



**PANCHAKARMA AS SHODHANA THERAPY W.S.R. TO CONCEPT OF RITU  
SHODHANA**

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**Abstract:**

Ayurveda the system of natural health care focuses towards healthy well-being and maintenance of good health status. Ayurveda mainly described *Samshodhana* and *Samshamana* therapies for normalizing vitiated *Doshas* thereby helps to maintain normal health status. *Shodhana* is purification therapy which expelled out aggravated *Doshas* from the body. *Shodhana* therapy removes toxins and restores equilibrium of *Dosha*. *Panchakarma* is very important *Shodhana* therapy of Ayurvedic treatment and this therapy not only helps to maintain general health but also prevent and treat pathological consequences of many diseases. Ayurveda mentioned specific ways to perform *Panchakarma*, in this regard it was also specified to perform *Panchakarma* procedure as per the particular season. The specific *Panchakarma* procedure indicated in particular *Ritu* similarly some *Panchakarma* procedures need to be avoided in particular seasonal conditions. Present article emphasizes role of *Panchakarma* and its specific seasonal conduct according to *Ritu*.

**Key-Words:** *Ayurveda, Panchakarma, Ritu, Doshas.*

## Introduction:

Ayurveda described many ways of healthy living and balancing state of *Dosha*, *Dathu*, *Agni* and *Mala* play vital role towards the healthy state of person. The synchronization of *Atma*, *Indriya* and *Manas* contributed towards physical and mental health of individual. *Panchakarma* the purification measure of ayurveda plays vital role for achieving healthy physical and mental status. *Panchakarma* if performed as per *Rutucharya* then its maximum health benefits can be acquired while avoidance of seasonal variation while performing *Panchakarma* can leads pathological consequences; therefore it is prerequisite to perform *Panchakarma* according to specific *Ritu*. The elimination of *Malas* or *Doshas* by *Panchakarma* occur maximum at appropriate time [1-5].

*Panchakarma* performed in three stages *Purva Karma*, *Pradhana Karma* and *Paschat Karma* (**Figure 1**). *Purva Karma* resembles preparatory purification which generally performed prior to the main procedures; *Snehana* & *Svedana* are major procedures of *Purva Karma*. *Pradhana Karma* is main purification method of *Panchakarma* therapy which involves major conducts such as *Vaman*, *Virechana*, *Basti*, *Nasya* and *Raktamokshana*. *Paschat Karma* means post purification measure. *Panchkarmas* offers several health benefits along with other *Upkramas* like; *Udvartana*, *Abhyanga*, *Swedana* and *Mardana*, etc [4-7].



**Figure 1: Stages of *Panchakarma***

### Health benefits of specific *Panchakarma* procedure:

- ✓ *Vamana* relieves aggravated *Kapha* and clears channels.
- ✓ *Nasya Karma* removes aggravated *Doshas* from *Urdhva jatru pradesha* and helps to maintain circulation of body.
- ✓ *Basti Karma* facilitate expulsion of feces, flatus and urine thus improves appetite.
- ✓ *Virechana* removes aggravated *Pitta* thus improves *Jatharagni*.
- ✓ *Raktamokshana* purify skin and alleviates skin ailments.

### Specific Indication of *Panchakarma*:

- ❖ *Ritu sodhana* helps in prevention of *Praakrithajwara* in *Varsha* and *Sarat Ritu*.
- ❖ *Virechana* & *Raktamokshana* in *Sarat ritu* helps in the prevention of *Rakta dushti* (*Raktajavyadhi*).
- ❖ *Vamana* helps to relives symptoms of *Kushta*. It can be done in cold season.
- ❖ *Abhyanga* & *Mardana* provides relief in *Udarda*. These therapeutic measures help in the *Samprapti vighatana* of *Udarda* and can be performed in *Sisira Ritu*.
- ❖ *Vamana* in *Vasantha rithu* helps to treat allergic condition. *Vamana* done in *vasanta* helps to reduce allergic effects of pollen grains which are found more in *Vasantha ritu*.
- ❖ *Ritusodhana* also helps to prevent condition like *Asmari*.
- ❖ *Panchakarma* in *Sisira Ritu* helps to relieves symptoms of *Vatarakta*.

### *Panchkarma* and consideration of *Ritucharya*:

Seasonal variations influences *Doshas* and alter health status of person therefore purification measures need to be performed as per seasonal conditions. *Panchkarma* procedure performed as per the rules of *Ritucharya* then elimination of *Dosas* occurs effectively. *Panchkarma* helps to establish equilibrium of body when performed according to seasonal variation.

