



Shri Dhaneshwari Manav Vikas Mandal's

# Sau. Shantadevi Vedprakash Patil Ayurved College & Research Institute

(Recognised by AYUSH Ministry-New Delhi,  
Govt. of Maharashtra & Affiliated by Maharashtra University of  
Health Sciences, Nashik)

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## 8.1.3: Promotion of seasonal Panchakarma and implementation of lifestyle modifications including Kaumarapanchakarma

The Panchakarma department advocates for the use of seasonal Panchakarma treatments and modifications to one's lifestyle. In accordance with the department's aim, the department is implementing lifestyle modification and seasonal Panchakarma. Since its inception, the department has developed a systematic process for conducting panchakarma treatments, aimed at promoting health awareness and facilitating lifestyle modifications. The department organises an annual vasantik vama shibir during the vasant rutu and a basti panchakarma shibir during the varsha rutu. The department has also conducted health awareness programmes at educational institutions.

The first phase of the process involves the meticulous planning of the panchakarma procedure. Dissemination of information in both rural and urban regions via pamphlets, posters, newspapers, and articles.

The second part of the procedure involves the commencement of the camp via an inauguration ceremony conducted by the responsible authority of the institution and a visitor. To conduct health check-ups throughout the day, individuals must register in advance. To execute the karma on the scheduled day.

The third phase of the process is to provide the institution with information on the food regimen. To adhere to the recommended and restricted dietary guidelines. To disseminate the programme via the newspaper. The official proof attached provides evidence of the total count of seasonal panchakarma sessions conducted since 2013. During the winter season, the department of panchakarma consistently performs various complementary panchakarma treatments such as massage and steam baths (snehan/swedan) annually. As part of our lifestyle adjustment strategies, we are also including murdhni tailam, pizichil, udvartanam, various pinda swedan, talpodichil, padabhyanga, and netra tarpanam. The department has previously organised public health awareness camps for youths, middle-aged individuals, and the elderly. The department has arranged guest talks to raise awareness of certain conditions such as asthma, Alzheimer's, and addiction withdrawal. Panchakarma therapy is efficacious in the

paediatric population, although it need meticulous supervision. Vamana therapy primarily targets the elimination of Kapha doshas. In the paediatric population, yashtimadhu Quath and Lavanodaka are used for Vaman Karma in cases of Ajeerna (indigestion), Kaasa (cough), Shwasa (asthma), Madhumeha (diabetes), and Peenasa (chronic rhinitis). The practice of Vaman Karma has remarkable outcomes. Complications such as muscle weakness, xerostomia, dizziness, vertigo, and recurrent bleeding should be taken into account, and prompt treatment should be administered. Virechana karma is a procedure used to eliminate imbalanced Doshas. Pitta Dosha is expelled from the lower gastrointestinal tract via the anus. The recommended drugs by Kashyapa in Balaka are Errand taila and Shakhini taila. It is necessary to execute mridu virechan karma in Balaka after the age of 5. Other drugs such as Trivritta Aragwadha or kalpa like kalyanaka guda, avipattikar choorna may also be utilised. Effective outcomes are seen in Balaka for ailments such as Krimi, Eczema, Balpakshaghat, Tamakashwasa, Galaganda, and virechana karma. The primary complications in Balaka include dehydration, rectal prolapse, and shock. Basti karma involves the administration of therapeutic oil or quatha via the rectum using a bastiyantra. Matra basti is often used in the paediatric population. This is a kind of Sneha Basti where a modest amount of medicinal oil is administered everyday without any harm. The typical dosage of oil is generally 60 millilitres. Nasya karma refers to the method of delivering medication via the nostrils. This is said in Urdhvajatrugat vyadhi. Typically, the recommended dosage for balaka pratimarsha nasya is 2 drops. Raktamokshana karma refers to the therapeutic practice of using leeches, as described in Vagbhata's Jaloukawacharan. It is used for the purpose of purifying or cleaning the blood. It is efficacious in treating vidradhi, arsha kushta, Netra roga, Shiroroga, and serviette rash..



  
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