

Panchkarma and its Modality towards the Management of Pain and Related Disorders

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REVIEW ARTICLE

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ABSTRACT

Ayurveda the science of healing and health restoration encompasses various therapeutic modalities for the treatment of disease and health management, Panchkarma is one such approach of Ayurveda that provides health benefits in many ailments including joint pain. The incidences of pain related diseases increases now a days due to the disturbed pattern of daily regimen and sedentary life style thus it is prerequisite to explore an approach that offers beneficial effects in these conditions without severe side effects and Panchkarma can provide therapeutic response in conditions like; osteoarthritis, sports injuries, rheumatoid arthritis, spondylosis, sciatica, myalgia, muscle cramps, sprain and low back ache, etc. Present article summarizes health benefits of Panchkarma in conditions related to pain or joint pain.

Keywords: Ayurveda, Pain, Joint Pain, Panchkarma, Basti.

1. Introduction

Pain or joint pain is mainly associated with aging or diseased conditions. As per Ayurveda the accumulation of toxin can trigger pathogenesis of pain. The accumulation of toxins causes imbalance of *Doshas* and diminish state of *Dhatu* thus induces cascade of inflammation that ultimately leads pain/ joints pain. The conditions associated with loss of flexibility, tenderness, weakness, swelling and restriction in movement. Therefore uses of purification measure recommended to alleviate root cause of pain, these *Shodhna* techniques not only removes toxins from body but also imparts soothing effects thus relieve pain sensation. *Panchkarma* is one of that modality which offers beneficial effects in conditions related to pain. (1-5)

Panchkarma is Ayurveda technique that detoxifies mind and body, it improves immune system, balances *Doshas*, improves metabolism, nourishes body and improves

internal strength. *Vamana Karma Virechana Karma Basti karma Nasya Karma and Rakta Mokshana* are major actions of *Panchkarma*. Generally *Panchkarma* performed in three stages *Purva Karma, Pradhan Karma* and *Paschat Karma*. The *Purva Karma* mainly aims to prepare patient for main procedure using techniques like; oleation and *Swedana*. The *Pradhan Karma* involves conduction of main procedure, specific procedure out of five utilizes for particular therapeutic responses. Finally *Paschat Karma* performed for relaxation purpose. The *Paschat Karma* involves advises related to diet and daily living pattern in order to acquire maximum health benefits of therapy. (4-7)

Panchkarma not only relive pain but also help in stiffness, swelling and tenderness. The *Panchkarma* promote strength, enhance circulation, boost mobility and imparts calming effects thus help in the management of joint pain. The Ayurveda modality *Panchkarma* utilizes different technique for

relieving pain such as; *Swedana*, *Basti*, *Shirodhara* and *Nasya Karma*, etc. *Panchkarma* cleans toxins and clear blockages thus improve overall digestive and circulatory system of body that enhances nutritional supply and regularization of

metabolic activities. *Panchkarma* maintain flow of *Vatta Dosha* thus reduces pain related to vitiated *Vata* i.e; arthritis. **Figure 1** depicted symptom related to pain disorders that can be alleviated by *Panchkarma*. (6-10)

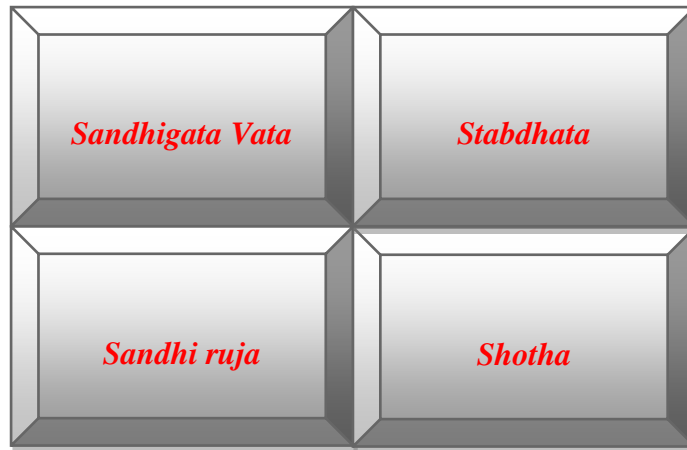


Figure 1. Common symptoms associated with pain and inflammation

2. General health benefits of *Panchakarma*

- Eliminate toxins from body
- Strengthen immune system
- Maintain constitutional balances of body
- Imparts mental and physical calmness thus relieve stress
- Boosts strength, vitality and delay aging process
- Improves circulation by opening minute channels
- Improves metabolic and digestive activities
- Regularizes hormonal and nutritional supply

***Basti* in pain**

Basti improves *Vatta Dosha* circulation in body thereby reduces joint pain associated with *Vata* aggravation.

***Abhyanga* in pain**

Abhyanga pacifies *Vata*, nourishes body, reduces stress and provide calming effects thus helps to relieve. It offers beneficial effects in case of conditions like; spondylitis, arthritis and muscle cramps etc.

