



INTRODUCTION TO PANCHAKARMA

- Introduction to ayurveda
- Introduction to panchakarma
- Panchakarma in ashtanga ayurveda
- Definition of panchakarma

Introduction to Ayurveda

Health is basic prerequisite to an individual for upliftment of social, spiritual, physical and mental aspects. Ayurveda is a life science which contains ocean of knowledge. It is explained under ashtanga ayurveda i.e. Kayachikitsa, Balachikitsa, Grahachikitsa, Urdvanga chikitsa, Shalya chikitsa, Damshttra chikitsa, Jara chikitsa, Vrusha chikitsa. Ayurveda treatments are having two faces for maintenance of health (preventive aspect and curative aspect) i.e. -

- ❖ प्रयोजनं चास्य स्वस्थस्य स्वास्थ्यरक्षणमातुरस्य विकारप्रशमनं च । (च.सू. ३०/२६)

Ayurveda treatments maintains the health in healthy person by balancing the dosha and cures the disease by normalizing the dosha through shodhana or shamana chikitsa.

Ayurveda treatment principles acts on various theories explained in Ayurvedic classic viz. theory of panchamahabhoota (five basic elements), tridosha (three humours), saptadhatu (seven physiological system), trimala (three bio waste), ama (undigested metabolic toxin), pramana, various pareeksha like dashavidha pareeksha etc.

Introduction to Panchakarma

Shodhana and shamana chikitsa are the main treatment principles used in ayurveda. Shodhana means the procedure which expel out the dosha from the body through the nearer route. They are as follows:

1. Vamana
2. Virechana
3. Niruha basti
4. Nasya
5. Raktamokshana

Panchakarma therapies mainly does the shodhana of the body. Five purificatory procedures are called as panchakarma. They are as follows:

1. Vamana (Emesis therapy - therapeutic vomiting)
 2. Virechana (Purgative therapy – evacuation of the bowels with a laxative).
 3. Asthapana Basti (Decoction enema therapy- evacuation of dosha through enema using decoction)
 4. Anuvasana Basti (oily enema therapy- expulsion of dosha through enema using oil)
 5. Nasya (errhine therapy – nasal insufflation therapy.)
- All the acharyas considered these five therapies are panchakarma. While explaining about shodhana, Acharya Sushruta and Acharya Vagbhata mentioned raktamokshana as it does the shodhana of rakta. Hence, raktamokshana is considered under ‘Pancha Shodhana’.
 - Even though “panchakarma” is not a main branch of ayurveda but it is one of the most emerging unit of ayurveda which is used in all ashtanga ayurveda. Panchakarma is 5 purificatory therapies (Vamana, Virechana, Niruha basti, Anuvasana basti, Nasya) used for preventing disease as well as curative aspects in all the 8 branches of ayurveda. Administration of panchakarma in swastha helps for balancing seasonal aggravation of dosha. Panchakarma is used in various conditions since from the birth. These treatments basically work by eliminating the disease-causing factors and maintains equilibrium of dosha in body.
 - When bruhatrayi, laghutrayi etc, are reviewed it is found that every disease comprehended panchakarma procedures which should be conducted after assessing dosha avastha, site of presence of prakupita dosha, involvement of dhatus, prakruti of person, satva, satmyata, vaya, roga bala and rogi bala, ama and niramakshana etc.



- Even though shodhana (elimination of dosha) is the chief action of panchakarma it can also be employed for shamana, brahmana and sthambhana purposes.
- Panchakarma therapies not just limited to 5 therapies rather than it includes other supporting treatments (upakarma) like abhyantara snehana, bahya snehana, murdhni taila, swedana, udvartana, lepa, dhmapana, gandusha etc.
- These panchakarma procedures are performed in three stages. i.e. purvakarma (pre-operative procedure), pradhana karma (main procedure) and paschat karma (post-operative procedure).
- There is wide scope for research work in the field of panchakarma helps to establish the principles of ayurveda through scientific information and can move towards advancements for better health care.

Definition of 'Panchakarma'

Panchakarma comprises two words – pancha and karma.

Pancha refers to 'five'

Karma refers to 'action'

कर्मन्ः

- ❖ न. क्रिया, चलनम्। (च.सू.१/५२)
- ❖ द्रव्याणि यत्कुर्वन्ति तत् भेषजद्रव्य व्यापारः शोधनादिः।
(सु.सू.४१/५)

Karma resides in bhashaja dravya and is cause for samyoga and vibhaga.

Definition:

- ❖ वामनादिषु कर्मलक्षणं बह्वतिकर्मतायोगि दोषनिःर्हरणशक्तिज्यायस्त्वम् । (चक्रपाणि, च.सू.२/१५)
- ❖ न., चिकित्सोपायः, वमन-विरेक-नस्य-निरूहानुवासनानि। (च.सू.२८/२७, अ.सू.२७/८, आ.श.को)
- ❖ केचन स्नेहनस्वेदनवमनविरेचनबस्तीन पंचकर्मण्याहुः, स्नेहस्वेदने वमनादीनां पूर्वकर्मणी। (आ.श.को)

Panchakarma comprehended five procedure (vamana, virechana, niruha basti, anuvasana basti) that are having multiple actions as well as capable to eliminate the vitiated dosha and gives multi-benefits.

Panchakarma is five-fold therapy intended to cleanse, restore and balance the dosha, dhatu and mala.

Importance of panchakarma in Ashtanga Ayurveda:

- Panchakarma is having inseparable relation with all the branches of ayurveda.
- The panchakarma procedures are incorporating in all 8 branches of ayurveda and is said to be very effective in many diseases.

1) Scope of panchakarma in Kayachikitsa:

Definition of kayachikitsa:

- ❖ कायचिकित्सा नाम सर्वागसंश्रितानां व्याधीनां ज्वर रक्तपित्त शोष उन्माद अपस्मार कुष्ठ मेह अतिसारादीनां उपशमनार्था (सु.सू.३/८)

Kayachikitsa which deals with the various diseases which affects body like jwara, raktapitta, shotha, unmada, apasmara, kushta, meha, atisara etc.

Role of panchakarma in kayachikitsa:

1. कायो अत्र अग्निरुच्यते, तस्य चिकित्सा कायचिकित्सा; अथवा कायो देहः, तस्य चिकित्सा कायचिकित्सा। (ढल्हण, सु.सू.१/७)

Kaya means antaragni i.e. the main aim of kayachikitsa is balancing the antaragni. When the agni is not in equilibrium state then it causes diseases. Hence, panchakarma procedures can be used for correction of agni such as-

- Snehapana → Snehapana increases agni (दीप्तान्तराग्नि)
- Vamana and Virechana → Vamana and virechana helps to improve agni (ज्वलनस्य दीप्तिम् अग्निपुष्टिम्)
- Basti → Basti procedure gives strength to agni (अग्निपुष्टिम्)

2. चीयते प्रशस्त दोष धातु मलैरिति कायः। (अरुणदत्त)

Panchakarma maintains the prashasta dhatu and mala.
Example:

- Snehapana → Snehapana will help to produce pratyagra dhatu (nutana dhatu) i.e. formation of new dhatu)
- Swedana → Swedana will help to bring back the prakupita dosha from shakha to koshta.
- Vamana and Virechana → Through vamana and virechana, stability of dhatu can be achieved (धातु स्थिरत्वं)
- Basti → विश्वकिस्थितं दोषचयं निरस्य सर्वान विकारान् शमयेत् निरूहः (च.सि.१) Niruha basti will help to alleviate all the diseases by eliminating the accumulated dosha from the body.



