

# Effect of a Short Term Panchakarma Therapy Package on Body Weight

Muktinath Shukla\* & Dr Somdutta Tiwari\*\*

\*Yoga Instructor, Swami Vivekananda Yoga Wellness Center, Meerut, U P  
Under Morarji Desai National Institute of Yoga, New Delhi

\*\*\*Health Officer, All State Group of Companies, Nariman Point, Mumbai  
Email: muktinathshukla@gmail.com

## Abstract:

This study was aimed at finding out the decrease body weight of 100 male participants of age range 35-50 years; average weight 78.7152kg and average height 167.73 cm were taken. The participants were randomly selected on the basis of B.M.I for comparative pre-post experimental group design. The selected candidates underwent whose BMI are <26 an integrated *Panchkarma* program for 10 days from 17/02/2011 to 26/02/2011. A significant reduction in body weight  $t=64.142$ ,  $p<=0.01$  was observed in the participants after *vaman karma*. Therefore it could be said that *panchkarma* programe can be an effective tool in losing body weight.

**Key words:** Deepan-pachan, Snehana-Sweden, Vamankarma, Sansarjankarma, weight.

## Introduction:

The term *Panchkarma* consists of two word “*Panch*” means five and “*Karma*” means method of treatment. *Panchkarma* presents a unique approach of Ayurveda therapy with specially designed five procedures of internal purification of the body through gross channels like G.I. tract, respiratory tract etc. including the subtlest levels such as cell molecules, cell membranes etc. Such purification permits the biological system to return to normalcy and to rejuvenate spontaneously and also facilitates the desired pharmaco kinetic effect of curative remedies administered thereafter.

It eliminates toxins and stagnated Males and metabolites tromp the body, clean the macro and micro channels, and maximize the absorption and metabolism of nutrients and drugs and helps in minimizing their dose and toxicity. It facilitates the transport of ions and molecules through cell membrane.

*Panchkarma* therapy is not only a prerequisite for all the therapeutic procedures and medication but also has a full therapeutic role as a primitive, preventive, curative and rehabilitative procedure. Different key words have been described below in brief.

Ayurvedic medicine “*Agnitundibati*” used for Deepan–Pachan. It improves pitta, balance vat & kapha. (Ref-*Bhaishajya Ratnavali Agnimandya Rogadhikaram 117-118*)

*Dhanwantharam Tailam&Panchtikta Guggulu Ghritam* used external & internal lubrication of body respectably. snehana karma the body becomes Oily, Slimy and Smooth, removing the roughness and dryness of the body. After this karma the micro regulatory channels (*Shrotas*) becomes lubricated which acts as a slippery passage for vitiated dosha (*vat*).

Sweda means induction of Sweda in the body by *Dashmoolakwath*. It consists of fomentation inducing sweda which is

always performed after adequate Snehana karma and further pradhana purificatory measures such as Vamana is to be adopted.

Vamana means to induce therapeutic vomiting. It plays a crucial role in the purification of Urdhva Bhaga (thoracic region) of the body. In vamana karma, vitiated Kaf dohas are eliminated from the oral route. For vamana karma, quath made up of Vamak- dravya **Madanphala** is commonly used. It is specifically beneficial in reducing the Kaphaja dosha. Snehana, Sweden, Vaman help in purifying the body and losing body weight.

To investigate the body weight level after Panchakarma therapy on over weight participants the researcher made the hypothesis is as follows: Panchakarma package has direct influence in physical health and losing body weight. Thus we form the directional hypothesis as: *Deepan-pachan*- Improvement of digestion, *Snehana*- Lubricates the body externally and internally, *Sweden*- Helps in collection of the *Kaf dosha* in *Amashay*,

**Procedure:**

To observe the effect of Panchakarma practice following procedure were followed:

Table 1: Panchakarma intervention.

