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Therapeutic Impact of Samsarjana Karma—A Scientific Analysis

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Abstract: Samsarjana Karma is a strict sequential regimen in pashchat (after) Karma of Vamana, Virechana, Vasti. The Samshodhana Karma ie. Vamana and virechana resulting mandagni, hampers the metabolism and assimilation of normal food. Thereby, agni is stimulated by giving lighter diet to start with gradually bringing the person to normal diet in the form of Peyadi/TarpanadiKrama. Agni is the consistent agent in the process of Paka (digestion). For the maintenance of life, function of agni is to digest the ingested food, absorb and assimilate in proper manner. This begins with introduction of simple carbohydrates to inclusion of multi-nutrient dietary formulation and finally the normal diet. Adaptation of this diet is specific to quantity, nutritive value and digestive power of the individual. The dietary preparation such as peya, vilepi, akriyusha, Kritayusha, akritamamsarasa, kritamamsarasa. Classified depending on the frequency of intake, and based on shuddhiprakara (types) as—Pravara, madhyama, avara administered in tri annakala (3), dviannakala (2) and ekaannakala (1) respectively. It promotes absorptive power and vitality of dhatu. This is imperative for better bio-availability of biological system.

Keywords: Samsarjana karma, Pashchat karma, Agni, Annakala.

Introduction: Panchakarma therapy is one of the important branch of Ayurveda which deals mainly with purification of the provoked doshas (physiological or pathological) from the body^[1]. These doshas (toxins and waste material) should be eliminated from natural as well as nearest root of the body. In the management of the disease the foremost and fundamental principles of Ayurveda is Samshodhana (Detoxification) and samshamana (Pacify) and Nidana Parivarjanam (avoid Causative factors). To eliminate the disease completely and to enhance nonspecific immunity against all diseases the shodhana procedures play an important role. The Shodhana Therapy is planned for the purification of the body, by which the accumulated morbid humors responsible for disease are expelled out to produce an ideal and balanced environment for proper functioning of body. As per classics, Acharya Caraka has quoted the benefits of shodhana therapy as^[2]-

1. Vitiated doshas are expelled out from the body.
2. The metabolism is improved.

3. Sense organs, intellectual power can be upgraded.
4. Amended strength
5. The person is not affected by old age and lives long without any disease.

Purpose of Samsarjanakrama: Due to elimination of Dosha from the body after Samshodhana Karma, agni becomes weak. So, In order to restore the Strength of Agni And Prana, Peyadi Samsarjana Karma should be followed^[3]. In Vamana procedure (Emesis) Samana Vayu and kledaka Kapha get depreciated and In Vircehana procedure, Samanavayu and Pachaka pitta, apanavayu get disturbed. So, to bring out the equilibrium in the doshas Samsarjana Karma is vital and most essential. It helps in bringing the normal level of agni for digestion.

Course of Samsarjana Karma: The planning of Samsarjana Karma should be based on type of purification i.e. for Avara or Hinashuddhi, Madhyamashuddhi and Pravara Shuddhi; it is of 3 days, 5 days and 7 days respectively^[4]. It can be done according to bala of the patient, i.e for patient having good strength, 3 anna kala are advocated, 2 Anna kala for medium strength and

the individual with lesser strength 1 Anna Kala is advised ^[5].

Types of Samsarjana Krama: Based on type of Shuddhi, Samsarjana Krama can be divided into 2 types ^[6]:

1. Peyadi Samsarjana Krama
2. Rasa Samsarjana Krama

Generally, in all patients after samshodhana Karma, peyadisamsarjanakrama is advised for 2 meals life style. According to the classical text, it is seen that 2 meals life style is

mentioned but clinically 3 meals life style can be used i.e. 4 peya, 4 vilepi, 2 akritayusha, 2 kritayusha, 2 akritamamsarasa and 2 kritamamsarasa should be given so that total 16 anna kala is completed in 7 days. In the same way, 3 meals life style for madhyama Shuddhi and Hinashuddhi should be planned with 8 & 4 anna kala. As per Acharya Caraka, given table is described for implementation of samsarjana depending upon type of shuddhi of patient ^[7].

DAY	ANNA KALA	PRAVARA SHUDDHI	MADYAMA SHUDDHI	AVARA SHUDDHI
I	1 st	M	-	-
		E	Sali Peya	Sali Peya
II	2 nd 3 rd	M	Sali Peya	Sali Vilepi
		E	Sali Peya	Salyanna + Kritakrita Yusha
III	4 th	M	Sali Vilepi	Salyanna + Kritakrita Mamsarasa Diet
		E	Sali Vilepi	Salyanna + Kritakrita Yusha
IV	6 th	M	Sali Vilepi	Salyanna + Krita Yusha
		E	Salyanna + Akritayusha	Salyanna + Akrita Mamsarasa
V	8 th	M	Salyanna + Krita Yusha	Salyanna + Krita Mamsarasa
		E	Salyanna + Krita Yusha	Normal diet
VI	10 th	M	Salyanna + Akrita Mamsarasa	-
		E	Salyanna + Krita Mamsarasa	-
VII	12 th	M	Salyanna + Krita Mamsarasa	-
		E	Normal Diet	-

Benefits of Samsarjana Krama

1. Samsarjana Krama normalizes the agni and vayu.
2. It also provides nutrition and helps to maintain the level of body tissues in appropriate manner, which are weakened due to purificatory process.

Conclusion: It is already been told in Ayurveda, the person who has undergone purification becomes sunyadeha (exhausted/ empty body) and will not be able to resist troubles, so he or she has to be taken care properly, like the bird protects his egg, handling of oil filled vessel and the cowboy controlling the cows ^[8]. As light flame is sufficient to burn all types of fuels same way, agni ignited through the samsarjanakrama can be enough for proper digestion and long supporting the equilibrium of body ^[9]. So, to fill the sunyadeha (empty body) the sequential and strict regimen of diet is indicated & is well known in Ayurveda as Samsarjana Krama.

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