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Review Article

A Survey on Panchakarma Treatment

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ABSTRACT

This document offers an in-depth analysis of various health conditions, including migraines, insomnia, skin diseases, arthritis, and COVID-19, with a focus on the application of Panchakarma, an Ayurvedic detoxification therapy, in their management. The examination starts with migraines, detailing the different types and their clinical features, alongside the significance of accurate diagnosis and intervention. The discussion then transitions to insomnia, highlighting its prevalence, types, and underlying causes while demonstrating how Panchakarma can improve sleep quality through lifestyle and dietary changes. In addition, the document explores the global burden of skin diseases, presenting Ayurvedic classifications and treatment strategies that emphasize detoxification and the use of herbal remedies. The section on arthritis focuses on rheumatoid arthritis, examining its inflammatory characteristics and autoimmune triggers. It emphasizes the role of Panchakarma therapies, including Abhyanga and Janu Basti, in reducing symptoms and improving joint mobility. The final section covers COVID-19, discussing its causes, symptoms, and diagnosis. It highlights the complementary benefits of Panchakarma in enhancing immune function, reducing stress, and promoting recovery from post-viral symptoms, reinforcing Ayurveda's holistic approach as a valuable addition to standard medical treatments.

INTRODUCTION

This document delves into the therapeutic role of Panchakarma, an essential component of Ayurvedic medicine, in treating various chronic conditions including migraines, insomnia, skin diseases, arthritis, and COVID-19. Panchakarma is

a structured purification and detoxification system aimed at cleansing the body of accumulated toxins and restoring balance to the body's doshas (Vata, Pitta, and Kapha). According to Ayurveda, imbalances in these doshas are the root cause of most diseases, and Panchakarma aims to correct

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these imbalances by eliminating harmful substances and rejuvenating the body and mind. The treatments, which include Nasya (nasal therapy), Basti (herbal enemas), Virechana (therapeutic purgation), and Abhyanga (oil massage), are highly individualized based on the patient's constitution, the dosha affected, and the severity of the disease. For migraines, Panchakarma therapy emphasizes detoxification and nervous system rejuvenation. Nasya and Shirodhara are used to clear toxins from the head and neck region, relieve congestion, and soothe the mind, providing long-term relief from migraine symptoms. In cases of insomnia, Panchakarma therapies such as Shirodhara, Abhyanga, and the use of herbal medications aim to calm the nervous system and balance Vata dosha, which is often responsible for sleep disorders. Skin diseases such as eczema, psoriasis, and acne, which are often exacerbated by internal imbalances and poor digestion, are treated through a combination of detoxifying therapies and herbal remedies that cleanse the blood and rejuvenate the skin. For arthritis, particularly Rheumatoid arthritis (Amavata in Ayurveda), Panchakarma focuses on reducing joint inflammation, enhancing mobility, and eliminating accumulated toxins from the joints through therapies like Basti and Swedana (herbal steam therapy). The document also explores Panchakarma's role in strengthening the immune system and supporting recovery from COVID-19, particularly in reducing post-viral fatigue and enhancing respiratory health.

Migraine:

What Is a Migraine?

Three somewhat overlapping kinds of migraine transformation may exist, while research on this topic is still in its infancy and the data is occasionally shaky. Transformation usually refers

to a gradual rise in the frequency of migraine attacks that results in chronic migraine. [1]

We call this process clinical transformation. Furthermore, in certain migraineurs, modifications in nociceptive thresholds (allodynia) and changes in pain pathways (physiologic transformation) are signs of CNS physiologic abnormalities. Lastly, permanent brain injuries, such as profound white matter lesions and stroke, develop in certain people (anatomic change) Migraine is a chronic illness that can progress to chronic migraine and is characterised by episodic attacks. A series of attacks, including headaches, separated by time is the hallmark of the neurological condition migraine.

Migraine Types:

The aim of this study is to conduct a comparative analysis of the clinical features of patients suffering from sporadic hemiplegic migraine (SHM), typical aura migraine (MA), and familial hemiplegic migraine (FHM). [Evidence of a distinct migraine type with aura reported in a neuroscience publication].

