

CLINICAL SIGNIFICANCE OF PANCHKARMA W.S.R. TO THE MANASA VIKARA: A REVIEW

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REVIEW ARTICLE

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ABSTRACT

Anciently Indian system of medicine describes two types of diseases *sharirik* and *manasika* according to the location and *doshik* involvement. Literature reveals that mental disorders (*manasa vikara*) possess significant relation with the body. The *manasa vikara* are due to the impairment of common mental functions; *alpa stwa*, vitiation of *sharirik* and *manas dhosas* and vitiation of *manovah srotas*. *Mans vikara* may also resulted from emotional disturbance due to derangement of *rajo* and *tamo dhosa*. Ancient observation of medical practice emphasizes significant role of purification/*shodhna* therapy in *manasa vikara*; this article summarizes role of purification/*shodhna* therapy such as; *Panchacarma* in the management of mental disorders.

Keywords: *Panchacarma, Chittavasada, Anidra, Apasmara & ADHD.*

INTRODUCTION

The common mental diseases are *unmad*, *apasmara*, *atatvaabhinivesh* and *madatyia*, etc. The treatment approaches described by ayurveda involves *daiva vyapashraya*, *satwa vajay* therapy, *yukti vyapashraya chikitsa* which include drugs, diet and counseling, beside this ayurveda also described *Panchakarma* therapy for the treatment of mental disorders, in this way *panchakarma* utilizes for *samshodhana* (purification) i.e. elimination of vitiated *dosha*. It also includes *purvakarma* of *panchkarma* i.e. *snehana* (oleation) and *swedana* drugs (sudation). Literature proves that *panchkarma* offers significant relief in mental disorders if used along with *aushadha* and proper diet regimen. Literature proved efficacy of *Panchacarma* in disease like; *Chittavasada*, *anidra*, *Apasmara* and *ADHD*. (1, 2)

PANCHKARMA FOR DEPRESSION

Depression (*Chittavasada*) is one of the common disorder belongs from psychiatric categories. The treatment of depression needed early diagnosis and conditions may become worse if

undiagnosed & treated inadequately. Ayurveda has mentioned some therapeutic approaches for diseases which are symptomatically similar to *Chittavasada*. Ayurveda mentioned following approaches for *Chittavasada*:

- *Daivavyapashraya*
- *Yuktivyapashraya*
- *Sattvavajaya chikitsa*.

Traditional text also emphasized importance of purification (*shodhana*) in *Chittavasada* which involves utilization of *Panchacarma* therapy by various means;

Antarparimarjana:

It includes process of internal purification

Samshodhana:

Elimination of vitiated *Doshas* by *Panchacarma* therapy

Bahiraparimarjana:

It is a process of external purification; *purvakarma* of *panchakarma* i.e. *Snehan* (oleation) & *Swedana* (sudation). Medicated oil

is used for external application with heat application.

Study proved the efficacy of *Panchacarma* therapy in depression since it offers beneficial effects like; body relaxation, calming effect on mind and body, it also helps in removing accumulated toxins and improve circulations. *Panchacarma* therapies along with herbs possess significant improvement in depression. (3)

PANCHKARMA FOR INSOMNIA

As per ayurveda *aahara*, *nidra* and *brahmacharya* are the three important sub-pillars of life. *Nidra* one of the sub-pillar play important role towards the normal health. Insomnia (*anidra*) is pathological condition associated with loss of sleep due to the stress and other mental problem. In *anidra* there is aggravation of *vata pitta* and *rajasik guna vruddhi* with *shleshma* and *tama kshaya*. Ayurveda mentioned various therapeutic approaches for the treatment of insomnia; *Panchkarma* one of them. Literature reveals utilization of *panchkarma* in insomnia which is as follows:

- *Sarvang Snehan* with *tila taila*
- *Sarvang Swedan* (*bashpa sweda*) with *Dashmula kwath*
- *Shirodhara* with *tila taila*

The therapy helps to mitigates *vata*, promotes sleep, improvement in respiratory passage and circulation. Mental fatigue is removed and one feels fresh and healthy. The relief in insomnia may also be due to the reduction in stress & calming effect of therapy. (4) *Panchkarma* therapy eliminates toxins and control *dosha*; thus improve digestion and these all effect together balance mental strength which reduces sleeplessness.

