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*...
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 Sweedana, while Pradhan Karma involve main methods of therapy, Vamana, Virechana, Anuvasana, Asthapana and Nasya\(^1-3\).

**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 shiromarma abhighataya 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\(^4\).

**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 sroto vyadhi mainly menifested 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\(^5,6\).

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

Depression (Chittavasada)

Depression (Chittavasada) is psychiatric disorder. Ayurveda described various therapeutic approaches for Chittavasada such as; Daivavyapashraya, Yuktiyapashraya 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 motor 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\(^7\).

**Insomnia (Anidra)**

Aahara, Nidra and Brahmacarya 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 Panchakarma. Sarvang Snehan with Tila Taila, Sarvang Swedan (Bashpa Sweda) with Dashmula Kwath and Shirodharana with Tila.

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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.

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. Vitiated 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)
Apasmarone 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 Apasmarone. Panchakarma help to maintain tonicity of body and strengthen muscles thus possess immense symptomatic reliefs in apasmarone.

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.

BIBLIOGRAPHY


