

CLASSICAL

APPROACH OF PANCHAKARMA



Edited by

Dr. Punam Sawarkar
Dr. Nitin Sharma
Dr. Rashi Sharma
Dr. Gaurav Sawarkar
Dr. Rama Kant Yadava
Dr. Rajendra Prasad

Classical Approach of Panchakarma



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Edited By:

Dr. Punam Sawarkar

Professor, Department of Panchakarma, Mahatma Gandhi Ayurved College, Hospital and Research Centre, Datta Meghe Institute of Higher Education; Research (Deemed To Be University) Sawangi (Meghe), Wardha (M.S.)

Dr. Nitin Sharma

Lecturer, Department of Kayachikitsa, S.R.M. Government Ayurvedic College and Hospital, Bareilly, Uttar Pradesh

Dr. Rashi Sharma

Associate Professor, Department of Kriya Sharir, Faculty of Ayurveda, I.M.S., B.H.U. Varanasi, U.P.

Dr. Gaurav Sawarkar

Vice Dean, Professor, Department of Rachana Sharir, Mahatma Gandhi Ayurved College, Hospital and Research Centre, Datta Meghe Institute of Higher Education; Research (Deemed To Be University) Sawangi (Meghe), Wardha (M.S.)

Dr. Rama Kant Yadava

Associate Professor, Department of Kayachikitsa, All India Institute of Ayurveda, New Delhi

Dr. Rajendra Prasad

Professor, Department of Kayachikitsa, Institute of Medical Sciences, Banaras Hindu University, Varanasi, U.P

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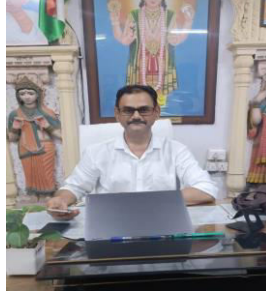
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FOREWORD

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DEAN
FACULTY OF AYURVEDA
Mahayogi Guru Gorakhnath
AYUSH University
Gorakhpur, U.P.273001
Mob. No.-9456914676

Principal & Superintendent
S.R.M. Govt. Ayurvedic College &
Hospital,
Bareilly, (U.P.)-243005
Email:dean.mggau.dkm@gmail.com

Panchakarma is a unique concept of Ayurveda that conceptualizes the process of cleansing even up to the cellular level.

Although there are different schools of thought, in general, Classical Panchakarma includes five procedures viz., Vamana, Virechana, Basti, Nasya, and Raktamokshana. Many practitioners refrain from practicing these procedures due to their lack of confidence and proper understanding of the subject. However, practitioners can achieve great success by incorporating Panchakarma into their clinical practice.

Therefore this book entitled "Classical Panchakarma" will be a boon for Ayurveda practitioners and I hope it will serve as a ready reckoner for Ayurveda scholars, practitioners, and academicians.

I deeply appreciate the efforts of Dr. Nitin Sharma, Prof. Dr. Punam Sawarkar, Dr. Rama Kant Yadava, Prof. Rajendra Prasad, Dr. Rashmi Sharma, and Prof. Dr. Gaurav Sawarkar in editing this book and convey my best wishes for their future endeavors.

Prof. D. K. Maurya
Dean, Faculty of Ayurveda,
Mahayogi Guru Gorakhnath AYUSH University, Gorakhpur, Uttar Pradesh.
Principal & Superintendent
S.R.M. Government Ayurveda College & Hospital, Bareilly, Uttar Pradesh.

PREFACE

Our Acharyas have described in detail every aspect of Panchakarma in various Ayurvedic texts but this knowledge is scattered in different Samhitas at different places. So it is our humble attempt to extract that knowledge and bring out a book that contains all aspects of Panchakarma starting from Purvakarma, Pradhankarma, and Paschatkarma systemically and scientifically. This book entitled Classical Panchakarma presents the classical description of Panchakarma and it contains nine different chapters dealing with Introduction, Snehan, Swedan, Vamana, Virechan, Basti, Nasya, Raktmokshan and Samsarjan Krama.

All the chapters are written in a simple language which makes it very easy to comprehend even the complex concepts.

We hope that this book will be very helpful to every scholar and practitioner of Ayurveda who wants to understand and practice classical Panchakarma. Last but not least we would like to ask for suggestions and corrections from all the readers so that they can be incorporated in the next edition.

Dr. Punam Sawarkar
Dr. Nitin Sharma

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First of all, we are thankful to the almighty God for allowing us to study and serve mankind through Ayurveda. We are also obliged to our parents for their blessings and inspiration. We are very much indebted to both esteemed senior Co-editors, Dr. Rama Kant Yadava and Prof. Rajendra Prasad for providing us an opportunity to carry out this work based on their provoking concept under their proficient guidance and invaluable assistance. We are also highly indebted to our Co-editors Dr. Rashi Sharma, and Dr. Gaurav Sawarkar who certainly helped us to shoulder this professional responsibility.

