

CLINICAL PANCHAKARMA



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Clinical Panchakarma



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FOREWORD

Date: 12.08.2023



Dr. Vedprakash Mishra

Pro-Chancellor

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(Deemed to be University),

It is heartening to note that the initiative and the effort diligently articulated by Dr. Punam Sawarkar, Professor Department of Panchakarma, Mahatma Gandhi Ayurved College, Hospital & Research Centre, a constituent unit of Datta Meghe Institute of Higher Education & Research, Sawangi (Meghe) Wardha and Dr. Nitin Sharma, S.R.M. Government Ayurveda College & Hospital, Bareilly, Uttar Pradesh in editing a book titled “**Clinical Panchakarma**’ is exemplary at one end and genuinely praiseworthy at the other.

It is indeed an effort to compile all the relevant intellectual inputs on a significantly vital area and edit them, so as to make them go in a free flowing manner, so that it is easy to understand, decipher and assimilate by the learner, teacher a professional and otherwise a reader, as well.

This has been diligently achieved by the editor ensuring that all the writings which are in easy textual format and are appropriately lineated, so as to render the desired grasp and sought after understanding of the subject in a handy but yet in an immaculate manner, which turns out to be the unique feature of this editorship, which makes it look and feel different from the other available reading material on the subject as of now.

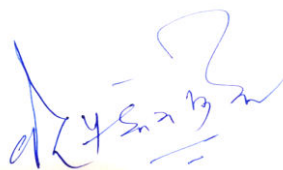
The contributors have brought out the various faces and facets of Panchakarma in an articulated and chiseled manner ensuring the required chronology, which turns out to be free flowing, gripping and captivating.

As a matter of fact, the extent of coverage worked out by the contributors is indeed very vast but has been so well capsulated that it makes it poignantly a very interesting reading and learning material, as well. The contents being commensurate with the prescribed syllabi for the subject by the various teaching and affiliating health sciences universities are bound to be of great use to the learners of the subject at both undergraduate and postgraduate level. The utilitarian dimension stands diligently achieved by the depicted craftsmanship by the Editor all throughout.

I am sure that this elegant piece of creative literature embodied in the book format that has been diligently edited will make every user feel that he could avail all that he desired, needed and expected out of it. I have no hesitation in putting on record my appreciation for the effort undertaken by the Editor and the Authors in terms of a loud statement that they have generated a 'satiety centre' for quenching the 'inquisitional thirst' in the domain of Panchakarma.

I am not only sure but quite confident that this book would prove itself to be a 'benchmark' of its type in respect of its use and utility to all concerned and also go a long way in shaping and guiding the learners in times to come in a cogent and credible manner.

I record my greatest sense of admiration and appreciation for the Editor and the contributors for their painstaking effort in bringing out this epitome of creativity, which is boldly capable of unfolding all about Panchakarma in all its faces, facets, contours, connotations, niceties including nuances as well.



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PREFACE

In the current scenario of increasing incidences of lifestyle, psychological disorders, and other cancer-like life-threatening conditions, an integrative approach is the need of the hour for their prevention and management. Handholding of Ayurveda and contemporary science may find out an effective and safe solution to tackle infectious and non-infectious disease conditions.

The topic of writing in the form of this book entitled with “Clinical Panchakarma” is the significant promotion of health and well-being in the field of Ayurvedic sciences, a traditional Indian medical system that has recently taken the world by storm, especially in the context of the global realization of "Person-Centric Medicine," which is now taking center stage. Panchakarma is the unique feature of Ayurveda, that is aimed for the prevention, management of diseases, and rejuvenation of the body. These procedures are excellent tools for the maintenance of the health as well as delaying the aging process.

It takes effort to compile all the important information about the multi-dimensional clinical utility of Panchakarma and present it in a way that is simple enough for Ayurvedic practitioners, Panchakarma Physicians, learners, academicians, aspiring Ayurvedic doctors, and other readers to understand, decipher, and apply in clinical Practice.

The book's chosen theme has been presented in a way that is both highly obvious and well-supported, as well as systematically and appropriately. The "informational inputs" are constantly going to quench the reader's thirst and appetite in a variety of ways, and the language employed is simple to understand. As a result, they will offer crucial answers to challenging inquiries in the concerned field.

Topics selected for the book are notable in that it deals with a thorough overview of the importance of Anatomy, Physiology in the context of Panchakarma and related procedures, the role of Panchakarma in oncology, specific traditional formulations for

Panchakarma procedures in a wide range of diseases commonly seen in practice, including neurological, gastrointestinal, metabolic, musculoskeletal, blood coagulopathy, respiratory, skin, and cosmetological disorders, endocrinal, and psychological disorders, various Ayurvedic tools and techniques for Panchakarma patient assessment as well as an in-depth understanding of particular herbs useful for Panchakarma, Panchakarma's Clinical Benefits for surgical conditions, children, Stree Roga and Prasuti Tantra (gynecological and obstetric practices), etc.

