

Panchkarma Department

Faculty Members :

1) **Vd. Pandya Dilipkumar Manilal : H.O.D. & Professor**

Reg. No. : GBI - 4826
Date of Birth : 16/2/1953
Qualification : B.A.M.S. (Ayurvedacharya) M.D. (Kayachikitsa)
Experience : 35 years



2) **Vd. Sakpal Shashikant Shankar : Professor**

Reg. No. : I - 11692
Date of Birth : 12/12/1950
Qualification : M.D. (Kayachikitsa)
Experience : 29.8 years



3) **Vd. Manjusha S. More : Associate Professor**

Reg. No. : I – 33548 -A-1
Date of Birth : 16/9/1974
Qualification : B.A.M.S. (Ayurvedacharya) M.D. (Panchakarma)
Experience : 10.10 years



4) **Vd. Dipali J. Chavan : Assistant Professor**

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Date of Birth : 24/9/1984
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Experience : 2 years



5) **Vd. Ravibhushan S. Sonawane : Assistant Professor**

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Experience : 2 years



Panchakarma is the complete purification of body

Introduction:

- ◆ Panchakarma is the superspeciality of ayurveda.
- ◆ Panchakarma includes all practice procedures.
- ◆ Panchakarma is not only useful for patients but also for healthy people.
- ◆ Panchakarma is useful for both acute and chronic diseases.
- ◆ Panchakarma treats the root cause of the disease.

Panchakarma:

- ◆ Preparatory Procedures
- 1. Abhyanga (Massage) - Massage with medicated herbal oils.
- 2. Swedana (Steam Bath) - Foamentation given by different types of heat. Pradhankarma (Main Therapy):

1. Vaman (Emesis) - Vomiting procedures included with herbal emetic substances for eliminating vitiated doshas.
2. Virechan (Purgation) - Downward elimination of vitiated doshas with herbal purgative substances.
3. Basti (Medicated Enema) - Giving different combinations of herbs and other substances like oil, milk, decoction etc. for the purpose of eliminating vata disorders.
4. Nasya (Nasal Medication) - Administration of medicines and elimination of doshas through nostrils to purify head and neck region.
5. Raktmokshan (Blood - letting) - Removal of Toxic blood.

Post - Operative Procedures :

1. Principles of dietary care during and after administering panchakarma.
2. Lifestyle management during and after panchakarma.

Panchakarma includes following *Upkarmas* which helps the main Therapy

1. **Murdha - tail** : Application of medicated or non - medicated oil to the head for a specific period is known as Murdha - Tail.

It is classified into 4 types:

- a. **Shiro abhyanga** - Application of medicated or non-medicated oil to the head is said to be Shiro abhyanga.
 - b. **Shiro dhara** : Pouring of fluids like decoction, medicated oil, medicated Milk, medicated butter milk etc. over head continuously for a specific period is known as Shiro Dhara.
 - c. **Shiro pichu** : It is an application of a piece of cotton cloth or swab after dipping in medicated oils or fluids on the head (anterior fontanelle) or Bramharandhra.
 - d. **Shiro Basti** : It is a process by which the oil is kept over the head for certain period with the help of leather cap.
2. **Janu Basti : Katibasti, Greava-Basti etc.** It is a process by which oil is kept over concern area for a certain period with the help of moulds.
 3. **Tub Bath** : It is performed with decoction, rose water, milk, etc. as per diseases.
 4. **Netra - tarpan** : Administration of herbal ghee for different ophthalmic diseases.
 5. **Udvartan** : Application of herbal powders all over the body.
 6. **Kayaseka** : Pouring of herbal oils all over the body.
 7. **Jalauka (Leech application)** : Removal of impure blood by local application of leech (non - poisonous)
 8. **Different Beauty Therapies** : Application of ayurvedic facepacks for beautiful glowing skin.

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| ◆ Body Massage | ◆ Body scrubbing |
| ◆ Body Polishing | ◆ Steam - bath |
| ◆ Foot massage | ◆ Head massage |
| ◆ Treatments for fatty abdomen | ◆ Treatments for dark circles around eyes |
| ◆ Manicure & Pedicure | ◆ Ayurvedic Facial |

8. **Different types of Foamentation** : With the help of nadi sweda (rubber tubing), Pottali (Bolus of cooked rice, sand, brick, iron balls) etc.

Indications of Panchakarma:

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| ◆ Paralysis | ◆ Osteo - arthritis |
| ◆ Rheumatoid - arthritis | ◆ Diabetes Mellitus |
| ◆ Thyroid diseases | ◆ Infertility (Male and Female) |
| ◆ Spondylitis | ◆ Cosmetic problems |
| ◆ Swine Flue | ◆ hypertension |
| ◆ Heart disease | ◆ Allergic Rhinitis |
| ◆ Chronic Bronchitis | ◆ Skin Diseases |
| ◆ Obesity | ◆ Psychological Disorders |
| ◆ Hair Problems | ◆ High Cholesterol |

Our Specialities :

1. Intensive Panchakarma Unit
2. Separate male and female Panchakarma theaters.
3. Experienced, obedient, polite and clean assistants and massagist.
4. Counselling for seasonal purification
5. Cosmetic treatments unit.
6. Skin diseases with Panchakarma management
7. Osteo arthritis specialised Panchakarma management
8. Kerala Panchakarma (Pidichil, Shastishali etc.)

Benefits of Panchakarma

Diseases do not reoccur as aggravated Doshas are removed from the body.

“एवं विशुद्धकोष्ठस्य कायग्निरभिवर्धते |
व्याधयश्चोपशम्यन्ति प्रकृतिश्चानुवर्तते ||
इन्द्रियाणि मनोबुद्धिर्वर्णश्चास्य प्रसीदति |
जरां कृच्छ्रेण लभते चिरं जीवत्यनामयः ||”

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|---------------------------------------|--|
| ● Digestive fire increases | ● Colour of skin improves |
| ● Diseases are alleviated | ● strength increases |
| ● Health is restored & maintained | ● Person becomes capable of getting good progeny |
| ● All sense organs functions properly | ● Ageing process is delayed. |
| ● Mind & intellect work properly | ● The person enjoys disease free healthy life. |

