## Maharashtra Arogya Mandal's

# **Sumatibhai Shah Ayurved Mahavidyalaya**

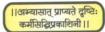
\* An ISO 9001:2015 Certified Mahavidyalaya

\* NABH Accredited & ISO 9001:2015 Certified Hospital

Malwadi, Hadapsar, Pune - 411028

Recognized by: Government of India, Ministry of Health & Family Welfare, (Department of AYUSH) N.C.I.S.M, Ministry of AYUSH, Government of India New Delhi & Government of Maharashtra. Affiliated to Maharashtra University of Health Sciences, Nashik.





#### 8.1.3 Seasonal Panchakarma

#### 1.SOP of Panachakarma

Basic Principles of Ayurveda

- According to Cha.Su.16/20, it is said that doshas often get vitiated when they are treated with shaman chikitsa i.e. langhana and pachana. To get complete relief, doshas should be treated with shodhana chitiksa i.e. vamanadi panchakarma.
- According to Cha.Su.1/44, equality in two substances lead to growth of those two substances and the difference between two substances lead to depletion of those two substances. The substances are named Samanya and Vishesha according to Ayurveda.
- 3. According to Ast.hrd.Su.1/25, the best treatments for all three doshas are Basti, Virechana and Vamana for Vata, Pitta and Kapha dosha respectively.
- 4. According Cha.Su.16/27, vitiated dhatus lead to formation of vitiated dhatus only. When causative factors are treated then normal dhatu formation starts.
- 5. 5.According to Cha.Su.16/40, it is said that deseases can be treated by stopping the intake of causative factors slowly and starting useful things slowly.
- 2. Seasonal panchakarma includes, Vasantika vamana, Sharadiya virechana, raktamokshana, and basti in Varsha ritu.

### Benefits of seasonal Panchakarma

In modern era seasonal epidemic infections are found. Climatic changes cause infectious diseases. Pathogenic organisms survive outside the host body in favourable weather conditions like temperature, humidity, sunlight. Annual variation in climate therefore result rising incidence of different seasonal diseases.

When these pathogens survive outside the host bodies due to favourable weather conditions, they infect other individuals. If the immunity of host is suppressed they catch these seasonal infections.

According to *Ayurveda* principles if there is accumulation of *dosha* in human body then they are more prone to suffer from different diseases. They may be seasonal infections. As *Ayurveda* has mentioned different seasons of accumulation of *doshas* and vitiation of *dosha* in human body, prescription of *Panchakarma* according to seasons becomes essential.

To gain immunity if we administer *shodhana* treatments according to seasons, accumulated *coshas* get removed. And tendency of human to get infected is reduced. As mentioned in your ed.org

ssayu@rediffmail.com, ssayucollege@mam.org.in

College No.: 020-29522505, 29522506 Thospital No.: 020 - 29522502

(accumulatory phase) further progression is controlled. Seasonal diseases are showing variety in modern era. Variety of viruses will keep on evolving but if we follow shodhana treatments mentioned in rutucharya the root cause of diseases is removed from body. As detoxification action takes place the immunity increases and individual is protected from seasonal diseases.

RUTU	Month	Dosha	Epidemics	Charak	Sushrut	Astang Hrudaya
Shishir a	Magha/Falgun (Jan/Feb/Mar)	Chaya (Accum ilation) of Kapha	Chikungunea Chickenpox Measles Viral diarrhoea Whooping cough Influenza Rubella Diptheria	Abhyanga Utsadana Murdhatai I Jentak Atapa sweda	Avagaha swedan	Swedana, Udvartana
Vasant	Chaitra/Vaishakha (Mar/Apr/May)	Prakop (visiati on) of Kapha	Chickenpox Measles Rubella Whooping cough Trachoma	Vamana Udvartana Dhumapa na Kavala Anjana	Utsadana Shirovirecha na Vamana Niruha Kavala	Vamana Udvartana Nasya Dhuma Gandusha
Grishm a	Jeshtha/Ashadha (May/June/July)	Chaya of Vata	Polio Amoebiasis	Sheetopch ar	Sheetopcha r	Sheetopchar
Varsha	Shravan/Bhadrapa da (July/August/ September)	Prakop a of Vata Chaya of Pitta	Typhoid fever Malaria Polio Hepatitis-A Bacterial diarrhoea Cholera Hook worms Leptospirosis	Udvartana Gharshan a	Niruha	Asthapana
Sharad	Ashwin/Kartik (September/Octob er/November)	Prakop a of Pitta	Polio Typhoid fever Malaria	Snehapan a Virechana raktamoks hana	Virechana Raktamoks hana Snehapana	Virechana Raktamokshana Snehapana
Heman t	Margashirsha/Paus h (November/ December/January )	346	Meningococc al meningitis Viral diarrhoea	Abhyanga Utsadana Murdhatai I Jentak Atapa sweda	Avagaha swedan	Swedana, Udvartana

Wahmulun eri 8 inchurge.

Principal
M. A. M's, Sumatibhai Shah
Ayurved Mahavidyalaya,
Hadapsar, Pune- 411 028.