



Sant Dnyaneshwar Shikshan Sanstha's
Hon. Shri. Annasaheb Dange Ayurved Medical College

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Summary Report

Title: Seasonal Panchkarma

Objective: Seasonal panchkarma is a procedure of cleansing and revitalizing body through shodhan karma seasonally. Tridosha i.e. Vata, Pitta, Kapha gets vitiated in particular seasons of the year due to the paradigm shift in the environment respectively in pre-monsoon, autumn and spring. These vitiated dosha acts as toxins and causes imbalance in the health leading to various disorders. Hence these vitiated dosha need to be eliminated from the body time to time in their respective season of vitiation. On the basis of this theory of Ayurveda, detoxification i.e. Panchakarma are carried out in these three seasons known as *seasonal panchakarma*.

Vasantic Vaman: In Vasant Rutu (spring) aggravated Kapha dosha takes place. Kapha dosha is expelled out through the procedure known as *vaman (induced emesis)*. Institute Conduct “Vasantic Vaman” camp through the department of Panchkarma in the months of February to April. Accordingly patient, Students and Volunteers does participate in the camp. Kaphaj Vikara, Shwas, Kasa, Kustha, Prameha, Pratishtay, Pandu, Amlapitta like disease conditions are selected.

Shardeeya Virechan : Similarly in Sharad Rutu (Autumn) Sharadiya Virechan (Purgation Therapy) camp is organized every year. This procedure helps eliminating Pitta dosha and ultimately helpful in treating and preventing pittaj vyadhji. along with Pathya. Pittaj vyadhis like Raktapitta, Grahani, Amlapitta, Vatarakta, Vicharchika diseases are selected.

Varsha Rutu Basti : In Varsha Rutu i.e. pre monsoon season Basti Chikitsa is adopted for the elimination of aggravated Vata dosha. Vataj vyadhis like Gridhrasi, Sandhigatavata, Katigatavata, avabahuk, pakshaghata diseases are selected for varshakaleen Basti camp.

Seasonal panchakarma camps help creating awareness among society about importance of panchakarma for the maintainance of the health, to grass root level.

At the same time student get experience of practical knowledge of panchkarma for Swashta Rakshan.



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The Context:

Every individual undergoing seasonal panchakarma need to undergo thorough classical examination. Selection of patient is done on the basis of Bahudoshavashta, investigations confirming diagnosis and detailed history of the patients health status.

Medicines, pathya (Special diet regime) is provided and do's & don'ts are explained to patients to minimize complications.

The practice: Ayurveda life style includes daily regime & seasonal regime for health maintenance. Observation and scientific consideration of Dosha Chaya, Prakopa, Prashaman Avashta in healthy persons and Shat Kriyakala in diseased persons gives us complete insight to practice Shodhan chikitsa.

Dosha are eliminated from body by maintaining body fluids, volume for moeostasis. This is achieved by good quality of medicines. After shodhan panchakarma, gradual increase of Agni (appetite) gets recovered along with general condition and nutrition of the body. Thus the entire procedure helps rejuvenation and lower the oxidation process of cells.

Year	Vaman			Virechan			Basti		
	M	F	Total	M	F	Total	M	F	Total
2015	7	9	16	7	7	14	182	155	337
2016	3	4	7	10	1	11	218	176	394
2017	8	4	12	13	5	18	162	180	342
2018	8	2	10	15	18	33	192	109	301
2019	2	8	10	23	15	38	644	503	1147
2020	5	2	7	3	5	8	55	88	143


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Shri. Annasaheb Dange Ayurved Medical College,
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