

RELEVANCE OF PANCHAKARMA IN MANAGEMENT OF AMAVATA

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AAPNA'S 55th Academic

Teleconference Presentation

May 2, 2011 – 9:00 PM (EST)



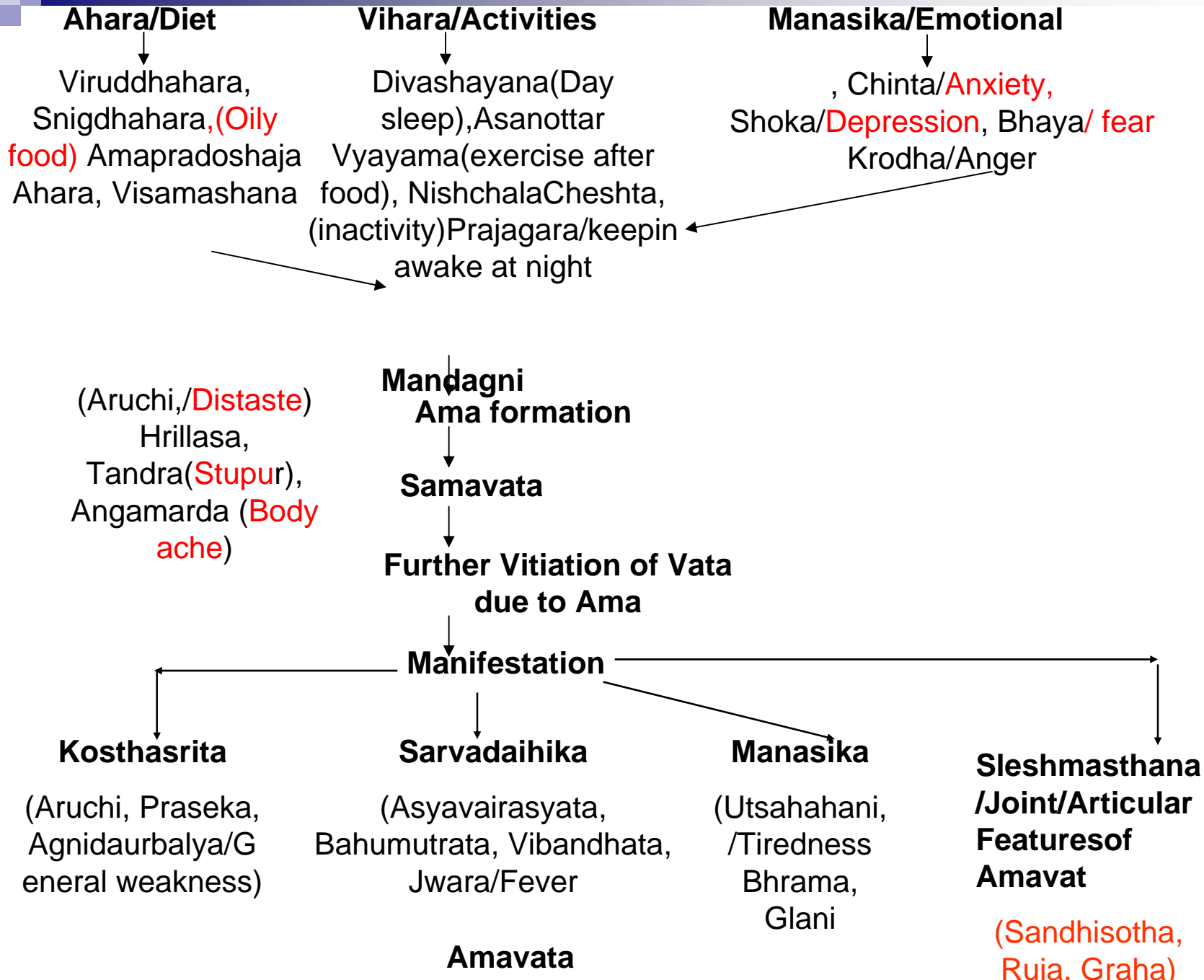
Introduction

- In Bruhat Trayis (Three treatises)- No reference of Amavata as separate disease
- Madhava Nidana was the first to describe Amavata and its Nidana Poorva roopa Types, Dosha Pradhanya, and Sadya Asadyatva
- Chakra Datta –Line of treatment



Samprapthi / Pathogenesis of Amavata

- Contains two terms Ama and Vata which is the pathogenic basis of the disease



Samprapthi Ghataka

Dosha : Tridosha (especially Vata and Kapha)


Dushya : Rasa, Asthi, Majja, Sandhi, Snayu, Purisha Mutra.

Vyadhi Swabhava - Chirakari

Vyakta Sthana - Sandhi / Sarva Sharira

TREATMENT PRINCIPLES

- Cakradatta was the first to describe the principles and drug of Amavata
- Ama and Vata, the chief pathogenic factors of Amavata are contradictory in nature. Sita Guna is common in both.
- Treatment is first aimed at Ama , Vata and Balya Chikitsa according to the need.

