Importance of Time Management in *Panchakarma*

Kiran R. Pabitwar*

*Dept. of Kriya Sharir, Government Ayurveda College, Vazirabad, Nanded (MS), India

**Abstract**

Ayurveda deals with cure and preventive aspect of the disease. Prevention means having concern with different factors that leads to prevention of disease as well as certain principles and rules to be followed at the time of treatment. The main motto of every physician is to achieve *Samayak yoga* of different *Panchakarmas*. There are several factors mentioned in texts which are responsible for *Samyak yoga* e.g. *Praktuti, Dosha Desha, Matravichar Kosthavichar*, inclusion and exclusion criteria for administration of any *Shuddhikriya*; all should be taken in to consideration. Besides all of above *Kala* that is the time factor which should be followed and managed meticulously.

Administration of *Shodhanasneha* will be done at early in morning 15 to 30 minutes just after Sunrise for proper result. For *Vamana* ingestion of *Vamanyavaagu* or *Vamana yoga* must be taken at early in morning at beginning of *Kaphakala* so as to achieve *Samyakyoga*. In case of *Virechana* it is advocated that Physician should wait for cessation of early *Kapha* hours. After 8 am it will be administrated. Regarding *Vasti vidhi* it is recommended that it can be performed at evening .It is seen that occurrence of *Kaphaj, Pittaj* and *Vaataja vikaras* at different age levels of human life like childhood, adulthood and old age respectively and they can be treated by *Doshapratyanik Shodhana*.

Considering above facts one can say that there is association between Biological rhythm of *Doshas* and indication of *Panchakarmas*. A Physician who is aware of basics of *Kriya Sharir* can successfully handle all type of *Panchakarma* procedures. As he is aware of *Doshaudirana* and Pradhan *kala* (dominance time), different *Awastha* related to *Doshas*, he can administrate different indicated procedure and have a good result. This article intended to explore the importance of timely induced *Panchakarma* with evidential approach for better results.

**Keywords**

*Samyak yog, Shodhana, Kala, Doshaudiran Kala, Panchakarma*
INTRODUCTION

Panchakarma is one of the best weapons of Ayurveda which definitely eradicates Doshavikruti. As it is complex and, multi operational procedure with various types of drugs, indications, contraindications. It is said that with having good qualities of Vaidya; Panchakarma Physician must have additional qualities like caring heart, compassion, and pleasant face and mind with positive attitude. As there is always a chance of Vyapada(complication )he must possess minute and keen observational attitude which is very important. Acharya Charaka has given three different situations like; at the time of hatching of egg ,while carrying utensil with full of oil and observing cattle at the time of outside the shelter for food. It is necessary to have qualities like care, attention, delicacy in operation and keen and minute observations to prevent disaster. Same thing is to be followed at the time of Panchakarma. Physician having perfect knowledge of Kriyasharir can successfully perform all operative procedures of Panchkarma as he has basic knowledge of fundamental concepts regarding Dosha, Dushya, Agnee, Koshtha, and their different patterns.

Kala that is the time or situation in which patient is subjected to different Poorva Panchakarma (pre operative) and Pradhan Kriya (major process) plays an important role for better results in the form of Samyakyoga. This article reveals on importance of time factor and its concern to achieve Samyakyoga of different Shodhana process specially Vamana, Virechana and Vasti vidhi.

AIMS AND OBJECTIVES

- To evaluate, discuss and elaborate various Ayurvedic aspects and principle related to Kala and its dynamics in different Panchakarma procedures.
- To establish association between Biological rhythm of Dosha and timely induced Panchakarmas results in Samyakyoga.

MATERIALS AND METHODS

As it is a review type of article we have gone through different Samhitas and latest Panchakarma related text books in order to find out references of Kala related to different Poorvakarmas and Pradhan Karmas of Shodhana type of Panchakarmas.
OBSERVATIONS AND DISCUSSION

Snehana medicated oil therapy is one of the primary mandatory step in Panchakarma that results in increase of Shakhagata Kleda, Abhishyanda. It lubricates internal organs; looses and mobilizes adhered Doshas in different Srotasas. There are certain guidelines to be followed at the time of Snehapaan.

- There is a general rule that all type of Snehapaan for the purpose of Shodhana should be administered in the morning.
- As per Acharaya Susruta Shodhana Sneha must be consumed early in the morning at the time of Sunrise. At the time of Sun rise, it resembles as Pratapta Kanaka (deep heated gold) or Aarakta (red) in color. This color pattern remains for 15 to 30 minutes.
- This is time of Kapha Udirana; body is having relative more amount of Kapha Dosha; such amount mixes with Snehadravya and circulates in body to Shithila (loose) Doshas of Shakhas (periphery). Stress is given that Snehadravya must be ingested before stimulation of Agnee as it may get digested and required effect may not happen.

- Proper Sleep and complete digestion of previous dinner must be taken into account for Snehapaan. Digestion is indicated by term Laghukoshthava and Jirne evanee.

- Snehavyapada arrives due to AhitkaraSneha (improper drug), Matra (inadequate dose), Akaalpaan (improper time to ingest) and Mithyopchar (mistake in selection of inclusive and exclusive criteria). Out of these more stress should be given on Kala.

- It is stated that 6, 12, 18 hours are required for complete digestion of Alpa, Madhyam and Pravara Sneha, respectively. Observations and care should be taken in order to achieve Samyak lakshana.