*Vasant ritu* is predominant to *Kapha prakopa* therefore *Vamana* advised in this condition; it helps to alleviates *Kaphaja roga*. *Teekshna vamana*, *Nasya* and *Niroohavasti* are indicated in *Vasanta ritu*. Similarly in *Varsha*, *Sarad* and *Vasantha Ritu Nasya* with *Anutaila* can be done to clear nasal passages and to prevent respiratory distress.

*Abhyanga, Murdhnitaila, Avagahasweda*, are advised in *Vasanta Ritu* for achieving normal physiological functioning of body.

In *Sisira ritu Vata kapha hara* procedures advised i.e.; *Abhyanga*, in this season *Vamana* helps to prevent consequences of allergic rhinitis.

*Varsha ritu* persisted *Vata prakopa* therefore *Basti* advised to prevent *Vataroga* in *Varsha ritu*.

In rainy season *Vata* gets aggravated hence *Sodhana ritucharya* for *Vata* pacification is advised. *Asthapana basti* can be done in *Varsha ritu* to relieve aggravated *Vata*. *Pitta & Rakta* vitiation may also occur in *Varsha ritu* hence *Virechana* and *Raktamokshana* advised to relieve *Pitta & Rakta*.

*Sharad ritu* persisted *Pitta prakopa* thus *Virechan* advocated to avoid *Pittaja Rogas* in this season.

*Avagaha sweda* with warm water after *Taila abhyanga* helps to open up *Srotas* and improves circulatory process of body especially in *Sisira* and *Hemanta ritu*.

Extensive *Panchakarma* procedures should be avoided in summer season, *Shodhana* also not indicated during *Sanchaya kala* of *Vatadi doshas*.

As per literature it was evident that if *Doshas* accumulated in cold season then these *Doshas* should be expelled out in *Vasanta Ritu*.

Similarly *Doshas* arises in *Gishma Ritu* should be removed by *Shodhana* during *Abhrrakaala* while *Doshas* accumulated in *Varsha Ritu* should be expelled out in *Ghanaatyaya Kala* [7-9].

## Discussion

*Panchakarma* improves *Kayagni*, maintains equilibrium of *Dosha*, improve function of sense organ, restores strength of mind, improve colour and complexion. *Panchakarma* provides vigor and vitality. *Ritusodhana* means *Panchakarma* according to specific *Ritu* helps to eliminate accumulated *Doshas*. *Kapha* increases in *Shishira* but becomes liquefy in *Vasanta Ritu* hence *Vamana & Nasya* advised to relieve *Kapha*. *Asthapana basti* in *Varsha Ritu* helps to restore *Agnimandya* and alleviates *Vata dosha*. *Pitta prakopa* observed in

*Sharat Ritu* hence *Pittahara* therapies i.e. *Virechana* and *Raktamokshana* advised in *Sharat Ritu*.

Diseases like *Tamaka Shwasa* can be reduced by *Vamana*. Similarly symptoms of Urticaria can be relieved best by *Virechana* in *Sharat Ritu*. *Ritu shodhana* greatly helps to prevent lifestyle disorders. *Ritushodhana* cleans accumulated toxins and prevent consequences of environmental pollutants [8-10].

## Conclusion

*Shodhana* therapy should be performed as per status of *Dosha*, *Prakriti*, *Kala* and *Desha*. The *Panchakarma* needs to be conducted as per the *Vaya* and *Koshtha*. The *Panchakarma* as *Shodhana* therapy provides several health benefits and best effects of this therapy acquired if performed in predefined season. The *Dosha* predominance changes as per the climatic condition therefore it is prerequisite to perform *Shodhana* therapy according to *Ritu*. *Vamana* and *Nasya* advocated in *Vasanta Ritu* while *Virechana* is indicated in *Sharat Ritu*. *Ritu Shodhana* decreases disease morbidity; prevents lifestyle disorders, control immune disturbances, maintain hormonal balance and treat skin disorders. *Ritu Shodhana* works towards *Swastya rakshana* and *Vikara prashamana* thus helps to achieve ultimate goal of Ayurveda. *Ritu Shodhana* decreases effects of accumulated environmental toxins. The *Shodhana* therapy prevents premature aging and restores strength of body.

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