Impact Of Migraines:

The intensity, frequency, and symptoms of headaches were measured, as well as how they affected functioning, how long activity restrictions were tolerated, how many days of work, school, or domestic chores were missed due to headaches, and whether or not migraines reduced productivity at work, school, or home by 50% or more.

SYMPTOMS: Head pain alone is not the only manifestation of migraine which is a common neurological condition with a broad clinical profile. In certain people, premonitory (prodromal) symptoms can begin hours or days in advance of the commencement of a migraine headache and can even be used to anticipate when one will occur.

Pain locations: the neck, face, or eye.



Pain categories: Dull

Headache: May be throbbing, intense, frequent, or acute.

Headache, lightheadedness, or malaise across the entire body

Visual: Light sensitivity, blurred vision, or light flashes

Digestive: Feeling queasy or throwing up

Perceptual: Aura or auditory sensitivity. anger, stuffiness in the nose, and soreness on the scalp are also frequent. [2]

Diagnosis:

About 6% of males and 15% of women in the general population suffer from migraine headaches, which peak at age 40 and then start to decline.² Given that migraines frequently manifest as more severe headaches with a wider range of non-painful symptoms than other headache types, the pre-test likelihood of migraine in patients presenting to a primary care physician with a chief complaint of headache is likely higher than 6 to 15 percent. However, the pre-test likelihood is probably less than the 75% prevalence observed in diagnostic investigations involving people who may have migraine.^{3, 4} For the sake of this essay, 33 percent of headache sufferers are thought to be at reasonable risk of having migraines. The best individual symptoms for ruling in or out migraine was found to be nausea, photophobia, phonophobia, and aggravation of headache with physical activity in a meta-analysis. The International Headache Society published the ICHD-3 criteria, which outline the clinical characteristics needed to diagnose different types and subtypes of migraine. An extra set of criteria is provided for a diagnosis of probable migraine, which is described as "migraine-like attacks missing one of the features required to fulfil all criteria for a type or subtype

of migraine." These criteria priorities specificity above sensitivity. [3]

Panchakarma Treatment for Migraine:

Shirivirechana karma, or the Nasya technique, is a panchakarma treatment for migraines. Nasya Karma therapy involves inhaling the drug. Among the drugs used for this purpose are oils prepared with drugs that could irritate the nasal mucosa, including drug powder, juice, or paste. Depending on the severity and chronicity of the ailment, Nasyakarma treatments might last anywhere from seven to twenty-one days.

Taila/Ghrita: The preparations used in Shirovirechana Karma include Anu Taila, gunja Taila, Devadarvadi Ghrita, Kusthadi Ghrita, and Sharkara.

The juice/kalka: variants are Danshamooladya Avapeeda and Madhukadya Avapeeda. Other specific Nasya Madanphala drugs should be taken before sunrise, along with Mishri and cow's milk. Shweta Aprajita powdered fruit and root mixed with distilled water. Water was combined with a mixture of black Tila paste and Vidanga powder to extract rasa, or lukewarm.

Basti karma: (medicine combined with an enema): When taking Ardhavabhedaka, Niruha Basti (prepared with Vatanashaka drugs) is first given, followed by Anuvasana Basti (made with Ghrita, Taila, and other ingredients).

Shiro-Basti: In Shiro Basti, a cranial pouch, or cuff, is formed around the skull, and for around one Muhurta (50 minutes), therapeutic oil is poured into it. In Ardhavabhedaka Vata or Vatakaphanashak f, medicinal oils like Dashmoola Taila and four types of Sneha, like Taila Vasa, Majja, etc., are used.

Upanaha: The head can be covered with a cloth and treated with a paste prepared from hot milk and additional Vatanashaka remedies, such as Dashamoola, cotton seeds, mustard seeds, etc. g.



