ROLE OF PANCHAKARMA PROCEDURES IN DINACHARYA FOR PREVENTING LIFESTYLE DISORDERS

Maya Vivek Gokhale¹, Vivek Gokhale²

Professor, Department of Panchakarma, MAMs Sumatibhai Shah Ayurved Mahavidyalaya, Hadapsar, Pune, Maharashtra, India
Associate professor, Department of Dravyaguna, Bharati Vidyapeetha College of Ayurved and Research Centre, Pune, Maharashtra, India

Email: drmayagokhale@gmail.com

<table>
<thead>
<tr>
<th>ABSTRACT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Life style disorder is fast rising problem in India. Ayurveda as science of life was a part of culture of Indian lifestyle. Wake up early, exercise, bath, head massage all these were included in Indian lifestyle. But westernization of our culture is giving rise to life style disorders like diabetes, cardiovascular elements, High cholesterol, Hypertension, stroke, depression. These diseases were explained in Ayurveda compendia’s but in this era they have raised to such a level that 25% of Indians may die of these lifestyle diseases before they are of age70. These diseases are also called as of civilization or diseases of longevity. Certain diseases like diabetes, dental caries or asthma are propagating in young generation specially living western way. Western life style includes less activity, less manual laborious work, access to much appealing but unhealthy food, late night work. If the factors involved in pathogenesis of these lifestyle disorders are reviewed on the basis of Ayurveda science, the symptoms show agni dushti, kapha dushti, mansavaha and medovaha dushti. When a person follows dincharya as mentioned in Ashtanga sangraha of Vagbhatacharya, the life style disorders are prevented as it involves Panchakarma and allied treatments like Abhyanga, Nasya. These procedures are very important and significant as they prevent these kapha, meda, mansadushti, and stress and strain of mind as well as body. So following lifestyle of Ayurveda is important as these Panchakarma procedures prevent lifestyle disorders.</td>
</tr>
</tbody>
</table>

Keywords: Dinacharya, Lifestyle disorders, Panchakarma procedures
INTRODUCTION

Panchakarma is specialized modality of Ayurveda, which eliminates excess dosha from body \[1\]. Ayurveda is only science which has incorporated different detoxification methods in daily routine. This works as preventive as well as curative. The term Ayurveda means science of life which has prescribed healthy lifestyle. Vagbhatacharya has explained this lifestyle in his ancient compendia Ashtanga Hrudaya and Sangraha by a separate chapter called dinacharya. Though Ayurveda is ancient health science it has capacity to deal with health problems arising in this new era such as Life style disorders. Dinacharya explained in Ayurveda was a part of culture in India. But westernization of our culture is giving rise to life style disorders like diabetes, cardio vascular elements, High cholesterol, Hypertension, stroke, depression \[2\]. These diseases were explained in Ayurveda compendia’s but in this era they have raised to such a level that 25% of Indians may die of these lifestyle diseases before they are 70\[3\]. These are also called as diseases of civilization or diseases of longevity. Certain diseases like diabetes, dental caries or asthma are propagating in young generation specially living western way. Western life style is of less physical activity, less manual laborious work, access to much appealing but unhealthy food, late night work \[4\]. If we review the factors involved in Ayurveda pathogenesis of these disorders they are mainly vitiated Kapha dosha, dushita rasadhatu, agnidushti and amapradosh. Mainly diseases due to sanchaya pradhana or santarpanajanya avastha\[5\]. Pathogenesis occurring due to this western life style can be prevented by following Ayurveda dinacharya. Dinacharya includes Panchakarma and its allied procedures like Nasya, Abhyanga, Mardana, Gandush, Anjana, Udvartana. To follow Dincharya and these Panchakarma procedures included can prevent Life style disorders.

Aim – To study the different Panchakarma procedures included in dincharya with reference to lifestyle disorders

Observation- Different Panchakarma and allied procedures included in dincharya chapter of Ashtang Hrudaya and Sangraha are as follows -

Dant dhavana\[6\] - is done by Herbs of Kasha, katu and tikta rasa.

Jivha nirlekhana \[7\] - Cleansing of tongue.

Anjana\[8\] - Anjana application in eyes

Navana nasya \[9\] - Is administration of anu tail which is sneha dravya in nasal route.

Gandush \[10\] - medicated gargling is done.

Dhooma nasya \[11\] - Inhalation of medicated smoke

Abyanga \[12\] - Oleation, Whole body, Head, Feet massage.

Vyayama \[13\] - It is exercise.

Mardana \[14\] - Massage by applying pressure.

Udvartana \[15\] - Medicated powder massage.

Snana \[16\] - Bath by warm water which is a type of fomentation
DISCUSSION

General Pathogenesis of Life style disorder on basis of Ayurveda -
Less activity, High calorie food, lack of exercise

Result in kaphachaya, Rasa, Mansa, Meda dhatu shaithilya, sroto vaigunya

Symptoms of Kaphachaya

According to Prakruti and Anshansha kalpana

Sthana sanshraya

Causing- Diabetes, High cholesterol, Hypertention, Cardiovascular diseases, Depression.

Dinacharya which is Ayurveda life style includes Shodhana treatments which may prevent these diseases.
Dant dhavana \[17\] - This is done by using herbal sticks of kashaya, katu, tikta rasa. Kashaya rasa herbs have astringent action on gums. Katu removes all plaque and tikta rasa acts on pitta or acid action. This type of herbal care maintains teeth and gum health. 53 per cent Indians suffer from common tooth problems such as bleeding gums, bad breath, sensitive teeth, receding gums and decayed teeth is revealed by a nation-wide study by AC Nielsen.\[18\] Daily use of this danta dhavana may overcome dental problems.
Jivha nirlekhana\[19\] - Cleansing of tongue maintains sensation taste, removes fowl smells, heaviness of tongue and keeps mouth fresh.
Dant dhavana and jivhanirlekhana maintain oral health.
Anjana\[20\] Anjana application in eyes maintains health of eye; it has cleansing action. it removes exess kapha and helps in smooth functioning of eyes and eyelids.

