Importance Of Ashtamahadoshkar Varjya Vishaya During And After The Panchakarma Therapy

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Abstract

Ayurveda is science of life that gives equal emphasis to diet & lifestyle. Ayurveda shows the way to overcome disease and it also maintain good health. Ayurveda has given importance to diet and regimen as a part of chikitsa. Pathya-Apathya palanam has major role in the management of every disease condition. Among the Panchakarma therapy along with its pre-procedures (Purvakarma) i.e. Snehana (oleation) and Swedana (Sedation) Pathya-Apathya palanam has great importance. In classical text Charak Samhita Acharya Charaka has explained Ashtamahadoshkar Bhava which should be avoided by patient during and after Panchakarma therapies to get best result of that therapy and to avoid the vyapadas i.e. complications of therapy.

Key words- Ashtmahadoshkar Bhava, Panchakarma Therapy.

Introduction

Ayurveda is medical science which teaches how to maintain the healthy condition. Aim of Ayurveda is not only to cure the disease but also to maintain the health of healthy person. Ayurveda has given importance to diet and regimen as a part of chikitsa. Pathya-Apathya palanam has major role in the management of every disease condition. Among the Panchakarma therapy along with its pre-procedures (Purvakarma) i.e. Snehana (oleation) and Swedana (Sedation) Pathya-Apathya palanam has great importance. In classical text Charak Samhita Acharya Charaka has explained Ashtamahadoshkar Bhava which should be avoided by patient during and after Panchakarma therapies to get best result of that therapy and to avoid the vyapadas i.e. complications of therapy. Ashtmahadoshkar bhava are as follows-

1. Ucchairyabhashya - Excessive speaking with loudly

Due to Ucchairyabh harshya i.e excessive speaking with loud voice can cause Shirstapa i.e.burning pain,pain at temporal region,karnashool, difficulty in hearing, thirsty feeling, faintness, fever, dyspnoea, stiffness of jaw, stiffness of neck, excess of saliva, chest pain, hoarseness of voice etc. In such condition above disorders will be treated with Abhyanga, Swedana, Upanaha, Dhumpana, Nasya, Snehapana. Kanthya dravya siddha sneha should be used for Snehapana. Vatashamaka treatment should be carried out to treat above symptoms and patient is advised to avoid Ucchairyabh ashaya.

2. Rathakshobha – Travelling by bus,car or any other vehicle

Travelling by bus,car or any other vehicle during or after completion of Panchakarma therapy can cause Sandhi parva Shaitihlya, Pricking pain at jaw, nose, ear and head, abdominal pain, intestinal quickening sound, irregular heart beat, Indriyoprodha, inguinal pain, pain at buttock region, orchitis, pain at back and lumbar region, tingling numbness present at lower extremities etc. treatment of above disorders will be described as vatashamak chikitsa i.e.
Snehana, Swedana etc and patient is advised to avoid Rathakshobha.

3. Atichankramana and Atyasana – Excessive walking and excessive sitting

Atichankramana and Atyasana i.e Excessive walking and excessive sitting during or after Panchakarma therapy can cause vitiation of vata dosha in body which may leads to cause same symptoms as like Rathakshobha varjya wishaya. Vatadosaharara treatment should be follow to treat the vitiated vata dosha.

4. Ajeerna and Adhyashana-

Excessive eating during the panchakarma procedure even before and after the treatment causes thirsty feeling (mukhshosh), distension of the abdomen (Adhmana), Abdominal pain (udarashula), Debility, Chardi (vomiting), Atisar (diarrhea), Murccha (unconsciousness), Jwara (fever), Pravahika (dysentery), Anmish (disorders of indigestion) etc symptoms may have to person. Treatment of these langhan, pachan, deepan dravya and ahara yojana can be doneruksha sweda can be given mainly on abdomen, vanama can be given atleast recent gastric contents are expel out.

5. Visham and Ahibhojana-

Visham and ahitakar ahar also avoided it leads to Aruchi (anorexia), Debility (dourbalya), Vaivarnya (skin disorders), Kandu (itching), Akshishula (netrapida), Ruksha (piles), Pama (scabies), Vatprakopa, etc symptoms found in visham and ahita ahara having person the treatment protocol will be as per the doshic predominance.

6. Divaswapna-

Divaswapna can not be followed, it leads to Aruchi (anorexia), Ajirna (indigestion), Agnimandya (appetite loss), Staimitya (heaviness), Pandu (anaemia), Pama (scabies), Kandu (itching), Daha (burning sensation), Chardi (vomiting), Angamarda (weakness), Hridayastambha (stiffness in chest), Sharir jadya (heaviness of all body), Nidra and tanda (slipiness), Granthi (tumours), Raktamutrata (heamatureka), Trushna (excessive thirst), etc. treatment will be depend on the doshic predominance.

7. Vyawaya-

Coitus can be avoided immediate after the panchakarma chikitsa. Due to coitus sudden fatigueness and debility are found. Agin it leads to Urusaada (heaviness in thigh region), Shira, Basti, Vankshan, Guda, Medhara, Uru, Janu, Jangha, Padus hula will be occur. Palpitation, Akshishula (netrapida), Saithilya (debility), Raktashakrata (spermaturia), Kasa (cough) Shwas (breathlessness), Rakhyastivani (haemoysis), Swarasad (throat soreness), Kati dourbalya, Ekanga rog, Sarvanga rog, Vrushananaks

shoth, Vat-mal-mutra-shukra sang, Sharir kampa, Karan badbharya, vishad (depression) etc symptoms are present with Parikartika (fissure), Pain at penis Sandhipida (joint pain), Faintness.

In all the diseases in Astamahadoshkar varjya wishaya commonly they are treated with panchakarma using the Jivaniyagandhiddha aushadhi i.e ksheera, ghrruta (ghee), and Vat doshishak dravya siddha taila used for abhyanga, swedan, upanaha, Vrushya ahara, Yapabanasti and Anuvasan basti are beneficial. In diseases of Vyavay (or excessive coitus) Mutraroga are found and it can be treated with dravya of vidarigandhadi gana siddha ksheera, kashaya, taila and ghrrita are used.

Discussion & Conclusion-

1) Ashtamahadoshkar varjya wishaya are explained by various Acharya but details amongst all of them are found in Charaksamhita.
2) After the panchakarma chikitsa all post operative procedure (paschat karma) can be explained to the patient in his own language to follow the Pariharkal and to avoid the complications.
3) The specific dravya and specific panchakarma modalities are utilized for maintaining and restore the health..
4) Patient should be in contact with Vaidya to avoid such complications minimum for 15 days after the panchakarma.
5) The symptoms of kaphadosh adhikarya are treated with ruksha, tikshana, ushna dravya and shodhanopkrama. Pittadoshadhikarya roga are treated with madhura shita tiktarastra dravya and shamanopchara are followed and Vatadoshadhikarya roga mainly treated with guru, snigdha, ushna taila, ghrrita asthapan and anuvasan basti .
6) In daily routine life it is beneficial to follow the ashtamahadoshkar varjya wishaya to build the health, promotion of longevity.

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