MULTICHOICE QUESTIONS

1. “Vamanadishu _____ bahvati karmataayogi dosha nirharana shaktijayastvam |”
 - a. Karya lakshanam
 - b. Karma lakshanam
 - c. Samyoga lakshanam
 - d. Samavaya lakshanam
2. One of the following is not comes under shadvidhopakrama
 - a. Deepana
 - b. Rukshana
 - c. Stambhana
 - d. Bruhmana
3. “Roukshyam kharatvam vaishadyam kuryat taddhi _____”|
 - a. Bruhmanam
 - b. Rukshanam
 - c. Snehanam
 - d. Stambhanam
4. “Stambha gourava sheetagnam _____ swdakarakam|”
 - a. Snehanam
 - b. Swedanam
 - c. Stambhanam
 - d. Rukshana
5. Bruhmana chikitsa is indicated in which condition?
 - a. Kshataksheena
 - b. Durbala
 - c. Vruddha
 - d. All the above
6. “Yat kinchit laghavakara dehe tat _____ smrutam|”
 - a. Langhana
 - b. Bruhmana
 - c. Snehana
 - d. Rukshana
7. How many types of shodhana are mentioned According to Ashtanga Hrudaya?
 - a. 3
 - b. 5
 - c. 7
 - d. 9
8. Shodhana is indicated in _____
 - a. Alpadosha avastha
 - b. Bahudosha avastha
 - c. Both a & b
 - d. None of the above
9. Langhana and pachana is indicated in following condition:
 - a. Samadosha avastha
 - b. Alpadosha avastha
 - c. Both a & b
 - d. None of the above
10. “evam vishuddha koshtasya ____ abhivardhate|”
 - a. Vyadhi
 - b. Prakruti
 - c. Kayagni
 - d. Ayu
11. “Tasmat samshodhanam kale ____ pibennaraha|”
 - a. Ksheera
 - b. Yuktuyuktam
 - c. Pathyaapathyam
 - d. Ushnodaka
12. ‘Shuchi’ is synonym for
 - a. Ashada masa
 - b. Shravana masa
 - c. Chaitra masa
 - d. Margashira masa
13. ‘Nabha’ is synonym for
 - a. Ashada masa
 - b. Shravana masa
 - c. Chaitra masa
 - d. Margashira masa
14. ‘Urja’ is synonym for
 - a. Ashada masa
 - b. Kartika masa
 - c. Chaitra masa
 - d. Margashira masa
15. ‘saha’ is synonym for
 - a. Ashada masa
 - b. Shravana masa
 - c. Chaitra masa
 - d. Margashira masa
16. ‘Tapasya’ is synonym for
 - a. Phalguna masa
 - b. Shravana masa
 - c. Chaitra masa
 - d. Margashira masa
17. ‘Madhu’ is synonym for
 - a. Ashada masa
 - b. Shravana masa
 - c. Chaitra masa
 - d. Margashira masa
18. Shuchi and Nabha masa are comes under
 - a. Pravrut kala
 - b. Sharad kala
 - c. Vasanta kala
 - d. Greeshma kala



UNIT

2

Snehana



This Chapter Includes

- Definition of Sneha and Snehana
- Importance of snehana karma
- Classification of sneha
- Guna of sneha dravya
- Indications of ghruta and taila
- Classification of lipids, digestion, absorption and metabolism of fat, Pharmacodynamics of snehana through oral, rectal and topical methods
- Importance and method of deepana, pachana and rukshana. Guna of rukshana dravya
- Udwartana
- Utsadana
- Udgharshana
- Indication and contraindications of abhyantara snehana
- Snehakalpana and snehapaka
- Abhyantarasnehana: Accha sneha, Vicharana sneha, Shodhanartha sneha, Shamanartha sneha, Bruhmananga sneha, Avapedaka sneha, Uttarabhaktika sneha
- Diet and parihara vishaya of snehapana
- Snehavyapat and chikitsa
- Bahyasnehana: Abhyanga, Mardana, Unmardana, Samvahana, Padabhyanga, Netrabhyanga, Padaghata, Murdhnitaila.
- Bahya basti
- Question Bank



INTRODUCTION TO SNEHANA

- Introduction
- Vyutpatti of snigdha
- Vyutpatti of sneha
- Vyutpatti of snehana
- Definition of snehana
- Importance of snehana:
 - स्नेहसारो अयं पुरुषः ।
 - ♦ Definition of sneha
 - ♦ Definition of sara
 - ♦ How purusha madeup of sneha?
 - ♦ In shukra and artavasamyoga
 - ♦ Formation of body by ahara
 - ♦ Snigdghata in various factors like mahabhuta, dosha, dhatu, mala, sara
 - ♦ How purusha depend on sneha?
 - ♦ Pranadharana
 - ♦ Necessity of snigdghata for dhatuvruddhi
 - ♦ Rukshana effect
 - ♦ Way of introducing sneha to shareera
 - ♦ Effect of reduction of snehana (i.e increased state of rukshata) in the body
 - ♦ Importance of snehana
 - Sneha helps in doshagati
 - Importance of snehana for various purpose
 - Benifits of snehana in vyadhipeedita
 - Effect of snehana on agni

Introduction:

Snehana therapy (oliation therapy) has a vital role in panchakarma. Snehana therapy can be conducted as purvakarma in shodhana and it can also adopt as pradhana karma in specific conditions. It is a procedure through which one can induce snigdghata to the body.

- अत्रापिवमनादिप्रवृत्तौ स्नेहस्यैवप्रथमंविधीयमानतयात्थादोषप्रधानस्यवातस्यप्रधान भेषजत्वाच्चतत्प्रतिपादकएवस्नेहाध्यायोऽभिधीयते। (Chakrapani, Cha.Su.13/2)

Even-though it is not included under panchakarma, this is very important to adopt in shodhana karma to attain samyak yoga.

- यतःशोधनस्नेहस्वेदावन्तरेणनसम्भवति। (अरुणदत्त, अ.ह.सू.१६)

Hence, Acharya Chakrapani considered snehana is one among the saptakarma.

- तेनतन्त्रान्तरेस्नेहस्वेदौप्रक्षिप्यसप्तकर्माणीतियदुच्यते तन्नभवति, नहिस्नेहस्वेदौदोषबहिर्निःसरणंकुरुतः, दोषसंशमनंतुतौकुरुतः; पञ्चकर्माङ्गत्वेनव्याप्रियमाणौतुस्नेहस्वेदौदोषोपस्थानएवपरंव्याप्रियेते, नदोषनिर्हरणेवमनादिसम्पाद्ये। (Chakrapani, Cha.Su.2/15)

Without the snehana and swedana it is very difficult to bring the dosha from shakha to koshta. Hence, abhyantara snehana and bahya snehana are

administered to conduct shodhana karma without complications.

Vyutpatti of snigdha:

- ❖ स्निग्ध त्रि. – स्निह्। स्नेहयुक्ते, वयस्ये। (शब्ध स्तोम महानिधि)
- ❖ स्निग्धता स्त्री. – स्निग्धस्य भावः। (शब्ध स्तोम महानिधि)

Snigdghata is a napumsaka word derived from the snih dhatu. Snigdghata is a streeinga word which means, snigdghata bhava (oiliness)

Vyutpatti of sneha:

- ❖ स्नेह – स्निह् – घञ्। प्रेमणि, तैलादिरसभेदे, न्यायोक्ते गुणभेदे च यद्दशात् दाहानुकूल्यम्। (शब्ध स्तोम महानिधि)

The word sneha is derived from the word snih dhatu and 'Ghan' pratyaya which means love. According to Nyaya shastra, when taila is processed with different substances, it borrows different rasa, guna and becomes dahanukula (produces burning sensation)

Vyutpatti of snehana:

- ❖ स्नेहन – स्निह् – णिच् – ल्युट्। तैलादिमर्दने अभ्यंगे। (शब्ध स्तोम महानिधि)



SHODHANARTHA SNEHANA

- Definition
- Procedure:
 - Purvakarma:
 - 1) Atura siddhata: Deepana and pachana, Rukshapurvaka snehana
 - 2) Atura pareeksha
 - 3) Various dose schedules for shodhanartha snehana (Snehapana matra nirnaya)
 - 4) Snehapana kala
 - Pradhana karma:
 - 1) Administration of hrusiyasi matra sneha
 - 2) Steps to follow on the day of snehapana
 - 3) Anupana for sneha
 - 4) Sahapana / prakshepaka dravya
 - 5) Vardhamana or arohana krama of snehapana
 - Paschat karma: Pathya ahara and vihara, Apathya ahara and vihara (parihara vishaya of snehapana)
- Duration of snehapana
- Observation of - Pachyamana lakshana, Jeerna lakshana, Ajeerna lakshana, Samyak snigdha lakshana, Asnigdha lakshana, Atisnigdha lakshana

Definition:

Oral administration of sneha which gives the effect of dosha utkleshana is known as shodhananga snehana.

Procedure:

Purvakarma:

1) Atura siddhata:

• Deepana and pachana:

The sneha is administered in nirama avastha of disease; otherwise it may lead into complications or condition may get aggravate. Hence, the deepana pachana oushadha is given to the patient till the nirama lakshana appears. Detail explanation of deepana pachana is described under trividha karma.

Method of administration of deepana pachana: Administration of deepaneeya dravya churna, kalka, kashaya according to dosha till the ama gets digest.



