

# Role of Panchkarma in Metabolic Disorders: A Review

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**Abstract:** *Ayurveda primarily based on the fundamental principle and knowledge which was collected by our ancient sage or acharyas and compiled in their classical written texts. Today's world is known to be a growing world where disease arises due to poor sedentary lifestyle and irregular dietary habits affecting person's swasthya and giving rise to various metabolic disorders like., diabetes mellitus, obesity, hypertension and many more. Ayurveda known to be science of healing life. It's not just system of medicine but also imparts knowledge to masses about art of living in healthy human. Various specialized therapies are also described in various classical texts which helps in eliminating and strengthening health system in humans. Panchkarma therapy primarily focuses on cleansing the body by removing accumulated impurities in form of ama, toxins through various external openings.*

**Keywords:** Panchkarma, Ayurveda, Metabolic Disorders, Lifestyle

## 1. Introduction

In today's fast growing world, various disorders affecting person's metabolism giving rise to metabolic diseases which are more common than ever, mainly because of impaired sedentary lifestyle which includes lack of exercise, poor dietary habits and ongoing stress. Metabolic syndrome mainly includes metabolic derangements that include obesity, hypertension, dyslipidaemia, and diabetes mellitus associated with accelerated cardio vascular diseases. Ayurveda strives to restore balance to the body, supporting optimal metabolic function and digestive health by focusing on customised dietary advice, herbal medicines, lifestyle changes, and mindful practices. According to NCBI, prevalence of metabolic disorder is atmost 40% of people in the 6th decade of life. Affecting both male and female equally. Different study had published in NCBI, that more than 80% of type 2 diabetics are obese and prevalence of hypertension has doubled over the past two decades. An estimated 26% of the world population has hypertension, its expected to increase to 29 % by 2025.

Panchkarma works on two ways for preventing vyadhi and restoring swasthya of an individual. And in that also Panchkarma holds upmost place in the world of Ayurveda and its classical texts. Panchkarma works on two basis i. e., Shaman and Shodhan. First, Shaman in which disease or doshas which are vitiated in less quantity or alpa matra can be treated by deepana, pachana, snehana, swedana, etc and another one is Shodhana where dosha disease vitiated in large amount or ati matra or jirna vyadhi can be treated by panchkarma procedures like vaman, virechana, basti, nasya and raktamokshana. In metabolic disorders, Contemporary medicine having only management treatment with more side effect and low curative property. But in Ayurveda, panchkarma can play crucial role in curing or if not curing than balancing their metabolic disorder with no side effect by improving their deteriorated health and stabilizing their life. Metabolic disorders are a group of conditions that basically affects the ability of body to convert food into energy.

## Some of the common metabolic disorders are

- Diabetes: Characterized by high blood sugar levels which can further lead to heart disease, kidney damage
- Polycystic Ovary Syndrome
- (PCOS): Basically hormonal disorder that affects women reproductive age, leading to symptoms like irregular periods, weight gain, acne.
- Thyroid Disorders: Hypothyroidism and hyperthyroidism are such conditions that affects metabolism
- Metabolic Syndrome: A cluster of conditions that increase risk of developing type 2 diabetes and cardiovascular disease, including high blood pressure, high blood sugar and most important excess body fat around the waist.

## 2. Causes and Risk Factors

- Genetics - Family history can play a role in the development of metabolic disorders.
- Obesity - Excess body fat can increase the risk of rising metabolic disease.
- Physical inactivity: A disturbed and lazy sedentary lifestyle can contribute as a causative factor.
- Unhealthy diet - Consuming high processed sugar, carbohydrate food.
- Age - Irrespective of age but it can increase with age
- Ayurvedic Principles for Managing Metabolic disorders.
- Dietary modifications - emphasize whole, organic foods and tailor diets to individual constituents. Herbal remedies - Utilize plants and herbs to balance doshas, improve digestion and regulate metabolism
- Lifestyle modifications - Encourage regular physical activities, stress management. Panchkarma - A detoxification process that includes abhyanga, swedana, udvartana, vamana, basti.

Yoga and medication - Practice stress reducing yoga which promotes overall health.

Ayurveda covers a concept of metabolism disorders under concepts like Medodhatuvridhi, Medovahasrothodushiti, Santharpanajanya vikaras (Sthoulya, Medoroga, Prameha, Hrdroga) and Ama pradoshaja vikaras. Avyayama, Divaswapna, Sleshmala Aharasevana result in Medovaha

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Srothodushti with increase in Medodhatu. Raised Medodhatu upto cellular level produce Abadha Meda resulting in pathogenesis of Prameha. Acharya the explained Prameha, Sthoulya under Santarpanajanya Vyadhi which are caused by similar etiological factors. As the causative factors are nearly similar for Meda and Kaphadushti, vitiated Kapha can lead to a condition Dhamani Praticaya associated with Medo Dhusti resulting in Vyanavayu Vaishamya (hypertension).

