

HOW COULD ONE LIVE A HEALTHY LIFE WITHOUT MUCH CONSUMPTION OF ALLOPATHIC MEDICINE? – ‘BY SEASONAL BODY BIOPURIFICATION’

Arvind Paikrao

MD (Ayu), Associate Professor, Kriyasharir Dept, GJPIASR, Anand

Abstract

The people are already very much undergoing of allopathic medicine due to different disorders across the Globe. One of the major health problem is metabolic disorder where the rate of consumptions of pills is more. This burden of consumption allopathic medicine is again increased much more during current scenario which is occurred by COVID-19.

By consuming many allopathic medicine, there is lots of burden which is not only it hamper the health of particular person who is consuming it, but also it is hampering over the modern health system, i.e. there is very horrible situation is happening in the current scenario due to COVID-19 crisis.

As Ayurveda is the ancient science & also known as the science of the life. The Ayurveda does not only tells about the how someone can be leave healthy without diseases, but it also tells about how could treats the diseases. i.e. the objectives of the Ayurveda are as, “*swasthasya swasthy rakshanam, & aturasya roga prashamanam cha*”.

So, Ayurveda could be helpful over this worst situation (low down the rate of consumptions of pills)? How it can be? It will be explored over here. In other word, Ayurveda, could be very effectively, low down the consumption of pills (i.e. modern medicine). There are many solutions over this problem, such as by eating healthy food, avoiding the junk food, by following the dincharya (daily routine), rutucharya (following seasonal regimine), seasonal purification, taking mental care etc & many more.

The “*swassthasy swasthya rakshanam*” to prove this principle fruitful one should be aware of common body bio-purification procedures (Panchakarma therapy their effect) with their benefits on the human body.

Key Words: - Burden of consumption of pills (modern medicine), Ayurveda as solution for low down rate consumption of modern medicine, Ayurveda Panchakrm therapy, bio-purifications of Ayurveda, snehan (oilation), swedana (sudation), vamana (emesis), virechana (purgation), basti (medicated emema) nasya (nasal medication), raktamokshana (bloodletting therapy) etc.

INTRADUCTION

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WHAT IS HEALTH? “AS PER AYURVEDA”

The Acharya Wagbhata says about health, so health is defined as pleasant sensation in body & mind i.e. *sukha sanghyakam aarogyam*’.

The health definition is explained by the Acharya Sushruta in sutrasthana 15/41;

*“samadosha sama agnischa sama dhaatu malah kriyah,
prasanna aatmendriyah manah swastha iti abhidhiyate”*

It means the equilibrium or homeostasis of not only three doshas, appropriate functioning of digestive fire, appropriate functioning seven dhaatus & three malas, but also there must be pleasant sensation in mental factors like happiness in soul, five sense faculties.

WORLD HEALTH ORGANIZATION’S DEFINITION

“Health is a state of complete physical, mental and social well being and it not merely an absence of disease or infirmity”.

The world definition of health has been criticized as being too broad. Some argue that health cannot be defined as a state at all but must be seen as a process of continuous adjustment to the changing demands of living and of the changing meanings we give to life. It is dynamic concept, it helps people live well, work well and enjoy themselves.

SHODHANA (BODY BIO-PURIFICATION):

An individual’s who is undergoing for the regular shodhana (purification) therapy during rithu sandhi (union of two season), could be able to expel many toxins & different metabolic harmful residue (ama) from our body. If this is not being conducted, many toxins & different metabolic harmful residue (ama) accumulations increases & if any provocative cause happens the disease will get manifested.

Shodhana therapy helps to eliminate the vitiated doshas from the place of origin. Shodhana karmas includes five fold therapy; vamana, virechana, vasti, nasya & raktamokshana. All except niruha vasti have highly important role in treatment of many diseases as well as to boost the immune power. Shodhana (purification mechanism) again includes poorvakarma, pradhana karma, paschata karma. Poorva karma helps to bring the vitiated doshas, dooshyas from mamsa-asthisandhi & shakhas to koshttha. Then they could be eliminated easily.

Shodhana (purification mechanism) is contraindicated in ama (many toxin & harmful residual portion which is present in the body) stage, to get rid of ama (many toxin & harmful residual portion which is present in the body); deepana (enhance the digestive fire) & pachana (proper digestion) procedures have to be carried out before snehana karma (oil massage or intake of oil or fat). For that purpose kalpanas like choorna (medicated powder), kalka (medicated paste) & kwathah (medicated decoction) etc could be used. Before shodhana karma (purification mechanism), snehan (oil therapy (internal & external)) should be administered to achieve more vishandana (specific dilution of impurities), mardavata (looseness of impurities) & kleda (toxins & other harmful substance along with the impurities which taken in to liquid form) in vitiated dosha. The sudation procedure (swedana) helps to liquefy the vitiated (klinna) dosha.

