

Exclusively Book on Panchakarma methods & Research



Advances in Panchakarma



Editors:
Dr.C.M.Gulhane
Dr.S.K.Danga
Dr.V.C.Bawane

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Book Name: **ADVANCES IN PANCHAKARMA**

ISBN Number: **978-81-979926-2-9**

Publisher: **ARCA-AYURVEDA RESEARCH AND CAREER ACADEMY**

ADVANCES IN PANCHAKARMA

Editors:

Dr. Chetan Gulhane

MD, Ph.D.(Panchakarma)

Dr. Sundar Singh Danga

MD, MPH, Ph.D. (Reg.), PDCR, MCRI, MEFI, MIPHA

Dr. Vishnu Bawane

MD, Ph.D. E-MBA

Official Publication by



ARCA-AYURVEDA RESEARCH & CAREER ACADEMY

www.ayurvedacareer.com

Copyright

Book Name: **Advances in Panchakarma**

ISBN Number: **978-81-979926-2-9**

Edition: **First**

Published on: **01 June 2025** ज्येष्ठ शुक्ल ०६ शके १९४७

Editors:

Dr.Chetan Gulhane MD, Ph.D.

Dr.Sundar Singh Danga MD, MPH, Ph.D.(Reg.), PDCR,MCRI, MEFI, MIPHA

Dr.Vishnu Bawane MD, Ph.D. PGDCR, E-MBA

Publisher:

ARCA- AYURVEDA RESEARCH & CAREER ACADEMY

Sanmarg Nagar, Nagpur 440034

Website: www.ayurvedacareer.com

Email: arcaexperts@gmail.com

Printed by: Shree Graphics,Nagpur- 440009



ISBN 978-81-979926-2-9

Price: ₹ 1400

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PREFACE

We are immensely pleased to present the first edition of **“Advances in Panchakarma”** (ISBN: 978-81-979926-2-9), published on 01 June 2025.

This book is a humble effort to explore the rich and ever-evolving science of Panchakarma, one of Ayurveda's most profound contributions to holistic health and wellness. Drawing from classical wisdom and modern scientific insights, this compilation aims to bridge the timeless traditions of Ayurveda with the demands and challenges of contemporary practice. Our vision was to bring together research, clinical expertise, and innovations that illuminate new pathways for Panchakarma in the 21st century. The chapters encompass both the foundational principles and the latest advances, offering a comprehensive resource for students, practitioners, researchers, and enthusiasts alike.

We extend our heartfelt gratitude to our dedicated contributors and reviewers who have invested their time and expertise to enrich this work. Special thanks are also due to the team at ARCA—Ayurveda Research & Career Academy for their unwavering support in bringing this book to fruition. May this book inspire continued exploration, critical thinking, and an enduring commitment to the art and science of Panchakarma, fostering better health and wellbeing for all.

It is our hope that this work helps students and practitioners alike to develop a deeper understanding of the science of Ayurveda and art of Panchakarma, and to apply this knowledge in their pursuit of healing and health for the patients and healthy.

We express our gratitude to the classical Ayurvedic texts and the great teachers who have preserved this ancient wisdom. We are also thankful to the many scholars, authors and practitioners whose contributions continue to keep Ayurveda alive and evolving in the modern world.

Thanks

Editors:

- Dr. Chetan Gulhane, MD, Ph.D.
- Dr. Sundar Singh Danga, MD, MPH, Ph.D. (Reg.), PDCR, MCRI, MEFI, MIPHA
- Dr. Vishnu Bawane, MD, Ph.D., PGDCR, E-MBA

Publisher:

ARCA- AYURVEDA RESEARCH & CAREER ACADEMY.

