

Review Article

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ROLE OF *DEEPANA-PANCHANA CHIKITSA* IN DISEASE MANAGEMENT: A REVIEW

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Abstract

Ayurveda term arises from *Ayur* & *Veda* that implies life and information respectively. Ayurveda science is the systematic arrangement of knowledge with logic. Ayurveda presented several ways of healthy living; in this regard Ayurveda advocated various therapies for the management of diseases. *Deepana-Panchana Chikitsa* is one such therapy of Ayurveda that helps to treat many diseases and improves functioning of *Agni*. As per Ayurveda *Agni* is the mark of the useful part of life that govern metabolic catalysts, stomach related process and the whole body physiology. The inappropriate working of *Agni* produces *Ama*, a poisonous material that starts and advances illness and affects physiology of digestive system. *Deepana-Panchana Chikitsa* helps to combat against such types of conditions and maintain normal physiology of digestive system. This article explored concepts of *Deepana-Panchana Chikitsa* along with its therapeutic and Ayurveda considerations.

Key-Words: *Ayurveda, Ama, Deepana, Panchana, Chikitsa*

Introduction

The digestive system of human body merely depends upon the functioning of *Agni* and vitiation of this digestive fire (*Agni*) can produce many pathological events. The condition associated with weakened functioning of *Agni* described as *Mandagni*. The state of *Mandagni* can't process food appropriately and subsequently the unripe and indigested substance is formed which is known as *Ama*. This *Ama* works as toxin and induces pathogenesis of metabolic disturbances. *Acharya Vagbhata* described various body symptoms caused by the *Ama* which includes loss of energy, obstruction in micro-channels, flatulence, heaviness, laziness, constipation, indigestion, depression and anorexia, etc. Ayurveda suggested uses of *Deepana-Panchana Chikitsa* for the therapeutic management of *Mandagni* and *Ama* [1-4].

Ayurveda described some drugs which offer *Deepana-Panchana* property including *Chitraka*, *Amlavetasa*, *Ajamoda*, *Bhallataka*, *Hingwachadi choorna*, *Vachalashunadi kashaya*, *Hingwastaka choorna*, *Vaishwanara choorna*, *Hingwadi gulika* and *Chitrakadi vati*, etc. Similarly Ayurveda also mentioned some *Ahara dravyas* as depicted in **Figure 1** which also imparts *Deepana-Panchana* property [4-7].

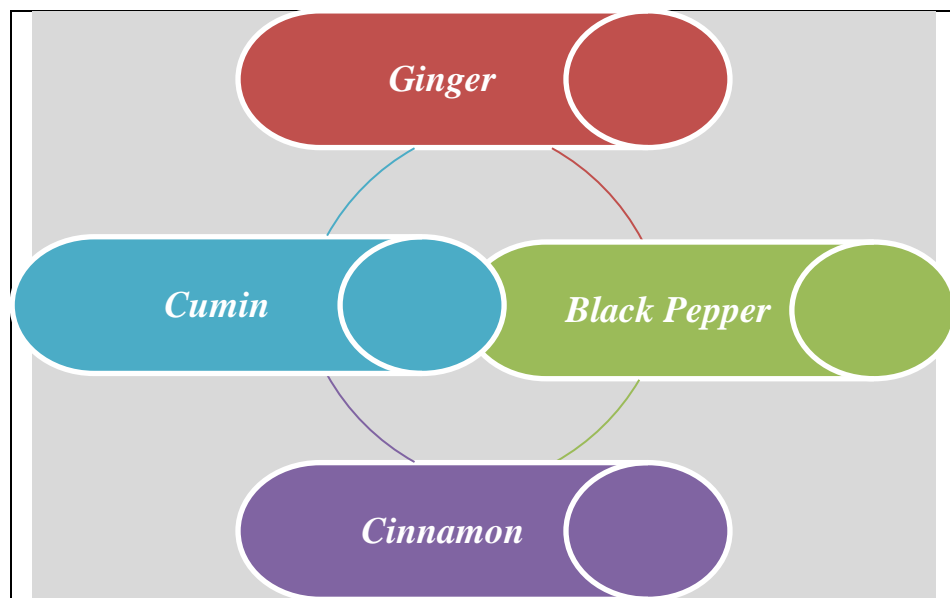


Figure 1: *Ahara dravyas* which imparts *Deepana-Panchana* property

Deepana:

The word *Deepaneeya* implies invigorate the stomach related fire. This is exceptionally vital for increment the limit of the food admission and to keep from the further heartburn. *Deepana* itself means kindling of the digestive strength. *Deepana* incorporates execution of medications and medicines which upgrade metabolic fire. Sensation of good craving and opportune yearning is an indication of good wellbeing and great status of *Agni*. As long as the gut fire is healthy, the other fires that depend on it, like the *Dhatu agni*, will also be healthy and balanced, which will help you to stay healthy. In this connection *Deepaneeya* therapy boost gut fire thus helps to maintain overall health of other tissues. As per *Vagbhata* all diseases are caused by weak fire, it shows how important that to balance the digestive fire (*Agni*) and *Deepana* therapy support in this regard greatly.

