

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

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॥अभ्यासात् प्राप्यते दुष्टिः
कर्मसिद्धिप्रकाशिनी ॥

8.1.3 Seasonal Panchakarma

1.SOP of Panachakarma

Basic Principles of Ayurveda

1. 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 chikitsa i.e. vamanadi panchakarma.
2. 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 Vishesa 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. According to Cha.Su.16/40, it is said that diseases 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 doshas get removed. And tendency of human to get infected is reduced. As mentioned in

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sushruta that when we treat over accumulated *dosha* during their *chayavastha* (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 |
|----------|---|---|---|--|--|---|
| Shishira | Magha/Falgun (Jan/Feb/Mar) | Chaya (Accumulation) of Kapha | Chikungunea Chickenpox Measles Viral diarrhoea Whooping cough Influenza Rubella Diphtheria | Abhyanga Utsadana Murdhatai / Jentak Atapa sweda | Avagaha swedan | Swedana, Udvartana |
| Vasant | Chaitra/Vaishakha (Mar/Apr/May) | Prakop (visitation) of Kapha | Chickenpox Measles Rubella Whooping cough Trachoma | Vamana Udvartana Dhumapana Kavala Anjana | Utsadana Shirovirechana Vamana Niruha Kavala | Vamana Udvartana Nasya Dhuma Gandusha |
| Grishma | Jeshtha/Ashadha (May/June/July) | Chaya of Vata | Polio Amoebiasis | Sheetopchar | Sheetopchar | Sheetopchar |
| Varsha | Shravan/Bhadrapada (July/August/ September) | Prakop a of Vata Chaya of Pitta | Typhoid fever Malaria Polio Hepatitis-A Bacterial diarrhoea Cholera Hook worms Leptospirosis | Udvartana Gharshana | Niruha | Asthapana |
| Sharad | Ashwin/Kartik (September/October/ November) | Prakop a of Pitta | Polio Typhoid fever Malaria | Snehapana Virechana raktamokshana | Virechana Raktamokshana Snehapana | Virechana Raktamokshana Snehapana |
| Hemanth | Margashirsha/Paus h (November/ December/January) | | Meningococcal meningitis Viral diarrhoea | Abhyanga Utsadana Murdhatai / Jentak Atapa sweda | Avagaha swedan | Swedana, Udvartana |

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