ACCHA SNEHA AND PRAVICHARANA SNEHA

- Accha sneha: Definition, Synonyms, Importance of acchapana, Indications, Contraindications
- Vicharana sneha: Definition, Synonyms, Kala for administering vicharana sneha, Indications, Types of vicharana sneha, Chaturvimshati vicharana sneha, Abhyantara vicharana, Bahya vicharana, 64 vicharana sneha, Shodhananga pravicharana sneha, Shamananga vicharana sneha, Bruhmananga vicharana sneha
- Sadyo-snehana: Definition, Synonyms, Indications, Yogas for sadyo-snehana, Importance of lavana in sadyo-snehana yogas, Specific Indication and contra indication of substances in kushta, shotha and prameha, Effect of sadyo-snehana, Selection of vicharana sneha, Advantages of vicharana
- Difference between Acchasneha and Vicharana sneha

❖ तच्च पानं द्विविधम् – अशनात् पृथक्, अशनव्यामिश्रं वा; तत्र यत् पृथक् तदच्छपानमेव॥ (Dalhana, Su.Chi.31/37)

Snehapana is classified into two based on their mode of administration-

- 1) Ashanaat pruthak – It is also known as accha snehapana
- 2) Annavyamishra – It is also known as pravicharana snehapana

Accha sneha

Definition:

- ❖ अच्छपेयस्तु यः स्नेहो न तामाहुर्विचारणाम्। स्नेहस्य स भिषद्दृष्टः कल्पः प्राथमकल्पिकः॥ (Cha.Su.13/26)
- ❖ केवलं स्नेहपानं तु स्नेहने अच्छपेयम्। (चक्रपाणि)
- ❖ अच्छः केवलः स्नेहः। (Dalhana, Su.Chi.31)
- ❖ अच्छपेय स्नेहः केवल एव न संयुक्तः नासौ विचारणः। (Arunadatta)
- ❖ अच्छश्च पेयश्च अच्छपेयः ओदनाद्यसंबन्धे सति पेय इत्यर्थः। (Chakrapani, Cha.Su.13/26)
- ❖ अशनात् पृथक् पानं अच्छपेयमेव। (डल्हण)
- ❖ स्नेहो अच्छः केवलः। (हेमाद्रि)

Sneha is administered without mixing with any food or drug is known as accha snehapana.

Synonyms:

- Kevala sneha
- Accha peya

Importance of acchapana:

❖ स्नेहस्य स भिषद्दृष्टः कल्पः प्राथमकल्पिकः॥

(Cha.Su.13/26)

Acchasneha is the primary kalpana which is base for all other snehakalpana.

- ❖ स्नेहस्य चोपयोगे स एव अच्छपेयाख्यः कल्पः श्रेष्ठः। कुतः स्नेहकर्माणां तर्पणमार्दवादीनां आशुसंपादनात्। (इन्दु)
- ❖ स्नेहस्य कल्पः स श्रेष्ठः स्नेहकर्माशुसाधनात्। (अ.ह.सू.१६/१७)

Acchapana is considered as superior because snigdghata, mardavata and tarpana karma can be attained very shortly.

Indications of acchapana:

- ❖ स्नेहसात्म्यः क्लेशसहः काले नात्युष्णशीतले । अच्छमेव पिबेत् स्नेहमच्छपानं हि पूजितम् ॥ (Su.Chi.31/21)
- ❖ नरो यदि क्लेशपरो बलाधिकः स्थिरस्वयं स्नेहपरोऽतिशीतले। पिबेदृतौ केवलमेव तत् घृतं सदा अच्छपानं हि हितं हितैषिणम्। (क.का.२२/९)

Acchapana is advised in the following conditions:

- Snehasatmya – one who is habituated to sneha
- Kleshasaha – those who withstands miseries [those who are strong i.e. क्लेशसहः शक्तिक्षणबलयुक्तः (Dalhana)]
- Na ati usha na ati sheeta kala – climate is neither too hot nor too cold i.e. in sadharana kala
- Those who are mentally and physically strong
- In sheeta kala i.e. in hemanta and shishira rutu
- Those who are stable



Percussion (tapotement):

- All the manipulations of this group strike or tap the part.
- The hands are used alternately to strike the tissues with light, springy, rhythmical movements.
- When performing these manipulations, particular care must be taken to avoid bony prominences, ridges or areas where the bone is not well covered.
- They must not be performed on old or very thin clients, or those with loose, poorly toned muscles and little adipose tissue.
- There are four manipulations in this group:
 - ◆ Hacking
 - ◆ Cupping
 - ◆ Beating
 - ◆ Pounding.

Hacking:



- This manipulation uses the ulnar border of the hand and the little finger, ring and middle fingers to strike the tissues in a light, springy, brisk manner.
- The forearm must alternately pronate and supinate to allow the fingers to strike the part.
- The hands strike alternately.
- It is important to avoid flexion and extension of the elbow joint as the resulting 'chopping' action is too heavy and powerful.

Uses:

- ◆ Hacking down either side of the spine stimulates spinal nerves and is generally invigorating.
- ◆ Hacking stimulates reflex contraction of muscle fibres and may increase muscle tone.
- ◆ It stimulates and softens areas of adipose tissue and is very effective on areas of hard fat and cellulite.

Cupping:



- Cupping (also known as clapping) is performed using the cupped hands to strike the part alternately.
- The movements are light and brisk, producing a hollow sound.

Beating:

- This is a heavier percussion movement that is useful on very large heavy areas of adipose tissue, particularly over the buttocks and thighs.
- The manipulation is performed by striking the area with a loosely clenched fist.
- The back of the fingers and heel of the hands strike the part as the hands alternately drop heavily onto the area.
- Use: It is effective in stimulating and softening adipose tissue.

Pounding:

- It is performed by the ulnar border (little finger side) of the loosely clenched fist.
- The side of the hands strikes the part alternately.



12) Trushna

- It is one among the langhana chikitsa.
- Indicated in amaja roga like jwara, navaprathishyaya etc.

Synonyms:

- Trut
- Pipasa
- Trusha

Definitions:

- उदकवर्जन (अ.ह.सू.१४/७)
- जलपानेच्छा (सु.उ.६१/१६)
- जलेच्छा (च.सू.१४/१४)
- पानीयसेवनेच्छा (च.सू.१६/५)
- पिपास (च.नि.४/४८)

The person is completely withdrawn from water is known as trushna.

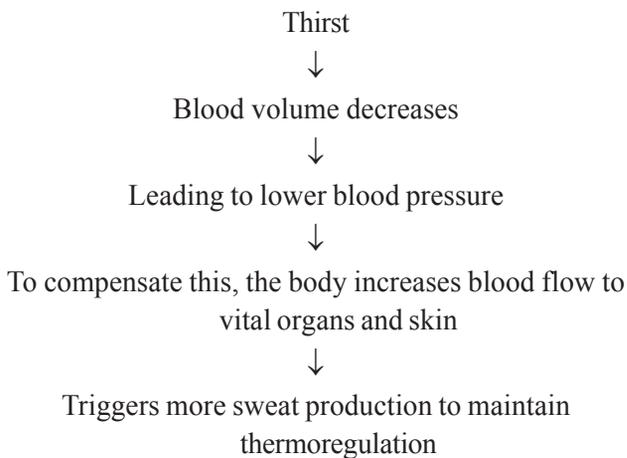
Trushnanigrahaja roga:

- ❖ निग्रहाच्छोषोऽङ्गसादबधिर्यसम्मोहभ्रमाहृद्गदा भवन्ति।
(अ.सं.स.५/१४)

Atiyoga of trushna causes -

- Shosha
- Angasada
- Badhirya
- Sammoha
- Bhrama
- Hrudroga

Probable mode of action:



13) Chinta

Definition:

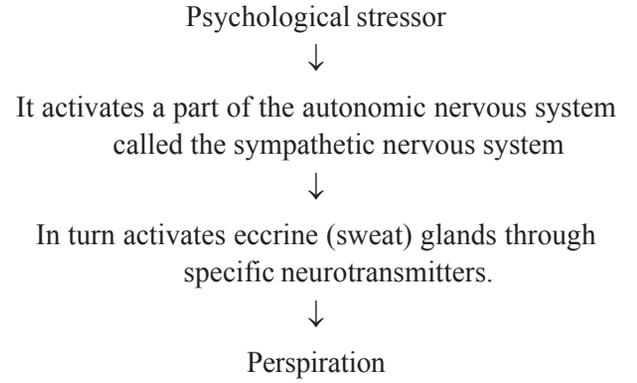
- ❖ चिंता विचारम् । (अ.ह.सू.१४/२२, सु.शा.१/१३)
- ❖ अध्यान, व्यग्रता, वैक्लव्यम् (च.नि.७/४)

To think / to have thought is called as chinta.

