AN APPROACH TO STANDERDIZATION OF PANCHAKARMA THERAPY

1Dr. Chawardol Seema G. and 2Dr. Jain Sapan B*.

Prof. & HOD Panchakarma, Jupiter Ayurved Medical College, Shankarpur, Nagpur
Prof. & HOD Kayachikitsa Jupiter Ayurved Medical College, Shankarpur, Nagpur.

ABSTRACT

Ayurveda being the oldest health care system has got the time tested principles to its credit, but as new demand and issue merge, the practical domin of this holistic medicine also has to be updated to higher levels. The Ayurvedic approach to he treatment of disease consists of two major procedures; Samshodhana chikitsa (purificatory therapy) and samshamana chikitsa (pacificatory therapy) Panchakarma is a unique bio-cleaning therapy of Ayurveda which brings about homeostasis of the body and eliminates disease causing toxic substances from the body. Panchakarma is an unique idea of permanent cure. The methodology used for performing various Panchakarma procedure differs widely from one treatment centre to other. This will bring about a negative effect on Ayurveda as the patients may doubt the authenticity when they undergone the same treatment procedure at different treatment centres in different methods, Clinical study conducted in the field of Panchakarma shows considerable variation in procedure, accuracy and quality. To avoid these misconception we have to advocated many subjective and objective parameters and they need to be standardized for the effective application in current practice standardization is the process of developing and implementing technical standards. It can also facilitate commoditization of formely custom process. It will help to increase the acceptability and utilization of Panchakarma at Globel level.

KEYWORDS: Standardization, Panchakarma, Ayurveda samsodhana chikitsa, samshamana chikitsa.
INTRODUCTION
Any since which to has face the challenges of varying time has to be equipped with updated principles and practice. Ayurveda being the oldest health care system has got the time tested principles to its credit, but as new demand and issue merge, the practical domain of this holistic medicine also has to be updated to higher levels. There are many unique practices in panchakarma therapy across the country which is based on Ayurvedic classical references. Ayurvedic scholars are in a constant run to develop new administrative methods in panchakarma to suit with the increasing demand from the public health scenario. Advancement in science and the technology, development of other contemporary medical system, global attention are some of the key factors which support the new positive changes in the development of the Panchakarma therapy. Still there exists a darker side related with this development. Most of these new trends of panchkarma practices prevailing in the different parts of the country are not properly brought to the limelight of scientific evaluation. Hence exchange of scientific thought, validation of facts and proper documentation are the need of hour. Panchakarma is an unique idea of permanent cure. The methodology used for performing various Panchakarma procedure differs widely from one treatment centre to other. This will bring about a negative effect on Ayurveda as the patients may doubt the authenticity when they undergone the same treatment procedure at different treatment centres in different methods, Clinical study conducted in the field of Panchakarma shows considerable variation in procedure, accuracy and quality. To avoid these misconception we have to advocated many subjective and objective parameters and they need to be standardized for the effective application in current practice standardization is the process of developing and implementing technical standards. It can also facilitate commoditization of formerly custom process. It will help to increase the acceptability and utilization of Panchakarma at Global level.

Panchakarma therapy should be carried out only by expert person to provide better therapeutic efficacy and to avoid complications. There is an urgent need of standardizing the classical panchakarma procedure in consideration of the need of today. The dosage, schedule, exact procedures, medicaments, effect, and side effects are to be standardized to that uniform procedure of practice may be developed to be practical at all centers.[1]

Standardization is the process of developing and implementing technical standards. Standardization can help to maximize compatibility, interoperability, safety, repeatability or
quality. It can also facilitate commodization of formerly custom process.\(^2\) Standardization is word brought forward by the science where the act of checking or adjusting (by comparison with a standard) the accuracy of a measuring instrument/ procedure. In such case the good old traditional built Ayurveda able to pass the hurdles of scientific reasoning, where the present set of materialistic community expect every thing interm of “standard and “Statistics”.\(^3\)

Aims & Objects
1. To find out the way of standardization of Panchakarma.
2. To create uniformity in Panchakarma therapy.

