

Panchakarma: a Recommended Therapy in Ayurveda for Blood Cleansing and Detoxification

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Abstract

Purification in Ayurvedic treatments includes elimination of environmentally toxic substances such as polychlorinated biphenyl (PCB's) and pesticides from the body system without the risk of any side effect. Panchakarma therapy in modern Ayurvedic system of medicine finds an important implication in this regard.

Keywords

Ayurveda, Blood detoxification, Panchakarma



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INTRODUCTION

Panchakarma is an important aspect in Ayurvedic treatment which includes primary purification and detoxification treatment. Panchakarma means "five therapies". The series of these five therapies help remove deep rooted stress and illness-causing toxins from the body while balancing the doshas (energies that govern all biological functions). These five therapeutic treatments eliminate toxins from the body, they are Vamana, Virechana, Nasya, Basti and Raktamoskshana. ^[1-6]

Panchakarma is effective only if special detoxification diet, also known as Panchakarma diet is consumed along with the treatments. ^[1-6]

Vamana ^[1-6]

Vamana is a medicated emesis therapy which for eliminating Kapha toxins collected in the respiratory tract and body. This is given to people with high Kapha imbalance. It involves a series of regular and daily treatment in an effort to loosen and mobilize the toxins to eliminate them.

Its benefits include relief from chronic indigestion, nasal congestion, bronchial asthma, chronic allergies, edema, obesity, psychological disorders, skin disorders, Hay fever, vitiligo, psoriasis and hyperacidity.

Virechana (Purgation) ^[1-5]

Virechana removes Pitta toxins from the body that are accumulated in the liver and gallbladder in a pattern of medicated purgation therapy. It completely cleanses the gastro-intestinal tract. It is a safe procedure without side effects. Benefits of Virechana help root out joint disorders, digestive disorders, constipation, chronic fever, diabetes, asthma, skin disorders such as Herpes, Paraplegia, Hemiplegia, Psoriasis, headaches, Elephantiasis, Hyperacidity, Vitiligo and gynecological disorders.

Basti (Enema or Colonic Irrigation) ^[1-5]

It cleanses the accumulated toxins from all the 3 doshas namely, Vata, Pitta and Kapha, through the colon. Basti (Enema) is considered as the mother of all Panchakarma treatments. The beneficial effect of Basti is its action as rejuvenating treatment. This treatment is provided for several days, based on the medical condition of a person. An herbal decoction in the form of medicated oil or ghee is given as enema for increasing the muscular tonicity and cleansing the colon.

Basti is beneficial for the treatment of constipation, digestive disorders, backache and Sciatica, hepatomegaly and splenomegaly, obesity, piles, irritable bowel syndrome, infertility, sexual debility,

hemiplegia, paraplegia, colitis, convalescence, cervical spondylosis.

Nasya (Nose Cleaning) ^[1-5]

Nasya involves nasal administration of medicated oil for cleansing accumulated Kapha toxins from the head and neck region. It is advised for a period of 30 days depending on the medical condition of a person. Benefits of Nasya include insomnia, elimination of excess mucus, hyper pigmentation in the face, pre-mature graying of hair, trigeminal neuralgia, headaches of various origins, Hemiplegia, loss of smell and taste, frozen shoulder, Bell's Palsy, improves memory and eye sight, clarity of voice, Migraine, stiffness of the neck, nasal allergies, nasal polyp, neurological dysfunctions, Paraplegia and sinusitis.

Raktamokshana ^[1-5]

Raktamokshana is advised only in extremely rare conditions for blood cleansing and purification. General Panchakarma therapy does not find its application. As high risk of infection involved in blood cleansing, so Most Ayurveda Centers do not prescribe and offer Raktamokshana.

Recommendation ^[7]

A study was conducted at the Institute of Science, Technology and Public Policy, Maharishi University of Management in Fairfield, Iowa in collaboration with a special laboratory at Colorado University which demonstrated up to 50% of the detectable toxins in the blood is eliminated in classical Panchakarma Treatment.

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