



Review Article

Volume 11 Issue 5

Sept.-Oct 2022

BIOPURIFICATION IN AYURVEDA W.S.R TO PANCHAKARMA (SHODHANA)

¹Dr. M. Nisarga*, ²Dr. Satish S Vasana, ³Dr. Shubanthjain M.B.

¹PG Scholar, ²Assistant Professor, ³PG Scholar

Department of PG studies in Panchakarma, SDM Trust's Ayurvedic Medical College,
Danigond PG Centre, Padma Ayurvedic Hospital and Research Centre, Terdal - Karnataka.

Corresponding Author's email ID: mnisargam@gmail.com

Abstract: *Panchakarma* is one of the most emerging part of *Ayurveda* and is globally recognized as best treatment modality in many major diseases. Biopurification i.e. *Panchakarma (Shodhana)* is a therapeutic procedure which removes the disease from its root cause. It consists of essentially 5 *Karmas*. It includes *Vamana*, *Virechana*, *Basti*, *Raktamokshana* and *Nasya*. In the conditions where the modern medicine fails, the one and only solution is *Panchakarma (Shodhana)* i.e. Biopurification. Today the Biopurification or *Panchakarma (Shodhana)* is like a hot cake in health industry right now and is very need of hour too. *Acharya Charaka* mentions diseases which treated with Biopurification will not recur so, in the world full of fast food, junk foods, toxin filled environment for a better today and future one must go through atleast seasonal regimens i.e. *Rithu Shodhana* to maintain their health prevent the upcoming disease as its told "Prevention is better than cure" and Biopurification *Panchakarma (Shodhana)* is best way to it.

Keywords: *Panchakarma, Shodhana, Biopurification, Seasonal Regimen*

Introduction

Biopurification *Panchakarma* (*Shodhana*) is an intended process for purification of body by which morbid *Doshas* responsible for diseases is expelled out in an ideal environment for proper function of body. It is needed in the present era because the world is full of toxin filled polluted environment and is getting destroyed by various i.e. globalization etc. In the 21st century where the world is in tick of hours people are moving towards more advancement time saving are consuming internally instant packed junk foods air packed which is very bad for health, fruits and vegetables which has to be nutritious are grown by injecting chemicals and pesticides used to protect the yield is causing accumulation of toxins in the body, even the environment is so much filled with the toxic gases, smoke from industrialization smoking by smokers is leading to air pollution the ozone layer is hampered leading to the air we breathe also taking our own life, the garbage's improper bio waste management leading to water pollution in totally lifespan of human beings is decreasing, due to all improper *Ahara Vihara Vichara Achara* leading the *Srotas* are clogged and leading to various diseases mainly can be said lifestyle diseases like obesity, diabetes, hypertension, dyslipidaemia etc. So to overcome this the only permanent solution and much needed is *Panchakarma* or Biopurification (*Shodhana*) as the name say *Pancha* means 5 and *Karma* is procedure and total can be told a detoxifying procedure which helps in cleansing and clearing *Srotas* (channels) and helping in proper functioning of body.

Biopurification *Panchakarma* (*Pancha Shodhana*)

Panchakarma (*Shodhana*) is comprising of internal procedures in which *Doshas* are expelled out forcefully through the nearest possible route.¹

It comprises of 5 therapy mainly:

Vamana Karma- therapeutic vomiting or emesis therapy which includes inducing vomiting.

Virechana Karma- therapy inducing therapeutic purgation or Catharsis therapy

Basti Karma- enema therapy

Nasya Karma- errhine therapy

Raktamokshana Karma- bloodletting therapy

BiopurificationPanchakarma(Shodhana) Importance and Comparison in Life

It removes the *UtklistaDoshas* or diseases from its roots through nearest route and has upper edge in treating diseases compared to any modern treatment, it helps in maintenance of health treating and prevention of diseases as completely marks the definition of health or *Swasthya* according to *Ayurveda*. Since we know that prevention is better than cure so as everybody scared of dying or early death due to any health problems suddenly. Each and every person undergoes full body check-up atleast once in year to extend their life same way a person must undergo Biopurification or *Panchakarma(Shodhana)* which helps in maintenance of health. As one goes for vehicle servicing oiling or greasing also our body needs similar purification i.e. *BiopurificationPanchakarma(Shodhana)*. We know in our India there is seasonal festivals in which we do certain celebration by rules and regimens the same way in *Ayurveda* in *Panchakarma* same seasonal regimen and treatment in terms of Biopurification is mentioned. Classically the importance of Biopurification is told by *Acharya Charaka* that the *Dosha* pacified by *Shodhana* never recur but those pacified by *LanghanaPachana* may recur also its told the by *Shodhana*² the *Doshas* removed from root as we know if plant destroyed from root never regrows due to lack of nutrition similarly the morbid *VikrutaDoshas* of body.