Benefits:

- ❖ कफोपशमनी मेदोऽनिलश्लेष्मनाशिनी। (अ.ह.सू.७/६३)
- It is beneficial in alleviation of kapha
- Helpful in medoroga and kapharoga

Mode of action of chinta:



Benefits of niragni sweda:

- It requires minimal material for swedana.
- Materials are easily available.
- When the patient refuse hospitalization one can adopt niragni sweda at home because of easy administration.
- In most of the niragni sweda, there is no usage of materials for induce the sweda. Hence, it is cost effective too.





CHATURVIDHA SWEDA AND 13 TYPES OF SAGNI SWEDA

- **Introduction:** Chaturvidha sweda, Trayodasha sweda, Different sagni sweda included under chaturvidha sweda according to Acharya Dalhana, Doshagnata of chaturvidha sweda
- **Tapa sweda:** Meaning, Dravya used for tapa sweda, Panasapatra sweda
- **Ushma sweda:** Definition, Materials used for ushma sweda, Method of performing the ushma sweda
- **Upanaha sweda:** Etimology of upanaha, Synonym of upanaha, Definitions of upanaha sweda, Types of upanaha, Indications, Contraindications, Atura Siddhata, Upanaha dravya, Materials required, Preparation of medicine, Pradhana karma, Bandha moksha vidhi, Precautions, Complications and management, Salvana Upanaha, Kukkutanda upanaha sweda
- **Drava sweda:** Definition, Classification of drava sweda
 - ◆ **Parisheka:** Nirukti, Definitions, Paryaya of parisheka, Classification, Sambhara sangraha, Pradhana karma (Parisheka vidhi, Kayaseka / Pizhichil, Pizhinu Tadaval), Duration to change the dhara dravya, Duration of parisheka, Paschat karma, Precautions, Effects of kayaseka, Importance of parisheka, Dhanyamla kayaseka (About Dhanyamla, Synonyms, Definition, Gunas, Indications, Preparation of dhanyamla, Recent advancements, Precautions, Dhanyamla Dhara procedure, Materials required, Complications and management)
 - ◆ **Avagaha sweda:** Definitions, Synonyms of avagaha, Indications, Materials required for the procedure, Procedure, Duration, Interval between avagaha, Benefits, Dhanyamla avagaha procedure (Materials required, Purvakarma, Pradhana karma, Paschat karma, Duration, Precaution)
- **Sankara sweda:** Definition, Synonym, Pinda sweda definitions, Dravya used for sankara sweda, Classification, Procedure of sankara sweda, Method of application of different kinds of sankara sweda [1. Shashtikashali pinda sweda, 2. Dhanyapinda sweda, 3. Godhumapinda sweda, 4. Mamsapinda sweda, 5. Patrapinda sweda, 6. Jambheera pinda sweda, 7. Churnapinda sweda, 8. Tushapinda sweda, 9. Valuka sweda, 10. Lavana pottali Sweda, 11. Chinchalavana pinda sweda, 12. Kukkutanda sweda, 13. Mruttika sweda]
- **Prastara sweda:** Definition, Synonym of prastara sweda, Procedure of prastara sweda, Recent advancements
- **Nadi sweda:** Definition, Nadi sweda yantra, Features of nadi, Purvakarma, Pradhana karma, Paschat karma, Ksheeradhuma
- **Jentaka sweda:** Construction of kutagara, Purvakarma, Pradhana karma, Paschat karma, Precautions
- **Ashmaghana sweda:** Synonyms, Definition, Purvakarma, Pradhana karma, Paschat karma
- **Kuti sweda:** Synonym, Definition, Purvakarma, Pradhana karma, Paschat karma
- **Bhu sweda:** Definition, Purvakarma, Pradhana karma, Paschat karma
- **Karshu sweda:** Definition of karshu, Definition of karshu sweda, Purvakarma, Pradhana karma, Paschat karma
- **Kumbhi sweda:** Purvakarma, Pradhana karma, Paschat karma
- **Kupa sweda:** Definition of kupa, Definition of kupa sweda, Purvakarma, Pradhana karma, Paschat karma
- **Holaka sweda:** Definition, Purvakarma, Pradhana karma, Paschat karma



Physiotherapy



This Chapter Includes

- Definition, Utility and Importance of Physiotherapy.
- Basic knowledge of static exercise
- Isotonic exercise
- Deep heating modalities and superficial heating modalities
- Electrotherapy
- Interferential therapy
- Muscle stimulation therapy
- TENS
- Infrared
- Short wave diathermy
- Electromagnetic therapy
- Wax bath therapy
- Ultrasonic therapy.
- Manual therapy and Manipulation techniques for shoulder joint, knee joint and spine disorders
- Integration of physiotherapy and ayurvedic apoches



INTERFERENTIAL THERAPY

- **Definition**
- **Significance**
- **Indications**
- **Contraindications**
- **Principle and terminologies: Area of interference (interferential fields), Frequency setting:**
- **Amplitude modulated frequency (AMF), Beat frequency (resultant current), Base setting, Spectrum setting, Therapeutic effect of using different spectrum, Sweep setting**
- **Procedure**

Definition:

Interferential therapy (IFT) is non-invasive physical therapy for pain relief and tissue repair where in low frequency electrical current is used. IFT was developed by Dr. Hans Nemeč.

Significance:

- It decreases inflammation, swelling, bruising.
- Relaxes the muscle spasm.
- Stimulation of innervated muscles.
- Relieves the pain: The stimulation of local nerve cells that can have a pain reducing effect due to potentially blocking the transmission of the pain signals (pain gate mechanism) to brain or by stimulating the release of pain reducing endorphins (opioid mechanism).
- Constant contraction of muscles leads to muscle relax and improves blood circulation.
- Increased blood circulation helps in repair the soft tissue faster, decreases blood pressure.
- Eliminates the toxins from affected area.
- Improves the metabolic rate.
- Helps to restore the range of movement of joints by correcting the joint movement restrictions.
- It accelerates the lymphatic flow.

Indications:

- Cervical spondylosis
- Ankylosing spondylitis

- Osteoarthritis of knee joint
- Edema
- Acute injuries such as sprains, strains or fractures
- Peripheral neuropathy (which includes - numbness, tingling sensation, pain)

Contraindications:

- Unconscious patients
- Sevier diabetic patient
- Localized wounds
- Unhealed scar
- Recent cuts
- Leprosy
- Those who have pace maker
- Sensory deficit condition
- Those who are taking anticoagulation therapy
- Those who are having pulmonary embolism
- Whose skin is easily bruised
- Pregnancy
- For the eyes and anterior aspect of neck IFT should not be applied.

Principle and terminologies:

Two alternating currents of medium frequency (carrier waves) are induced into tissue to produce low frequency current (interferential current) in treatment field by crossing the treatment field perpendicular to each other.



Here Antarnakhamushti pramana means the amount kept in palm & the fingers are bent in towards the palm to hold it tightly.

Madanaphala yoga:

- ❖ नव योगाः कषायेषु, मात्रास्वष्टौ, पयोघृते। पञ्च, फणितचूर्णे द्वौ घ्रेये, वर्तिक्रियासु षट्॥
विंशतिर्विंशतिर्लेहमोदकोत्कारिकासु च। शङ्कुलीपूपयोश्चोक्ता योगाः षोडश षोडश॥
दशान्ये षाडवाद्येषु त्रयस्त्रिंशदिदं शतम्। योगानां विधिवद्दिष्टं फलकल्पे महर्षिणा॥ (Cha.Ka.1/28-30)