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- Alpa Doshaja conditions – Langhana
 - Madhyama Doshaja conditions – Langhana & Pachana
 - Bahu Doshaja conditions – Shodhana

REMEMBER

- Do not do Bruhmana and Snehana Chikitsa without treating the Ama in Avarana Avastha.

Chikitsa Sutra

- Langhanam Swedanam Tiktam Deepanani
Katuni Ch
- Virechanam Snehapanam Ch Bastiyach
Ama Maruthe
(Chakradatta
Amavathadikara)

Langhana

Amashaya Samuttanam Purvam
Langhana Oushadham (Jwara Chikitsa)

(Ch Chi 3/169)

LANGHANAM

Langhana is one among Shad Upakramas.

- Pancha Maha Bhuta dominant is Tejo(Fire) and Vayu (Air)
- Gunas-
Laghu(light), Ushna(hot), Teekshna(penetarting), Ruksha(drying) Sukshma

TYPES OF LANGHANA AND THEIR APPLICABILITY IN AMAVATA

Indicated Langhana

Upavasa

Laghu-Ashana

Anashana

Pachana

Atapa sevana

Contraindicated Langhanas

Chatush-Prakara Suddhi


Pipasa

Marutha

Vyayama

BENEFITS OF LANGHANA IN AMAVATA

- Dosh Kshaya
- Agni Sandhukshana
- Laghuta
- Kshut
- Ruchi
- Vijwaratva

- 
- Langhana should be stopped immediately after achieving the Nirama Lakshana.



Swedana

When vitiated Vata dosha is localized in Kapha Sthana first Ruksha Sweda should be done

VALUKA SWEDA

- Indicated in Samavastha
- Ushna Guna does Ama Pachana
- Clears the Srotorodha
- Relieves Shoola/pain and Stambha/stifness
- Sand has increased heat retention because of its high density.

PINDA SVEDA

Lavana pinda sweda mainly helpful in relieving Jadyata because of its Ushna Teekshna Guna

Choorna Pinda Sweda

Indicated in the Amavastha

Ushna & Tikshna drugs are used.

Jambeera Pinda Sweda

Sopha and Vedana Pradhana Avastha

Parisheka

- Dhanyamla
- Kwatha Parisheka -
Dhanyamla and Dashamoola

UPANAHA

- Sneha Rahita Ruksha Upanaha in Amavastha (B.P.)
- Indicated in Vedana and Sotha Pradhana Avastha



AGNICHIKITSA

➔ Niragni Ruksha Upanaha

➔ Five dry drugs are-

1. Maricha (*Piper nigrum*)
2. Lashuna (*Allium sativum*)
3. Sarshapa (*Brassica campestris*)
4. Lavanga (*Syzygium aromaticum*)
5. Haridra (*Curcuma longa*)

➔ Five wet drugs are-

1. Kshudragnimantha (*Clerodendron phlomidis*)
2. Nirgundi (*Vitex nigundo*)
3. Krushna Tulasi (*Occimum sanctum*)
4. Lashuna (*Allium sativum*)
5. Shigru (*Moringa olifera*)

Properties of Agni Chikitsa drugs

Veerya -Ushna

Guna -Teekshna , Laghu, Ruksha

Karma – Vedana-sthapaka Sothahara,
Kaphavata-hara

Method of use

10 gms is given internally as paste in empty stomach with hot water .

Paste is applied all over body in a thickness of 0.5 cms and kept till dry

Benefits of Agni Chikitsa Lepa

Ama pachana

Reduction in stiffness

Gain in range of movement in stiffened joint

Srotoshodhaka as well as Swedana

Agni ckitsa lepa internally

- Rasa- katu
- Vipaka- katu
- Guna- Ushna Teekshna Ruksha
- Karma -Swedakaraka ,Ruchi karaka
- Increases Agni by its Pachana effect.

Ushna jala pana

- Abyantara Niragni Sweda
- Deepana, Pachana
Ruchikaram, Srotoshodhana
Swedana, Jwarakna
- Indicated in Vatakapha Jwara and Amavastha.

Snigdha sweda

PATRA PINDA SVEDA

Leaves --Eranda, Dhatthura, Chinchu, Shigru, Nirgundi
Tailas like Kottamchukadi, Bruhatsaidhavadi, Nirgundi

Limitation

Amavasta



SASTIKA SHALI PINDA SWEDA

In pravruddha amavastha with dhatukshaya

Limitations


Amavastha



Parisheka

- Thaila parisheka
 - kottamchukadi thaila
 - Visha garbha thaila
- Indicated in pravruddha amavatha/Chronic stage with deformities
- Limitations - Amavastha



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- Swedana –Not alone Shodana
Poorvaka Swedana
 - Can be practised also after Shodhana
 - Can also be practiced to relieve
Stambha
 - Eg Stanika Sweda/Local like
Upanaha

Tiktam Deepanani Katuni

Katurasa :

- Chedaka, Margavivaraka, Kaphashamaka
- Laghu, Ushna & Ruksha Guna
- Beneficial in Shotha

Tikta rasa :

Ruksha & Laghu Guna ,
Lekhana, Deepana, Pachana, absorbs
Kleda & Sleshma

Benefits

Amapachana.