Considerations for BiopurificationPanchakarma(Shodhana)

In *Ayurveda* while going for any *BiopurificationPanchakarma(Shodhana)* it's very necessary to consider 8 factors mainly called *Samikshya Bhavas* they are *Dosha, Aushadha, Desha, Kala, Satmya, Satwa, Vaya* and *Bala*.³

BiopurificationPanchakarma(Shodhana) Indications and Benefits

1. In *Swasthya* as to prevent the diseases.
2. Before administration of *Rasayana* and *VajikaranaAushadha* as *Poorva Karma*

It's told in *Ayurveda* by *Sushruta Acharya* that for proper *RasayanaAsadharanaGunaPrapthi* i.e. *Shodhana* of *Shareera* is an essential prerequisite for administration of *Rasayan* therapy.⁴ It helps in *SrotoVishodhana*,

BuddhiIndriyaSamprasada, and *Agnivridhi*, Pacifying diseases, Promotion of *Bala*, *Varna*⁵

3. Prevention of *KalajaRoga*.
4. Before administering *Rasaushadhior ShamanaYogas* helps in proper absorption of medicine.
5. Before surgery in *Ashmari*.
6. It is indicated in the *Bahudosha Avastha*⁶ mainly *Acharya Charaka* mentions without breaking boundary wall the pond cannot be dried so similarly the *Doshas* are expelled either in *UtklistaAvastha* or after bringing to *UtklistaAvastha*.
7. According to season or *RithuShodhanato* prevent diseases and maintenance of health in *VasanthaRithu* the *KaphaDosha* is in *UtklistaAvastha* and for this *Vamanais* indicated, in same way in *VarshaRithu* *Basti* is indicated as *VataDoshais* in *UtklistaAvastha* and in *SharathRithu* one must go for *Virechana Karma* and *Raktamokshana* as *Rakta* is in *UtklistaAvastha*. *Nasya* is indicated in morning for *KaphaDoshaUtklistaAvastha*, in midday for *Pitta DoshaUtklistaAvastha* and evening for *VataDoshaUtklistaAvastha*.
8. In emergency conditions like poisoning.

Discussion

Following seasonal regimens and undergoing *PanchakarmaShodhana* or Biopurification removes the toxins accumulated by various factors in the body helps in maintenance of health and prevention of fore coming disease and also treat the disease from its root cause and stops the further spreading. It bestows happiness both to the patients and healthy persons by curing their diseases.

Conclusion

Biopurification *Panchakarma (Shodhana)* is only way compared to any palliative medicine because they won't easily subside the diseases, not only today but this Biopurification *Panchakarma(Shodhana)* is like a hot cake in health industry also a very much need of hour too.

References

1. Acharya Mukundilal Dwivedi Editor. Ayurvediya Panchakarma Chikitsa Chapter 1 Chaukambha Sanskrit Pratishthan, Varanasi Page no:17.
2. Agnivesa, Charaka Samhitha, Dr. Ram Karan Sharma, Vaidya Bhagwan Dash Edition Reprint 2015, Chowkhambha Sanskrit Series, Varnasi, Sootrasthana Chapter 16 Verse 20.
3. Agnivesa, Charaka Samhitha, Dr. Ram Karan Sharma, Vaidya Bhagwan Dash Edition Reprint 2015, Chowkhambha Sanskrit Series, Varnasi, Sidhi Sthana Chapter 3, Verse 6, Page no:207
4. Sushruta, Sushruta Samhitha, Editor. G.D. Singhal Second Edition 2007 Chaukambha Sanskrit Pratishthan, Delhi Chikitsa Sthana Chapter 27, Verse 3-4, Page no-410
5. Agnivesa, Charaka Samhitha, Dr. Ram Karan Sharma, Vaidya Bhagwan Dash Edition Reprint 2015, Chowkhambha Sanskrit Series, Varnasi, Sootrasthana Chapter 16 Verse 17-19.
6. Agnivesa, Charaka Samhitha, Dr. Ram Karan Sharma, Vaidya Bhagwan Dash Edition Reprint 2015, Chowkhambha Sanskrit Series, Varnasi, Sootrasthana Chapter 16 Verse 13-16.