133 yogas of madanaphala	
Kashaya yoga- 9	<p>Phalapippali churna added with the kashaya of either - Yasthimadhu (Glycyrrhia glabra), Kovidara (Bauhinia vriegata- red), Karbudara (Bauhinia varigata - white), Neepa (Anthocephalus indicus), Vidula (Barringtonia acutangula), Bimbi (Coccinia indica), Shanapushpi (Crotalaria verrucosa), Sadapushpi (Calotropis gigantia), Pratyakpushpi (Achyranthus aspera)</p> <p>↓ kept overnight</p> <p>↓ In the morning it is stirred & filtered.</p> <p>↓ Then madhu & saindhava lavana are added & made slightly warm.</p>
Matra yoga – 8	<p>Phalapippali is divided into 3 parts</p> <p>↓ 2 parts are mixed with kovidara kashaya</p> <p>↓ Filtered for 21times</p> <p>↓ The remaining 3rd part is added</p> <p>↓ Triturated well & make it into paste form.</p> <p>↓ Made varti at the size of Haritaki / Vibhitaki / Amalaki</p> <p>↓ Taken 1 or 2 varti & mixed with 1 anjali pramana kashaya (any one of कोविदारदिकषाय)</p> <p>↓ Indication of matrayoga: granthi, jwara, udara, aruchi in kapha preseka condition</p>
Ksheera yoga – 4	<ol style="list-style-type: none">1. Phalapippali churna + ksheera → phalapippali ksheera paka Indication: Adhoga raktapitta2. Yavagu prepared out of phalapippali ksheerapaka Indication: Hruddaha



VAMANA PROCEDURE

Purvakarma:

- Sambhara sangraha
- Preparation of vamana gruha
- Patient preparation: Atura pareeksha, Manasopachara, Amapachana, Snehana and Swedana
- Vishrama kala: Procedures in vishrama kala, Ahara in vishrama kala, Procedures on the day of vamana

Pradhana karma:

- Preparation of patient on the day of vamana: Kala, Atura pareeksha, Abhyanga swedana, Yavagupana, Akantapana
- Vamaka yoga: Selection of vamaka yoga according to dosha, Various forms of vamaka yoga, Anupana, Dose fixation, Quantity of vamana yoga if the person undergoing for vamanakarma for first time
- Method of administration
- Administration of vamanopaga dravya
- Lakshana indicating doshagati during process
- Management during vamana karma:
 - ◆ Instruction to patient
 - ◆ Management by the therapists during vamana
 - ◆ Measures to be taken in apravrutta vega
- Observations:
 - ◆ Observation of pittanta.
 - ◆ Observation of order of expulsion of dosha
 - ◆ Observation of samyaka lakshana
 - ◆ Observation of atiyoga, heenayoga and upadrava
 - ◆ Observation of pravara / madhyama / heena shuddhi lakhana
 - ◆ Observation of oushdha jeerna and ajeerna lakshana
 - ◆ Observation of shesha oushadha lakshana
 - ◆ Observation of hruta dosha lakshana

Paschat karma:

- Pani pada prakshalana
- Dumapana
- Udaka upasparshana
- Vihara
- Samsarjana krama

Sadyovamana



1 st annakala	Manda pradhana yavagu according to agnibala
2 nd annakala	Manda pradhana yavagu according to agnibala
3 rd annakala	Manda pradhana yavagu according to agnibala
4 th annakala	Utsvinna shali tandula vilepi with or without alpa sneha and lavana
5 th annakala	Utsvinna shali tandula vilepi with alpa sneha and lavana
6 th annakala	Utsvinna shali tandula vilepi with alpa sneha and lavana
7 th annakala	2 prasruta shali + tanu mudgayusha with alpa sneha and lavana and ushnodaka anupana
8 th annakala	2 prasruta shali + tanu mudgayusha with alpa sneha and lavana and ushnodaka anupana
9 th annakala	2 prasruta shali + tanu mudgayusha with alpa sneha and lavana and ushnodaka anupana
10 th annakala	Laavaka pinjala laavanika etc. mamsarasa with ushnodaka anupana
11 th annakala	Laavaka pinjala laavanika etc. mamsarasa with ushnodaka anupana
12 th annakala	Laavaka pinjala laavanika etc. mamsarasa with ushnodaka anupana

Peyadi Samsarjana krama according to Acharya Vagbhata:

❖ पेयां विलेपीमकृतं कृतं च यूषं रसं त्रीनुभयं तथैकम् ।

ऋमेण सेवेत नरो अन्नकालान् प्रधानमध्यावरशुद्धिशुद्धः॥ (A.H.Su.18)

Days	Annakala	Pravara shuddi	Madhyama shuddi	Avara shuddi
1	Prathakala	Peya	Peya	Peya
	Sayankala	Peya	Peya	Vilepi
2	Prathakala	Peya	Vilepi	Akruta yusha
	Sayankala	Vilepi	Vilepi	Kruta yusha
3	Prathakala	Vilepi	Akruta yusha	Mamsarasa
	Sayankala	Vilepi	Akruta yusha	Prakruta bhojana
4	Prathakala	Akruta yusha	Kruta yusha	
	Sayankala	Akruta yusha	Kruta yusha	
5	Prathakala	Akruta yusha	Mamsarasa	
	Sayankala	Kruta yusha	Prakruta bhojana	
6	Prathakala	Kruta yusha		
	Sayankala	Kruta yusha		
7	Prathakala	Mamsarasa		
	Sayankala	Prakruta bhojana		



MULTICHOICE QUESTIONS

1. **Synonym of vamana is**
 - a. Ullekhana
 - b. Virechana
 - c. Both a & b
 - d. None of the above
2. **“Vamanam _____haraanaam shreshtaha|”**
 - a. Shleshma
 - b. Pitta
 - c. Vata
 - d. Rakta
3. **“_____ balaadurdhvam nayettu yat| vamanam taddhi vijneyam madanasya phalam tathaa|”**
 - a. Pakwa pitta kapha
 - b. Apakwa pitta shleshma
 - c. Apakwa vata
 - d. All the above
4. **“_____ nichita shleshma|**
 - a. Greeshme
 - b. Vasante
 - c. Varshe
 - d. Hemante
5. **Vamana dravya used in navajwara is**
 - a. Ushnambu
 - b. Nimba swarasa
 - c. Ikshurasa
 - d. Ksheera
6. **Vamana dravya used in raktapitta is**
 - a. Ushnambu
 - b. Nimba swarasa
 - c. Ikshurasa
 - d. Ksheera
7. **Which type of vamana is indicated in unmada**
 - a. Mrudu vamana
 - b. Madhyama vamana
 - c. Teekshna vamana
 - d. None of the above
8. **Valeephala vamana is indicated in**
 - a. Kasa
 - b. Madatyaya
 - c. Amlapitta
 - d. Chardi
9. **Vamana dravya used in amlapitta is**
 - a. Ikshurasa
 - b. Nimba kashaya
 - c. Lavanambu
 - d. All the above
10. **Vamana dravya used in madatyaya is**
 - a. Madya
 - b. Valliphala
 - c. Mamsarasa
 - d. All the above
11. **Vamana conducted in kshata leads to**
 - a. Hrudaya apakarshana
 - b. Rakta ati pravrutti
 - c. Pranoparodha
 - d. Udavarta
12. **Vamana conducted in pipasa leads to**
 - a. Hrudaya apakarshana
 - b. Rakta ati pravrutti
 - c. Pranoparodha
 - d. Udavarta
13. **Vamana conducted in vyayamahata leads to**
 - a. Hrudaya apakarshana
 - b. Rakta ati pravrutti
 - c. Pranoparodha
 - d. Kshata
14. **Vamana conducted in sukumara leads to**
 - a. Urdva rakta pravrutti
 - b. Adho rakta ati pravrutti
 - c. Hrudayapakarshana
 - d. All the above
15. **“Aparijnata koshtasya paayayet oushadham _____|”**
 - a. Mrudu
 - b. Madhyama
 - c. Teekshna
 - d. Ati teekshna
16. **Vamana dravya possesses how many guna?**
 - a. 5
 - b. 7
 - c. 9
 - d. 11
17. **Word meaning of ‘anupravanabhava’ is**
 - a. Small particle
 - b. Enters into small channels
 - c. Opens obstructions
 - d. Separates small structures



3) Virechana karma before administering rasayana:
Adopting virechana before administering the rasayana dravya will cleanses the channels; so that proper assimilation of rasayana dravya will takes place.
Before administering kutipravesika rasayana, 'haritakyadi yoga' is indicated for virechana.

4) Virechana for balancing the dosha:
Virechana karma will help for balancing the pittasthanagata kaphadosha as well as pittasthanagata vatadosha.

5) Virechana for koshta shuddhi:
Adopting the virechana krama will cleanses the koshta and all the dosha will functions normally.

