



EVA COLLEGE OF AYURVED

ATTACHED WITH DHRUV AYURVED HOSPITAL

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DEPARTMENT OF PANCHAKARMA

DEPARTMENTAL PROFILE:

Ayurveda is a science and an art of living that helps to achieve health and longevity. It emphasizes on healing and preventative therapies along with other methods of purification and rejuvenation. Panchakarma therapy is an integral part of Ayurveda, which helps in achieving a balanced state of mind, body and consciousness.

Panchakarma includes five distinctive therapies

- Vaman [medicated emesis],
- Virechan [medicated purgation],
- Basti [medicated enema],
- Nasya [medicated nasal medication] and
- Raktmokshan [blood-letting].

Steps followed

The complete process of Panchakarma consists of three steps.

- Poorva Karma, which is the preparatory procedure required before the main procedure to enable a person to receive the full benefits of the main treatment. It consists of two main processes – Snehan (oleation) and Swedan (fomentation). These methods help to dislodge the accumulated poisonous substances in the body, thus preparing them for their complete removal.
- Pradhan Karma or the main procedure. On completion of the first step, it is decided which of these are to be done depending upon the proximity of the waste. An increased level of upper respiratory tract waste shall call for Vamana. Similarly, a lower gastro accumulation of waste calls for a Virechanam.

- Paschaat Karma or the post-therapy dietary regimen to restore the body's digestive and absorptive capacity to its normal state.

Benefits of Panchakarma

- Completely purifies the body.
- Riddance of toxins.
- Speeding up the metabolism.
- Reducing weight.
- Enhancing the strength of digestive fire.
- Opening up of blocked channels.
- Relaxing the mind and body.
- Rejuvenation of tissue

In Panchakarma unit of hospital students get direct experience of Panchakarma procedur