Be Wary of Dahana Karma In Ardhavabhedaka, Dahana Karma is the final option when medicinal approaches fail. h. Acharya Charaka says that Dahana Karma should be applied at Shankha and Lalata Pradesha, limited to the dermal layer, with the help of Sharkandagra or Godanta. For Dahana Karma, Acharya Bhela suggests Pippali. Shamana Chikitsa, or dummy treatment This intervention is therapeutic. The following drugs are used in the treatment of Ardhavabhedaka: mahalaxmi vilasa and chandrakanta rasa make up aushadhi rasa.

Head Mask: rasa kwatha (decoction) is known by the names sarivadi lepa dashmoola and dhatryadi kwathaghritapana. Mayuradya and Mahamayura ghrita are used to treat ghritapana

Yoga: It goes without saying that yoga can help prevent both tension and migraines. headaches, since a major contributing factor to the development of certain forms of headaches is stress. Yoga can also help relieve headache-causing tension in the muscles of the neck, head, and back. Yoga helps to relax stiff muscles and improves blood flow to that region. Yoga encourages mental calmness as well. [4]

Insomnia

What's Meant by Insomnia?

The most prevalent sleep ailment, insomnia affects around one-third of the population as a primary or concomitant illness. Both a symptom and a disorder, insomnia is defined as persistently poor-quality or unrestorative sleep, frequently brought on by trouble falling asleep, staying asleep, or waking up too early. The patient's regular activities are impaired during the day in some way by insomnia. [5]

There is a high prevalence of insomnia; according to some published surveys, between 19% and 50% of persons report having insomnia symptoms. [6]

Insomnia Types:

Both chronic and short-term

A recent experience of stress (physical, psychological, or interpersonal) is frequently the cause of short-term insomnia, which usually lasts for a few days to weeks. While short-term insomnia typically goes away when the stressor is lessened cause resolved, chronic insomnia can develop from short-term insomnia. Chronic insomnia is defined as having trouble getting asleep, remaining asleep, or waking up early and not being able to go back to sleep for three nights a week or longer. Certain behaviours often exacerbate chronic insomnia. For instance, attempting to sleep longer than necessary may result in longer stretches of awake during the night and less restorative sleep. Feelings of irritation, worry, and discomfort may also arise from this. [7]

What Causes Insomnia:

The most common causes of insomnia are: stress, anxiety or depression noise a room that's too hot or cold uncomfortable beds alcohol, caffeine or nicotine illegal drugs like cocaine or ecstasy jet lag shift work [8]

Diagnosis:

According to population-based studies, approximately one-third of the general population experiences sleep disturbances, but only 10-15% exhibit symptoms of daytime functional impairment, with only 6-10% meeting the diagnostic criteria for insomnia. The clinical interview with the patient and/or family provides a detailed history that serves as the foundation for the insomnia examination and diagnosis. Additional assessment tools, such as a sleep diary or log, various questionnaires, actigraphy, and multichannel polysomnography (PSG), have been employed to aid in diagnosis, albeit many of them have little validity. Insomnia has a substantial medical, psychological, and societal impact on both individuals & societies. [9]



Panchakarma Treatment for Insomnia:

Management Nidana Parivarjana:

All of the factors that contribute to Anidra must be avoided. Because vatadosha is involved in nidranasha, avoid the vatakarahara and vihara. Aahara, Chikitsa Acharya Charaka mentioned the use of Shali rice, curd, milk, wheat, ikshu, draksha, mishri, and other foods, such as Gramya mamsa rasa, Anup mamsa rasa, Mahisha ksheera, and so on. The Vihara Chikitsa Tadasana, suryanamaskara, and pranayama are yoga and meditation practices that help to relieve stress and relax the mind. Manasika Chikitsa Acharya Charaka described Mano anukula vishaya Grahana, Manoanukula shabda Grahana, and Manoanukula gandha Grahana as mansika upachara. Shamana Aushadhi.