We express our deep sense of gratitude to all esteemed and learned authors Prof. V.D. Agrawal, Dr. Shantul Kumar Gupta, Dr. Anil Kumar, Dr. Shikha Choudhary, Dr. C.B. Singh, Dr. Santosh Kumar, Dr. Ashutosh Chaturvedi, Dr. Jai Prakash Singh, Dr. Om Prakash Singh, Dr. Manjula Karlwad, Dr. Varsha Saxena, Dr. Devesh Shukla, Dr. Meenu Bharti Sharma, Dr. Ramakant Dwivedi, and Dr. Alka Dixit as without their contribution, this book would not have been completed.

We acknowledge our deep gratitude to Prof. D.K. Maurya, Dean, Faculty Of Ayurveda, Mahayogi Guru Gorakhnath AYUSH University, Gorakhpur, Uttar Pradesh & Principal & Superintendent, S.R.M. Government Ayurvedic College & Hospital, Bareilly, Uttar Pradesh for his insightful wisdom and inspiration through foreword for this book.

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"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.

Dr. Punam Sawarkar

Dr. Nitin Sharma

About the Editors



Dr. Punam Sawarkar

B.A.M.S.M.D. (Panchakarma), Ph.D. (Panchakarma), certificate course of Keraliyan Panchakarma (Kerala), C.G.O.

Presently working as Professor, & Ph.D. Supervisor, Dept. of Panchakarma, Mahatma Gandhi Ayurved College, Hospital and research centre, Salod (H), Datta Meghe Institute of Higher education and Research, India Wardha, Maharashtra. Having experience of 12 Years in the field of Clinical practice, Academics and Research after obtaining PG Degree. Awardee of total 31 Awards (Best Teacher National Award in Panchakarma) (2022) by Ayurveda Teachers Association, Pune, Best Thesis Award (2022), Award of excellence in Panchakarma (2021) and 28 best paper, poster and best essay awards. Published 4 books, more than 107 research papers in various PubMed, Scopus and web of science journals and 50 Chapters in different 13 Books of national and international publications. Total 76 Copyrights registered and 1 patent Granted under her account; presented total 86 Paper presentations in various international & national conferences), participated in more than 127 Seminars and workshops in India and abroad. Delivered many guest lecturers/ Invited lectures in National and international conferences.

E mail id: drsuple.punam@gmail.com



Dr. Nitin Sharma

Dr. Nitin Sharma belongs to a traditional Ayurveda family and is presently working as Lecturer in Kayachikitsa Department at S.R.M. Government Ayurvedic College and Hospital, Bareilly, Uttar Pradesh. After receiving his basic education from world renowned Birla School, Pilani, he has completed his graduation (BAMS) and Post - Graduation (MD Kayachikitsa) from BVP University, Pune, Maharashtra. He has also completed his Ph.D in Kayachikitsa from Tilak Ayurveda Mahavidhyalaya, Pune. He has authored and co-authored various Ayurveda and Research Methodology textbooks. He has published about 15 research papers and has been a guest speaker and resource person in scientific National and International Conferences. He has been awarded with various awards like Ayurveda Bhusan Award, Ayurveda Martand Award, International Excellency Award and Young Scientist Award etc.

E mail id: drnitinsharma7@gmail.com



Dr Rashi Sharma

Dr Rashi Sharma is presently working as Associate Professor, Department of Kriya Sharir, Faculty of Ayurveda, IMS, BHU, Varanasi, Uttar Pradesh. She completed her graduation from Ayurvedic & Unani Tibbia College, University of Delhi and Post Graduation and Ph.D in Kriyasharir from BVP University, Pune, Maharashtra. She has authored and co-authored Ayurveda curriculum based and Research Methodology textbooks for the welfare of students of Ayurveda background and other health sciences at Graduate, Post- Graduate and Ph.D levels. She has been a renowned speaker in scientific International and National Conferences. She has been awarded by International and National organizations for her contribution in the field of Ayurveda. She has been delivering guest lectures and presenting papers for expressing health related benefits of Ayurveda Science which emerged as a boon to our country especially during the covid pandemic. She is developing small projects about importance of Awareness of climate change to the common people.

E mail id: drrashisharma21@gmail.com



Dr. Gaurav Sawarkar

B.A.M.S.M.D.(Rachana Sharir), Ph.D.(Rachana Sharir), M.Phil.

Presently working as Professor, & Ph.D. Supervisor, Dept. of Rachana Sharir, Mahatma Gandhi Ayurved College, Hospital and research centre, Salod (H), Datta Meghe Institute of Higher education and Research, India Wardha, Maharashtra. Having experience of 13 Years in the field of Academics and Research after obtaining PG Degree. Awardee of total 25 Awards (Best Teacher National Award in Rachana Sharir (2023) by Ayurveda Teachers Association, Pune, Best Teacher Award (2022), Young Scientist Award (2021) and 22 best paper and poster awards. Published 9 books, more than 103 research papers in various PubMed, Scopus and web of science journals and 49 Chapters in different 11 Books of national and international publications. Total 77 Copyrights registered and 3 patents Granted under his account; presented total 45 Paper presentations in Various international & national conferences), participated in more than 155 Seminars and workshops in India and abroad. Delivered many guest lecturers/ Invited lectures in National and international conferences.