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‘Advances in Panchakarma’

Contributing Authors:

Dr. Arundhati Rajesh Mukhedkar Ph.D.(Scholar) Panchakarma, ITRA, Jamnagar, Gujarat.	Dr.Vaishali Ekanath Tayade Professor and HOD, Dept of Kayachikitsa, Smt. Shalinitai Meghe Ayurved College Bhilewada Bhandara, Maharashtra.
Dr. Jyoti Mukesh Rathi Professor, Department of Samhita Siddhant & Sanskrit, Mahatma Gandhi Ayurved College Hospital & Research Centre, Salod., Wardha.	Dr. Jaydeo Laxman Borkar, Associate Professor, Department of Forensic Medicine, Shri.Vasantrao Naik Government Medical College, Yavatmal, Maharashtra
Dr. Nishu Raina Associate Professor Kayachikitsa Dayanand Ayurveda College, Jalandhar, Punjab.	Dr. Chetan Gulhane MD, PhD. Professor, Dept of Panchakarma, Bhargava Ayurveda College, Anand, Gujarat.
Dr. Avinash D. Karambhe Associate Professor Dept of Kaumarbhritya, B.M.A.M. Nandanwan Nagpur.	Dr. Sundarsingh K. Danga Professor, Dept of Kayachikitsa, Jupiter Ayurved Medical College, Nagpur.
Dr. Yadav Dharmendra Ramhoshila. Assistant Professor, Department of Dravyaguna, Shanti Ayurvedic medical college and Hospital, Ballia, Uttar Pradesh.	Vd. Ketan Mahajan Professor & HOD, Department of Panchakarma, Patanjali Bhartiya Ayurvedigyan Evam Anusandhan Sansthan, Haridwar, Uttarakhand.
Dr. Amey Kishor Naware Assistant Professor, Department of Panchakarma Datta Meghe Ayurvedic College Hospital and Research Centre, Nagpur	Vd. Shivani Mahajan Professor, Department of Panchakarma, Patanjali Bhartiya Ayurvedigyan Evam Anusandhan Sansthan, Haridwar, Uttarakhand
Dr Ambili Krishna MD Panchakarma, Assistant Professor, Dept of Panchakarma, Govt Ayurveda College, Thiruvanthapuram	Dr.Priyanka Uttamrao Dolhare Assistant Professor (OBGY Department) PIAR, Parul University Vadodara, Gujarat.
Dr Anjana J. MD Panchakarma, Chief Physician, Ayushkameeyam Ayurveda Chikithsalayam, Kallambalam, Thiruvananthapuram	Dr. Tabassum Kauser Iqbal Ahmed Khan Assistant Professor, Kriya Sharira Department, SSJP's Sai Ayurveda Medical College & Research Institute Khandala, Vaijapur, Aurangabad.
Dr. Shaikh Akhil Shaikh Chand Assistant Professor, Panchakarma Department, SST's Ayurveda Mahavidyalaya Sangamner, Ahmednagar Maharashtra.	Dr. Mayur Kantilal Jain Assistant Professor, K C Ajmera Ayurved College Deopur, Dhule.

