

Management of Urdhav Jatru Gata Roga w.r.t. Panchkarma

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ABSTRACT

"Swasthyasya Swasthya Rakshnam Aaturasya Vikara Prasamanam" is the primary goal of Ayurveda, which translates "maintaining the health of a healthy person by preventing from disease and curing the disease of an ailing person." *Shalakya tantra*- the branch of *ashtang ayurveda* which includes the diseases & their treatment of *urdhav jatrugata roga* like *Siro-Kapala Gata Roga, Netra, Karna, Nasa, Kantha, Mukha, and Danta*. *Sansamana* (conservative), *Samsodhana* (*Panchakarma*) and the *Shastra karma* (surgical procedures) are the essential treatment modalities followed in *shalakya tantra* majorly.⁽¹⁾ *Panchakarma* is a branch of *Ayurveda*, meant for the removal of vitiated *Dosha, Mala* or toxic part of body that balances *prakupit Dosha-Dushya* through *Vamana, Virechan, Nashya, Basti, Rakta Mokshana* etc. in diseases like *Abhisyanda, Adhimantha, Timira, Danta Nadi, Upakusha and Dustha pratishyaya*, most of the *Panchakarma* therapies are indicated according to their severity of the disease.

KEYWORDS: *Panchakarma, shalakya, vamana, virechan, basti, nasya, raktamokshana.*

INTRODUCTION

Sansodhana Chikitsa or *panchkarma* is far superior treatment modality to remove, reduce and balance the *prakupit Dosha*. *Panchakarma* modalities includes the *Poorva karma -- Snehana and Swedana*.⁽²⁾ *Pradhana karma* includes *Vamana, Virechana, basti-Anuvasana & Niruha and Nasya*.⁽³⁾ **Basti with Rakta mokshana in Panchakarma** is recalled by *acharya sushruta*. The diseases of *Kantha* are *Kapha-Rakta* predominant, so treatment followed are *Vamana, Siro Virechan, and Rakta mokshana*. In *Siro-Kapalagata Roga* the treatment given is *Nasya, Rakta mokshana, Siro-Virechan, Murdhni-Taila and Dhoomapana*. The disease cured by *Panchakarma* (*Sodhana Chikitsa*) as *Pradhana Karma* or as

Poorva karma, never showed recurrency and even shows better result than the patient treated without *panchkarma*.^(4,5) Though *Panchakarma* therapy cures & restores health as it is one of the procedures which maintains equilibrium of the body.^(6,7)

Panchakarma

➤ According to *Acharya Charaka*, it includes procedures like *Vamana, Virechana, Niruha Basti, Anuvasana basti and Nasya*.

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➤ According to *Acharya Sushruta*, it includes five procedures *Vaman, Virechana, Basti, Nasya and Raktamokshana*.

Poorva karma (Preparatory Procedures)

Before proceeding for *Panchakarma* following *poorva karma* should be done:

Deepan- Pachan, Snehana and Swedana. They prepare the body for the main procedure or *pradhan karma* i.e. *Panchakarma*.

1. **Deepan drugs** works on *AGNI*. Ex. *pippali, chitraka*.
2. **Pachana drugs** stimulate peristalsis movement of intestine, increase secretion of digestive enzyme. Ex. *Musta, ajamoda*.
3. **Snehana Karma (Uction Therapy):** administration of *ghee/oil* processed with specified drugs has been indicated in patients who have complications.⁽⁸⁾ In all such conditions, there is gross aggravation of *Vata dosha*, that gets cured easily by *Snehana karma*.
4. **Svedana Karma (Sudation Therapy):** It is a method of inducing sweating in the body by

various means of heat application. Different types of fomentations have been indicated in inflammatory swellings for local application which are painful, hard. ⁽⁹⁾