The information is presented in simple, very understandable language that makes it easy for students or Panchakarma doctors to comprehend complex concepts. Copyrighted Case Formats of various Panchakarma as well as other Ayurvedic procedures like Kriyakalpa, Moordhtaila, etc. essential in general clinical settings to assess the therapeutic outcome of these therapies, are additional contribution of this book. Moreover, the proper SOP of these procedures is depicted in these formats which is very useful in the clinical practice also.

By integrating the knowledge of modern medicine and Ayurvedic concepts, it gives a thorough understanding of Panchakarma. It is a book that will appeal to both the intelligent and the curious mind. It is useful, readable, and illuminating.

Dr. Nitin Sharma

Dr. Punam Sawarkar

ACKNOWLEDGEMENT

Our acknowledgments can't take the start unless we thank the almighty first for giving us the will and opportunity to serve humankind through Ayurveda. At the same time, it gives us immense pleasure to remember our ever-inspiring parents with great Dedication towards them with whose blessings, inspiration, and proper healthy moral support; we have been able to reach this height. We are highly indebted to our Co-editors, Dr. Rashi Sharma, and Dr. Gaurav Sawarkar that certainly helped us to shoulder this professional responsibility. We are very much indebted to both esteemed senior Co-editors, Dr. Rama Kant Yadava and Dr. Rajendra Prasad for providing an opportunity to carry out this work based on their provoking concept under their proficient guidance and invaluable assistance.

We express our deep sense of gratitude to all esteemed and learned authors, Dr. Shalini Rai, Dr. Shivani Ghildiyal, Dr. Niranjana Ram, Dr. Vishal Kumar, Dr. Alok Kumar Srivastava, Dr. Himani Bisht, Dr. D. N. Sharma, Dr. Monika Asthana, Dr. Raja Singla, Dr. Neha Sharma, Dr. Sujata Kadam, Dr. Niraj Srivastava, Dr. Ashu, Dr. Sabharwal Pooja Sagar Dr. Himani, Dr. Geetanjali, Dr. Mukesh Shukla, as without their contribution, this book would not be completed.

We acknowledge our deep gratitude to Shri Dattaji Meghe, Hon. Chancellor, Datta Meghe Institute of Higher Education and Research (Deemed to be University) for providing their blessings and encouragement. We are extremely grateful to Hon. Principal Advisor, Respected Shri Sagarji Meghe, Respected Shri Sameerji Meghe, Hon. Vice Chancellor, Dr. Lalitbhushan Waghmare, Respected Shri. Raviji Meghe, Respected Dr. Abhyudaya Meghe and the entire DMIHER management team for their

constant support. We express our sincere thanks to Dr. Vedprakash Mishra, Hon. Pro-Chancellor, Datta Meghe Institute of Higher Education & Research (Deemed to be University) for his insightful wisdom and inspiration through foreword for this book.

We wholeheartedly thank Dr. Vaishali Kuchewar, Dean, Faculty of Ayurved, Professor and Head, Dept. of Kayachikitsa, and Prof. D. K. Maurya, Dean, Faculty of Ayurveda, Mahayogi Guru Gorakhnath AYUSH University, Gorakhpur, Uttar Pradesh and Principal & Superintendent, S.R.M. Government Ayurveda College & Hospital, Bareilly, Uttar Pradesh, for their valuable guidance and encouragement at all times. We extend our thanks to Vaidyaratnam Pvt. Limited, Kerala for their financial assistance. We are also thankful to Nex Gen Publication House, for its assistance and support for the publication of this book.

Our reverences are silent when we express the pure warm, sweet, and bright flame of gratefulness to our loving parents have always encouraged and driven us toward novel things. Above all, I thank the Almighty God for being with us in all walks of our life. "To err is Human" – certain names who could be directly or indirectly helpful in this work might have been missed unintentionally. Thanks are due to all of them.

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Index

Title of the chapter	Page No.
CHAPTER 1	1 – 26
ESSENTIAL PHYSIO-ANATOMICAL CONSIDERATION IN PANCHAKARMA	
<i>Dr. Gaurav Sawarkar, Dr. Punam Sawarkar and Dr. Rashmi Sharma</i>	
CHAPTER 2	27 – 45
ROGI PAREEKSHA VIDHI (PATIENT EXAMINATION TECHNIQUES) FOR PLANNING PANCHAKARMA	
<i>Dr. Shalini Rai</i>	
CHAPTER 3	46 – 54
RECONNOITRE TRADITIONAL AYURVEDA ACUMEN OF HERBS FOR PANCHAKARMA	
<i>Dr. Shivani Ghildiyal, Dr. Niranjana Ram and Dr. Vishal Kumar</i>	
CHAPTER 4	55 – 64
PANCHAKARMA AT OPD LEVEL	
<i>Dr. Alok Kumar Srivastava and Dr. Himani Bisht</i>	
CHAPTER 5	65 – 73
PANCHAKARMA IN GASTRO-INTESTINAL AND LIVER DISORDERS	
<i>Dr. Punam Sawarkar, Dr. Gaurav Sawarkar and Dr. D. N. Sharma</i>	
CHAPTER 6	74 – 87
PANCHAKARMA IN NEUROLOGICAL DISORDERS	
<i>Dr. Punam Sawarkar and Dr. Gaurav Sawarkar</i>	
CHAPTER 7	88 – 94
PANCHAKARMA IN MUSCULOSKELETAL DISORDERS	
<i>Dr. Punam Sawarkar, Dr. Gaurav Sawarkar and Dr. Monika Asthana</i>	