Dr Ravikiran C. Naikwadi Assistant Professor, Kayachikitsa, Late B.V.Kale Ayurved College & Hospital, Latur.	Dr Anand M. Pawar Principal & A.O., H.O.D. & Professor, Dept of Panchakarma, Late B.V.Kale Ayurved College & Hospital, Latur.
Prof.Dr. Kalpana Dhuri Professor & HOD, Dept of Kaumarbhritya, Dr.D. Y. Patil School of Ayurveda Nerul, Navi Mumbai.	Prof. Dr.Mahendra Agrawal Professor & HOD, Dept of Panchakarma, Bausaheb Mulak Ayurved Mahavidyalaya, Nagpur.
Dr.Devyani Vijaykumar Shinde Associate Professor in Panchakarma Bausaheb Mulak Ayurved College & Research Hospital, Butibori, Nagpur	Dr. Shamama Firdaus Assistant Professor, Department of Kriya Sharir, Datta Meghe Ayurvedic Medical College Hospital and Research Center,Nagpur.
Dr Akshata Amit Chavan, Associate Professor, Sharir Rachana Department, YMT Ayurvedic Medical College, Kharghar, Navi Mumbai.	Dr Amit Ashok Chavan Associate Professor, Panchakarma Department, YMT Ayurvedic Medical College, Kharghar, Navi Mumbai.
Prof. Dr. Seema Bahatkar Professor & HOD, Dept of Panchakarma R. A. Podar Medical College (Ayu), Worli, Mumbai.	Dr. Dhanshree Pundlikrao Bhamode Assistant Professor, Dept of Kayachikitsa Shri. R.T. Ayurved Mahavidyalaya Akola, Maharashtra.
Dr Pallavi Ghuge Ghaywate MD (Samhita Siddhant) Assistant Professor, Department of Samhita Siddhant Govindrao Wanjari Ayurvedic Hospital & Research Center, Nagpur.	Dr. Ravindra B. Ghaywate MD(Panchakarma) Associate Professor Department of Panchakarma Smt.Vimla Devi Ayurved College, Chandrapur
Prof. Dr. V.C. Bawane Professor & HOD, Dept of Prasuti-Streeroga, B.R.Harne Ayurved Medical College, Thane.	Dr Vijay Bhaskar S Assistant Professor, Department of Panchakarma, KAHER Shri B M Kankanaawadi Ayurveda Mahavidyalaya, Belagavi.
Dr. Manoday Mohod Associate Professor, (Swasthavritta and Yoga) P. R. Pote Patil College of Medical Sciences Ayurveda, Amravati.	Dr. Charandas Gadekar Associate Professor (Agad Tantra) P. R. Pote Patil College of Medical Sciences Ayurveda, Amravati.
Dr. Prajakta Subhash Bodkhe (Ph.D. Scholar, M.D. Samhita-Siddhanta) Associate Professor, Matoshri Asarabai Darade Ayurved College, Yeola, Nashik.	Dr. Kush A. Pachnekar Assistant Professor, Dept of Panchakarma. B.R. Harne Ayurvedic Medical College & Hospital, Vangani., Thane.
Dr. Nitu Y. Wadkar Assistant Professor, Dept of Agadtantra, Dr. D.Y. Patil School of Ayurveda, Nerul, Navi Mumbai.	Dr. Swati Tikale Professor, Panchakarma Department Datta Meghe Ayurvedic Medical College, Hospital & Research Centre, Nagpur.

<p>Dr. Preeti Pimpalshende Associate Professor, PTSR Department, BMAC & RH, Butibori.,Nagpur.</p>	<p>Dr. Amit C. Firke Associate Professor, Rasashastra evum Bhaishajya Kalpana Department, Ideal College of Ayurved, Posheri, Tal. Wada, Dist. Palghar.</p>
<p>Dr. Sayali S. Waghulde Associate Professor, Kriya Sharir Department Ideal college of Ayurved, Posheri, Wada., Dist. Palghar.</p>	<p>Dr. Nanditha S. Final year PG Scholar, Department of Panchakarma Shri B M K Ayurveda Mahavidyalaya, Belgavi, Karnataka.</p>
<p>Dr. Anil Koralli Reader, Dept of Panchakarma Shri B M K Ayurveda Mahavidyalaya, Belgavi, Karnataka.</p>	<p>Prof. Dr. Rajan Nelson Munzni. Professor in Panchakarma Dept. ITM Ayurvedic Medical College & Hospital, Maharajganj, (U.P.)</p>
<p>Dr. Diksha Nitin Kabra Assistant Professor, Department of Panchakarma, Pravra Medical Trust's Ayurved College, Shevgaon.</p>	<p>Dr. Deepali Agarkar. MD, Samhita and Siddhanta, Mumbai.</p>
<p>Dr Rahul Baviskar BAMS, MS, PhD Professor, HOD , Dept . of Shalyatantra. Smt. K. C. Ajmera Ayurved College, Dhule.</p> <p>Dr Rita Rahul Baviskar BAMS,MD, PhD(sch)</p>	<p>Dr. Renu P. Raokhande (MS, Netra, PhD Sch.) Professor & HOD, Shalakya Tantra, Bhargava Ayurveda College, Anand. Gujarat</p>
<p>Dr. Dipti Nene Dandekar Professor & Head of Department of Shalakyatantra, B. R. Harne Ayurvedic Medical College, Vangani, Maharashtra.</p>	<p>Dr. Sarika Devendra Palve Professor & Head of Department of Shalakyatantra, Bhausaheb Mulak Ayurved College & R.H. Butibori, Nagpur.</p>
<p>Dr. Snehal Vitthalrao Garhate. Associate Professor, Shalakyatantara Dept. Bhausaheb Mulak Ayurvedic College & RH, Butibori, Nagpur.</p>	<p>Dr. Sandhyarani R. Agarkar Associate Professor, Department of Kaumarbhritya Bhausaheb Mulak Ayurved Mahavidyalaya, Nandanwan, Nagpur.</p>
<p>Dr. Navin V. Kuraskar Assistant Professor, Department of Kaumarbhritya Bhausaheb Mulak Ayurved Mahavidyalaya, Nandanwan, Nagpur</p>	<p>Dr. Yuwaraj Dhanraj Kale Principal, Professor & Head, Dept. of Shalakyatantra, Bhausaheb Mulak Ayurved Mahavidyalaya, Nandanwan, Nagpur</p>
<p>Dr. Ashvini Parkhi. Assistant Professor, Shalakyatantara Dept. Bhausaheb Mulak Ayurvedic College & RH, Butibori, Nagpur.</p>	<p>Dr. Pallavi Madhukar Ramteke Assistant Professor, Shalakyatantara Dept Bhausaheb Mulak Ayurveda college Butibori Nagpur.</p>
<p>Dr. Adarsh Ramkalap Sharma Assistant Professor (Shalakya), YMT Ayurvedic Medical College, Kharghar, Navi Mumbai.</p>	<p>Dr. Pradnya More Associate Professor (Shalakya), YMT Ayurvedic Medical College, Kharghar, Navi Mumbai.</p>