According to Ayurveda, some single herbs and complex medicines utilised in Insomnia are-

Single Drugs: Sarpagandha churna, Ashvagandha churna, Jatamamsi churna, Vacha churna, Brahmi churna, Mandukparni churn Shankhapushpi churna, Parsikayavani churna, Jatiphaladi churna
Compound Formulation: Saraswatarista, Ashvagandharista, Mustarista, Drakshasava, Punarnavastaka kwatha, Nidrodya vati, Sarpagandhaghan vati, Manasmitra vati Prakash Chikitsa. Insomnia caused by hypertension is less common when panchakarma therapy is used since it helps to lower vata, encourage sleep, strengthen respiratory function through shrotas, and improve circulation. [10]

Skin Disease:

The Skin conditions are among the most prevalent health issues globally and come with a heavy cost. The psychological, social, and financial effects of skin disease on patients, their families, and society as a whole are all included in the multifaceted concept of the burden of skin disease. Skin conditions such as eczema and psoriasis that are

chronic and incurable. [11] Since some skin conditions manifest abruptly, the chance of dying from them has grown in recent years. Approximately 900 million individuals worldwide suffer from skin illnesses, which are regarded as one of the most prevalent diseases internationally. In addition, over 18% of the population as a whole is impacted by on their skin, cancerous growths. In terms of causes of illness in humans, skin diseases come in at number four. [12]

A Variety of Skin Diseases:

The human skin is the largest organ. The skin area of an adult is 22 square feet on average. About 15% of the body weight is made up of skin. As a result, skin might develop a variety of illnesses. A brief synopsis of each of the illnesses under study is provided below:

- **Acne:** One of the most prevalent skin conditions in the US is acne. Every year, it affects over 50 million people; as adults, its prevalence rises to 15% in female. Acne symptoms include whiteheads, blackheads, pimples, uncomfortable lumps under the skin's surface, and cystic lesions.
- **Chickenpox:** Chickenpox is a common childhood illness that primarily affects children between the ages of 4 and 10.
- **Athlete's foot:** The prevalence of athlete's foot is estimated to be between 15% and 25% of the population. A frequent skin condition that affects the feet is athlete's foot. This illness has the potential to spread to different bodily areas and individuals.
- **Eczema:** About 35 million Americans (1%–3% of adults and 10%–20% of children in the US suffer with eczema. Sixty percent of infants with eczema also experience some of its symptoms during adolescence.
- **Vitiligo:** Because it causes a loss in skin tone, it is more noticeable in those with darker skin.



- **Cancer:** Abnormal skin cell proliferation results in skin cancer. Errors in the deoxyribonucleic acid (DNA) of skin cells result in skin cancer. [13]
- In Ayurveda, skin conditions are referred to as Kushtha. Numerous presentation patterns are reported, and these skin illnesses can take on a multitude of appearances. Depending on how Tridosha the body's physiological components and Dushya the body's tissue weakness is involved, they can be recognized and given names.

The Pathogenic Cause:

All Skin Diseases Have a Common Pathogenesis That Is Described as Follows:

Tridosha vitiation (the physiological components of the human body)



Abnormal Tridosha movement above the entire body Causes anomalies in the body's Twak (skin), Rakta (blood), Mamsa (muscles), and Ambu (watery material that lies beneath the skin).



formation of an unusual liquid



creates irregularities in the skin



Kushtha or skin illness [14]

- **Psoriasis:** dermatitis Psoriasis is a chronic inflammatory skin disease that is not contagious and recurs frequently. Its cause is unknown, and it is typified by well- defined dry, scaly, erythematous patches that are coated in adhering silvery white scales. [15]

What Are the Symptoms of Skin Diseases?

- Discolored skin patches (abnormal pigmentation).
- Dry skin.
- Open sores, lesions or ulcers.
- Peeling skin.