- After getting Samyak Snigdha signs Swedana (sudation) are indicated. Swedana acts on Shakhagatdoshas and liquefies them make mobile and runs them towards Koshatha (abdomen).

- There are many types of Swedana but Sarvanga Bashpa swedana is indicated for Shodhana. Proper keen observation and
assessment of Samyak Sweda signs to be done otherwise complications may happen.

- Every type of Sweda requires different time and attention. Precaution should be taken that after having Abhyanga one should not waste time and subject must be induced for Swedana.
- Swedana must be performed at morning after getting confirmation of sound sleep, complete digestion of dinner.

Vamana and Virechana Vidhi:

- Vamana is defined as elimination of accumulated Dosha via vomiting.
- Mandatory condition for process is that it should not be done by empty stomach; Aamashaya poornatva is indicated which can be done by Vamak Yavaagu, Ksheer, Ikshoorasa or Jeshthamadh Fanta as Vamanopaga dravya with Madanfalayoga. Madanfala Matra should be given early in the morning after confirmation of signs of sound sleep, complete digestion of Utkleshak aahaar of previous night, after having bath and Swastivaachana. Morning time is denoted by term Poorvaanha and Sadharana kala.

- There is general rule regarding Vamak drug is that one should wait for one Muhurta approximately 48 minutes after administration

- Swedapravatana, Lomaharsha, Kukshiadhamana, Hrillasa, and Aasyasrava are different signs suggesting Doshas are in motile and mobile position to come out of body.

- Morning Kaphaudirana, Abhyanga, Sweda and administered Kalpa stimulate Dosha in the form of Utklesha results in synergistic action for smooth elimination of Apakva Dosha.

- In routine practice consultants always try to conclude whole process within 8.30am; as the time passes patient may feel of hunger in such situation Vamana process is contraindicated as it may results in complication.

- Virechana is the process in which induced medicine digests vitiated Dosha and eliminates them via anal root in the form of loose motion.

- Mandatory condition for process is that it should be done by empty stomach; Aamashaya riktatva is indicated which can be is done by extending time.

- Vagbhata has clearly directed that Virechana yoga must be given in the morning after confirmation of signs of sound sleep, complete digestion of previous dinner, having bath and Swastivaachana.
• It is insisted that *Virechana yoga* must be given after completion of First *Kaphakala* it is indicated by term *Shleshmakale gate dyatva*.

• In routine practice consultants always try to start whole process at 8.30am.

• It is directed that administered *Virechak* drug digest within three *Prahara* and results in *Samyak shodhana*.  

**Vasti Vidhi:**

• Plain *Vasti* term is indicated to *Niruha* or *Asthapana* type of *Vasti* by Charaka and Jejjata. *Niruha Vasti* is also called as *Shodhana Vasti* as it removes vitiated *Vata Dosha*.

• *Niruha Vasti* is administered after confirmation of complete digestion of previous diet and after having *Swastivaachana*.

• As per Vagbhata *Niruha Vasti* is administered at *Madhyanha* before having food and sensation of apetite. As this is the time for *VataDosha Udirana*; *Pakwaashya* dominant *Vaatsthana* remains *Anaatvita*.  

• In routine practice consultants always try to administrate *Niruha* at evening or in morning. Care is taken that patient must have *Jirnanna* signs and had a sound sleep will results in good result.

*Vasti pratyaagama kaal* is of one *Muhurta* approximate 48 minutes. One has to wait for time and do observation and care.  

Considering all above facts a common discussion is that Ayurveda has given importance on *Shubh Muhurta, Tithi Nakshatra, Shuklapaksha, Swastivaachan* and *Mantrochhar* for induction of any *Panchkarma* process. Logic behind is that it will enhance moral of patient and increases positivity and cooperation of patient which results in *Samyakyoga*. Though other influencing factors are there regarding success of procedure. *Kala*, time factor is deliberately mentioned. Condition like digestion of food is indicated by different term like *Jirne eva anne, Laghukoshthatvam* (for *Snehapaan*), *Suprajeernbhaktam*, *Sujeernanne* (for *Vamana*), *Sujeerna* (for *Virechana*) *Jeernaanam* (for *Vasti*). Sound sleep is indicated by *Sukhosheet, Nishasuptam*.

**CONCLUSION**

For *Apoonerbhava* (complete eradication) of disease *Panchakarma* is one of the best gifts of Ayurveda. Entire world is having greater expectations and affinity towards Ayurveda and allied systems of medicines. Ayurvedic *Panchakarma* physician must have
properties of *Dristhakarmata* and *Kritkarmata*. He must practice for long time and have an idea of probable mistakes and possible results while performing procedures. He must have best knowledge of *Kriyasharir, Doshas* and their different patterns to take precise decision. *Kala* or time is one of the main influencing factors for the success of treatment. It helps us in taking decisions for inducing procedures watching phenomenon and signs of treatment in the form of results and complications. *Acharyas* have insisted and directed that time is one of the important, interfering, resulting factors not be ignored for better outcome. Certain *Kriyatmak* signs like *Jirnanna, Purvaanha, Kshutudirana, Utklesha, Samyak Nidra, Snehaudvega* have pertinent meanings that always indicates us to do or not to do any *Panchakarma* procedure. Timely understanding of all Biological rhythms and delicate, determined handling in *Panchakarma* will definitely provide best possible results.
BIBLIOGRAPHY