<i>Deepan- pachan</i>		<i>3 days</i>	<i>For improvement digestion power (Agni vyapra)</i>
<i>Snehana</i>	<i>Internal</i>	<i>3days</i>	<i>For Snehana of body</i>
	<i>External</i>	<i>3days</i>	
<i>Sweden</i>		<i>3days after Snehana per day 10 min.</i>	<i>For Collecting the Kaph dosha in stomach.</i>
<i>Vaman karma</i>		<i>1 day</i>	<i>For expulsion of cough from stomach (Amashay).</i>
<i>Sansarjan karma</i>		<i>3days</i>	<i>For balancing digestive power</i>

The pre-data of all the participants were collected. After that special Panchakarma package of *Deepan-pachan*, *Snehana*,

*Vaman-karma*- Expulses vitiated *Kaf Dosh*a through the oral route, *Sansarjan-karma*- Balancing for digestive power (*jatharagni pradeepan*).

**Methodology:**

This study was conducted on a 100 overweight participants, age range of 35-50 year age group were selected from *Gayatri Teerth Shantikunj Haridwar* through the method of sample random sampling and the study was pre-post experimental group design (Q1X Q2). The therapy was conducted for 10 days. All the participants were encouraged to follow all therapy rules.

The *Vaman-karma* was an integrated therapy taught by post graduated certified Panchakarma expert from *Dev Sanskriti University, Shantikunj, Haridwar*. For weighing the specialized medical scale are used to measure to body weight and done the statistical analysis by SPSS computer software.

*Sweden*, *Vaman* and *Sansarajan-karma* were given for 10 days from Feb- 17- 2011 to Feb.- 26- 2011. Their routine and diet

was normal. They were taken normal diet, like *Khichri (Moogdal) with leafy vegetables, Salad, Dalia, and*

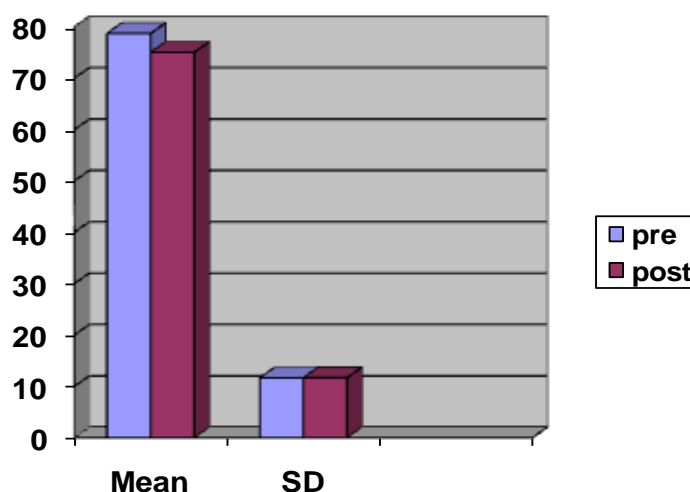
*Chapatti.* After the regular application of *Panchkarma* programed for 10 days, their post data was taken.

**Result:**

Table 2: Pre – post mean, SD and the “t” value-

Test	N	Mean	Std. Deviation	r	SED	df	t	Level of Significance
Pre	100	78.712	11.6396	0.999	0.0572	99	64.142	0.01
Post	100	75.042	11.6827					

Result observed-  $t=64.142$  and  $p<=0.01$ .



**Discussion:**

The above study was an attempt to know the effect of a short term panchakarma therapy package on body weight. 100 participants were subjected to *Deepen-Pachan, Snehana-Sweden Vaman and Sansarjana-karma* in sequence. The procedure of each of this Karma was standardized in the term of their immediate and delayed effect. The elimination of *kapha* during *vaman* was measured in term of no. of times vomiting was done. The delayed effect of the total procedure was studied in terms of certain physiological test. The suitability of the methodology

used in these studies and the significance result is discussed.

Pre post research design method is used in which mean of pre test is 78.712 while mean of post test is 75.042, while standard error deviation is 0.0572 and  $t=64.142$  leading to 0.01 level significant. Thus the study revealed a significant effect on body weight of obeys participants where  $p<0.01$  was the level of significance.

**Conclusion:**

While undergoing *Vaman-karma*, these participants showed certain systemic

physiological changes as lowering body weight. Thus the procedure described by us was able to induce *samayaka vaman*. All the participants reported relief in heaviness, feeling of wellbeing and lightness in the body immediately after *Vamankarma*. From the above study we

may conclude that Short Term Panchakarma Therapy Package (*Deepan-Pachan, Snehana-Sweden, Vamana and Sansarjan-karma*) can be considered an effective therapy in lowering the body weight.

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