Pradhan karma or main panchakarma modality includes -

5. **Vaman Karma (Therapeutic Emesis):** best therapy for minimisation of vitiated *Kapha dosha*, *vamana karma* is useful particularly in that caused by *vitiated Kapha dosha*. ⁽¹⁰⁾
6. **Virechana Karma (Therapeutic Purgation):** *Virechana karma* is choice of treatment in *vitiated pitta* associated with *vata* and which are chronic in duration. ⁽¹¹⁾
7. **Basti Karma (Medicated Enema):** chronic *vitiated vata* and is particularly situated in the lower part of the body, *basti* is indicated in such cases. ⁽¹²⁾
8. **Nasya -** Focuses treatment of *Urdhava jatrugata* disease. According to *Acharya Charaka*, nose is the gateway of head. Therapeutic measure where the medicated oil, *ghee*, *kwatha*, *churna*, *swarasa*, etc. are administered through nose to eliminate the *vitiated dosha* situated in *Sira*. It is useful in the conditions like *ardhambhedak*, *shiroshoola*, *Pinasa*.
9. **Rakta mokshana (Therapeutic bloodletting) -** *Rakta mokshana* is a procedure of removing the *vitiated Rakta* in disease caused mainly by *Rakta and Pitta*. It is carried out either by using sharp surgical instruments like *Sira vedha* or by para-surgical procedures like *Leech*, *Alabu*, *Ghati*, *Shrung* dosha accordingly.

Indication of various karma in Netra roga

Snehana Karma in Netra Roga

Both *Bahya* and *abhyantara snehana* is done in different eye diseases. ·

वाताततस्यंदततमर दारुणप्रततबोतधनः स्नेह्याः॥

The eye diseases like *Abhishyanda*, *Timira* and *Krichonmilana*, dominated by *vitiated vayu*, should be treated with *snehana karma*. ⁽¹³⁾ *Snehapana* is advised for *dristigata rogas* like *Jivantyadi ghrita* (*vatahara*), *Triphala ghrita*, *Tilwaka ghtita* (*pitta kapha hara*) are preferred for *ghritapana*. *Vibhitkyadi ghrita* is advised for *pana* in all eye diseases.

Swedan karma in Netra roga

पुराणसतपतषा तस्मिन्धौ स्यन्दातधमंथ पीतडतौस्वेदतयत्वा
यथान्यायं....।

Snehan & swedan are indicated in *vataj Abhishyanda* and *vataj adhimantha*. ⁽¹⁴⁾

In *kaphaj vartma rogas – bahya swedan* is indicated. But it should be done very carefully by covering the eyes. ⁽¹⁵⁾

कुटन्नटास्फोटफतणज्झतबल्वपत्तूरतपल्वकतकतपत्थभङ्गः स्वेदं
तवदध्याता

Swedana with the decoction of *kutannata*, *asphota*, *phanijjaka*, *bilwa*, *pattura*, *pilu*, *arka* and *kapittha* in *kaphaja netra roga*. ⁽¹⁶⁾

Vamana Karma in netra roga

अवम्यास्तावत्.....ततमरतशरशङ्खकणाततक्षशूलातातः। ·
.....ततमरातातनांततमरततवृद्धः.....।

Vamana is contraindicated in *Drishti gata roga* . If done, it will cause *Timira ativridhi*. ⁽¹⁷⁾

➤ *Netra paak* - सवतश्यातप शुधस्य कततव्यतमदमज्जनम्। ⁽¹⁸⁾

➤ *Vaman* before the *Virechana* in all *lekhyia vyadhi* :- “नव येतभतहता लेखसामान्यास्तेष्वयं तवतधः। तस्मिन्धातवतवरक्तस्य तनवातातपसद्यतना।”

➤ Method of inducing vomiting in case of *Kukunaka* - The child should first be fed by the mother or wet nurse or by feeding him with supplementary milk and then he should be made to vomit by licking rock salt with honey. Vomiting should be induced by mixing seeds of *Apamaagata Churna* with *Pippali*, rock salt and honey

Virechan karma in Netra roga

Virechan is part of *panchakarma* to impart strength to *indriyas* and the most preferred *Sodhana karma* in eye diseases.

अतक्षपाक काचततमरातभष्यंदतशरःकणाततक्षनासास्य....
पैतक्तकव्यातधपरता.....।

Virechan is indicated generally in *sira*, *karna*, *akshi*, *nasa rogas* and specifically in *akshipaka*, *kacha*, *timira* and *abhishyanda*. ⁽¹⁹⁾ According to *Acharya Sushruta*, *Virechana* is indicated as initial step for treatment of following eye diseases: -

Pittaj abhishyanda, *pittaj adhimantha*, ⁽²⁰⁾ *balasghrathita roga* ⁽²¹⁾, *arjun rog* ⁽²²⁾, *netrapaak*. *Virechan* is beneficial in all the *pitta roga* and in diseases like *netra daha*, *netra srava* and *timira*. ⁽²³⁾

Basti karma in Netra roga

“*Basti vaat harnanaam*” *basti* is said to be best treatment of *vaat roga*. ⁽²⁴⁾ *Basti* is indicated when *vitiated vayu* abnormally gets administered. *Asthapana basti* is exclusively indicated for eye diseases. ⁽²⁵⁾ *Basti* is indicated in *shiro roga*, *timira*, *adhimantha*.