E mail id: drsawarkar.gaurav@gmail.com



Dr. Rama Kant Yadava

Presently working as Associate Professor, Department of Kayachikitsa, All India Institute of Ayurveda, New Delhi. Born on 18th September 1968 at Lucknow. Graduated from Lucknow University 1992, Post Graduate from BHU 1996 and PhD from S S University Varanasi 2003. Having experience of over 27 Years in the field of Clinical Practice, Academics and Research after obtaining PG Degree. Published more than 50 research papers, participated in more than 120 Seminars and workshops in India and abroad. Delivered many guest lecturers/ Invited lectures in National and

international conferences. E mail: drrky68@gmail.com



Dr. Rajendra Prasad

Prof Rajendra Prasad is BAMS from Haridwar (Uttarakhand) in 1992 and M. D. (Ayurveda) Kayachikitsa from BHU (1997) and PhD (Kayachikitsa) from SSU, Varanasi (2013). He has served in CCRAS as Research officer (Ayurveda) and as Lecturer then Reader in Kayachikitsa at State ayurvedic college, Bareilly (UP). Presently he is working as Professor in Kayachikitsa at Department of Kayachikitsa, Faculty of Ayurveda, IMS, BHU, Varanasi since December 2013. Here he is involved in UG, PG, Doctoral, Post-Doctoral teaching, Research, Patient care, Administration. He has attended many national and international conferences, delivered 62 guest lectures, published 54 research papers, 25 chapters in book, edited 3 contributory books and published 2 individual books titled "Contribution of Sharangdhara in the field of Kayachikitsa" and "Handbook of clinical practices in Kayachikitsa."

E mail: rajendraprasad051@gmail.com

Index

Title of the chapter	Page No.
CHAPTER - 1 INTRODUCTION TO PANCHAKARMA Dr. V. D. Agrawal	1 – 3
CHAPTER - 2 SNEHANA KARMA Dr. Shantul Kumar Gupta	4 – 32
CHAPTER - 3 SWEDANA KARMA Dr. Anil Kumar	33 – 56
CHAPTER - 4 VAMANA KARMA Dr. Shikha Choudhary and Dr. Rama Kant Yadava	57 – 78
CHAPTER - 5 VIRECHANA KARMA Dr. Nitin Sharma, Dr. Punam Sawarkar, Dr. Rashmi Sharma, Dr. Santosh Kumar and Dr. C.B. Singh	79 – 92
CHAPTER - 6 BASTI KARMA Dr. Ashutosh Chaturvedi, Dr. Rajendra Prasad, Dr. Jai Prakash Singh and Dr. Om Prakash Singh	93 – 114
CHAPTER - 7 NASYA KARMA Dr. Rashmi Sharma, Dr. Nitin Sharma, Dr. Punam Sawarkar, Dr. Mridulata Maurya and Dr. Manjula Karlwad	115 – 125
CHAPTER - 8 RAKTAMOKSHANA Dr. Varsha Saxena and Dr. Devesh Shukla	126 – 149

CHAPTER - 9	150 – 153
SAMSARJANA KRAMA	
Dr. Meenu Bharti Sharma, Dr. Nitin Sharma, Dr. Punam Sawarkar, Dr. Ramakant Dwivedi and Dr. Alka Dixit	
CHAPTER - 10	154 – 171
CONCISE MODE OF ACTION OF PANCHAKARMA	
Dr. Punam Sawarkar [*] , Dr. Manju Mohan and Dr. Gaurav Sawarkar	
BIBLIOGRAPHY	172 – 175
GLOSSARY	176 – 180
CASE FORMATS	181 – 183
ADVERTISEMENT	184

ABOUT THE BOOK

- Classical *Panchakarma* is a comprehensive book of *Panchakarma* that covers both theoretical as well as practical aspects of *Purva Karma*, *Pradhan Karma*, and *Paschat Karma* of *Panchakarma* in detail.
- This book contains chapters on *Snehana*, *Swedana*, *Vamana*, *Virechana*, *Basti*, *Nasya*, *Raktamokshana*, and *Samsarjana Krama*.
- Different Flowcharts of mode of action of each *Panchakarma* and related *Ayurvedic* procedures according to modern and Ayurveda's perspectives is the unique feature of this book.
- This book will serve as a ready reckoner for undergraduate and postgraduate students, research scholars, academicians, and Ayurveda practitioners who are interested in understanding and practicing Classical *Panchakarma*.



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