Ayurveda revises *Agni* and *Ama* initially period of treatment of most foundational illnesses. Accordingly, *Deepana* therapy improves *Agni* thus helps in *Samprapti vighatana* of pathological conditions associated with weakened digestive fire. The fire that is created when *Agni deepana* medicines are given to a person will help in reestablishing good health by restoring the body's metabolic balance and other physical activities that were disrupted by *Mandagni* [6-8].

Mode of action of Deepana Dravya:

- ✓ *Deepana dravyas* kindling the digestive fire.
- ✓ *Deepana dravyas* stimulates Vagus nerve.
- ✓ *Deepana dravyas* stimulates glossopharyngeal nerve.
- ✓ *Deepana dravyas* stimulates fundus and pylorus.
- ✓ *Deepana dravyas* promotes gastric juice secretion and facilitate digestion due to their bitter taste.
- ✓ *Deepana dravyas* sensitizes oral taste receptors and facilitates secretion of saliva.
- ✓ *Deepana dravyas* induces hormone which stimulates gastric acid secretion that support in the digestion process.

Pachana:

Pachana drug facilitate absorption of *Ama*, separation of morbid *Dosha* from the *Dushya* and *Srotasa*. Before any primary technique of refinement, there is a need to set up the body, so the body can be appropriately detoxified. This is done by *Karmas* like *Deepana* and *Pachana*. These are essentially implied for *Niramikaran* means for the removal of *Ama*. *Pachana Karma* helps to getting rid of undigested materials.

Pachana medicines help in sluggish digestion and prevent consequences of *Mandagni*. *Ama* produced by the effect of *Mandagni*, this *Ama* impedes pathways of the *Srotas* of the body and disturbed physiological capabilities of tissues. The tissues for which they are intended will not receive the nutrients and essential components that the body requires for productive functions. Uses of *Pachana* therapy causes *Samprapti vighatana* of such types of conditions thus helps to treat many diseases by removing the blockage caused by *Ama*. Administration of *Pachana* medicines helps to digest *Ama* [8-10].

Mode of action of Pachana Dravyas:

- ✚ *Pachana Dravyas* stimulates Vagus nerve thus facilitate secretion of gastric juice.
- ✚ *Pachana Dravyas* excites duodenum that causes secretion of digestive enzymes
- ✚ *Pachana Dravyas* stimulates liver to enhance secretion of bile.
- ✚ *Pachana Dravyas* enhances secretion of pancreatic juice by stimulating pancreas.

Deepana-Pachana-Dravya:

- **Pippalimoola**
Acts as an anti spasmodic, stimulant, appetizer and carminative, etc.
- **Chitraka**
Acts as an appetizer, carminative and stimulant, etc.
- **Shringavera**
Offers carminative, stimulant and digestive properties.
- **Amlavetasa**
Possess appetizer, stimulant and anti spasmodic effects. It also acts as digestive and laxative.
- **Maricha**
Possess stimulant, digestive, appetizer, carminative and anti

histaminic properties.

➤ **Ajamoda**

Imparts antispasmodic, anti flatulent, carminative, digestive and appetizer properties.

➤ **Bhallataka**

Acts as stimulant, carminative and digestive agents.

➤ **Hingu (Asafoetida)**

Offers digestive, carminative, stimulant, anti spasmodic properties.

Deepana-Pachana Ayurvedic formulations:

✚ *Hingwachadi choorna*

✚ *Vachalashunadi kashaya*

✚ *Hingwastaka choorna*

✚ *Vaishwanara choorna*

✚ *Hingwadi gulika*

✚ *Chitrakadi vati*

✚ *Pippalyasava, Chavikarishtha*

Properties of Deepana-Pachana- Dravya:

The medications which are carminative and digestive in nature possess *Ruksha*, *Ushna* and *Laghu* properties, normally such medications transform through *Katu* & *Amla Vipaka*. These medications help to cutting down the lipid level, removes overabundance fat, boost functioning of liver and treat ailments arises due to the metabolic disturbances. Therapeutically *Deepana-Pachana-Dravyas* are helpful in stomach colic, *Agnimandya*, *Adhmana*, *Atopa*, *Kricchrartava* and *Kamala*, etc [6-8, 10].

Conclusion

Deepana-Panchana Chikitsa is one of the vital therapies of Ayurveda regimen which helps to treat numerous diseases and enhances *Agni's* function. According to Ayurveda, *Agni* is the sign of a useful part of life that controls metabolic catalysts, digestive processes, and the physiology of the entire body. *Ama* is a poisonous substance that starts and spreads disease and affects digestive system physiology when *Agni* is not working properly.

Deepana-Panchana Chikitsa helps in the prevention of these conditions and maintains digestive system physiology. Ayurveda suggested uses of *Deepana-Panchana Chikitsa* for the therapeutic management of *Mandagni* and *Ama*.

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