Virechana in diseases:

- 1) Virechana is indicated in all 40 types of pitta nanaatmaja vyadhi.
- 2) Virechana can adopted in vata vyadhi like pakshaghata.
- 3) Virechana can be adopted before basti karma in many diseases like grudhrasi etc.
- 4) Avasthanusara virechana:
 - One should conduct the virechana by assessing the dosha avastha. i.e. sramsana eliminates the pitta dosha or kapha pitta dosha which are resided in pittashaya.
 - Mrudu virechana is indicated in punaravartaka jwara.
 - Even though gulma is vataja vyadhi, if pitta is involved in the manifestation of disease then virechana is indicated.
 - In case of kshayaja kasa, if bahudosha laksanas are seen then mrudu virechana is conducted with ghruta prepared with shampaka, trivruth, mrudveeka, tilvaka kashaya and vidari swarasa.
 - In the condition of atisara, if swayam pravrutta dosha (dosha eliminates by itself specially in amaatisara) is eliminating with difficulty then anulomaka drugs like abhaya should be administered.
- 5) Effect of virechana on manovaha sroto vikara:
In case of unmada and apasmara, when there is aggravation of pitta kapha dosha due to various

causative factors then virechana karma will help to alleviate the dosha.

❖ पित्तं वा कफपित्तं वा पित्ताशयगतं हरेत्। (Cha.Chi.3/171)

- 6) Virechana in amajanya vikara:
According to Bhela samhita, virechana is indicated in amajanya vikara. i.e. atisara, visuchika, pittaja shula etc.

Diseases	Virechana yoga
Vishama jwara	Virechaka dravya with ksheera and sarpi
Urdhvaha Raktapitta	Trivrut / abhaya / aragwadha / trayamana
Vataja gulma	Anulomaka dravya
Pittaja gulma	Sramsana dravya
Vyateeta kala grabha	Sneha virechana
Prameha	Danti leha, kalyanaka guda, haretaki yoga
Kushta	Trivrut, danti, triphala
Rajyakshma	Sramsana dravya
Shotha	Gomutra haritaki, kamsaharitaki, patolamuladi yoga
Pittodara	Trivrut kalka
Baddhodara	Teekshna dravya virechana
Arsha	Anulomaka dravya
Grahani	Erandataila / tilvaka ghruta
Pandu	Trivrut churna
Kamala	Dantyadi yoga/ swarnaksheeradi yoga / triphaladi yoga
Hikka & shwasa	Anulomaka dravya
Kasa	Trivrut
Pittaja chardi	Anulomana drugs
Madatyaya	Draksharasa
Vatarakta	Erandataila / haritaki / trivrut churna with ksheera
Amlapitta	Trivrut leha / avipattikara churna
Pittaja shula	Patola / ikshurasa
Amavata	Erandataila
Pittaja hudsonia	Draksha
Pittaja mutrakucchra	Snigdha virechana

**Indications of virechana:**

❖ शेषास्तु विरेच्याः; विशेषतस्तु कुष्ठ ज्वर मेहोर्ध्वरक्तपित्त भगन्दरोदरार्शो ब्रधन प्लीह गुल्मार्बुद गलगण्ड ग्रन्थि विसूचिकालसक मूत्राघात क्रिमिकोष्ठ विसर्प पाण्डुरोग शिरःपार्श्वशूलोदावर्त नेत्रास्यदाह हृद्रोग व्यङ्ग नीलिका नेत्रनासिकास्यस्रवण हलीमक श्वास कास कामलापच्यपस्मारोन्माद वातरक्त योनिरैतोदोष तैमिर्योचकाविपाक च्छर्दि श्लयधूदर विस्फोटकादयः पित्तव्याधयो विशेषेणमहारोगाध्यायोक्ताश्च; एतेषु हि विरेचनं प्रधानतममित्युक्तं अग्न्युपशमेऽग्निगृहवत्।

(Cha.Si.2/13)

❖ विरेच्यास्तु ज्वर गरारुच्यर्शोऽर्बुदोदर ग्रन्थि विद्वाधि पाण्डुरोगापस्मार हृद्रोग वातरक्त भगन्दर च्छर्दि योनिरोग विसर्प गुल्म पक्वाशयसुबिन्ध विसूचिकालसक मूत्राघात कुष्ठ विस्फोटक प्रमेहानाह प्लीह शोफ वृद्धि शस्त्रक्षतक्षाराग्निदग्ध दु व्रणाक्षिपाक काच तिमिराभिष्यन्द शिरःकर्णाक्षिनासास्यगुद मेहदाहोर्ध्वरक्तपित्त कृमिकोष्ठिनः पित्तस्थानजेष्वन्येषु च विकारेष्वन्ये च पैत्तिकव्याधिपरीता इति ॥ (Su.Chi.33/32)

- Kushta (skin diseases)
- Jwara (Fever)
- Meha (Obstinate urinary disorders, including diabetes mellitus)
- Urdhva-Raktapitta (Bleeding from upward tracts)
- Bhagandara (Fistula in ano)
- Udara roga (Obstinate abdominal diseases, including ascites)
- Arsha roga (Piles)
- Bradhna roga (Inguinal swelling)
- Pleeha roga (Splenomegaly)
- Gulma roga (Abdominal lump)
- Arbuda roga (Tumor)
- Galaganda (Goiter)
- Granthi roga (Lymphadenitis/cystic swellings)
- Visuchika roga (Cholera)
- Alasaka roga (Intestinal torpor)
- Mutraghata (Oliguria/Anuria)
- Krimikoshtha (Helminthiasis)
- Visarpa roga (Erysipelas)
- Pandu roga (Anemia)
- Sirah shula (Headache)
- Parshva shula (Pain in lateral sides of chest)

- Udavarta roga (Upward and oblique movement of vata in abdomen)
- Netra daaha (Burning sensation in the eyes)
- Aasya daaha (Burning sensation in the mouth)
- Hrudroga (Heart disease)
- Vyanga roga (Dark brownish patches over the face)
- Neelika roga (Bluish black moles)
- Netra sravana (Excessive discharge from the eyes)
- Naasika sravana (Excessive discharge from the nose)
- Aasya sravana (Excessive salivation)
- Haleemaka (A type of jaundice)
- Shwasa roga (Dyspnea)
- Kaasa roga (Cough)
- Kaamala (Jaundice)
- Apachi roga (Cervical adenitis)
- Apasmara roga (Epilepsy)
- Unmada roga (Psychotic disorders)
- Vatarakta (Gout)
- Yoni dosha (Abnormality in female genital tract)
- Retodosha (Semen abnormality)
- Timira (Cataract)
- Arochaka (Anorexia)
- Avipaka (Indigestion)
- Chardi (Vomiting)
- Shvayathu (Edema)
- Visphotaka (Pustular eruptions)
- Paittika type disorders mentioned in Maharoga Adhyaya of Charaka Samhita Sutra Sthana

As the extinguisher of fire normalizes a house on fire, similarly virechana karma cures the diseases by eliminating aggravated pitta. Hence, for above mentioned diseases virechana karma is the best line of treatment.

Indications of snigdha virechana and ruksha virechana:

- ❖ नातिस्निग्धशरीराय दद्यात् स्नेहविरेचनम्। स्नेहोत्क्लिष्टशरीराय रूक्षं दद्याद्विरेचनम्॥ (Cha.Si.6/9)
- If the person with atisnigdha lakshana (excessive snigdhatva) then ruksha virechana is administered.



NIRUHA BASTI

- Etymology
- Synonyms
- Definitions: Definition of asthapana, Definition of niruha
- Indications and Contraindications
- Niruha basti procedure
- Purvakarma
 - ◆ Sambhara sangraha
 - ◆ Contents and method of preparation of niruha basti dravya – basti melana vidhi, basti dravya matra, Utkarshana and apakasrhana of basti dravya.
 - ◆ Matra nirnaya according to age
 - ◆ Preparing the basti yantra by filling basti dravya in basti putaka
 - ◆ Selection of kala for asthapana basti (niruha basti prayoga kala)
 - ◆ Preparation of the patient – shodhana, food before the day of niruha basti
- Pradhana karma
 - ◆ Holding the basti yantra
 - ◆ Insertion of basti netra into guda
 - ◆ Administration of niruha basti dravya
 - ◆ Time taking for administration basti dravya
 - ◆ Complications due to wrong administration of basti netra and basti dravya
 - ◆ Basti pratyagamana kala
 - ◆ Retention of basti dravya depending on type of basti
 - ◆ Complications due to retention of basti dravya for longer time
 - ◆ Management in the absence of basti dravya nirgamana
 - ◆ Factors responsible for inhibiting the basti pratyagamana
 - ◆ Factors responsible for immediate evacuation of basti (sheeghraagamana of basti dravya)
- Paschat karma
- Samyak Yoga, Ayoga and Atiyoga of Niruha
- Complications of niruha basti and its management
- Pariharya vishaya of niruha basti
- Parihara kala
- Benefits of niruha basti



