi-110092.
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