

About Panchkarma Subject

The word meaning of Pancha is five and karma means therapies. Thus Panchakarma is mainly consisting of five major procedures which are performed to detoxify the body .

It is a process of cleansing and rejuvenation of the body and the mind to cure diseases as well as to maintain a good health. The disease causing Doshas (Toxins) if expelled out of the body will cause no recurrence and to expel them out of the body Panchakarma procedures have been explained in Ayurveda .

Panchakarma treatment which is of five different detoxification processes are :

1. Vamana (Medicated emesis)
2. Virechan (Medicated purgation)
- 3 Basti (Medicated enema)
4. Nasya (Medication through nasal route)
5. Rakta Moksha

Vamana (Emesis Therapy):

In this therapy medical emesis induced through herbal drugs to remove Kapha ,waste products and toxins (vitiated dosha) collected in the body .It is the most effective treatment in Kapha Dosha.

People suffering from obesity, psychological disorders, psoriasis, hyperacidity, and skin disorders. anemia, chronic indigestion, sinus problems, cough and cold, asthma, nausea can opt for Vamana.

Virechana (Purgation):

This is the process used to eliminate excess Pitta from the body. It purifies blood, by clearing the toxins from the body, along with the lower alimentary canal, by induced controlled purgation with the help of medicines.

It is used to treat digestive disorders, jaundice, chronic helminthic infestations, headaches, gout, diabetes, asthma, skin disorders such as herpes, constipation etc.

Basti (Enema)

Most of the disease is caused by the imbalance in Vata Dosha .Basti used to cure all the Vata disorders.It also corrects three imbalanced doshas in the body . In this procedure, a medicated oil /kwatha (decoction) enema is administered by rectal route.

It is helpful in cases such as constipation, neurological ailments, paralysis, flatulence, rheumatism,cervical spondylitis, digestive disorders, backache, infertility, obesity etc.

Nasya (Nasal Administration)

Administration of medicated oil, ghee or herbal extracts is done through nasal route in nasya procedure. Nasya eliminates the vitiated doshas situated in the head and neck . The treatment cleanses, purifies and strengthens the nasal passages.

It improves insomnia, memory, eye sight, sinus, pre-mature greying of hair also relieves headache, migraine, cervical spondylosis and facial palsy.

Raktamokshana (Blood letting)

It is done to remove the impurities in blood with the help of venesection. It is highly effective in diseases like urticaria, rash, eczema, acne, chronic itching disorders of the skin and hives, gout, alopecia, pigmentation etc.

PANCHAKARMA DEPARTMENT

The department aims to impart quality education in field of Panchakarma . . We have experienced and skilled, research-oriented faculties from well-known institutions.

Department is well facilitated & organized having proper ventilation & sufficient space for each accommodative faculty.

Department includes special library consisting of different Samhitas & textbooks of Panchakarma by wellknown authors.

For the visual impact on students charts of important concepts is contributed in the department.

OBJECTIVES:

- A) To provide standard panchakarma treatments to patients at OPD and IPD level.
- B) To provide Classical knowledge and practical training of panchakarma procedures to the students to provide skillful doctors practicing panchakarma with excellence in the society.

VISION:

- A) To impart effective panchakarma treatments
- B) Quality education to the students.
- C) Research work in the field of panchakarma

FACILITIES: -

The department has OPD, IPD facilities. It offers clinical services daily.

Panchakarma unit :

We have well equipped Panchakarma unit .All procedures are performed by trained male and female therapist under supervision of senior consultant .The panchakarma therapies are performed on both OPD and IPD level. We provide promising results in Arthritis, Skin Disease, Neurological Conditions, Lifestyle Disorders, Obesity along with Rejuvenation and Relaxation therapies .

Panchakarma procedures like abhyanga, swedana, janu basti ,katibasti, Shashtishali Pindasweda ,Patrapottali Sweda, Shirodhara, Basti, Nasya, Jalukavacharan ,siravedha etc.are provided to the patients according to requirement.

Panchakrma Shodhana according to rutu like vasantika Vamana, Virechana in sharad rutu performed to maintain good health.

INFRASTRUCTURE: -

Panchakarma OPD & IPD in hospital

Departmental library ,charts, models regarding panchakarma subject in department

Well equipped classroom.

Well equiped panchakarma theatre with trained staff