Navana nasya\[21\] - Nasya is carried out by using anu tail. It improves skin texture, strengthens of neck and chest region, increases beauty of face and freshness mouth.
Gandush \[22\] - Gargling is done. Gargling gives light feeling to mouth by removing kapha and vata. This prevents throat infections. Gives strength to vocal function
Dhooma nasya \[23\] - Inhalation of medicated smoke removes kapha and vata dosha sanchaya from throat area, nasal area, cleaning of sinuses. This prevents infections.
All these procedures keep nasal and pharyngeal track healthy.
Abyanga \[24\] - Everyday oil massage is given to body. Specially head massage and feet massage is also recommended. It has rasayana effect, maintains body tone, makes muscle action smooth by acting as anulomana on vata dosh, it relieves stress and strain of muscles, and maintains tone of skin. Maintains body tone and prevents from aging. Nourishes eyes, maintains digestive fire, tightens musculature and maintains body shape and adds longevity to life.
Vatanulomana is an important factor which attribute in prevention of almost all diseases. Maintain physical as well as mental health. Abhyanga heals body as well as mind. Prevent depression and rasadushtijanya diseases like hridrog.

Vyayama\textsuperscript{25} - is included in daily lifestyle. Exercise gives strength, energy, high working capacity, light feeling. Increases digestive power. Vyayama prevents accumulation of fats. It prevents cardiac elements.

Mardana\textsuperscript{26} - Mardana is done after exercise which relaxes muscles of body prevents vitiation of vata due to over exercise.

Udvartana\textsuperscript{27} - Udvartana is massage by medicated herbal powders. It dissolves excessive fats, strengthens the body parts and skin.

Snana\textsuperscript{28} - bath by hot water is a type of parisheka swedana. which is vataghna. Sweda gives lightness to body, relieves stiffness.

Abhyanga, Vyayama, Mardana, Udvartana, Nasya all these procedures of dinacharya prevent doshachaya. Lifestyle disorders like Dibetes, Obesity, Cardio vascular disease are of sanchaya pradhana samprapti. Panchakarma and allied procedures of dincharya prevent this chaya of dosha and prevent these diseases.

**CONCLUSION**

Different procedures from dinacharya help to prevent hazards which occur due to western lifestyle. Life style disorders can be prevented by following dincharya prescribed by Ayurveda.

**REFERENCES**

1. Vd Acharya J.T. Charak samhita, Chaukamba sanskrita sansthana, sutrasthana, chapter 2, sutra15

2. Times of India, Sushami Dey, Aug13, 2015

3. Life style diseases increasing in India, deccan herald 9-10-2015


6. Dr Kunte A.M., Chaukhamba, Ashtang hridaya, Sanskritasanssthan, varanasi, sutrasthana, chapter 2/1-3, 2011, pg 24


8. Dr Kunte A.M., Chaukhamba, Ashtang hridaya, Sanskritasanssthan, varanasi, sutrasthana, chapter 2/4-5, 2011, pg 25


12. Dr Kunte A.M., Ashtang hridaya, Chaukhamba Sanskritasanssthan, Varanasi, sutrasthana, chapter 2/8-, 2011pg 26

13. Dr Kunte A.M., Ashtang hridaya, Chaukhamba Sanskritasanssthan, varanasi, sutrasthana,chapter 2/10, 2011pg 27

14. Dr Kunte A.M., Ashtang hridaya, Chaukhamba Sanskritasanssthan, varanasi, sutrasthana, chapter 2/12, 2011pg 27

15. Dr Kunte A.M., Ashtang hridaya, Chaukhamba Sanskritasanssthan, varanasi, sutrasthana, chapter 2/15, 2011pg 28
16. Dr Kunte A.M., Ashtang hridaya, ChaukhambaSanskritsansthana, varanasi, sutrasthana, chapter 2/17, 2011pg 28
17. Dr Kunte A.M., Ashtang hridaya, ChaukhambaSanskritsansthana, varanasi, sutrasthana, chapter 2/2-3 commentry of Arundatta, 2011pg 24
18. www.thehindu.com/sci...Issue/article15719783ece NOV28, 2010
24. Dr Kunte A.M., Ashtang hridaya, ChaukhambaSanskritsansthana, varanasi, sutrasthana, chapter 2/8-9 commentry of Arundatta, 2011pg 26
26. Dr Kunte A.M., Ashtang hridaya, Chaukhamba Sanskritsansthana, Varanasi, sutrasthana, chapter 2/12 2011pg 27
27. Dr Kunte A.M., Ashtang hridaya, Chaukhamba Sanskritsansthana, varanasi, sutrasthana, chapter 2/15, 2011pg 28
28. Dr Kunte A.M., Ashtang hridaya, ChaukhambaSanskritsansthana, varanasi, sutrasthana, chapter 2/16-17, 2011pg 28

Source of Support: Nil
Conflict Of Interest: None Declared

How to cite this URL: Maya Vivek Gokhale & Vivek Gokhale: Role Of Panchakarma Procedures In Dinacharya For Preventing Lifestyle Disorders. International Ayurvedic Medical Journal (online) 2017 {cited September, 2017} Available from: http://www.iamj.in/posts/images/upload/3439_3443.pdf