

Panchakarma Pradeepika



(A Comprehensive note on Panchakarma Tattva)

2nd Edition

Dr. Snehali Gaonkar

[B.A.M.S, M.D (Panchakarma)]



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FOREWORD

Ayurveda is an ever-applicable science due to its strong principles focusing on nature and human being inter-relation. Its sole interest is towards attaining healthy society and maintaining individual's health not only physically even psychologically also which is need of the hour.

Ayurveda presents various approaches for maintaining health and also treating clinical entities depending on need. Panchakarma is a procedure based scientific approach to influence internal environment methodically. It always tries to maintain anatomical and physiological integrity in healthy individual. It supports body to maintain harmony of doshas by expelling vitiated aspects. It corrects metabolism, strengthens various systems and also helps to reverse the pathology by cellular detoxification which intern brings rejuvenation and immunomodulatory outcome.



Even though panchakarma recognised globally as bio-purification or cellular detoxification but the efficacy of shodhana is more than all above aspects. The knowledge of Panchakarma is documented by various ancient texts of Ayurveda in principled way. It is highly appreciable that many young authors attempted to reach Ayurvedic fraternity. The torchbearers of Ayurveda have to be guided and trained by transforming knowledge in easily understanding and applicable way.

The book Panchakarma Pradeepika presents contents of subjects systematically and methodologically in detail which will guide the learner significantly. The effort of author is highly appreciable for narrating each unit of text with classical aspects including commentaries, analytical explanation and scientific reasoning.

The text is revised (2nd edition) and is formed according to dynamic competent new NCISM syllabus which help to understand the subject rationally and also guide readers to practice Panchakarma justifiable way. It begins with detailed description of introduction part which will bring the clarity of the subject and clarifies the confusions of young mind. It includes dose, measurements, indications, contraindications and also applied aspects. It documents mode of action of procedures both Ayurveda and contemporary aspect.

The highlight of the text is it includes raktamokshana chapter which is beneficial to students in guiding about the subject and kriyakalpa is included in the interest of the students which is related to shalakya for the better understanding. This text is presenting probable questions of each chapters which will help the students to prepare for the examinations easily and guide to remember the subject.

Its proud privilege to write few lines about the text Panchakarma Pradeepika of hard-working student. I convey my best wishes to Dr. Snehali Gaonkar for her sincere effort in contributing to Panchakarma by bringing the revised edition of text Panchakarma Pradeepika.

All the best.

Dr. Jairaj P. Basarigidad

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FOREWORD

The book title 'Panchakarma Pradeepika' is a book of vital importance to the whole of Ayurveda fraternity especially to the final year students and to the Post Graduation students of Panchakarma and Kayachikitsa. As Ayurveda is gaining global importance in the current situation, this book issued again importance amongst all the people having inquest towards Ayurveda. Wishing my friend Dr. Snehali Gaonkar all the best for her endeavour.



Dr. C. A. Kishore

President, India Ayurveda Foundation and
Medical Director Hospitals Banglore
Member, Kannada Development Authority,
Govt. of Karnataka

PREFACE

ॐ नमो भगवते महासुदर्शनाय वासुदेवाय धन्वन्तरायेः ।
अमृतकलश हस्ताय सर्व भयविनाशाय सर्व रोगनिवारणाय ।
त्रिलोकपथाय त्रिलोकनाथाय श्री महाविष्णुस्वरूप ।
श्रीधनवन्तरी स्वरूप श्री श्री श्री औषधचक्र नारायणाय नमः ।

I bow down to Lord Dhanvantri, the Lord with four hands carrying a conch, leech and a pot of nectar. His divine play destroys all diseases like a blazing forest fire.

All human beings are designed to follow the laws of nature. Foremost thing is our body follows the 24-hour a day, moving from morning to afternoon to evening to night, with the sun and the moon (ushna and sheeta tattva). We also have the Paksha, Masa, Ayana, Samvatsara which governs the status of dosha. We should pay attention to notice how our bodies respond to the various cycles of day and night, the seasons etc. Doshas, their equilibrium and imbalance may occur in all these situations. Hence, to maintain its equilibrium, prevent and cure the imbalance state of doshas we require authentic science of life i.e. Ayurveda. Just think...! Dirt over the external surface of the body can easily be removed by the wash; but, what if it is strongly attached to the internal channels of the body..? Then it requires special skills like Shodhana to get rid from the disease causing morbid matters. Ashtanga Ayurveda includes Panchakarma therapies as well as the other supporting therapies to prevent and cure the diseases. This book also highlights the principles of panchakarma with their probable correlations.