***Swedana* in pain**

It softens the muscles, relaxes tissues and dilates vessels for circulation thus helps to relieve pain. *Swedana* opens pores, strengthens spine, reduces swelling & stiffness and relieve general symptoms of inflammation or pain.

***Kati Vasti* in pain:**

The therapy involves use of warm oils over the lower back or spine parts of body for some period of time that helps to relieve lower back pain. The therapy alleviates numbness associated with nerve compression; *Kati Vasti* strengthens muscles thus help to main integrity of spine and bony tissues. It helps in spinal disorders, stiffness, spinal disc problems, spondylosis, sciatica and backache. The therapy increases circulation, strengthens the joints, nourishes nerves and imparts soothing effects thus helps in the management of back pain and spinal problem. After the conduction of therapy patient is suggested to avoid bending or lifting.

***Janu Basti* in pain**

Janu means “knee”, thus *Basti* around *Janu* is called *Janu basti* that offers lubrication to the joints reduces stiffening and rejuvenated synovial fluid. It relieves knee joints pain, prevents degenerative pathogenesis and strengthen knee. It helps in the treatment of osteoarthritis and patellar tendinitis. *Janu basti*

strengthen knee muscles and knee joints thus rejuvenate functioning of knee. It pacify aggravated *Vatta* thus offers beneficial effects in chronic pain, knee sprain and bursitis.

Greeva Basti in pain

Greeva Basti means use of *Basti Karma* around neck region to relief pain from neck area. The therapy utilizes bathing of neck area with medicated oil that offers beneficial effects in cervical spondylosis, muscular strain, stiff neck and movement restriction. Therapy reduces swelling, tenderness and loosen the muscles thus enhances flexibility that restore free movement. The circulation enhanced around affected area leading to empowerment of natural healing process to relief symptoms of injury.

Shirodhara in pain

Shirodhara means streaming of oil through the head, the warm herbal medicated oil poured as stream over the forehead where nerves supply are highly concentrated. The oil pressure creates vibration over forehead and penetrates into the nervous system. The oil stimulates hypothalamus and pituitary gland thus induces sleep, calmness and relaxes mind along with nerves tissue. The oils causes vasodilatation, open up channels and improve brain blood circulation thus reduces stress hormone level and relieve pain sensation.

Virechana in pain

Virechana means use of purgatives that primarily helps in *Vatarakta* and other *Vata Dosh*, it cleans body from toxins. The *Tikshna*, *Ushna* and *Sukshma Guna* of *Virechana* drugs by virtue of their potency circulate throughout the body. It liquefies morbid *Dosh*s and expelled them out through anal route. It control *Srotorodha*, normalizes *Pratiloma Gati* of *Vata* and enhances circulatory process thus helps in diseases related to aggravated *Vata* like; arthritis.

Navan Nasya in pain

Navan Nasya is *Sneha Nasya* in which *Sneha* or medicated *Sneha* is used generally. It is two types depending upon the quantity of *Sneha dravya*; *Marsha* & *Pratimarsha Nasya*. The procedure involves administration of drugs into nostrils through dropper when

patient sleep in supine position, head should be bent backward with 45 degree angle. *Gandush* (gargling) can be used to remove medicine that reaches throat. It offers relief in pain associated with *Vata Kapha* dominance. This *Nasya* is gateway of *Shira* therefore relief pain sensation and imparts mental relaxation. The drug reaches *Shira* and eliminates vitiated *Dosh*s and pacifies diseases related to upper body part. This therapy relief pain and other symptoms related to neuralgia, paralysis, headache, migraine and sinusitis.

The modalities of Panchkarma offer following benefits in pain or related diseases:

- *Panchkarma* promotes health of bony tissue.
- It helps in healing of fracture.
- Improve range of movements.
- Suppress pain intensity.
- Help to treat muscular dystrophy.
- Offer benefits in hyperurecemia.
- Relief swelling, burning sensation and stiffness of joints.
- Detoxify body and control serum uric acid level thus chances of disease like gout reduced.

3. Conclusion

The *Panchkarma* modalities such as; *Kshara basti*, *Vaitaran basti* and *Saindhavadi taila basti* offers great advantages in musculoskeletal disorders related to pain. The *Panchkarma* provides *Vata Shaman* effects thus relieve symptoms of osteoarthritis, sciatica and spondylitic disease, etc. The pacification of *Vata* by *Panchkarma* **also helps in the management of Vatarakta**. The detoxifying effects of *Panchkarma* expel out aggravated *Ama* thus helps in reduction of pain, swelling, stiffness and tenderness, etc. *Shodhana* process balances vitiated *Dosh*, facilitate evacuation of toxins, improves circulation, relaxes muscles, boosts nutritional supply and imparts calming effects therefore help to reduce pain, swelling, tenderness, stiffness and joint inflammation.

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Conflict of Interest

The author declares that there is no conflict of interest regarding the publication of this article.

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