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# Importance of *Samsarjana Karma*

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## ABSTRACT

*Panchakarma* are unique procedures, with help of these procedures one can cure patient as well as help individual to maintain his health. So for proper manifestation of these *Karma* one should follow all the instruction mention by *Acharya*. *Paschata Karma* of *Panchakarma* is as important as *Pradhana Karma* because if *Paschata Karma*, particular *Samsarjana Karma*, is not done properly patient cannot recover his health properly and his *Agni* gets disturbed. Here *Krutanna Kalpana* like *Peya*, *Vilepi*, *Yusha*, *Mamsa Rasa* etc. play important role to restore patient health and increase the *Agni*. Here an attempt has been made to explain the importance of *Samsarjana Karma*.

**Key words:** *Krutanna Kalpana*, *Panchakarma*, *Paschatkarma*, *Samsarjana Karma*.

## INTRODUCTION

In the processes of the treatment, particular in *Panchakarma*, physician must consider pre and post procedure as important as the procedure, because without proper *Poorva Karma* (pre procedure) *Panchakarma* cannot manifest properly and without *Paschata Karma* (post procedure) the action of *Karma* and benefits of *Karma* cannot sustain or mutilation in *Paschata Karma* complications may occurs. After the *Samshodhana Karma* physician should protect patients as a freshly hatch egg, as a brimful oil -pot and as the cattle are protected by the cowherd with staff in his hand.<sup>[1]</sup>

*Vamana* and *Virechana* are major *Samshodhana Karma*.<sup>[2]</sup> After the *Samshodhana Karma* patient

becomes intolerant to adverse situation due to *Agni Mandata* (subdued) and *Shunyasharira*.<sup>[3]</sup> Patient should be carefully protected from the unwholesome (diet, regimen, etc.) factors and he must follow the particular diet pattern by which his *Agni* grow strong and stable, and become capable of digesting all type of food articles.<sup>[4]</sup> These diets are *Krutanna* like *Peya*, *Vilepi*, *Yusha*, *Mamsa Rasa* etc.<sup>[5]</sup> Duration of diet control depends on type of *Shuddhi*, particularly *Vegiki* and *Maniki*. But the sequence of diet are same for all type of *Shuddhi* except *Kapha* and *Pitta* are cleansed on partially, patient who is addicted to alcohol and patient of *Vata - Pitta Prkruti*, these patients should given *Tarpanadi Karma* rather than *Peyadi Karma* in *Samsarjana Karma*.<sup>[6]</sup>

## MATERIALS AND METHODS

For *Pravara shudhi* diet pattern of *Krutanna* are as follow;

Day	Cha. Su. 15/16		Cha. Si. 1/11	
	Morning	Evening	Morning	Evening
1	--	<i>Manda</i> with <i>Yavagu</i>	--	<i>Peya</i>
2	<i>Manda</i> with <i>Yavagu</i>	<i>Manda</i> with <i>Yavagu</i>	<i>Peya</i>	<i>Peya</i>

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3	Vilepi (without/mild sneha and lavana)	Vilepi (without/mild sneha and lavana)	Vilepi	Vilepi
4	Vilepi (without/mild sneha and lavana)	Audana with Yusha (mild sneha lavana)	Vilepi	Akruta - Yusha
5	Audana with Yusha (mild sneha lavana)	Audana with Yusha (mild sneha lavana)	Kruta - Yusha	Kruta - Yusha
6	Mamsa Rasa	Mamsa Rasa	Akruta - Mamsa Rasa	Kruta - Mamsa Rasa
7	Mamsa Rasa	Normal Diet	Kruta - Mamsa Rasa	Normal Diet

Here, in *Pradhana Shuddhi*, *Krutanna Kalpana* is given for duration of three *Anna kala* but in *Madhyama* and *Avara Shuddhi* it should be two and one *Anna Kala* respectively.<sup>[7]</sup>

#### Methods for preparation of *Krutanna Kalpana*

	<i>Manda</i>	<i>Yavagu</i>	<i>Peya</i>	<i>Vilepi</i>	<i>Yusha</i>	<i>Mamsa Rasa</i>
Prepared from	Rice	Rice	Rice	Rice	Pulses	Meat
Water ratio <sup>[8]</sup>	1:14	1:6	1:14	1:4	1:18	1:2/4
Character <sup>[9]</sup>	Without scum (gruel)	Distinct liquid	Liquid gruel	Paste of grain	Semisolid	Liquid

- **Manda** - 1 part rice and 14 part water was cooked properly and liquid portion (without solid portion).<sup>[10]</sup>

- **Peya** - 1-part rice and 14-part water was cooked properly which is liquid gruel (with less solid portion).<sup>[10]</sup>
- **Vilepi** - 1 part rice and 4 part water was cooked properly till rice is completely soft.<sup>[8]</sup>
- **Yusha** - 1 part green gram and 18 part water was cooked and used it.<sup>[8]</sup>
- **Mamsa Rasa** - A juice or soup prepared by boiling the chopped meat with appropriate quantity of water.
  - *Akruta Yush / Mamsa Rasa – Yusha / Mamsa Rasa* without salt and *Sneha* called as *Akruta Yusha / Mamsaras*.
  - *Kruta Yush / Mamsa Rasa* - When some salt and *Sneha* is added called as *Kruta Yusha / Mamsa rasa*.<sup>[10]</sup>
- **Saktu** - fine powder of roasted *Yava* (barly), *Godhuma* (wheat), *Tandula* (rice) and *Laja* (parched rice).<sup>[11]</sup>