Pranidhana dosha	Meaning	Lakshana	Chikitsa
Netra vichalita	विचलितं विशेषेण कम्पितम् Shaking hands during basti administration	Guda kshata, ruja	Sadhya kshata kriya (treatments similar to that of fresh injury)
Vivartita netra	विवर्तितं प्रवि मेव मोदितम् Insertion of the netra not upto 1st karnika.	Guda kshata, ruja	Sadhya kshata kriya (treatments similar to that of fresh injury)
Parshva avapeedita netra	पार्श्ववपीडितं पार्श्वयोर्बामदक्षिणयोरवपीडनम् Pressed side wise.	Basti dravya will not be delivering from basti netra because of obstruction	Take out the netra and basti netra should be reinsert straightly.
Ati utkshipta netra	अत्युत्क्षिप्तम् अतिशयनोर्ध्वप्रेरितम् Administering basti by inserting netra in upward direction	Ruja in payu (pain in anal region)	Pittaghna kriya, sneha seka
Avasanna netra	अवसन्नम् अधोभागगतिकम् Administering basti by inserting netra in downward direction	Ruja in payu	Pittaghna kriya, sneha seka
Tiryakksipta netra	Administering basti by inserting netra in oblique direction	Basti dravya will not deliver from basti netra because of obstruction	Take out the netra and basti netra should be reinsert straightly.

Netra dosha: अतिस्थूलं, कर्कशम्, अवनतं, अणुभिन्नं, सन्निन्नकृष्ट विप्रकृष्टं कर्णिकं, सूक्ष्मातिच्छिद्रम्, अतिदीर्घम्, अतिह्रस्वम्, अस्मिदित्येकादश नेत्रदोषाः; (Su.Chi.35/32)

Netra dosha	Meaning	Complications	Prevention
Atisthula	Thick nozzle	Atigharshana, guda kshata, ruja	Sadyakshata chikitsa
Karkasha	Nozzle having rough surface	Atigharshana, guda kshata, ruja	Sadyakshata chikitsa
Avanata	Nozzle possessing depressions or cleavage.	Basti dravya will not deliver properly	Avoid such netra dosha
Anubhinna	Netra which having small pores in between.	Basti dravya will get waste by oozing out from pores	Avoid this netra dosha while selecting the netra.
Sannikrushta karnika	The distance between tip of the netra and 1st karnika will be small	Basti dravya will get waste by not reaching desired site	Avoid this netra dosha while selecting the netra
Viprakrushta karnika	प्रकृष्टकर्णिकं त्रयंगुलादूर्ध्वं चतुरङ्गुले सन्निवि कर्णिकम् The distance between tip of the netra and 1st karnika will be greater than 3 angula.	Gudamarma peedana, raktasrava	Pittaghna vidhi, picchabasti
Sukshma	सूक्ष्ममुखं Nozzle possessing narrow open at the end from where the basti dravya will be delivering.	Basti dravya will take more time to deliver into desired site.	Avoid this netra dosha while selecting the netra, picchabasti



Atichidra	बहुन्मुखमित्यर्थः Nozzle possessing wide open at the end from where the basti dravya will be delivering.	Basti dravya will get waste by expel out from large hole.	Avoid this netra dosha while selecting the netra.
Atideergha	Netra is too long than the desired length according to age.	Dravya moves in upward direction in mahasrotas and causes peedana	Galapeedadi chikitsa
Atihrusva	ह्रस्वे यथोचितप्रमाणहीने Netra is too small than the desired length according to age.	Basti dravya will get waste by not reaching desired site and causes diseases	Avoid this netra dosha while selecting the netra, picchabasti
Asrima	अस्त्रिमदिति अस्त्रिः कोटिः पालिरित्यर्थः, धारायुक्तमित्यन्ये। Having many angles	Atigharshana, guda kshata, ruja	Sadyakshata chikitsa

Basti dosha: बहलता, अल्पता, सच्छिद्रता, प्रस्तीर्णता, दुर्बद्धतेति पञ्च बस्तिदोषाः (Su.Chi.35/32)

Vyapath	Meaning	Effect	Prevention
Bahala	Large basti putaka which can accommodate large quantity of basti dravya	Basti dravya will get waste by oozing out from basti putaka because of excessive quantity.	Must avoid such type of basti putaka.
Alapa	small basti putaka which cannot able to accommodate specified quantity of basti dravya	Can accumulate small quantity of basti dravya which gives minimal effect.	
Chidra	Basti putaka is having holes.	Basti dravya will get waste by oozing out from hole.	
Prasteerna	प्रस्तीर्णता स्नायुजालवत्त्वम Basti putaka possess veins, muscles.	Basti dravya will get waste by oozing out.	
Durbaddha	Basti putaka is not tied properly with basti netra.	Basti dravya will get waste by oozing out because of improper tying.	

Peedana dosha: अतिपीडितता, शिथिलपीडितता, भूयो भूयो अवपीडनं, कालातिक्रम इति चत्वारः पीडनदोषाः; (Su.Chi.35/32)

Peedana dosha	Meaning	Complications	Chikitsa
Atipeedita	Bastiputaka is squeezed with excessive force.	Because of atipeedana, vata gets aggravate and it moves in upward direction which comes out through nose or mouth	Gala peedana Shaking the patient with holding hairs Teekshna virechana, teekshna shirovirechana, sheeta sechana with ksheera, yashti kashaya, ikshurasa, dhanyamla
Shithilapeedita	तत्रातिशिथिलपीडने सम्यक्पीडनकालस्येषदतिक्रमः Bastiputaka is squeezed with less force and time may cross more than 30 matrakala.	Basti dravya will not reach the pakwashaya hence, it will not give the desired effect.	Basti should be administered by assessing the avastha



KNOWLEDGE OF DIFFERENT TYPES OF BASTI

- Mrudu, madhyama and teekshna basti:
- Utkleshana basti, Doshahara basti, Samshamana basti
- Shodhana basti
- Lekhana basti
- Bruhmana basti
- Grahi basti
- Madhutailika Basti: Definition, Synonyms, Importance of madhutailika basti, Indications of madhutailika basti, Preparation of madhutailika basti, Panchamulika madhutailika basti, Madhutailika ksheera basti, Gokshuradi panchamula madhutailika basti
- Yuktaratha basti: Definition, Apathya, Example for yuktaratha basti
- Siddha basti: Definition, Example, yavakoladi siddha basti, Importance of siddhabasti, Pathya in siddhabasti
- Yapana Basti: Definition, Importance of yapana basti, Method of administration of yapana basti, Reason for not administering anuvasana basti in yapana basti schedule, Examples for yapana basti
- Mustadi yapana basti: Reason for non-elimination of yapana basti and its Management, Apathya during the course of Yapana Basti, Yapana basti atiyoga and management, Benefits of yapana basti
- Gudatailika basti: Indications, Benefits, Preparation of gudtailika basti, Examples for gudatailika basti:
- Erandamuladi Basti
- Piccha Basti: Definition, Synonym, Indication, Method of preparation
- Prasrutika basti
- Mutra basti
- Kshara basti: Dashamula kshara basti
- Ksheera basti: Definition, Type of basti, Indications of ksheera basti, Method of preparing ksheera in ksheera basti, Yashtimadhu ksheera basti, Ksheera basti in vatarakta
- Tiktaksheera basti: Indications, Action of tiktaksheera basti on asthidhatu
- Vaitarana basti: Types of vaitarana basti, Indications, Speciality of vaitarana basti
- Ardhamatrika basti: Speciality of ardhamatrika basti
- Rakta basti
- Vrushya basti
- Churna basti
- Manjishtadi niruha basti
- Sarvarogahara basti
- Chakshushya basti
- Basti according to dosha
- Takrabasti: Indications, Ingredients
- Pippalyadi anuvasana basti
- Madhuyashtyadi anuvasana basti
- Principle of selection of niruha basti in grudhrasi, amavata
- Principle of selection of anuvasana basti in katigraha



UTTARA BASTI

- Definition
- Indications and Contraindications
- Uttarabasti yantra: Basti putaka, Bastinetra
- Basti dravya
- Dose fixation
- Procedure of utara basti in male
- Method of administration in females: Administration of uttrabasti through vaginal tract and through urinary route
- Observations
- Complications and their management
- Measures to be taken in sneha apratyagamana
- Examples for uttarabasti yoga in different conditions
- Mode of action of uttarabasti