Dr. Ashwini Bodade PhD Scholar, Assistant professor, Department of Rasashastra, Tilak Ayurved Mahavidyalaya Pune, Maharashtra, India.	Dr. Vinaya Dixit Associate professor, Department of Rasashastra, Tilak Ayurved Mahavidyalaya Pune, Maharashtra.
Dr. Shrikant Atmaram Dighe Assistant Professor, Department of Prasuti Tantra Evum Stree Roga Siddhakala Ayurved Mahavidyalaya, Sangamner.	Dr. Manisha Rajkumar Vishwakarma M.S. Scholar (Final Year) Department of Prasuti Tantra Evum Stree Roga, Siddhakala Ayurved Mahavidyalaya, Sangamner.
Taj Baby Assistant Professor Department of Shalakya Tantra, G.S. Ayurveda Medical College & Hospital, Pilkhuwa, Hapur (UP)	Dr. Sayali Rajkumar Khandelwal Assistant Professor, Department of Kaumarbhritya Bhausaheb Mulak Ayurved Mahavidyalaya, Nandanwan, Nagpur
Dr. Shraddha Santosh Raipure Intern at Bhausaheb Mulak Ayurvedic Mahavidyalaya; Nandanvan, Nagpur.	Dr. Rajni Sharma Associate Professor, SGT University, Gurugram
Dr. Rohini Sunil Naikwad, <i>PhD Scholar, Dept of Panchakarma</i> <i>Mahatma Gandhi Ayurved College,</i> <i>Hospital and Research Centre, Salod,</i> <i>Wardha.</i>	Dr. Himanshu Shekhar Tiwari BAMS, MD (Jamnagar), MBA, President Technical, KRM AYURVEDA LIMITED
Dr. Pramod S. Mandalkar HOD & Professor, Department of Panchakarma, SMBT Ayurved College & Hospital, Dhamangaon, Tal. Igatpuri, Dist. Nashik (MH).	Dr. Poonam Dang BAMS, MD (AIIA), MBA Research Officer & NABH Co-Ordinator, KRM AYURVEDA LIMITED

12.1 FOUNDATION AND SETTING STANDARD OF PANCHAKARMA CLINIC

Dr. Poonam Dang

BAMS, MD (AIIA), MBA, Research Officer & NABH Co-Ordinator, KRM AYURVEDA LIMITED

Dr. Himanshu Shekhar Tiwari

BAMS, MD (Jamnagar), MBA, President – Technical, KRM AYURVEDA LIMITED

Introduction:

