



Beyond Symptom Suppression: How Panchakarma Treats Diseases from the Root

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In modern healthcare, we have become accustomed to temporary solutions. When joint pain flares up, we take a painkiller; when acidity occurs, we take an antacid; and when skin rashes appear, we apply a ointment. While these remedies offer temporary relief, the same story repeats with many patients: as soon as the medicine is stopped, the trouble starts again—and often, it is more severe than before.

In Ayurveda, true health is not merely calming symptoms for a short time, but completely eliminating the root cause of the disease. The fundamental principle "**Swasthasya Swasthya Rakshanam, Aturasya Vikara Prashamanam Cha**" (*preserving the health of the healthy and alleviating the disease of the ill*) forms the core foundation of authentic **Ayurvedic Panchakarma treatment**.

Understanding the Root Cause: How Diseases Develop

According to Ayurvedic texts, chronic diseases do not develop overnight. They begin when our digestive fire, or **Agni**, becomes weak due to improper diet, irregular daily routine, mental stress, or seasonal changes.

When *Agni* is weakened, food is not digested properly, leading to the formation of a toxic and sticky substance in the body called **Ama**.

Over time, this *Ama* spreads throughout the body and blocks the micro-channels (*Srotas*). This causes vitiation of the *Doshas*—*Vata*, *Pitta*, and *Kapha*. Depending on where this *Ama* accumulates, various diseases manifest:

- Accumulation of *Ama* in joint channels (*Asthivaha Srotas*) causes chronic joint pain or Rheumatoid Arthritis (*Amavata*).
- Blockages in the digestive tract (*Annavaha Srotas*) lead to recurrent Irritable Bowel Syndrome (*Grahani*) or severe hyperacidity (*Amlapitta*).
- Accumulation of *Ama* in respiratory channels (*Pranavaha Srotas*) results in chronic asthma or allergies (*Shwasa/Kasa*).

Because these toxic elements are deeply rooted in the tissues (*Dhatus*), superficial tablets and medicines cannot provide complete relief. To thoroughly cleanse these toxins and channels, deep systemic purification is required, which is known as **Panchakarma**.

The Three Scientific Stages of Authentic Panchakarma

Panchakarma is not merely a relaxation spa treatment or a simple detox diet. It is a scientific and medical procedure that is planned strictly according to an individual's **Prakriti** (body constitution) and **Vikriti** (disease state). A complete Panchakarma therapy comprises three main stages:



1. Purva Karma (Preparatory Stage)

Before eliminating accumulated toxins (*Doshas*) from the body, it is essential to separate them from deep tissues. For this, **Snehana** (internal and external oleation using medicated ghee and oil massages) and **Svedana** (medicated herbal steam) are performed. This softens the toxins and brings them toward the gastrointestinal tract (*Koshta*).

2. Pradhana Karma (The Five Primary Detoxification Procedures)

Once the toxins reach the *Koshta*, appropriate procedures are chosen based on the patient's specific requirements:

Vamana: Therapeutic emesis procedure to eliminate excess *Kapha* toxins from the chest and stomach.

Virechana: Medicated purgation therapy to cleanse excess *Pitta* toxins from the liver, gallbladder, and intestines.

Basti (Medicated Enema Therapy): The most crucial part of Panchakarma, which balances *Vata* dosha and is exceptionally effective for back pain, joint disorders, and nervous system conditions.

Nasya: Administration of medicated oils/drops through the nasal passages, highly beneficial for diseases of the head, sinuses, neck, and neurological disorders.

Raktamokshana: A procedure to eliminate vitiated blood, curing chronic skin diseases and blood-related disorders.

3. Paschat Karma (Post-Purification Care & Rejuvenation)

After Panchakarma, the digestive fire becomes delicate. During this phase, through **Samsarjana Krama** (a tailored, gradual dietary regimen) and **Rasayana Chikitsa** (rejuvenating therapies), digestion is strengthened, immunity is enhanced, and recurrence of disease is prevented.

Clinical Experience and Proven Outcomes

For over **34 years**, at Shree Siddhivinayak Ayurved Chikitsalaya in Beed, we have consistently followed these classical and authentic Panchakarma protocols. Through mentoring hundreds of young Vaidyas and successfully treating thousands of complex cases, our experience has shown that when Panchakarma is conducted under proper medical supervision in a well-equipped facility, even long-standing chronic diseases can be overcome.

Whether dealing with digestive disorders, chronic inflammatory diseases, or weakness following viral illnesses, classical Ayurvedic Panchakarma restores the body's natural balance and vitality.

Is Panchakarma Right for You?

If you are struggling with a chronic ailment that does not resolve with temporary treatments, or if you wish to cleanse your body seasonally (*Ritucharya*) to achieve complete health, consulting an expert Vaidya is your first step.

