

# Nishteswar / Vidyanath

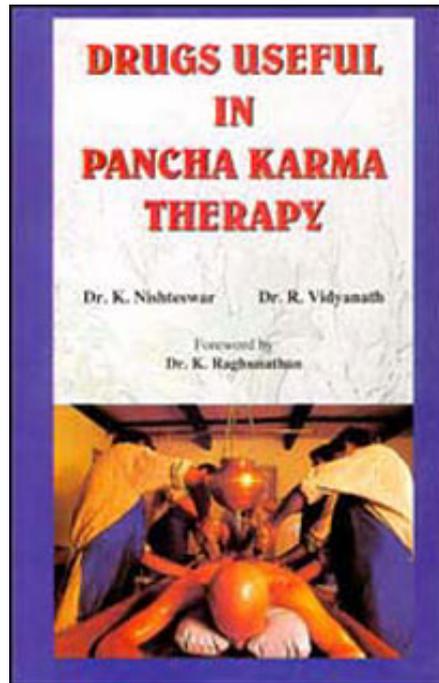
## Drugs Useful in Pancha Karma Therapy

Reading excerpt

[Drugs Useful in Pancha Karma Therapy](#)

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## PREFACE

The measures comprehended by Pancha karma therapy are - Vamana, Virechana, Nirooha Vasti, Anuvasana Vasti and Sirovirechana. According to Ayurvedic classics the therapeutic measures delineated under Pancha karma therapy are the bed-rock of Ayurvedic approach to the treatment of disease - acute or chronic. This therapy is utilized for preservation, maintenance and conservation of health and the promotion of longevity. Charaka has emphasized the prophylactic role of these measures in the context of prevention of epidemics and pandemics. Discussing the relative advantage of Samshodhana over Samsamana measures Charaka has observed that the former therapy is aimed at radical removal of the morbid factors of diseases and complete restoration of health. Pancha karma measures should as a rule, precede Rasayana (Rejuvenation therapy) and Vajeeekarana (Therapy for the promotion of virility and fertility). Charaka has also explicitly stated that the physician should possess not only the knowledge of Pancha karma therapy but also should know its clinical application in the treatment of different diseases. Such a useful therapy has ceased in course of time, possibly, since a thousand years. Yogasangraha grandhas written after Ayurvedic classics have not allocated either proper place or improvised techniques of these measures. However the Vaidyas of Kerala appear to have conserved, developed and practiced the Pancha karma therapy of Atreya, as compiled by Vagbhata, with great success in a modified form, which are popularly recognized as Keraliya Pancha karma therapy all over the world.

In the present era, sedentary life style, unbalanced diet, tense mental condition have led to fatal diseases, causing lot of complications which are difficult to remove. In the management of refractory conditions like Diabetes, Arthritis, Hypertension, Peptic ulcer, Anxiety neurosis, Asthma, Musculo-skeletal disorders etc; the scope of Pancha karma therapy is much more comprehensive and the patient population all over the world with

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their increased awareness are evincing keen interest to opt for these measures. In view of growing interest and greater demand for Pancha karma therapeutic measures it is felt that the knowledge about the drugs that are employed in these procedures is absolutely essential for achieving desired result. Keeping this in view an attempt is made to re-identify the drugs employed in various Sodhana karmas basing on the Ganas expounded by Ayurvedic Acharyas. In addition to the identification of herbs, the disease wise Sodhana measures enumerated by Acharyas are indicated and research profiles of various Pancha karma measures are also incorporated.

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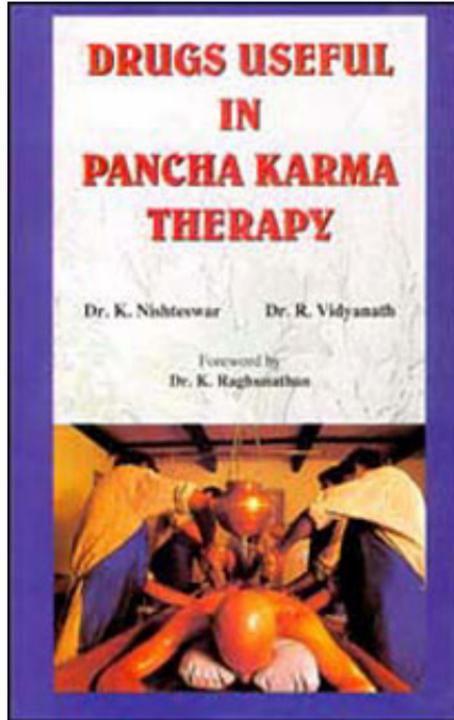
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