Ayurveda is the traditional Indian treatment modality in vogue from time immemorial to impart natural healing. The word *Ayurveda* is the made of two words *Ayu* (Life) & *Veda* (Knowledge) means "The knowledge of Life". *Ayurveda*, The holistic healthcare emphasizes on balancing the body, mind and soul to treat and prevent disease. This 5000-year-old practice has its roots in *Atharvaveda*. *Panchakarma* is the most emerging part of *Ayurveda* with increased global interest offering manifold advantages and it is unique such that it includes preventive, curative and promotive aspect of various diseases. It intends at exhaustive elimination of metabolic waste and toxic elements clung to the body which is capable of disturbing body's natural equilibrium. Or in other words, we may infer that it conceptualizes the process of cleansing at cellular level, enhancing acceptability of body to various therapeutic procedures. aiding micro-nourishment & tissue repair. These purificatory procedures are elaborately described in the classics.

Ayurveda refers two sets of classics, *Charaka Samhita*, *Susruta Samhita*, *Vagbhat Samhita* known as *Brihatrayi* and *Madhava Nidana*, *Sarangdhara Samhita*, *Bhava Prakasha* known as *Laghutrayi*. *Charak samhita* describes *Vamana*, *Virechana*, *Niruhabasti Basti*, *Anuvasana basti*, *Nasya* among the *Panchakarma* procedures. *Sutrasthan* of *Charaka Samhita* affirms that in the presence of vitiated *doshas* (body humours), post *snehan svedan* (fomentation and oleation) proper *Panchakarma* should be done.

तान्युपस्थित दोषाणां स्नेह स्वेच्छोपपादनः ।

पंचकर्माणि कुर्वीत मात्रा कालौ विचारयन् ॥ च. सू. २-१५

It enlists in details the herbs to be used in *Panchakarma* therapies.

पंचकर्माणि चाश्रित्य प्रोक्तो भेषज संग्रहः ॥ च. सू. २-३४

It asserts *Panchakarma* to be performed according to season, for instance in *vasanta ritu* (spring season) there is *kapha dosha* vitiation hence *vaman* (emesis) should be done.

तस्माद् वसांते कर्माणि वमनादीनि कारयेत् । च. सू. ६-२३

Panchakarma therapy to be done in *asthiashraya vyadhi*.

अस्थ्याश्रवाणां व्याधीनां 'पंचकर्माणि' भेषजम् ॥ च. सू. २८-४९

It describes *Pranabhisar vaidya* as the one who wisely uses medication related to *Panchakarma* Therapy.

शिरोविरेचनादेश्च 'पंचकर्माणि श्रयस्योषध गणस्य... प्रयोक्तारः ॥ च. सू. २९-७

Chikitsa sthana recommends *Panchakarma* treatment in various diseases i.e. *Apasmar*, *Unmada*, *Dushi visha* etc. *Kalpa sthana* elaborates on the definition of *vaman virechan*, mode

of action of emetics and purgatives, collection, storage and innumerable recipes of these drugs. *Siddhishthana* elaborately describes the indications and contraindications of *Panchakarma* therapies, procedures for successful administration of *Panchakarma*, time, frequency, signs of proper and improper administration and prohibitions during the therapy.

Sushruta Samhita, imputed the bedrock for many surgical procedures. It described *vamana*, *virechana*, *Basti*, *Nasya*, *Raktamokshan* (bloodletting) among the *Panchakarma* procedures. *Sutrasthan* describes the *Panchakarma* procedures for treatment of diseases arising due to intake of incompatible foods and in the management of emergency conditions such as throttling and suffocation by smoke. *Chikitsa Sthana* has given an in-depth description of various *Panchakarma* procedures, pre-procedure preparations, complications and their management. ‘*Shashti Upkrama*’ (sixty treatment modalities) described in the management of wound includes the entire *Panchakarma* procedures. The bio-purificatory procedures are absolute indications for effective management of *diseases such as Arsha, Pichabasti* for *Gudabhransha & Parikartika*. *Raktamokshan* for *shleepad, Granthi roga* etc. *Kalpasthan* provides progressive guidance for management of poisoning cases through the *Panchakarma*. *Siddhi sthan* describes *Rakta basti* for excessive blood loss management. Hence we conclude that the *classics* elaborately delineates. The *Panchakarma* procedures and their application.