For many diseases or immune suppressive diseases several sneha preparations are advised. For example, tiktaka ghritam, mahatiktaka ghritam, guggultiktaka ghritam & vajraka ghritam etc; are used commonly for achapana sneha (medicated oil intake).

After getting samyak snigdha lakshana (appropriate oil intake symptoms) by sneha karma patients should undergo shodhana karma (purification mechanism) according to dosha predominance & the seat of accumulation of doshadushti for eliminating the vitiated doshas from the body.

If the level of dosha dushti is high, more number of shodhana procedures (purification mechanism) is needed to attain perfect purification. The dosha dushti will be deep seated in most of the some diseases to eliminate the vitiated doshas three or four shodhana karmas are needed & they should be repeated at regular intervals.

Because of these reason vagbhata has advised to conduct vamana on every 15 days, virechana on every 30 days, nasya on every third day & raktamokshana on every six days on every six months.

After shodhana procedures (purification mechanism) there are chances of provocation of vata. To prevent this shaman therapy with appropriate medicated snehas should be conducted in between each shodhana

procedures. In vata predominant cases we can use medicated ghrita. In kapha predominant cases vamana (medicated emesis) is the best procedure to eliminate the doshas. In pitta predominance cases the different types of bloodletting therapies & virechana (medicated purgation) karma are beneficial. The virechana (medicated purgation) is the special treatment for vitiated pitta & pitta associated with vitiated kapha dosha conditions which is situated in pitta sthana. After the shodhana procedures, payadi karma (samsarjana karma) is advised to bring back the impaired agnibala (to enhance digestive fire) which will help to improve the dhatubala (strength in tissue) in turn immunity will get enhanced or improved.

After shodhana therapy (bio-purification therapy), administration of shaman therapy's results could be more beneficial, as the vitiated doshas are expelled out from the body & appropriate agnibala could be achieved. To correct the dhatukshaya caused which could be expected after the shodhana therapy or different treatment procedures, rasayana karmas could be used.

The rasayana therapy like administration of chitrak rasayanas, triphala rasayana, chyavana prasha rasayana, haritaki, amalaki, guduchi etc, have significant role in treatment of all diseases, by which immune power will get enhanced.

DISCUSSION

The people are already very much undergoing of allopathic medicine due to different disorders across the Globe. One of the major health problem is metabolic disorders where the rate of consumptions of pills is more. This burden of consumption allopathic medicine is again increased much more during current scenario which is occurred by COVID-19.

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Topic is compiled over here, by exploring with the introductory explanation of the panchakarma (bio-purification therapy) with their common benefits; everything could not be explored because of the limitation article. Certainly, someone gets benefited who is undergoing for routine bio-purification procedure (panchakarma therapy).

In Ayurveda treatment has two subtypes one is the Shamana chikitsa (pacifying therapy), i.e. there use of certain medication could be done so, the vitiated dosha get normalized. But by this therapy the dosha again could be aggravated by gating their favourable seasonal time & by consuming the causative factor for particular dosha; it may end up with manifestation of the disease.

But, once Shodhana Chikitsa (body bio-purification therapy) is done or someone has been habituated with the seasonal purification for example, for vata dosha basti can be applicable in the varsha ritu (rainy season), in similar way for the kapha dosha vamana in vasant ritu (after winter climate) & for increased pitta dosha there is virechana or raktmokshana can be done in the sharad ritu (before the winter season).

The dosha's after get normalized by the body bio-purification procedures, they will not usually provokes (not capable for manifestation for diseases) even after getting their favourable seasonal time or having been consumption of some the causative factor also. This is the important reason that, the someone must habituates with the bio-purification procedures (Ayurveda panchakarma therapy), one need not consume the modern medicine much.

CONCLUSION

- Advantages of the shodhana chikitsa (bio-purification therapy):-
- In Ayurveda treatment has two subtypes one is the Shamana chikitsa (pacifying therapy), i.e. there use of certain medication could be done so, the vitiated dosha get normalized. But by this therapy the dosha again could be aggravated by gating their favourable seasonal time & by consuming the causative factor for particular dosha; it may end up with manifestation of the disease.
- The dosha's after get normalized by the body bio-purification procedures, they will not usually provokes (not capable for manifestation for diseases) even after getting their favourable seasonal time or having been consumption of some the causative factor also. This is the important reason that, the

someone must habituates with the bio-purification procedures (Ayurveda panchakarma therapy), one need not consume the modern medicine much.

- By adopting the bio-purification therapy, someone not only effectively controls the metabolic disorders, but also improves the immune power, ultimately will become very less prone to inflamotory diseases or to have COVID-19, or may become victim of COVID-19 with very few symptoms; eventually could be slow down the consumption of modern medicine.
- Ayurveda & the concept (principles of Ayurveda), must be reach to the every corner of not only throughout the India but also it must be reached across the Globe.
- The Ayurvedic treatment is certainly, cost effective management, so it could also balance the economy of India.

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