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## ADVANCEMENT OF *PANCHKARMA* FOR DIFFERENT AGE GROUP: A REVIEW

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### ABSTRACT

Ayurveda is indigenous system of medicines based on experimental observation and logical reasoning. Ayurveda described treatment for various disease but also advocate some preventive measure for the prophylactic care. *Panchakarma* is *Shodhana Chikitsa* of ayurvedic system play significant role towards the management of various disorders. Various researchers investigated efficacy of *Panchakarma* in different diseases, considering the importance of *Panchakarma* therapy this article presenting role of *Panchakarma* in different age group, pediatric care, geriatric care and management of stress induced diseases in adult person.

### KEYWORDS

Panchakarma, Shodhana Chikitsa, Pediatrics and Geriatric.

### INTRODUCTION

*Ayurveda* mentioned *Panchakarma* as purification methods which detoxify the whole body. *Panchakarma* name denoted due to the fact that it is a purification therapy of five sub-therapies. *Panchakarma* therapy may be very useful as prophylactic care. *Ayurveda* suggests use of *Panchakarma* on periodic bases to maintain the normal body conditions. *Panchakarma* offers significant role in the management of various diseases. *Panchakarma* help to maintain *Tridosha* balances in body which is very important for retaining normal health. As per *Ayurveda* *Panchakarma* improve the digestion and metabolic processes thus potentiate *Agni*. The *Panchakarma*

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involves, *Shaman Chikitsa* and *Shodhan Chikitsa*. *Shaman Chikitsa* used for vitiated *Doshas*. *Shodhan Chikitsa* used for detoxification purpose. *Panchakarma* involves *Poorva Karma* and *Pradhan Karma*, *Poorva Karma* means preparatory steps which consisted of, *Paachana*, *Snehana* and *Swedana*, while *Pradhan Karma* involve main methods of therapy, *Vamana*, *Virechana*, *Anuvasana*, *Asthapana* and *Nasya*<sup>1-3</sup>.

## **PANCHAKARMA FOR CHILDREN**

### **Cerebral Palsy**

Cerebral palsy is motor disability disorder of childhood age; associated with symptoms like; mental retardation, seizures and sensory lose. The traditional science described role of herbs along with *Panchakarma* and *yoga* therapies in disease condition. Literature suggested that *Panchakarma* may offer beneficial effect in cerebral palsy. The disease cerebral palsy is *vata vyadhi* or *shiomarma abhigataja vata vikara*; therapy which helps to control *vata* and possess calming properties may be used for cerebral palsy, thus *medhya* drugs along with *panchakarma* and *yoga* suggested for the management of such motor disability disorder. *Panchakarma* offer beneficial effects since it help muscle to relax, perform detoxification and improve circulations. It is believed that motor system empowered by *Panchakarma* along with muscle restoration this overall relief impairment of cerebral palsy<sup>4</sup>.

### **Pranavaha Srotastha Vyadhi**

*pranavaha srotas* are *hridaya* and *mahasrotas* and *uraha pradesha* is considered *sthana* of *pranavaha srotas* which is associated with *kapha dosha*. *Avalambaka*, *bhodaka*, *kledhak kapha* are considered responsible for *pranavaha srotas*. *Pranavaha srotho vyadhi* mainly menifeated due to the vitiation of *Vata dosha* along with *kapha* which resulted *dushitha prana vyau* leading to the disease condition such as, *hikka*, *dushitha* and *swasa*; diseases arises from the *sthana* of *pitta* and shows aggravation of *kapha* along with *dushithavayu*. *Panchakarma* helps in *pranavaha srotastha vyadhi* since it help to pacify *dosha* and eliminate accumulated *dushithavayu*. *Panchakarma* detoxify the toxins and enhance

efficiency of channel (*Shrotas*) resulting relief in *srotastha vyadhi*, *Panchakarma* also improve overall circulation thus aggravation of *kapha* and *dushithavayu* demises. *Mridu Virechan* the approaches of *Panchakarma* offer significant relief in *prana vaha sroto vyadhi* in children where *pitta dosha* is predominant since it pacify vitiated *pitta dosha*<sup>5,6</sup>.