The Aims of Standardization: Can be help with independence of single procedure, compatibility, Interoperbility, safety, repeatability, or quality. Standardization in panchakarma is defined as best technical application consensual wisdom inclusive of process of selection in making appropriate choices for ratification coupled with consistent decisions for maintaining obtained standards.\(^4\)

Need of Standardization
Clinical study conducted in the field of pancharkarma shows considerable variation in procedure, accuracy and quality. The methodology used for performing various Panchakarma procedure differs widely from one treatment centre to others. This will bring about a negative effect on Ayurveda as the patients may doubt its authenticity when he or she undergoes the same treatment procedure at different centres in different methods. The material required for a procedure, the doses of each ingredients, the method of preparation of patients and above all the order of doing the procedure should be well standardized to achieve best result.\(^5\)

Text Reference of Standardization
Many references are available in classics.
1. For Vaman the dose of Madanphala pippali is inviduals antarnakhamushthi- pramana.\(^6\)
2. In view of Acharya Sharangdhara The oral dose of Sneha depends upon Jatharagni (digestive fire) for the patients of tikshna, madhyama and hina jatharagni the dose of sneha dravya should be 4 tola, 3 tola & 2 tola respectively.\(^7\)
3. Dose of niruha basti according to age.\(^8\)
4. Acharya Sharangdhar describe deeply regarding the length of basti Netra and diameter of lumen of basti netra. He specifically describe about the specification of Karnika of Basti Netra.[9]

General Guidelines for Standardization

- All the panchakarma procedures should be performed by the same therapist/ till the completion of clinical trial.
- The medicine which is used should be same for each patient of that trial.
- The participant belonging to the same region should be considered for the clinical trial.
- The shodhana karma (Bio- purification therapy) should be conducted in the respective season e.g. vaman (emesis) in vasant ritu (spring season).[10]

Among these the order of doing the procedure requires special attention. For example, while doing Abhyanga the specific position to start with, the body part which has to be massaged first etc are highly important in determining the efficiency of the treatment- some treatment center might start with supine position while some others start sitting position. Some start messaging from the head region to downwards while others from umbilical region. In this context standardization like more helped to bring about a standardized protocol at various panchakarma and allied procedure.[11]

Applied aspect of Standardization in Panchakarma

The first thing to notice is that there is no where in the decision three of patient care to plug in either to the ‘p’ value or hazard ratio of any clinical trial. Infact, ratios are well known to have little value for making decisions. If it is told that a certain drug had some nasty side of effect but halved you risk for a particular, ailment you’d want to know what you has line risk was before deciding to take it. If the drug in question prevented the disease and patient had a family history, probably we want to think about it if the target diseases is very rare, say 1 in 10000 it is doubtful that you’d find reducing your risk to 1 in 20000 to be worth suffering through the drug’s toxicities. Ayurvedic scientist approach to the knowledge of perfection is syllogism or of “panch Avayava vkya” for the present even, it is though that to standardize Ayurvedic panchakarma the pragmatic model is the best suitable along with the standarlization method that follow experience explanation, deduction – Test approach. If requires to start with a standard definition of the test subject followed by standard test method that has a standard specification and standard procedure which establishes the standard guide of practice for Ayurvedic panchakarma. The standardization in panchakarma become an
herculean as it bears the multistage multi centric biased standardization method i.e. any procedure by whole can not be brought in to single strategy or standardization.[12]

DISCUSSION
In classical Ayurvedic text many reference are found which are elaborating the concept of standardization. Large number of observational studies throughout the country may be required initially to the research for effectiveness in Panchakarma. In this way we should create effective guidelines for the practicing Panchakarma and finding parameters to measures to apply them effectively and uniformity in Panchakarma therapy.

Standardization will provide specific area of Panchakarma which will be helped for the researcher to conduct and evaluate the works and help in the understanding of this specialized therapy to the medical communities of other disciplines. It will help in enhancing its acceptability and utilization.

REFERENCE
2. en.m.wikipedia.org/wiki>standardization 01/5/15.
3. Prof. Prasad K. Shiv Rana Scenario of Panchakarma standardization Attn. to drsvdeshpande@yahoo.com
4. Prof. Prasad K. Shiv Rana Scenario of Panchakarma standardization Attn. to drsvdeshpande@yahoo.com
7. Dr. Tripathi Brahmanand, Sharangdhar Samhita Choukhambha Srbharati Prakashan Varanasi reprint 2010, Uttarkhand Pratham Adhyaya 1/7, P 322.

12. Dr. Prasad K. Shiv Rana Scenario of Panchakarma Standerdization Attn. to drsvdeshpande@yahoo.com