- Rashes, possibly with itchiness or pain.
- Red, white or pus-filled bumps.
- Scaly or rough skin. [16]

Diagnosing Skin Diseases:

- Patch tests: are employed in the diagnosis of skin allergies. Using adhesive patches, allergens—substances to which an individual may be allergic—are put to the back skin and left there for a while. The next step is to check the skin for any reactions.
- Skin biopsy: Benign skin diseases or skin cancer are diagnosed by skin biopsies. After a local anaesthetic is administered, skin is removed during a skin biopsy and sent to a lab for examination. Using a scalpel, razor blade, or cylindrical punch biopsy tool, skin can be removed. To seal the wound, stitches might be used.
- Culture: The test used to determine which microorganism—a virus, fungus, or bacteria—is causing an infection is called a culture. It is possible to culture nails, hair, or skin (surface scrapings, biopsies, pus bump and blister contents).
- dermoscopy: Other diagnostic procedures include confocal imagers, tape stripping to examine genetic material, and dermoscopy, a noninvasive procedure that uses a handheld instrument to help dermatologists see the lesion more clearly. [17]

Panchakarma Treatment for The Skin Diseases:

Regarding psychosis, Panchakarma Chikitsa Repeated Shodhana is necessary for treatment since Ekakushtha is chronic and relapsing in nature, and because Tridosha and Twaka, Rakta, Mamasa, Lasika, and Kleda are involved.

One significant Ayurvedic treatment is samshodhana, which focuses on removing the body's exacerbated Doshas. The bodies nearest



root should be used in conjunction with natural elimination to get rid of these Doshas (waste and poisons). Takradhara in particular, Shirodhara, manages psoriasis has a connection to Autonomic reaction brought on by stress and decreased pituitary-adrenal activity. Endocrine and immunological alterations brought on by stress in both psoriasis patients and healthy controls. Takradhara applied continuously on the forehead for a predetermined amount of time calms the mind and balances rhythm. Takradhara promotes sound sleep and has an impact on Mana and Prana Vayu.

Shamana: Manasbhavas and Medhyarasayana's roles It is noteworthy that Ashtanga Hridaya emphasizes adhering to a number of stringent codes of conduct, including Tyaga, Shila, Dhyana, Tapa, and Vrata. This underscores the need for psychological assistance for those with Kushtha diseases. By lowering the likelihood of an illness flare-up and relapse when therapy is stopped, Medhya Rasayanas' conservative approach to managing ekakushtha (psoriasis) aids in the effective control of various Manas Bhavas. [18]

Therapy for Kusha: In Ayurveda, skin conditions are treated in three stages, which are as follows:

1. Abstain from eating as the etiology describes. Ghee, bloodletting, and emesis are the recommended treatments for skin ailments.
2. Vataja (caused by the vitiation of the Vata dosha): Consuming ghee. Pittaja (because of vitiation of Pitta dosha): Purgative therapy (Virechana) should be undertaken initially, followed by Raktamokshana (bloodletting). The vitiation of the Kapha dosha results in Kaphaja.- Emetic treatment, or Vamana.
3. Internal Medicine.
 - a) Ayurvedic recommendations for individual herbs for skin conditions include Bakuchi,

Haridra, Nimba, Kutaki, Chakramarda, Khadira, and Apamarga.

- b) Various compound medications such as Tugaraka Taila, Mahamanjishthadi kadha, Taleshwar Rasa, Kushthanashana Rasa, and Arogyavardhini Rasa can be utilized. [19]

Arthritis:

What Is Arthritis:

Describe the condition arthritis.

Rheumatoid arthritis is a chronic inflammatory illness characterized by bone and cartilage destruction above the joints, stiffness, and bumping off the joint. It's an autoimmune condition or a condition brought on by things like weight, smoking, etc. The primary triggers of rheumatoid arthritis are cytokines, which generate interleukin 1 β and interleukin 6 factors that destroy the synovium and cartilage at the joints. An arthritic patient has skeletal muscle distortion. [20] Joint inflammation is typically the result of arthritis. Usually, it might impact one or more joints. Inflammation comes to mind when you think of arthritis. An example of a procedure in which White blood cells and immunological proteins in the body aid in our defense. from invading materials like germs and viruses and from infection. However, in certain illnesses, the body's defense mechanism (immune system) sets off an inflammatory reaction in the absence of alien materials to repel. These illnesses are referred to as auto immune illnesses that are typically prevented by the body's defense mechanisms harm to the tissues within it. The body reacts as though healthy tissues are aberrant in some way or diseased. [21] Especially among those over 50, arthritis is a very frequent condition. It results in inflammation, stiffness, and pain in the joints. One illness that damages your joints is called arthritis. The points on your body where two bones converge are called joints. As you become



older, some joints deteriorate naturally. Following the typical, lifetime wear and tear, many people have arthritis. Certain forms of arthritis develop following joint damage-causing trauma. Arthritis is also a result of certain medical disorders.

