

SCIENTIFIC WAY OF PANCHAKARMA WHY IT IS NECESSARY TO GO FOR SCIENTIFIC COURSES OF TREATMENT?

The word panchakarma has gained an extraordinary importance and curiosity as well in last few years. Due to recognition to this ancient Indian medicinal science has boomed up, also the expanse and propaganda through various media is making people more and more aware about seeking these age old treatments and benefit themselves.

Another important cause is increasing awareness about the “health” !With stressful lifestyle unwanted disorders are entering in life untimely too! So to avoid that Ayurved has huge solutions!! Because Ayurved is the science who guides for the way of Health!

Nowdays, word panchakarma is no more just restricted to five ways of shudhhikriya as before, like vaman, virechana, nasyam, basti and raktamokshan. Panchakarma has to be given in courses of saptaka... i.e. seven settings onwards...Today, under healthcare, treatments like abhyangam, basti, netratarpan(netrabasti),shirodhara...etc are also given. These procedures are performed in various disorders and in healthy situation too. For example, a treatment like netrabasti can be taken in some eye related disorder where it is recommended and also it can be taken to keep your eyes healthy, to avoid eyestress(many times due to computer uses), aging effect on eyes etc... Treatment in both category is possible because changing the medicinal contents accordingly is possible.that is, for a disorder a specific medicinal ghee for netrabasti is used and when it is eyecare—for healthy eyes, certain medicinal ghees can be used which just takes care of your eyes.

When it is treatment for disease, patient listens to doctor recommendation of say.... 7 days or 14 days treatment! But when it comes to healthcare, people just want health in one setting!!! That is why malpractices of just getting a single walkin massage (Abhyangam) are coming up very fast.

One should always remember, afterall it is the human body which is getting treated ..be it disease be it health!

Even in reference text of Ayurved, rasayana treatments (rejuvenation) are given, which have a timespan of one month to six months. So no healthcare treatment of Ayurved can be completed in just a single setting.it may give a temporary relief for two hours but certainly not the healthcare.

So there is always a scientific cause behind recommending a complete course of treatment or a customized treatment package in healthcare so as to fulfill every need of the health. A due respect to doctor’s decision can help you achieve complete health.

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