#### DISCUSSION

##### Why *Ahara Kalpana* for *Agni Sandhukshanartha* (for increasing *Agni*)?

*Aushadhi* (Medicine) or *Ahara* (Diet) are the two options for the increase the *Agni* of patient. But due to *Samshodhana Karma* patient becomes *Shunyadeham Pratikarashishnu*<sup>[15]</sup> intolerance to adverse situation, so the patient may not be able to bear the *Veerya* of medicine. That's why *Acharya* has advised to use *Krutanna Kalpana* like *Peya*, *Vilepi*, *Yusha*, *Mamsa Rasa* etc. because they are manifest their work by *Rasa*.<sup>[11]</sup>

##### When to start *Samsarjana Krama*?

*Samsarjana Krama* should be started from the evening of day on which *Vamana / Virechana Karma* has done. After *Vamana Karma* one should do *Langhana* for the digestion of residual medicine and *Dosha*. *Samsarjana Krama* should be started after the appearing of *Samyak Jeerna Lakshana*.<sup>[12]</sup>

##### Why starts with *Peya*?

*Acharya Charaka* mentioned that *Vamite Vardhate Vahani* (increasing of *Agni* after *Vamana Karma*)<sup>[13]</sup> and he also opined that *Agni* gets subdued due to

*Samshodana*.<sup>[14]</sup> In the practice, it seems that patient's *Abhyavaharana Shakti* is intact or may be increased but *Jarana Shakti* is defiantly decreased. So it can be said that after *Shodhana Karma* (*Vamana / Virechana*) patient feels hungry but he is not able to digest the any type of food articles. So the physician has to give such thing which will help patient to satisfy his hunger and help to increase the *Agni*. In this condition *Peya* is the choice of *Krutanna Kalpna*, because it will allays hunger, thirst and increases the *Agni*.<sup>[15]</sup>

#### Why follow the particular *Krama*?

*Vamana* and *Virechana* are exhausting *Karma* and *Acharya* has mentioned that *Daurbalya*, *Glani* are the symptoms if the *Karma* is done properly.<sup>[16]</sup> So energy supplements should be given immediately after *Karma* (*Vamana / Virechana*) with the concern of *Agni*. Carbohydrate supplements of *Peya* will give the patient instant energy and also help to increase subdued *Agni*. After the increase the power and stability of *Agni*, give heavier digestible diet. So, *Yusha* (protein supplement) and *Mamsa Rasa* (Fat supplement) are mentioned in sequence after administration of *Peya*.

#### Duration of *Kruta* and *Akruta Yusha* and *Mamsa Rasa*?

*Kruta / Akruta Yusha* or *Mamsa Rasa* should be given combine for three consecutive *Anna Kala* for *Pravar Shuddhi* rather than separate *Kruta* and *Akruta Yusha* or *Mamsa Rasa*. Because if one will give *Kruta* and *Akruta Yusha* or *Mamsa Rasa* separately for three consecutive *Anna Kala* for *Pravar Shuddhi*, *Basti / Sneha Paan* cannot be started on the 9<sup>th</sup> day after *Vamana / Virechana* due the longer duration of *Samsarjana Krama*.<sup>[17]</sup>

#### Diet pattern in *Sutrasthana* and *Siddhisthana*

Diet pattern of *Samsarjana Krama* are same in *Sutra Sthana* and *Siddhi Sthana* on the basis of supplement which are given in *Krutanna* form like Carbohydrate from *Peya - Yavagu - Manda* and *Vilepi*, Protein from *Yusha* and Fat from *Mamsa Rasa*.

#### Contraindication of *Peyadi Krama*

If *Kapha* and *Pitta* are cleansed on partially, patient is addicted to alcohol and *Vata - Pitta Prakruti*, he

should be given *Tarpanadi Krama* rather than *Peyadi Krama* in *Samsarjana Krama* because *Peya* produces *Abhishyandata*. In such type of patient, *Laja Saktu* should be given instead of *Peya* and rest of sequence is same as *Peyadi Krama*.<sup>[18]</sup>

#### CONCLUSION

*Krutanna Kalpana* of *Samsarjana Krama* helps to restore health after *Samshodhana Karma*. *Peya*, *Vilepi*, *Yusha*, *Mamsa Rasa* etc. Sequence of *Peyadi* must be followed after *Shodhana Karma*. These *Krutanna Kalpana* helps in satisfying the hunger soon after the *Shodhana Karma* and gradually increases the *Agni*. This could have been achieved by medicine also, but *krutanna Kalpana* is the preference because it acts by its *Rasa* not by *Veerya*.

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