PANCHKARMA FOR EPILEPTIC DISORDERS (APASMARA)

Apasmara deals means convulsive disorder and affects large number of population. Ancient science of medicine described various approaches of treatment including *sanshodhan chikitsa* which helps to remove etiological factors;

- *Sanshodhan chikitsa* utilizes unique methodology of *panchkarma* therapy such as; *virechana* in *pittaja apasmara*
- *Vamana* in *kaphaja apasmara*.

These approaches of *panchakarma* eliminate vitiated *dosas* and removes noxious toxins from body which boost internal circulation and thus potentiate effect of herbal therapy used in *Apasmara*. (5) *Panchakarma* also offers effect like maintenance of body tonicity along with strengthening of muscles; these all effect offers great symptomatic reliefs in *apasmara*.

PANCHKARMA FOR ATTENTION DEFICIT HYPERACTIVITY DISORDER (ADHD)

Attention Deficit Hyperactivity Disorder (ADHD) is common neurological disorders affects the focusing, behaviour and activity controlling abilities. As per ayurveda disease arises due to the increased *vata* and imbalance of *prajya*. Research suggests that the relaxation and concentration improving therapy such as; *panchakarma* along with *vedic* chant recitation (music therapy) may offer significant relief in ADHD.

Utilization of Panchkarma in ADHD

- *Abhyanga*: *Abhyanga* involves massaging the whole body with warm medicated oils. This therapy helps in pacification of *vata* which is considered responsible factor for ADHD. It also amplified *vagal* tones (improve parasympathetic activity) which improve attentiveness and relaxation.
- *Murdha Taila / Sira Tarpana*: *Murdha Taila* or application of oil to the head is a procedure of extra-cranial drug administration through oleation. It involves;
 - *Shirodhara*
 - *Shiropichu*
 - *Shiro-abhyanga*
 - *ShiroBasti*

These all approaches utilize application of medicated oil on the head followed by slight massage. *sira tarpana* pacify *vata* and offers *indriya-prasadana* (strengthening of sense organs) and thus possess relief in impulsive behavior, the improvement in overall mental functions also observed due to the increased

cerebral blood flow. Study proved that *shirodhara* helped in decreasing the auditory and visual reaction time and increasing the

attention span. These all procedures also improve alertness and possess calmness. (6)

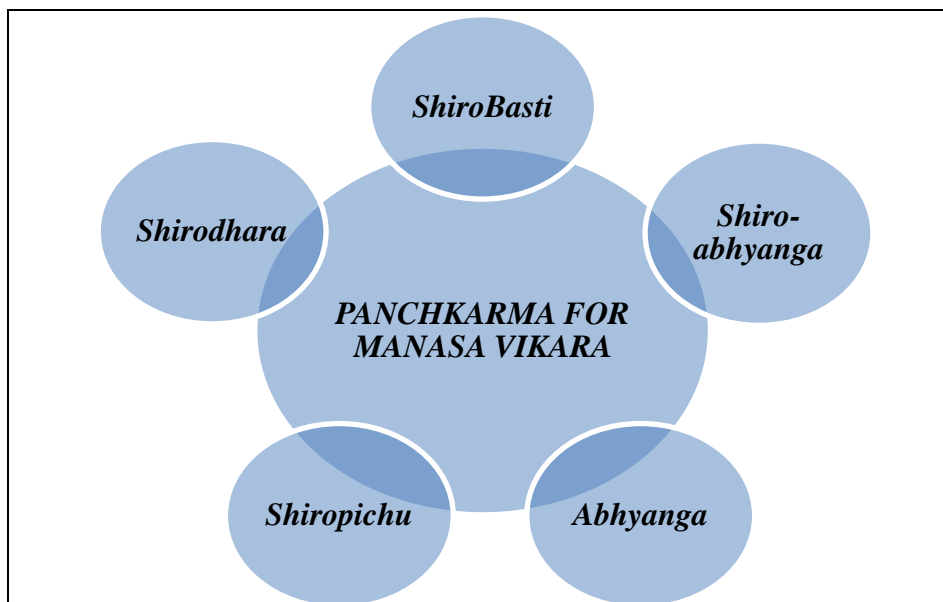


Figure 1: Panchkarma for Manasa Vikara

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CONFLICTS OF INTEREST

The author declares that there are no conflicts of interest.

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