The Concept of “Samshodhan”

The *Ayurveda* pioneers have a distinctive two-fold approach in the treatment of disease:

1. *Samsodhana Chikitsa* (Purification Therapy).
2. *Samshamana Chikitsa* (Pacification Therapy)

Samshodhana Chikitsa encompasses *Panchakarma* treatment which primarily involves bio-purification and detoxifying regimens intended to eliminate the unwanted metabolic substances and accumulated morbid humors responsible for disease manifestation thereby enhancing the body immunity and curing the disease condition. It cleanses the channels which facilitate the flow of nutrients and excretion of metabolites thereby maintaining the normal homeostasis (*Dhatu Samyata*). Whereas conservative management such as *Langhana*, *Pachana*, *Drug Administration* etc. constitutes the *Samshaman Chikitsa*. *Samshodhana Chikitsa* stands better than *Samshamana Chikitsa* as after *Samdodhan* the chances of recurrence of the treated disease are very less. (Ch.Su 16/20). *Panchakarma* increase the acceptability of body to various therapeutic regimens like *Rasayanan* (Rejuvenation) and *Vajikarana* (Aphrodisiac). While dyeing a cloth, adequate effect is seen if the cloth is clean. Similarly cleansed body when administered therapeutics like *Rasayana* etc. produces desired effects of *Panchakarma* therapy. The therapy maintains the *Doshic* equilibrium, comprehends the Fivefold measure known as:

1. *Vamana* (Therapeutic Emesis)
2. *Virechana* (Therapeutic Purgation)
3. *Anuvasana* (Medicated Oil Enema)
4. *Asthapanam* (Medicated Decoction Enema)
5. *Nasya* (Nasal administration of Medicaments)

However, *Raktamokshasn* (therapeutic bloodletting) is, enumerated as one of the *Samshodhana* in *Sushruta* and *Ashtanga hridya*. By the *Panchakarma* therapy there is

expulsion of vitiated Doshas out of the body by following processes – *Vamana* (Emesis) for *Kapha Dosha*, *Virechana* (Purgation) for *Pitta Dosha*, *Basti* (Medicated Enema) for *Vata Dosha*, *Nasya* (medication instillation in nose) for *Kapha, Pitta, Vata Doshas*, *Raktamokshana* (Bloodletting) for *Rakta* and *Pitta Dosha Shamana* (pacification).

Prior to these five main procedures, preparatory measures ie. *Purva Karmas* are given to the patient such as:

- *Pachana* (administration of *Ama Pachana & Deepana* medicines like *Chitrakadi Vati, Trikatu Churna* etc.). These digestive medicines are administered to the patient to enhance the process of digestion and reduce undigested metabolic bi-products known as *Ama*.
- *Snehana* (Oleation)
- *Swedana* (Sudation)

After the main procedures, *Samsarjana Krama*, post procedural specific dietary and lifestyle regimen is advocated to the patient and it is thereafter followed by *Shaman chikitsa*. *Panchakarma* therapy plays a definite role in the management of wide range of chronic diseases thereby promoting health and longevity.

Setting Up Panchakarma Therapy Center- Infrastructure and Essentials

1.1 Instruments & Equipment Used In Panchkarama Unit

To provide the maximum benefits to the mankind it is utmost essential that *Panchakarma* centres should be well equipped with at least the minimum predetermined requisites in terms of infrastructure, equipments, standard operating procedures as well as trained manpower. Some guidelines have been prepared by the Quality council of India (QCI). clinical establishment registration, along with the department of AYUSH (*Ayurveda, Yoga & Naturopathy, Unani, Sidha and Homeopathy*) for accreditation of *Ayurveda / Panchakarma* Centres operating in India. These guidelines along with practical experience are summed up paving a way forward towards standardization of the minimum operational requirements of *Ayurveda/Panchakarma* centres.