Definition:

- ❖ उत्तरमार्गदीयमानतया किं वा श्रेष्ठगुणतया उत्तरबस्ति।
(च.सि.९/१०)
- ❖ सनिरूढादुत्तरं उत्तरेण वा मार्गेण दीयते इति उत्तरबस्ति।
(अ.सं.सू.२०/९)
- ❖ उत्कृष्टावयवे दानात् बस्तिरुत्तरसंज्ञितः।
निरूहादुत्तरौ यस्मात् तस्मात् उत्तर संज्ञकः। (भावप्रकाश)
- ❖ पुमान् स्त्रीयेत्येकेशेषः गुदोत्तरेण मार्गेण दीयत इति उत्तरबस्तिः।
(अरुणदत्त, अ.ह.सू.१९/७०)
- Basti is administered through Uttara marga (urethral route / vaginal route) is known as utara basti.
- The word meaning of 'Uttara' gives the following meaning:
 - ♦ shreshta (superior)
 - ♦ later
 - ♦ subsequent part
- The uttarabasti is named because of following reasons:
 - ♦ Basti is administered after niruha basti
 - ♦ Basti is administered through utkrushta avayava
 - ♦ Basti is having shreshta guna (great benefits)

Indications:

- ❖ शुक्रं दुष्टं शोणितं चाङ्गनानां पुष्पोद्रेकं तस्य नाशं च कष्टम् ।
मूत्राघातान्मूत्रदोषान् प्रवृद्धान् योनिव्याधिं संस्थितिं चापरायाः ॥
शुक्रोत्सेकं शर्करामशमरीं च शूलं बस्तौ वंक्षणे मेहने च ।
घोरानन्यान् बस्तिजांश्चापि रोगान् हित्वा मेहानुत्तरो हन्ति बस्तिः ॥
(Su.Chi.37/125-126)
- ❖ बस्तिजेषु विकारेषु योनिविभ्रंशजेषु च ।
योनिशूलेषु तीव्रेषु योनिव्यापत्स्वसृग्दरे।
अप्रस्रवति मूत्रे च बिन्दुं बिन्दुं स्रवत्यपि ।
विदध्यादुत्तरं बस्तिं यथास्वौषधसंस्कृतम् । (Cha.Si.9/64-65)

Uttarabasti is administered in following conditions:

- Disorders of basti (Urinary bladder)
- Prolapse of uterus
- Severe pain related to uterus
- 20 diseases of yonivyapath
- Menorrhagia-metrorrhagia conditions
- Retention of urine
- Dribbling incontinence
- Shukra dushti
- Artava dushti



NASYA KARMA

- Introduction, Etymology of nasya, Definitions of nasya, Significance of nasya, Classification and subclassification of nasya, Nasya dravya, Indications and contraindications of nasya, Time of administration of nasya, Dose fixation of different types of nasya,
- **Marsha nasya: Purvakarma** → Sambhara sangraha, Selection of place for nasya karma, Preparation of medicine, Patient preparation (Shodhana, Uttamanaga snehana and swedana, Atura Pareeksha, Vegotsarga, Position of the patient), **Pradhana karma** → Proper administration of nasya dravya, **Paschat karma** → Swedana, Dhmapana, Gandusha, Bhojana, Wholesome regimen, Parihara vishaya, Duration of nasya, Complications and its management, Samyak yoga, Atiyoga, Ayoga of nasya
- **Pratimarsha nasya:** Indications, Contraindications, Pratimarsha nasya kala, Dose, Benefits of Pratimarsha nasya, Importance of medicated taila as pratimarsha nasya, Anutaila, Difference between marsha nasya and pratimarsha nasya
- **Navana nasya:** Definition, Indications of navana nasya, Indication of taila and sarpi nasya, Purpose of giving navana nasya, Age limitation for navana nasya, Types of navana nasya, Snehanasya matra
- **Avapeedana nasya:** Definition, Types, Dravya used for avapeedana nasya, Indications of avapeedana nasya, Dose of avapeedana nasya
- **Dhmapana nasya:** Definition, Synonyms, Indications of dhmapana nasya, Dhmapana nasya dravya, Procedure and dose of dhmapana nasya, Benefits of dhmapana nasya
- **Rechana nasya:** Definition, Synonym, Indications, Types of rechana nasya, Dravya used for rechana nasya, Dose of rechana nasya, Benefits of rechana nasya
- **Shamana nasya:** Definition, Indications, Shamana nasya dravya:
- **Bruhmana nasya:** Indications, Bruhmana nasya dravya
- **Dhuma nasya:** Types, Difference between dhumanasya and dhmapana
- Karshana nasya
- Examples for nasya yoga

Introduction:

- Systematic administration of drugs through nose especially diseases pertaining to uttamanga, to achieve desired multidimensional effects is called as nasya.
- The procedures and conducts explained for nasyakarma are of great importance in drug absorption and transportation. There is a definite effect of nasyakarma in diseases of central nervous system, mental and endocrinal disturbances.

Etymology of nasya

- ❖ नस्य- स्त्री - नासिकायै हितं तत्र भवो वा यत् नासादेशः, नासिका भवे तद्वित्ते च। (वाचस्पत्यम्)

The term 'nasya' is used with reference to the snuffing of medicated drugs or any medicine administered through nose or errhine.

The word Nasya is derived from 'Nasa' dhatu.

Definitions of nasya:

- ❖ नासायां भवं नस्यम्। (अरुणदत्त)
- ❖ नस्यं तत्कथ्यते धीरैः नासाग्राह्यं यदौषधम्। नावनं नस्यकर्मति तस्य नामद्वयं मतम्। (शा.उ.८/१)



RAKTAMOKSHANA

- **Introduction:** Definition of raktamokshana, Synonyms, Importance of raktamokshana
- **Rakta:** Formation of blood, Shuddharakta lakshana, Ashuddharakta lakshana, Importance of shuddharakta, Rakta sthana, Rakta guna, Panchamahabhoutikatwa of Rakta, Raktadushti nidana, Vishuddha rakta purusha lakshana.
- **General principles and Rules of raktamokshana**
- **Classification of raktamokshana**
- **General indications and contra indications of raktamokshana**
- **Shruna:** Meaning of shruna, Definition of shrunavacharana, Synonym for horn, Guna of horn of cow, Indication, Features and Measurements of shruna, Procedure (Purvakarma, Pradhana karma, Paschat karma)
- **Alabu:** Nirukti of alabu, Guna of alabu, Features and Measurements of alabu, Preparation of alabu for raktamokshana
- **Ghati yantra**
- **Procedure of application of Alabu and Ghati:** Purvakarma, Pradhana karma, Paschat karma
- **Cupping therapy:** Definition, Indications, Types
- **Jaloukavacharana:** Vytpatti of jalouka, Nirukti of jalouka, Synonyms of Jalouka, Types of jalouka, Savisha Jalouka, Savisha jalouka origin, Effect of savisha jolouka biting and chikitsa, Nirvisha jalouka, Habitat of nirvisha jalouka, Nirvisha jalouka origin
- Jalouka grahana kala and method, Preservation of jalouka, Unsuitable jalouka for therapy, Guna of jalouka, Jaloukavacharana [Purvakarma (Sambhara sangraha, Preparation of the patient, Preparation of jalouka) Pradhana karma, Paschat karma (Paschat karma for jalouka, Paschat karma for patient)]
- **Leech**
- **Suchi**
- **Pracchanna:** Definition, Synonym, Purvakarma, Pradhana karma, Paschat karma
- **Siravyadha:** Definition of siravyadha, Synonyms, Indications, Avasthanusara siravyadha, Contraindications, Indicated time, Contra indicated time, Procedure of siravyadha, Purvakarma (Sambhara sangraha, Preparation of the patient), Pradhana karma (Method of siravyadha in different sites, Shastra pranidhana pramana, Maximum quantity of Rakta removed in raktamokshana, Suviddha sira lakshana, Durviddha lakshana, Atividhha lakshana, Samyak yoga of siravyadha, Apravartana of rakta in siravyadha, Apravartamana rakta chikitsa, Atipravrutta rakta chikitsa, Shesha dosha chikitsa), Paschat karma, Parihara vishaya of siravyadha, Management of complications, 20 types of dushta vyadha, Importance of siravyadha, Area of effectiveness of raktamokshana
- **Phlebotomy:** Required materials, Procedure
- **Knowledge of emergency management** of complications such as water & electrolyte imbalance, shock, bleeding per rectal, hematemesi, epistaxis.