CHAPTER 8	95 – 115
PANCHAKARMA IN METABOLIC DISORDERS, DISEASES OF CIRCULATORY SYSTEM, AND VARIOUS BLOOD COAGULOPATHY DISORDERS	
<i>Dr. Punam Sawarkar Dr. Gaurav Sawarkar and Dr Nitin Sharma</i>	
CHAPTER 9	116 – 120
PANCHAKARMA IN RESPIRATORY DISORDERS	
<i>Dr. Punam Sawarkar and Dr. Gaurav Sawarkar and Dr. Rama Kant Yadava</i>	
CHAPTER 10	121 - 130
PANCHAKARMA IN SKIN DISORDERS AND COSMETOLOGY AILMENTS	
<i>Dr. Punam Sawarkar, Dr. Gaurav Sawarkar and Dr. Raja Singla</i>	
CHAPTER 11	131 - 137
PANCHAKARMA IN ENDOCRINAL DISORDERS	
<i>Dr. Punam Sawarkar, Dr. Gaurav Sawarkar and Dr. Rajendra Prasad</i>	
CHAPTER 12	138 - 141
PANCHAKARMA IN PSYCHOLOGICAL DISORDERS	
<i>Dr. Punam Sawarkar and Dr. Gaurav Sawarkar</i>	
CHAPTER 13	142 – 151
PANCHAKARMA IN STREE ROGA AND PRASUTI TANTRA	
<i>Dr. Neha Sharma and Dr. Sujata Kadam</i>	
CHAPTER 14	152 – 158
PANCHAKARMA IN CHILDREN	
<i>Dr. Niraj Srivastava</i>	
CHAPTER 15	159 – 170
UTILITY OF PANCHAKARMA IN SHALYA TANTRA	
<i>Dr. Gaurav Sawarkar and Dr. Punam Sawarkar</i>	
CHAPTER 16	171 – 185
ROLE OF PANCHAKARMA IN SHALAKYA TANTRA	
<i>Dr. Ashu</i>	

CHAPTER 17	186 – 191
INTERVENTION OF PANCHAKARMA IN ONCOLOGY: A SCIENTIFIC EXPLORATION	
<i>Dr. Pooja Sabharwal, Dr. Himani Sagar and Dr. Geetanjali</i>	
CHAPTER 18	192 - 198
MEDICOLEGAL ASPECT OF PANCHAKARMA	
<i>Dr. Mukesh Shukla and Dr. Punam Sawarkar</i>	
BIBLIOGRAPHY	199 – 202
GLOSSARY	203-207
CASE FORMATS	208 – 210
ADVERTISEMENT	211

ABOUT THE BOOK

1. Importance of Anatomy, Physiology in the context of Panchakarma and related procedures
2. Specific classical formulations for Panchakarma procedures in wide range of diseases common in practice e. g. Neurology, Gastrology, Musculoskeletal Disorders, Metabolic Disorders, Diseases Of Circulatory System and Various blood coagulopathy disorders, Respiratory Disorders, Skin Disorders And Cosmetology Ailments, Endocrinal Disorders, Psychological Disorders
3. Detailed discussion on Tools and techniques of Patient examination in Panchakarma Practices as well as detailed knowledge of specific herbs useful for Panchakarma
4. Integration of Ayurveda and Modern: It provides a comprehensive grasp of Panchakarma by bridging the gap between Ayurvedic principles and contemporary medical expertise.
5. Allocation of specific chapter and Special emphasis on clinical utility of Panchakarma at OPD Level, Stree Roga and Prasuti Tantra (gynecological and obstetrician practices), Children and for Surgical ailments
6. Precise elaboration on complex topic i. e. clinical utility of Panchakarma in oncology
7. Simplified Language: The information is depicted in clear, simplified language that makes it convenient for students or Panchakarma physicians to understand difficult ideas.
8. Visual Presentation: By using tabular and pictorial representations in the book, which speed up comprehension, students will find it simpler to remember and retain key details.
10. Copyrighted Case Formats of various Panchakarma as well as other Ayurvedic procedures like Kriyakalpa, Moordhtaila, etc. are also provided which are essential in general clinical settings to assess the therapeutic outcome of these therapies. Moreover, proper SOP of these procedures are depicted in these formats.

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We are confident that "Clinical Panchakarma" will prove to be a priceless tool for academics, researchers, Ph.D. candidates, undergraduate and graduate students, practitioners, and those preparing for Ayurvedic competitive examinations and will significantly advance their grasp of the topic.

Don't pass up this chance to get a thorough, well-written guide that includes both Ayurvedic and contemporary topics.



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