

Exclusively Book on Panchakarma methods & Research



Advances in Panchakarma



Editors:
Dr.C.M.Gulhane
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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

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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

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Publisher:

ARCA- AYURVEDA RESEARCH & CAREER ACADEMY

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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

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ARCA- AYURVEDA RESEARCH & CAREER ACADEMY.

INDEX

Sr	Chapter	Author	Page no
1	FUNDAMENTALS OF PANCHAKARMA		
1.1	Shodhana Chikitsa Siddhanta	Dr. Arundhati Mukhedkar	01-10
1.2	Shodhana Chikitsa: A Classical Foundation for Preventive and Curative Health.	Dr. Jyoti Mukesh Rathi	11-18
1.3	Basic of Panchakarma	Dr. Nishu Raina	19-28
1.4	Trividha Karma - The Three Pillars of Panchakarma	Dr. Avinash D. Karambhe	29-35
1.5	The Usefulness of Various Ayurvedic Herbs in Panchakarma	Dr. Yadav D. Ramhoshila	36-41
2	SNEHANA		
2.1	Abhyanga in Ayurvedic and modern Aspects.	Dr. Amey Kishor Naware	42-49
2.2	Different procedures of Bahya Snehana	Dr. Ambili Krishna Dr. Anjana J.	50-56
2.3	Abhyantara Snehana - Internal Oleation	Dr. Vaishali Tayade Dr. Jaydeo L. Borkar	57- 62
2.4	Mode of Action of Internal Snehana Therapy	Dr. Chetan Gulhane Dr. Sundarsingh Danga	63-68
3	SWEDANA		
3.1	Clinical Application of Various Forms of Swedana	Vd Ketan Mahajan Vd Shivani Mahajan	69-77
3.2	Upnaha Sweda and its Mode of Action in Physiological View	Dr. Shaikh Akhil Shaikh Chand Dr. Tabassum Kauser Iqbal Ahmed Khan	78-85
3.3	Udarapattabandhana as Niragni Sweda in the Postnatal Period	Dr. Priyanka U. Dolhare Dr. Mayur Kantilal Jain	86- 90
3.4	Pinda Sweda in Musculoskeletal Disorder	Dr Ravikiran C. Naikwadi Dr Anand M. Pawar	91- 93
3.5	Mode of action of Sweda	Dr. Kalpana Dhuri Dr. Mahendra Agrawal	94- 98
3.6	Pindi Swedan: An Ayurvedic Local Fomentation Technique	Dr. Devyani V. Shinde	99-103
4	VAMANA		
4.1	Vaman Karma: Classical Insights and Clinical Application	Dr. Shamama Firdaus	104-108
4.2	Mode of Action – Vamana	Dr Akshata Amit Chavan Dr Amit Ashok Chavan	109-115

4.3	A Scientific Perspective on Samsarjana Karma	Prof. Dr. Seema Bahatkar Prof.Dr. Chetan Gulhane	116-118
5	VIRECHANA		
5.1	Virechana Karma (therapeutic purgation)	Dr. Dhanshree P. Bhamode	119-128
5.2	Concept of Virechana and its Mode of Action	Dr. Pallavi Ghaywate Dr. Ravindra B.Ghaywate	129-133
6	BASTI		
6.1	Basti and its Dose Calculation in Clinical Practice	Dr.V.C.Bawane	134-138
6.2	Pharmacodynamic Effect of Tikta Ksheera Basti	Dr. Vijay Bhaskar S.	139-147
6.3	Basti Karma in Obesity	Dr Manoday Mohod Dr. Charandas Gadekar	148- 152
6.4	Mode of Action- Basti	Dr. Prajakta S. Bodkhe	153- 158
7	NASYA		
7.1	Nasya (Nasal Therapy) for Common Disorders	Dr. Kush A. Pachnekar Dr. Nitu Y. Wadkar	159-164
7.2	Nasya Therapy: A Breath of Healing	Dr. Swati Tikale Dr. Preeti Pimpalshende	165-170
7.3	Nasya Karma (Nasal Therapy) in Neurological & Psychiatric Disorders	Dr. Amit C. Firke Dr. Sayali S. Waghulde	171-177
7.4	Nasapana in the Management of Urdhwajatrugata Vata Vyadhis	Dr. Nanditha S Dr. Anil Koralli	178-181
7.5	Mode of Action of Nasya Therapy - A Modern Perspective	Dr. Rajan Nelson Munzni Dr. Deepali Agarkar	182-186
8	RAKTAMOKSHANA		
8.1	Advancement in Raktamokshana: - Cupping therapy an alternative to Shringa	Dr. Diksha Nitin Kabra	187-190
8.2	Advances in Raktamokshana Karma in Skin Allergy	Dr. Charandas G. Gadekar Dr. Manoday P. Mohod	191-192
8.3	Standardization of Siravyadh Vidhi	Dr. Rahul Baviskar Dr Rita Rahul Baviskar	193-199
9	KIRYA KALPA		
9.1	Kriyakalpa (Therapeutic process for ophthalmology)	Dr. Renu P. Raokhande	200-208
9.2	Bidalakaa: An Ancient Trans-Dermal Ocular Drug Delivery System	Dr. Dipti Nene Dandekar Dr. Sarika D. Palve	209-213
9.3	Anjana Karma: Traditional Ocular Therapy	Dr. Snehal V. Garhate Dr. Ashvini Parkhi.	214-219
9.4	Role of Shirodhara in Enhancing Attention and Focus in Children	Dr. Navin V. Kuraskar	220-221