Agni Deepana

Removes excessive Kledaka Kapha.

Prevents the further formation of Ama.

Limitations

Dravyas increase the Vata

Should also possess the Vataghna properties.

Eg.- Shunti

Deepana Dravyas

- Increase the Agni
- Ama Pachana and arrests the further production of Ama .
 - e.g. Chitrakadi Vati
 - Agni Tundi Vati
- e.g. Pachana – Panchakolachoornam, (pippali ,Pippali moola Chavya ,Chitraka ,Nagara)




First 3 points of Chikitsa Sutra

Langhana Swedanam and Tiktam

Deepanani Katuni is practised usually
simultaneously

Virechana

- Why Virechana ???????
- Removes the Avarana and corrects the Agnivaigunyata.
- Virechana removes the Kledaka Kapha from the Pitta Sthana.


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- Virechana does Anulomana of Vata
 - Snigdha Virechana is indicated in Amavata

Limitations

- Shouldn't be given in acute conditions when Ama is severe
- Administration of Ruksha Virechana may vitiate Vata Dosha.
- Drug of choice for Virechana in Amavata is Eranda Taila.

Eranda Taila

- Rasa – Madhura, Katu, Anurasa Kashaya
- Guna – Tikshna
- Virya -- Ushna
- Vipaka – Madhura
- Karma – Dipana, Sroto Vishodhanam, Adhobhagahara, Smritivardhaka ,Vrishya, Sukrashodhaka
- Doshaghata - Vata Kaphahara

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- Control Vata Dosha by its Snigdha Guna
 - Anupana - Shunti churna
Ksheera(Milk)

Mode Of Administration of Virechana

- Classical Virechana –After proper sneha and Swedana
- Nitya rechana -Daily in small qty according to kostha
- Sadyo Rechana -



Snehapana

Snehapana here means Bruhmana or Shamana

Snehapana is to be started only after Nirama
Lakshana is achieved .

Benefits

- Prevents - aggravation of Vata and Rukshata
- Increases the Bala
- Stimulates the Agni.

Limitations

1. Should not be in Samavasta.
2. Sneha processed with Ushna, Katu, Tikta Dravyas.
3. e.g. Pippalyadi Ghrita, Tryushanadi Ghrita, Shuntyadi Ghruta, Lashunadi Ghrita,

Basti

- Basti - Indicated in Vata predominant conditions .

Basti in Amavata

- Niruha -Teekshna Shodhana and Shaman Basti
- Anuvasana
- Matra

Basti in Amavata

- Niruha -Teekshna Shodhana and Shaman Basti
- Anuvasana
- Matra basti

Tikshna Shodhana Basti

- - Kshara Basti & Vaitarana Basti
(Chakrapani)

Vaitarana Basti (Chakradutta)

- ✿ **Saindhava** 5gm
- ✿ **Guda** 40gm
- ✿ **Taila** 60ml
- ✿ **Amlika** 50 ml
- ✿ **Gomutra** 200ml

KSHEER VAITARANA BASTI

DRAVYA	QUANTITY
GUDAPAKA	25ML
SAINDHAVA LAVANA	15G
SNEHA	30ML
CHINCHA SWARASA	50ML
KSHEERA	200ML
TOTAL	320ML

Shamana Basti

Vata is more dominant than Ama then Shamana Basti

e.g. Eranda mooladi Basti

- Eranda moola Ksheera Basti
- Dashamoola Nirooha Basti
- Guduchyadi Basti

■ ERANDAMULADI BASTI (Cha.Si.3)

DRAVYA	QUANTITY
Makshika	50 ml
Lavana	5 gms
Sneham	80 ml
Erاندamuladi kalka (Shatapushpa,Priyangu,Pippali Madhuka,Vatsaka beeja,Musta)	30 gms
Erاندamuladi quatha	350 ml
Gomutra	50 ml
Total quantity	565 ml

■ DASHAMULA NIRUHA BASTI

DRAVYA	QUANTITY
MADHU	50ML
SAINDHAVA LAVANA	5G
SNEHA	80ML
PUTOYAVAN YADI KALKA	25G
DASHAMULA KWATHA	350ML
TOTAL	510ML

Anuvasana Basthi

- Shamana purpose in Vata Vardhana and Dhatu Kshya
- Taila processed with Amla/sour taste or Deepana Dravyas
- Eg Bruhat saindhava taila

Conclusion

- Basic approach in the treatment of Amavata should be in three folds.
 1. Support & enhance digestion (Agni)
 2. Facilitate the removal of Ama from the body
 3. Repair damaged tissue and restore vitality (ojas)



Thank you