Nasya karma in Netra roga*Nasa hi shirso dwaram.*⁽²⁶⁾

"औषध औषधतसधो वा स्नेहो नातसकाभ्यां देते इतत नस्यम् ।"

Medicine/*sneh* administered via nostrils is called as *nasya*.⁽²⁷⁾

Nasya karma is indicated in several eye diseases as: *timir, vata abhishayanda, vata adhimantha, Netra paak*.⁽²⁸⁾

Mudagparni, ashwagandha, atibala, shatavari- kalka of these mixed with *ghrita/taila* – administered in nostrils.⁽²⁹⁾

Nasya with *anu taila* is proven to provide multiple benefits in *Netra roga*.

Raktmokshan in Netra roga

पुराणसतपतषा तस्मिन्धौ स्यन्दाधीमंथ पीतडतौ

स्वेदतयत्वा यथान्यायं तसरामोक्षेण योजयेत्।⁽³⁰⁾

According to Acharya Sushruta, *rakta mokshan* is indicated in following *netra rog*: - *kaphaj adhimanta, kaphaj abhishayanda*⁽³¹⁾, *balas ghrathita roga*,⁽³²⁾ *arungata roga*⁽³³⁾, *Netra shoola*,⁽³⁴⁾ *all yapy roga*.

In case of eye pain, after lubricating the eye, sweat should be done and then blood removal should be done by piercing the tip of the hand or forehead region. • In case of pain in various diseases, to cure them, treatment as prescribed in the scriptures should be done and blood removal should be done with *Jalauka*.⁽³⁴⁾

Discussion

The aim of *Shalakyata* tantra is to preserve the health of *urdhav jatrugata roga* like preventing ears, nose, throat, and eyes. Diseases like *Abhishyanda, Adhimantha, Sirotpat, Siraharsha, Anyatovat, and Vatparyay*, among others, can be treated with *panchakarma*. *Netra Rogas* can be prevented and treated with *Panchakarma therapy's* anti-inflammatory, anticoagulant, anesthetic, analgesic, Anti-thrombotic, and vasodialator properties, among others. *Panchakarma* surely strengthens the muscles which supports the eyes, clears blockages in the channels that supply the eyes, and increases blood flow to that particular area. *Panchakarma's* detoxifying properties help to reduce the symptoms of dry, itchy eyes. *Panchakarma* has revitalizing properties & rejuvenates inside out.

Conclusion

Panchkarma is very crucial in the treatment of many diseases in *shalakyata tantra*. It cures the diseases from its root. It not only detoxifies but also maintains health. Even a healthy individual can go for *panchakarma* treatment. *Nasya* has important role in

shalakyata tantra out of all five *panchkarmas*. Various medicated preparations like oils, *ghee, churna*, are available for procedure. Hence *panchkarma* should be in limelight so that everyone could avail its benefits. The main aim and objective of *Ayurved* is "Swasthyasya Swasthya Rakshnam, Aaturasya Vikara Prasamanam chh" Which means maintaining the health of a healthy person & curing the disease of ailing person. The *Shalakyata tantra*, a part of *Astanga Ayurved*, deals with the disease above throat i.e. *urdhav jatru gata roga*. It includes the disease and treatment of *Netra, Karna, Nasa, Kantha, Mukha, Danta and Siro-Kapala Gata Roga. Sansamana* (conservative), *Samsodhana (Panchakarma)* and the *Shashtra chikitsa* (surgical procedures) are the treatment modalities explained to treat a disease. These are the basic treatment modalities, explained in *ayurveda*. *Panchakarma* is a branch of *Ayurveda*, meant for the removal of vitiated *Dosha, Mala* or toxic part of body and balances *Dosha-Dushya* through *Vamana, Virechana, Nasya, Basti, Rakta Mokshana*. In the disease like *Abhishyanda, Adhimantha, Timira, Danta Nadi, Upakusha and Dustha pratishyaya, Panchakarma* therapies are indicated according to their severity. If patient undergoes for *Panchakarma or Sodhana Chikitsa as Pradhana karma* shows better result than the patient treated without *Sodhana karma*. The patients who gets treated with *Sodhana karma* have faster recovery than patient who is treated only with *Shamana-chikitsa*. *Panchakarma* procedure in *Shalakyata Tantra* definitely gives an effective and satisfactory outcome in *Urdhwajatrugata* disorder.

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