Minimum Standards for Ayurveda Center as per Clinical Establishment Registration and Regulation Act 2010

Development of Minimum Standards of Clinical Establishments Ayurveda			
Requirement	Clinic	Dispensaries	Therapy Center
Physical infrastructure	Space requirement – Minimum 100 sq. ft.	Space requirement – Minimum 100 sq. ft. Dispensing counter – as per requirement.	Space requirement – Minimum 150 sq. ft. Therapy room
Human resource	Minimum of one doctor and one multipurpose worker	Minimum of one doctor, one pharmacist and one multipurpose worker	Minimum one doctor, one pharmacist cum <i>panchakarma</i> therapist and one multipurpose worker
Equipment's requirement	<ul style="list-style-type: none"> • Stethoscope – 1 • B.P. apparatus – 1 • Torch – 1 • Thermometer – 1 • Tongue depressor 	<ul style="list-style-type: none"> • Stethoscope – 1 • B.P. apparatus – 1 • Torch – 1 • Thermometer – 1 • Tongue depressor – 1 	<ul style="list-style-type: none"> • Stethoscope – 1 • B.P. apparatus – 1 • Torch – 1 • Thermometer – 1 • Tongue depressor – 1

Development of Minimum Standards of Clinical Establishments Ayurveda			
Requirement	Clinic	Dispensaries	Therapy Center
	<ul style="list-style-type: none"> – 1 • Weighing machine – 1 • X – Ray view box – 1 • Hammer – 1 • Others as required 	<ul style="list-style-type: none"> • Weighing machine – 1 • X – Ray view box – 1 • Hammer – 1 • Kharala - 1 • Others as required 	<ul style="list-style-type: none"> • Weighing machine – 1 • X – Ray view box – 1 • Hammer – 1 • Kharala – 1 • Panchakarma equipments – as per requirement • Others as required
Furniture requirement	<ul style="list-style-type: none"> • Doctor's table – 1 • Doctor's chair – 1 • Chairs for attendants – 2 • Examination table – 1 • Patient's stool – 1 • Foot step - 1 	<ul style="list-style-type: none"> • Doctor's table – 1 • Doctor's chair – 1 • Chairs for attendants – 2 • Examination table – 1 • Patient's stool – 1 • Foot step - 1 	<ul style="list-style-type: none"> • Doctor's table – 1 • Doctor's chair – 1 • Chairs for attendants – 2 • Examination table – 1 • Patient's stool – 1 • Foot step – 1 • <i>Panchakarma droni</i> & others as per requirement
Others	<ul style="list-style-type: none"> • Display of doctor's name with the degree. • Registration number of the doctor • Fee • Timing of the clinic • Experience of the doctor 	<ul style="list-style-type: none"> • Display of doctor's name with the degree. • Registration number of the doctor • Fee • Timing of the clinic • Experience of the doctor • Dispensing counter with signage • Name of the pharmacist with degree and experience 	<ul style="list-style-type: none"> • Display of doctor's name with the degree. • Registration number of the doctor • Fee • Timing of the clinic • Experience of the doctor • Display of the therapy performed in the center • Fee structure for various procedures on daily as well as package system.

Equipment's Required:

List of minimum essential equipment's required for a *Panchakarma* theatre/therapy section of the centre:

1.	<i>Panchakarma droni</i> : i.Length : 7' ii.Width: 2.5' iii.Height: 2.5'	
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Equipment's Required:

List of minimum essential equipment's required for a *Panchakarma* theatre/therapy section of the centre:

2.	<i>Swedana chamber and Nadi swedana yantra</i>	
3.	Heating Facilities	
4.	<i>Shirodhara stand and Shirodhara table</i>	
5.	<i>Shirodhara vessels</i>	
6.	Enema pot	
7.	Rubber catheters	
8.	Bed pan	
9.	Arm chair	

Equipment's Required:

List of minimum essential equipment's required for a *Panchakarma* theatre/therapy section of the centre:

10.	Kidney Tray	
11.	<i>Nasyakarma</i> Set / <i>Nasya</i> applicator (<i>Gokarna</i>)	 
12.	Leather cap (for <i>Shiro Vasti</i>)	
13.	Electric heating apparatus/ LPG connection	 
14.	Tub (for <i>Avagaha sweda</i>)	
15.	Auto clave equipment for sterilization of linen & instruments	
16.	Plastic aprons, gloves and masks	 
17.	<i>Kharala</i>	