Metabolic Syndrome in today's time increasing chances of cardiovascular developing disease, atherosclerotic insulin resistance, diabetes mellitus and even vascular and neurological complications like stroke. Insulin resistance and central obesity are prime pathological factors. Excess free fatty acids restricts insulin response, raising glucose and insulin levels affecting lipid profile and cholesterol levels. Increased sympathetic activity, sodium re absorption, and decreased vasodilation contribute to hypertension. This pathophysiology can be correlated with Santharpana nidanas like Madhura, Snigda, Guru, Pichila aharasevana and Viharas like Avyayama, Divaswapna causes Kaphapradhana tridosha dushti and Agnimandya resulting in formation. Due movement obstructed improper digestion and Ama to the Avarana by Medas, the of Samana and Vyanavayu get and is specially confined to Koshta. This aggravated Vata further disrupts the function of Pachaka Agnivaishamya and pitta leading Kshuth to adhikya. Consequently, there is an increase in Mamsa, Medo dhathu resulting in weight gain and obesity. Aggravation of Vata along with other Doshas, leading to the vitiation of Soumya dhathus like Rasa, Raktha, Mamsa, Medas and other Dhushyas like Vasa, Lasika; gets Sthanasamsraya in basti causing Prameha.

#### Management of Metabolism Disorders through Panchkarma:

Metabolism disorders can be managed through panchkarma as it is a traditional Ayurvedic detoxification and rejuvenation principal. Charak mentioned Santarpanajanya Vyadhi and for its management; Vamana, Virechana and Raktamokshana are recommended. [4] ruksha, ushna and tikshana basti are also suggested by Acharya charak [5]

#### Panchkarma in Diabetes:

Here, panchkarma advised according to dosha and dushya which are involved Abhyantara snehapana, abhyanga (increases circulation in body reducing the progression of peripheral arterial disease, chances of diabetic foot and neuropathies along with decrease in blood glucose level), mridu swedana, vaman (inducing vomiting by medicated medicine helps in reducing kapha and medha results in minimizing insulin resistance), virechana (by lowering the hepatic glucose production helps to control blood sugar), basti (panchprasrutika basti, Madhutailika basti, Nagrodadi gana basti), nasya, udvartana these all procedures removes avarana, strotorodha thus bringing homeostasis helps in managing diabetes.

#### Panchkarma in hypertension:

Procedures like shirodhara (In this procedure, pouring of any liquid on the head from specific height continuously with rhythm which initiates the release of serotonin and produces chemicals like acetylcholine which causes fall of blood pressure along with relaxing mind and body. It pacifies

aggravated vata dosha in shira which helps in balancing prana vayu and vyan vayu), Basti (every Acharya appreciated basti karma as a treatment modality for vata and other doshas as it eliminates the vitiated dosha along with showing nourishment effect to body), virechana (this karma in panchkarma indicated in raktaja rogas and as all we know according to Ayurveda hypertension is vata and pitta dominant tridoshaja vyadhi so, virechana proved to be beneficial in hypertension), nasya, raktamokshana (means to let out Dushitha Rakta and as hypertension is also rakta dushitgata vyadhi, it is treatment module for eliminating Dushit Rakta from the body), Pizhichil, shiravedha, urobasti (medicated liquid is poured over the sternum which gives swedana effect to the local structure especially to aorta results in dilation of vessels and flow of blood is maintained, nourishes and strengthens the cardiac muscles along with pacifying aggravated vata doshas in chest region) are some procedures which can be done.

#### Panchkarma in Obesity:

Deep dry udavartana (it is a process of powder massage with dry herbs which helps in burning down fat deposited underneath skin), sarvanga bashp peti swedana (helps in mobilizing accumulated ama from srotas and eliminates in form of sweat along with liquification of kapha and medha dhatu), abhyanga, vamana (helps in eliminating aggravated kapha and vata from the body), virechana (medicated induced purgation along with pitta pacifies vata and kapha doshas) along with basti especially lekhana basti (sthoulya is a kapahaja janya vyadhi, drugs used in lekhana basti having tikshana, ushana properties breaks srotosanga, medohara, aampachana, deepana, vata anulomana) which basically mobilises fat accumulation whereas other panchkarma procedures clears detoxification and prevents its further accumulation. Here we can see Panchkarma playing important role in various metabolism disorder management.

### 3. Conclusion

Panchkarma is a valuable ancient principal mentioned in ayurveda classical texts which along with shodhana also focuses on shamana in body results in reducing risks of metabolism disorders. By detoxifying and rejuvenating the body. Various clinical trials and reports already proved the role of panchkarma in managing and preventing metabolism disorders.

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