Arthritis can affect any joint, but is most common in people's:

- Hands and wrists.
- Knees.
- Hips.
- Feet and ankles.
- Shoulders.
- Lower back (lumbar spine).

Sign And Symptoms:

- Joint pain
- Swelling
- Skin discoloration
- Stiffness or reduce range of motion
- Tenderness and sensitivity to touch around a joint
- One of the most typical indications and symptoms of arthritis is joint pain.
- Inability to move a joint to its full range of motion or stiffness.
- Inflammation-related swelling.
- A change in skin tone.
- Inflammation or sensitivity to pressure near a joint. a warm, toasty sensation close to your joints.
- What is arthritis's primary cause?
- Osteoarthritis is a natural aging process brought on by years of use that gradually wear away the cartilage that cushions your joints.
- Hyperuricemia, or high blood uric acid, increases the risk of developing gout.
- Inadvertent joint damage caused by your immune system might result in arthritis, particularly rheumatoid arthritis.

- Viral arthritis can be brought on by specific viral infections, such as COVID-19.
- Arthritis can occasionally develop for no apparent reason. This is known by providers as idiopathic arthritis.

Types Of Arthritis:

- Osteoarthritis: Arthritis brought on by aging.
- Rheumatoid arthritis: An autoimmune disease that results from your immune system harming your joints inadvertently.
- Gout: An arthritis that results in jagged crystals of uric acid forming in your joints. Arthritis affecting the joints close to your lower back is known as ankylosing spondylitis.
- Psoriatic arthritis: An arthritis affecting psoriasis sufferers.
- Juvenile arthritis: Describes arthritis in children and teenagers under the age of 16.

Arthritis Diagnosis:

With a physical examination, a medical professional will diagnose arthritis. Along with asking you about your symptoms, they will examine the damaged joints.

Testing for arthritis-

- Radiology.
 - Ultrasonography.
 - MRI stands for magnetic resonance imaging.
 - ACT (computerized tomography) scan. [22]
- Acharya Vagabhata Panchakarma Treatment has described The medicinal practices of Ayurveda not only in- includes the use of medication but also makes use of additional approaches like Panchakarma. A panchakarma is a highly distinctive treatment approach, given its prior ventive, promotive, preventative, and revitalizing propers in addition to offering a radical treatment Sandhivata's status as Kashtsadhya Vyadhi is because involvement of Madhyam Roga Marga and Vatadoasha and Dhatu Kashaya. Consequently, it's critical to avoid early signs of



degeneration and treatment. A Sandhivata. Ayurveda is significant in both of these of these elements. A typical Vata Vyadhi therapy i.e., continue Use of Swedana and Snehana (Oleation therapy) in education Sandhigata Vata treatment has been explicitly described by Acharya Sushruta in relation to Basti (Enema), Mridu Virechana (Mild Purgative), and Sudation therapy. For example, Snehana, Upanaha, Agnikarma, Bandhana.

1. The Unmardana Different Prakritis Osteoarthritis in the knee pie .

The Herbal Oil Abhyanga (Medicinal/Preventive) Abhyanga lessens the Vata that has been aroused. The cause of the deterioration in the Dhatus is in order to display characteristics such as discomfort, rigidity, and cramps. Eighty-eight percent of patients with osteoarthritis evidence when combining steam and Abhyanga human interaction. Individuals stated they felt better in decrease of joint edema and joint mobility with Use of oil.

2. Janu Basti: By enhancing or lubricating the local blood circulation in the knee joint, Janubasti improves preserves the integrity of the knee joint and its range of motion. rity pertaining to the knee.

