ABSTRACT
Ayurveda is a science of ancient medical system which not only able to cure disease but also provides guideline of healthy living. Ayurveda emphasizes preventative, therapeutic and rejuvenating approaches for the management of healthy life and Panchakarma is one of them. Panchakarma offer process of detoxification and rejuvenation which helps to achieve balanced state of physical and mental status. This article describes various aspects of Panchakarma as per ayurveda.

KEY-WORDS: Ayurveda, Panchakarma, Detoxification, Shodhna.

INTRODUCTION
Ayurveda considers purification as an important aspect towards the health of the body and it is also very important prior to initiate certain other therapies. Panchakarma is a unique therapeutic approach of ayurveda which encompasses five therapies for detoxification purpose and leads good health, youthfulness and vitality. The basics of Panchakarma involve process of oleation and fomentation. Oleation means application of oil on the body which removes accumulated toxins from body. Ayurveda described several oils prepared from herbs and mineral used for external application while ghee & other oils used for internal application. Fomentation means generation of sweat; tissues become flexible by fomentation and this process liquefy toxins loosened by oleation and thus flush them out from body. The oleation and fomentation achieved through Abhyanga & Shirodhara: Abhyanga means body massage using medicated oil. It may be performed for whole body or locally also. Its improve toxicity of body, help to eliminate toxins and pacify vata dosha. Shirodhara relieve ailments related to the head area. This therapy involves pouring of a stream of warm oil on the centre of forehead with uniform speed. This help to relieve headache, migraine, stress and anxiety. It also offer calming effect and detoxify upper body part especially head region.¹⁻⁴

Vaman
Vaman means induction of emesis, internal and external oleation along with fomentation used for this purpose. It is used for detoxification purpose to eliminate toxins which get liquefied in upper cavities of body. Vaman mainly recommended kapha predominant condition such as; obesity, asthma and hyperacidity.

Virechan
Virechan means induction of purgation, virechan eliminates toxins through the bowels evacuation. Herbal
laxative used to facilitate bowels evacuation which removes toxins & cleans body. Virechan is recommended for pitta-dominated conditions; jaundice, celiac disease and colitis, etc.

Basti
Basti means utilization of medicated enema, in this therapy medicated substances administered through enema. Herbal decoctions, oils, ghee or milk are administered into the rectum which offers beneficial effects in vata-dominated conditions like; piles, arthritis and constipation.

Nasya
Nasya involve administration of drugs through nostril, this therapy cleans head region and eliminate nasal congestion. This therapy relieves headache, hair problems, migraine, sinusitis, and rhinitis.

Raktamokshan
Raktamokshan therapy cleans blood and offer efficacy against diseases occurs due to impure blood such as; psoriasis, eczema and pigmentation.

Benefits of Panchakarma
- Eliminate toxins
- Opens blocked channels
- Completely cleans body
- Improves digestive fire
- Boost metabolism
- Offer Rejuvenating effect
- Relax body and mind
- Improve immunity
- Reduces stress

Panchakarma for Psoriasis
The disease is skin disease which involves itching & caused due to the disturbed function of nervous system and possesses symptoms such as; stable lesions, plaques of red color, unctuous and difficult to treat. Panchakarma offer significant relief in Psoriasis since Mandal kushtha a disease described in Ayurveda possess symptoms similar to Psoriasis like: shweta rakta vishkat, sthir, styaaan, snigdha, utsanna mandalaam and krichham. Panchakarma improves symptom of vaivarnyta (erythema) initially due to the elimination of vitiated dosha. Yamana procedure reduces itching due to the elimination of kapha dosha, virechana correct pitta dosha and vata dosha control by basti and thus reduce roughness of psoriatic plaques. Panchakarma relieves Shwet rakta vishkat due to cleansing of channels. Utsanna mandala, dahu & erythoderma reduces by sodhana effect of panchakarma.\[9\]

Panchakarma (Raktamokshan) for Rakta Pradoshaj Vyadhi
Raktamokshan is one of the most important Shodhan therapy and effectively used for the management of Pitta and Rakta Pradoshaj vyadhi. Pittaj and Rakta vyadhi are considered as consequence of Rakta Dusti hence therefore Rakta Shodhan (Raktamokshan) recommended for such type of diseases. Panchakarma Chikitsa pacifies vitiated Dosha and control Dushita Rakta from the Siras. Rakta Pradoshaj Vyadhi is due to depend on Rakta hence thus Rakta Dusti & Pittaja Vyadhi may be cured by this therapy. Parva karma liquefies Dosha and allowed them to be circulated along with blood, then remove that Dosha from circulation and offer purification of Rakta & whole body. Therefore Rakta Pradoshaj Vyadhi may be considered as effective and safe treatment modality for the management of Rakta Pradoshaj Vyadhi.\[8\]

Guidelines of Panchakarma
It is recommended to avoid excess of physical activity, sexual intercourse, irregular life style and emotional stress while performing Panchakarma. It is also advised to protect from wind and sunlight. Diet should be light and not to be very spicy and oily.

- Diet regimen should be followed strictly after Panchakarma.
- Hot liquid should be consumed while performing Panchakarma.
- Normal routine activity should be adopted gradually.
- It is also recommended to take massage with oil while performing Panchakarma.
- Panchakarma should be performing as per seasonal requirements, maximum benefit of Panchakarma occurs when it is performed regular and seasonal basis.\[9\]-\[10\]

DISCUSSION

Literature proved efficacy of panchakarma as shodhana chikitsa in various disorders like; skin disease, anxiety, muscle fatigue and tridoshic imbalances. The panchakarma remove the vitiated doshas and then normalize doshaic balance. Panchakarma offer beneficial effects in different age group and act as precautionary approach for the prevention of various diseases. Panchakarma possess ability to stop disease pathogenesis via improving body immunity and it possesses no side effects. In psoriasis panchakarma offer significant relief since it improves symptom of vaivarnyta (erythema) due to the elimination of vitiated dosha. Yamana procedure reduces itching (elimination of kapha dosha), virechana correct pitta dosha in psoriasis while vata dosha control by basti. Panchakarma reduce roughness of psoriatic plaques and relieves Shwet rakta vishkat. Panchakarma also offer beneficial effects in Rakta Pradoshaj Vyadhi through Rakta Pradoshaj Vyadhi which is one of the most important Shodhan therapies. Panchakarma pacifies vitiated Dosha and control Dushita Rakta from the Siras, Rakta Pradoshaj Vyadhi Pittaj Vyadhi hence thus Rakta Dusti & Pittaja Vyadhi may be cured by this therapy.

CONCLUSION

Panchakarma is an important shodhana chikitsa of ayurveda help to cure many diseases. It offer strength
and longevity, relaxes body mentally as well as physically. Offer calming effect and promotes immunity, improves circulatory process and provide internal and external purification to the body, induces proper sleep, boost growth & development. Panchakarma detoxify whole body and act as preventive measure towards the common disease. Due to enormous beneficial effects Panchakarma may be significantly employed for the management of various disease including; psoriasis & rakta pradoshaj vyadhi.

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