

## 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.

In Ayurveda acharya has explained each and everything about Do's and Dont's during and after Panchakarma treatments. Ashtmahadoshkar bhava includes eight subjects which one should avoid during and after Panchakarma procedure. In todays era we observe that patient don't have time to follow the diet regimen and modify their lifestyle for health purpose. They usually try to avoid hospitalization due to busy working schedule. So while doing any Panchakarma therapy in such patients pathya apathy palanam was not carried out in proper manner so patient has to face different kind of symptoms and complications of therapy. In Charka Smahita Siddhithana Adhyaya 12 Acharya Charaka has explained to avoid Ashtamadoshkar Bhava, its symptoms, and treatment in details.

**Materials And Methods :-** Pathya-Apathya has major role in the management of disease condition.

Shodhana procedures expelled out vitiated doshas out of body

after that to maintain equilibrium of doshas and to maintain healthy condition follow the Pathya

Apathya is important. Acharya Charaka has explained Ashtamahadoshkar Bhava which should be avoided by person 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 Ucchairyabhashya 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, Dhumpna, 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 Ucchairyabhashya.

#### **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 Shaithilya, 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 Atyaasana – Excessive walking and excessive sitting**

Atichankramana and atyaasana 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 vishaya. Vatadoshahara 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), Murcha (unconsciousness), Jwara (fever), Pravahika (dysentery), Amvish ( 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, vamana can be given atleast recent gastric contents are expel out.

**5. Visham and Ahitbhojan-**

Visham and ahitkar ahara also avoided it leads to Aruchi (anorexia), Debility (dourbalya), Vaivarnya (skin disorders), Kandu (itching sensation), Grahani (irritative bowel disease), Arsh (piles), Pama (scabies), Vatprakopa, etc symptoms found in visham and ahita ahara having person the treatment protocol will be as per the doshic predominance.

**7. Diwaswapna-**

Diwaswapna 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 tandra (slipiness), Granthi (tumours), Raktamutrata (haematuria), Trushna (excessive thirst), etc. treatment will be depend on the dosha present in symptom.

**8. 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, Medhra, Uru, Janu, Jangha, Padas hula will be occur. Palpitation, Akshishula (netrapida), Saithilya (debility), Raktashukrata (spermaturia), Kasa (cough) Shwas (breathlessness), Rakyastivan (haemoptysis), Swarasad (throatsoreness), Kati dourbalya, Ekanga rog, Sarvanga rog, Vrushanakos

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

In all the diseases in Astamahadoshkar varjya vishaya commonly they are treated with panchakarma using the Jivaniyagansiddha aushadhi i.e ksheera, ghruta (ghee), and Vat doshnashak dravya siddha taila used for abhyanga, swedan, upanaha, Vrushya ahara, Yapanabasti 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 ghruta are used.

**Discussion & Conclusion-**

- 1) Ashtamahadoshkar varjya vishaya 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 adhikya are treated with ruksha, tikshana, ushna dravya and shodhanopkrama. Pittadoshadhikya roga are treated with madhura shita tiktarasa dravya and shamanopchara are followed and Vatdoshadhikya roga mainly treated with guru, snigdha, ushna taila, ghruta asthapan and anuvasan basti .
- 6) In daily routine life it is beneficial to follow the ashtamahadoshakar varjya vishaya to build the health, promotion of longevity.

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