3. Sandhipichu: Through providing nourishment to the bone and connective tissues connective tissue surrounding the knee joint, which stops the degen- swelling, inflammation, and osteoarthritis in the knee reduces suffering.

4. The location of Kapha Dosha was suggested by Sandhi Lepa. engaged in conjunction with Vata and aids in reducing stiffness in cases of osteoarthritis in the knee, or effusion.

- Svedana: (encouraging words) In cases of Sankocha (contraction or flexion), Ayama (extension), Shula (pain), and Stambha (stiffness), Svedana is particularly indicated.

1. Supti (numbness), Gaurava (heaviness), and ness. Bolus formation, also known as pinda sweda, is often performed as a local fomentation, administered to the joints in pain. First, prepare a wet bolus in Churna Pinda Sweda. using herbal analgesic and anti-inflammatory properties lubricating powder for osteoarthritis in the knees.

2. Patra Panda Sweda - Fomentation of Leaf Bolus Vata leaves that are fresh and relieve or regenerate pain There is usage of herbs.

3. Owing to the appropriate links of rebirth, nourishing, and fortification

Wherever possible, bone and connective tissue significant vitiation and deficiency of Vata Knee joint generation. [23] According to Ayurveda, RA is known as Amavata Vata and plays a significant part in the pathophysiology of Amavata.

The discomfort, rigidity, and limited range of motion are brought on by the vitiation of the Vata Dosha in Amavata. consequently in In summary, we will discuss Vata's description. Shikitsa Siddhanta .The explorer of Amavata Chikitsa, Chakradatta, states In addition to Saindhavadi Anuvasana, Snehapana, and Virechana Amavata is praised for Kshara Basti. (Dharmarudutta.25/1)

Upanaha (sneha) is now included by Bhavamishra and Yogaratnakara. varjita) & Ruksha Sweda to these medicinal approaches.

1) **Langhana:** This is the first management strategy that is recommended. The thing that generates a feeling of langhana is body's laghuta, or lightness. Ten types of langhana, or four of them, have been mentioned by Charaka. Asthapana basti, Vamana, Virechana, and Shodhana type Pipasa, Maruta, Atapa, Pachana, Shirovirechana Upavasa and Vyayama. Langhana is detailed by Vagbhata in Astang Hridaya. under the section titled Shodhana and Shamana. Utilizing materials



with characteristics such as Vishada, Sukshama, Laghu, Ushna, Tikshna Ruksha, In addition to causing Langhana, Khara, Sara, and Kathina improve the Ama Pachana and fix the Mandagni. Second, Swedana Swedana is the mechanism responsible for sweating. eliminates cold, heaviness, and stiffness in the body. Several forms of Swedana have been mentioned in Ayurveda.

- 2) **Deepana Dravyas and Tikta-Katu** : Tikta & Katu Rasa have qualities with Laghu, Ushna, and Tikshna that are highly helpful to Ama Pachana. These also own the properties of Pachana and Deepana.
- 3) **Virechana** : One treatment that is recommended for Shodhana is called vivechana. Because of this, the Doshas are removed by Ka.1/4 Adhomarga .

Following the Doshas, Swedana, Deepana Pachana, and Langhana arrive in the state of Nirama, from Shakha to Kostha, Virechana with the appropriate medication ought to be done. Eranda Sneha is an excellent medication for virechana in Amavati. [24]

COVID-19

COVID-19, caused by the novel coronavirus SARS-CoV-2, became a global pandemic in 2020, significantly impacting healthcare systems and societies worldwide. The disease is characterized by a wide range of symptoms, ranging from mild respiratory discomfort to severe complications such as acute respiratory distress syndrome (ARDS). While traditional treatments have focused on controlling symptoms and preventing complications, complementary treatments such as Ayurveda, especially Panchakarma, have gained attention for their holistic approach to boosting immunity and overall health.

Reasons:

COVID-19 is primarily transmitted through respiratory droplets when an infected person coughs, sneezes, or talks. Less commonly, the virus can also be spread through contact with contaminated surfaces. The virus attaches to ACE2 receptors present in various tissues, especially the lungs, facilitating its entry into the body. Factors such as close contact with infected people, lack of personal protective measures, and pre-existing health conditions contribute to the rapid spread of the virus.