Note: Although minimum requirements as per clinical establishment registration & regulation act 2010 are listed above but recommendations based on practical experience:

1. The centre should be equipped with –
 - i. One Consultation Room at least of 100 sq. ft. area.

- ii. Two therapy rooms (separate for male and female) each of 200 sq. ft. area with attached toiled & bathroom with amenities like shower, steam bath and supply of both hot & cold water.
- iii. Dispensing Room /Pharmacy of 100 Sq. ft. area
- iv. Waiting space of 100 sq. ft. area

2. Manpower Requirements for *Panchakarma* therapy center:

- i. Doctor in-charge: 1-2
- ii. *Panchakarma* Technician: 2(1Male +1 Female)
- iii. Receptionist: 1
- iv. Billing- Incharge: 1
- v. MRD (Medical Record Department): 1
- vi. Housekeeping staff :1

About Editors :

Dr.Chetan Gulhane

M.D.,Ph.D.(Panchakarma)from esteemed institute ITRA Gujrat.

Professor and HOD Department of Panchakarma,

Bhargava Ayurved college Anand, Gujarat.

Worked as Sr. Research Officer Ayurveda in KEM and B.Y.L. Nair Govt. Hospitals, Mumbai. He has extremely rich experience of 10 years and enviable track record, and because of his approachable and helpful nature, He is very popular among students for having excellent quality of explanation of Ayurveda concepts. He is experts in Basic Principles, Panchakarma and Research and Questions solving techniques.

He is Author of Book "Research Methodology" exclusively written for MD/MS,Ph.D.

Dr.Sundar Singh K. Danga

M.D. (Kayachikitsa), PhD(Reg.)MPH, PDCR (Clinical Research), PGDMLs, MCRI, MIPHA, MEFI.

Professor, Dept. of Kayachikitsa, Jupiter Ayurved Medical College Nagpur.

Principal, Jupiter Ayurved Medical College Nagpur.

He is trained for Basic and Advance Health Education Technology(HET) as well as Basic & Advanced Research Methodology (ARM) from Maharashtra University of Health Sciences (MUHS). He is experts in GCP, Methods in Statistics, Sample Size calculation.

He is Author of Book "Research Methodology" exclusively written for MD/MS,Ph.D.

Dr. Vishnu Bawane

BAMS, MD(Prasutitantra-Striog),Ph.D, Executive MBA (Health care & Clinical Research),PGDCR, DYA.

Professor & HOD, Dept of Prasutitantra-Striog,

B.R.Harne Ayurvedic Medical College, Thane, Maharashtra.

Former Member, Maharashtra Council of Indian Medicine (MCIM)

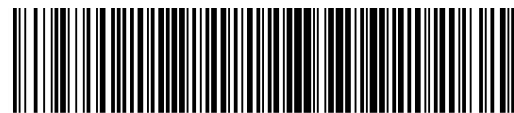
"Vagbhat Award" for Excellence in Teaching, Las vegas, USA

"International Young Research Scientist Award", Dubai.

A Book Published on "Management of Asthenozoospermia with Ayurveda" Lambert Academic Publication, Germany.

He is Author of Book "Research Methodology" exclusively written for MD/MS,Ph.D.

About this book:



ISBN 978-81-979926-2-9

Advances in Panchakarma: This book provides a comprehensive and up-to-date overview of Panchakarma therapies, blending classical Ayurvedic knowledge with modern clinical insights. Each chapter delves deeply into various Panchakarma procedures, explaining their principles, indications, and contemporary applications in patient care. The book also offers evidence-based discussions, case studies, and research perspectives to enhance clinical understanding. It is an essential resource for students, practitioners, and researchers eager to expand their expertise in Ayurvedic Panchakarma.



ARCA- AYURVEDA RESEARCH & CAREER ACADEMY

SANMARG NAGAR , NAGPUR-34 (MAHARASHTRA)

www.ayurvedacareer.com email: ARCAexperts@gmail.com Phone no. 0712-2959190