## **PANCHAKARMA FOR ADULT PERSON (Stress induced disease)**

### **Depression (Chittavasada)**

Depression (*Chittavasada*) is psychiatric disorder. Ayurveda described various therapeutic approaches for *Chittavasada* such as; *Daivavyapashraya*, *Yuktivyapashraya* and *Sattvavajaya chikitsa*. *Shodhana* therapy such as; *Panchacarma* also suggested by traditional text of ayurveda for the management of *Chittavasada*. Various approaches of *Panchacarma* may be utilized for the *Mansa Vikara* such as, *Antarparimarjana* for internal purification, *Samshodhana* for vitiated *Doshas* and *Bahiraparimarjana* for external purification. *Panchacarma* therapy relief symptoms of depression since it offers beneficial such as, relaxation and calming effect on mind and body, detoxification of accumulated toxins to improve systemic circulation which offer appropriate supply to the brain. It helps for the coordination paring of mortar activity and thus relief in neural symptoms of *Mansa Vikara*. Ayurveda suggested that *Panchacarma* therapies play significant role in the management of depression if utilized with herbs<sup>7</sup>.

### **Insomnia (Anidra)**

*Aahara*, *Nidra* and *Brahmacharya* are the three important sub-pillars of life. *Nidra* is very essential for maintaining normal health. Insomnia (*Anidra*) is pathological condition which involve loss of sleep may be due to the stress and other factors. *Anidra* associated with aggravation of *Vata*, *Pitta*. *Rajasik Guna Vruddhi* along with *Shleshma* and *Tama Kshaya* may also be involved in *Anidra*. Ayurveda described different therapeutic approaches for insomnia including *Panchkarma*. *Sarvang Snehana* with *Tila Taila*, *Sarvang Swedan (Bashpa Sweda)* with *Dashmula Kwath* and *Shirodhara* with *Tila*

*Taila* offer relief in *Anidra*. *Panchakarma* pacify *Vata*, promotes sleep, improve respiratory passage and circulation, also relax mind and possess calming property resulting relief in *Anidra*<sup>8,9</sup>.

## PANCHAKARMA FOREARLY GERIATRIC CARE

### Alopecia

Alopecia means loss of hair; there are different factors responsible for hair loss in early aging such as stress, hormonal imbalance, pollution, disturb life style and use of harmful cosmetics. Loss of hair may also be due to the other *Vikara* like, *Rakta Pradoshaja Vikara*, thus therapy like *Panchakarma* may become beneficial in alopecia; *Shiro-abhyanga* by *Taila* help to control early hair loss. Vitiating *Pitta* and *Vata* leads *Romakupa* resulted loss of hair due to the obstruction of *Romakupa* and disturbance of *Prashasta Dhatu Nirmana*. *Panchakarma* control *Pitta Dosha* and induces circulatory process which promote growth of hair, it also channelizes *Shrotas* resulting opening of *Romakupa* leads growth of hair. *Shyonakadi Taila Shiro-abhyanga* removes *Kapha* in the pores of scalp and removes the infection locally. *Panchakarma* reduces *Pichchhilata*, *Guruta* and *Sheetata* of *Kapha* and opens the all obstructed of *Strotasa*. The detoxification property of *Panchakarma* also play significant role in management of alopecia.

### Epileptic Disorders (*Apasmara*)

*Apasmara* also problem associated with all age group but mainly associated with *Jara*. It is a disorder which involves convulsions/seizure. The traditional text of medical science mentioned different approaches for the management of *Apasmara*; *sanshodhan chikitsa* is one of them. *Panchakarma* may be performed as *Sanshodhan chikitsa* in *Apasmara*. *Panchakarma* offers various modalities for the management of disease such as, *Virechana* for *Pittaja Apasmara* and *Vamana* in *Kaphaja Apasmara*. These approaches of *Panchakarma* remove vitiated *Dosas* and also detoxify harmful toxins from body which resulted improve coordination functionality of body along with control nerve impulses. This therapy enhances circulation which potentiates action of anti-epileptic

herbs thus remedies along with *Panchakarma* works significantly in *Apasmara*. *Panchakarma* help to maintain tonicity of body and strengthen muscles thus possess immense symptomatic reliefs in *apasmara*<sup>10-14</sup>.

## CONCLUSION

Ayurveda emphasized prevention of disease than treatment and advised *Panchakarma* for prophylactic care. *Panchakarma* is *Shodhana Chikitsa* offers many beneficial effects in different pathological condition and possesses fewer side effects. Various research investigations proved efficacy of *Panchakarma* in different diseases. It is also believed that *Panchakarma* therapy not restricted to the particular age group but it is established as valuable therapy for all age groups. Article suggested that *Panchakarma* may be utilized for various age groups but precautionary considerations are essential for use of *Panchakarma* in pediatric.

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## CONFLICT OF INTEREST

We declare that we have no conflict of interest.

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