'Panchakarma Pradeepika' book comprises 11 units; deals withamentals of panchakarma, Snehana, Swedana, Special procedures, Physiotherapy, Vamana, Virechana, Basti, Nasya, Emergency management and research updates in panchakarma and Raktamokshana. The principles of panchakarma explained in this book are the foundation to enlighten the knowledge of panchakarma. The principles and informations are gathered from various classical texts like Bruhatrai, Laghutrayi, Nighantu, Shabdhakosha etc; the recent advancements are updated from authentic journals, books, websites etc., which are enlisted at the end.

I am passionate about ayurveda specially in the branch of panchakarma as it is the unique section of ayurveda. Passion is the powerful energy that keeps me going in this path enthusiastically ever since the 1st phase of my B.A.M.S. Principles of panchakarma are scattered in the samhita and in other classical texts. The main inspiration to write this book is to compile all this scattered matters under the one roof. It took me three years to finish the first draft of this book. This comprehensive note on panchakarma will be beneficial to the B.A.M.S students in addition to Post graduate aspiring students.

I wouldn't be writing this book without the love and support of Mr. Harsha Hegde and master Pratyush Hegde and Mis. Pranjali Hegde. Big love to you for your faith in me. A huge thanks to Mr. G.S. Gaonkar, Mr. Sharat Kumar and Smt. Shruti for making my book a visual feast and for keeping things real. To my phenomenal family and friends - you are the core of everything I do. Thank you to my beautiful mother (Saraswati), father (Ganapati), father-in-law (Gurupad), mother-in-law (Tarabai) for supporting my every dream. I whole heartedly thank Dr. Shrikant bhat for the initiating me to write this book as well as clearing the doubts about samskruta words. My heartfelt thanks to Dr. Jairaj P. Basarigidad and Dr. C.A. Kishore for valuable foreword. I thank Dr. Divya.K, Dr. Chaitralakshmi and Dr. Laxmi Bidari for standing with me through each and every difficulties while writing this book. Thanks to D.G.M Ayurveda Medical College Gadag and Dhanvantari Ayurveda College Siddapur for photo courtesy. I am thankful to my friends Dr. Brinda, Dr. Shruti, Dr. Abhijna, DR. Swati and Dr. Sneharoopa for the memories we have made together while studying. A big gratitude to Mr. M.S. Hegde and team (EMMESS Medical Publishers) for beautifully designing this book. Finally I am so grateful to all teachers those who have taught me curriculum and more than that life lessons that I will carry in my heart forever.

Dr. Snehali Gaonkar



Dedication



*This book is dedicated to my parents
Mr. Ganapathi Gaonkar and Smt. Saraswati Bhat,
those who showed 'Dedication' and 'Hard work'
are the path for success.*

ABBREVIATIONS

A. H. Su / अ.ह.सू = Ashtanga Hrudaya Sutra sthana
A.H. Ka = Ashtanga hrudaya Kalpa sthana
A.H.U / अ.सं.उ = Ashtanga Hrudaya Uttarantra
A.S. Su = Ashtanga Sangraha Sutra sthana
Bha.Pra. / भा.प्र = Bhavaprakasha
Bhe. Si. / भे.सि. = Bhela Samhita siddhi sthana
Bhe. Su. / भे.सू = Bhela Samhita Sutrasthana
Cha. Ka / च.क = Charaka Samhita Kalpa sthana
Cha. Sha. / च.शा = Charaka Samhita Shareera sthana
Cha. Si. = Charaka Samhita Siddhi sthana
Cha. Su / च.सू = Charaka Samhita Sutra sthana
Cha. Vi = Charaka Samhita Vimana sthana
Ha. S / हा.सं = Harita Samhita
Ka. Si / का.सि = Kashyapa Samhita siddhi sthana
Ka.Ka / क.का. = Kalyanakarika
Ka.Khi = Kashyapa Samhita Khila sthana
Ka.Su / का.सू = Kashyapa Samhita Sutrasthana

M.W. Dictionary = Monier- Williams Dictionary
Sha. M. / शा.सं.म = Sharangadhara Samhita
Madhyamakhandā
Sha. Pu. = Sharangadhara Samhita Purvakhandā
Sha. U = Sharangadhara Samhita Uttarakhandā
Sha.Ka.Dru / श.क.द्रु = Shabdha Kalpa Dhurma
Su. Chi. / सु.चि. = Sushruta Samhita Chikitsa sthana
Su. Ka. = Sushruta Samhita Kalpa sthana
Su. Ni = Sushruta Samhita Nidana sthana
Su. Sha. / सु.शा. = Sushruta Samhita Sharira sthana
Su. Su / सु.सू = Sushruta Samhita Sutra sthana
Su. U = Sushruta Samhita Uttara tantra
V. S / वं.सं = Vangasena Samhita
Y.R./ यो.र. = Yogaratnakara
आ.श.को = Ayurveda shabdha kosha
के.पं.चि.वि = Keraleeya Panchakarma Chikitsa
Vijnanam

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