



Panchkarma in different *Rutu*.

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Abstract:

Ayurveda is science of life which promotes positive health, prevent diseases and helps indisease free life. *Ayurveda* defines *Rutucharya* which includes *aahar viharadi pathya, apathy, Shodhan and shaman chikitsa*. According to different seasons there will be vitiation of *doshas* in the body which may turns to lead different diseases. If we should take care of this by performing *Shodhan karma* in respective season may specifies the vitiated *dosha* and preventing diseases.

KEYWORDS: *Rutucharya, Shodhan karma, Doshas*

Introduction:

Ayurveda defines *Swastha* as-

“*Samdosha samagnishch samadhatu mala kriya*

Prasanna aatmendriya manah swasth itibhiyate”¹

The aim of *ayurveda* is ” *Swasthasya swasthya rakshnam, Aaturasya vikarprashanamch*”² so to maintain health of healthy individual to maintain this Seasonal *Shodhan karma* is very helpful. *Shodhana* means to expel toxins from the body. They are five namely *Vamankarma, Virechankarma, Nasya, Basti and Raktmokshana*. Seasonal regimens include detoxification according to the season like in *Vasant rutu-Vaman, Sharadruru -Virechan and Raktamokshana and in Varsha-Basti*. Increased *doshas* are pacified by *Langhan, Dipan, Pchan and Shaman chikitsa* but there may be chance of recurrence. By *Shodhan karma doshas* get eliminated from the body it is called *Apunrbhav chikitsa*.³ *Panchakarma, Vamana* (Emesis therapy), *Virechana* (Purgation therapy), *Niruhabasti*

(Decoction enema), *Anuvasan* (Medicated Ghee or Oil enema) and *Nasya* (*errhine* therapy). *Acharya Sushruta* instead of *Anuvasana* added *Raktamokshana* (Bloodletting therapy) Apart from these major Shodhana some of the adjuvant therapies are also play very important role in pacifying vitiated doshas like massage (*Abhyanga*), powder massage (*Udvardana*), mouth gurgling (*Kavala*), *Gandhusa*, medicated smoking, application of Paste, *Padaghata*, Exercise etc.

Panchkarma treatments are mainly indicated in all chronic disorders. The speciality of these treatments is not only indicated in diseased person but also in healthy individual as preventive aspect. *Acharyas* explained that in every person's body according to season because of different food, regimens and behaviors *doshas* increased and lead to different diseases. All most all *Acharyas* discussed about seasonal *shodhan karma*, which help

to specify the vitiated *doshas* and prevent the diseases.

Status of *Doshas* according to *Rutu*:

Acharya charak in *Vasant rutu* (spring season) because of strong sun rays it produces accumulation of pitta, to specify this in *Sharad rutu Virechan* and *Raktmokshan* therapy treatments are carried out⁴.

Acharya Sharangdhara added in *Sharad rutu, Vasant rutu* and *Pravrit rutu* by analysing *Dosha, Deshadi* the intellect physician should give *Vamana, Virechana* and *Basti* respectively⁵. In *Hemant rutu* accumulated *Kapha* become liquefied in *Vasant rutu* because of Sun rays, further lead to diminish in digestive power, produces different diseases. In *Vasant rutu* accumulated *Kapha* should be eliminated through *Vamanadi Shodhan chikitsa*.⁶ According to dosha in different season naturally there will be accumulation of *Dosha* and for this *Shodhana* explained.

<i>Rutu</i>	<i>Doshavasta</i>	<i>Shodhan Karma /Upkrama</i>
<i>Vasant</i>	<i>Kaph prakop</i>	<i>Vamana</i>
<i>Grishma</i>	<i>Vata sanchaya</i>	<i>Pralepa</i>
<i>Varsha</i>	<i>Vata prakop</i>	<i>Basti, Abhyang, Swedan</i>
<i>Sharad</i>	<i>Pitta prakop</i>	<i>Virechana, Raktmokshan</i>
<i>Hemant</i>	<i>Kaph sanchay</i>	<i>Abhyang, murdhn tail, Jentak swed.</i> ^{7,8}
<i>Shishir</i>		<i>Abhyang</i>

Shodhana makes the biological system to return to normalcy and to rejuvenate rapidly and also facilitates the desired pharmacokinetic effect of therapeutic remedies administered thereafter. It eliminates toxins from the body, cleanses the Strotas (macro and micro channels) maximizes the absorption and metabolism of nutrients and drugs.

Conclusion:

Chaya, Prakop and Prasara avastha of Dosha is different in different Ritu which aggravates the specific dosha which may lead to diseases. For the same conducting specific Shodhana according to Dosha avastha like Vasant ruru-Vamana, Sharad ruru- Virechana, Varsha ruru-Basti chikitsa may prevent the disease.

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