9.5	Traditional Therapy- Karnapooran	Dr Ashvini Parkhi Dr. Snehal Garhate	222-225
9.6	Parishek in Eye disorders	Dr. Pallavi M.Ramteke	226-228
9.7	Tarpan: Therapeutic Pillar in Shalakya Tantra	Dr.Yuwaraj Dhanraj Kale Dr. Sarika D.Palve	229-235
10	EVIDENCE-BASED VALIDATION AND SCIENTIFIC ADVANCEMENTS		
10.1	Panchakarma in Paediatric Care: A Classical and Contemporary Perspective	Dr. Sandhyarani R. Agarkar	236-237
10.2	Panchakarma in Urdhwajatrugata Rogas	Dr. Adarsh R. Sharma Dr. Pradnya More	238-244
10.3	Applied Panchakarma in the Management of Atisaar	Dr. Ashwini Bodade Dr. Vinaya Dixit	245-254
10.4	Yoni Dhavana Karma: Vaginal Douching in Ayurveda	Dr. Preeti Pimpalshende Dr. Swati Tikale	255-257
10.5	Advances in Female Uttarbasti	Dr. Shrikant A. Dighe Dr. ManishaVishwakarma	258-269
10.6	Neurological Benefits of Nasya Karma in Migraine	Dr. Taj Baby Khan	270-275
10.7	Role of Panchakarma in Behavioral Disorders among Children	Dr. Sayali R. Khandelwal	276-278
10.8	Pain to Purity: Panchakarma's Touch on The Abscessed Heart of Motherhood.	Dr. Shraddha S. Raipure	279-289
10.9	Management of Tension Headache with Dhumpana -A Case Report	Dr.Rajni Sharma	290-295
11	FUTURE HORIZONS AND SCIENTIFIC VALIDATION		
11.1	Ayurveda's Global Footprint: Panchakarma Driving Medical Tourism	Dr. Rohini Sunil Naikwad	296-302
12	PANCHAKARMA THEATRE AND EQUIPMENT		
12.1	Foundation and Setting Standard of Panchakarma Clinic	Dr. Poonam Dang Dr. Himanshu S. Tiwari	303-309
12.2	Panchakarma Theatre Management: A NABH Guided Approach	Dr. Pramod S. Mandalkar	310-317

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12.1 FOUNDATION AND SETTING STANDARD OF PANCHAKARMA CLINIC

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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, *Caraka 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 स्वेवोपपादनः ।

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 वसंते कर्माणि वमनादीनि कारयेत् । च. सू. ६-२३

Panchakarma therapy to be done in *asthiashraya vyadhi*.

अस्याश्रवाणां व्याधीनां 'पंचकर्माणि' भेषजम् ॥ च. सू. २८-४१

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

शिरोविरेचनादेश्च 'पंचकर्माश्रयस्योषध गणस्य... प्रयोक्तारः ॥ च. सु. 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. *Siddhisthana* 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. *Asthapana* (Medicated Decoction Enema)
5. *Nasya* (Nasal administration of Medicaments)

However, *Raktamokshasn* (therapeutic bloodletting) is, enumerated as one of the *Samshodhana* in *Sushruta* and *Ashtanga hridaya*. 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 Panchakarma 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 <i>Panchakarma</i> theatre/therapy section of the centre:		
2.	<i>Swedana chamber and Nadi swedana yantra</i>	 
3.	Heating Facilities	 
4.	<i>Shirodhara</i> stand and <i>Shirodhara</i> table	 
5.	<i>Shirodhara</i> vessels	
6.	Enema pot	
7.	Rubber catheters	
8.	Bed pan	
9.	Arm chair	

Equipment's Required: List of minimum essential equipment's required for a <i>Panchakarma</i> 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.	Autoclave 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 toilet & 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

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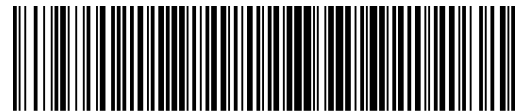
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About this book:



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.



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