Symptoms:

Symptoms of COVID-19 vary in severity but usually appear within 2 to 14 days after infection.

Common symptoms include:

- Fever
- Dry cough
- Fatigue
- Sore throat
- Shortness of breath
- Loss of taste and smell (anosmia)
- Headache
- Muscle or joint pain

In severe cases, COVID-19 can lead to pneumonia, ARDS, multiple organ failure, and death, especially in older adults or those with underlying health conditions such as diabetes, high blood pressure, or cardiovascular disease.

Diagnosis:

COVID-19 is primarily diagnosed using:

- RT-PCR (reverse transcriptase polymerase chain reaction): the most reliable test that detects viral RNA in nasal or throat swabs.
- Antigen tests: provide faster results but are less sensitive than RT-PCR.
- Antibody tests: detect previous infection by identifying an immune response but are not useful for diagnosing active infection.



- Radiological imaging tests such as chest x-rays and CT scans are done if pneumonia or other complications are suspected.
- Blood tests monitoring inflammatory markers (e.g., C-reactive protein, D-dimer) help assess the severity of the disease. [25]

The Role of Panchakarma Treatment In COVID-19:

An integral part of Ayurvedic medicine, Panchakarma is a detoxification therapy that aims to remove toxins (ama) from the body, strengthen immunity and improve overall health.

Panchakarma consists of five main treatments, each aimed at correcting a specific imbalance in the body. Its role in the treatment of COVID-19 has attracted attention due to its holistic nature aimed at boosting innate immunity, which plays a key role in preventing and controlling infectious diseases.

1. **Boosts immunity:** Ayurvedic herbs such as Ashwagandha, Guduchi and Tulsi, when combined with Panchakarma therapy, are believed to strengthen the immune system. Improved digestion, reduced stress and improved respiratory function support the body's ability to fight infections such as COVID-19. Manage stress and anxiety COVID-19 often causes stress and anxiety due to the uncertainty of its course. Therapies such as abhyanga (oil massage) and shirodhara (pouring warm oil on the forehead) can help calm the mind, reduce stress, and improve mental clarity.
2. **Respiratory Health** COVID-19 primarily affects the lungs, and panchakarma treatments such as nasya (application of oils in the nose) and steam inhalation with medicinal herbs can help clear the airways, reduce inflammation and promote lung function.

3. **Detoxification** Panchakarma is trying to detoxify the body using procedures such as Virechana (therapeutic cleaning) and base (medicated EN intestines) that remove toxins that can weaken the immune system.
4. **Recovering from COVID-19** Many people experience persistent symptoms, known as "long corona," including fatigue, muscle pain, and difficulty breathing. Panchakarma can help restore energy and vitality, combat post-viral weakness, and balance the doshas (vata, pitta, and kapha) in the body. [26]

CONCLUSION:

The document concludes by affirming the effectiveness of Panchakarma as a holistic and comprehensive therapeutic system that addresses both the symptoms and underlying causes of a variety of chronic health conditions. For migraines, Panchakarma not only relieves pain but also works on cleansing the nervous system and improving mental clarity, providing long-term relief from the recurring nature of this condition. In the case of insomnia, Panchakarma's calming therapies help regulate sleep patterns and reduce stress, promoting a restful and restorative sleep cycle. When it comes to skin diseases, Panchakarma's ability to cleanse the blood and detoxify the body provides relief from conditions like eczema and psoriasis, while promoting skin health from within. Arthritis, particularly rheumatoid arthritis, benefits greatly from Panchakarma's detoxifying therapies that reduce inflammation and improve joint mobility. By integrating practices like Basti and Abhyanga, Panchakarma not only alleviates pain but also promotes long-term joint health. Moreover, Panchakarma's role in managing COVID-19 symptoms and post-viral recovery is particularly noteworthy. By boosting immunity, improving lung function, and detoxifying the body,



Panchakarma helps individuals recover more effectively from the virus and reduces the risk of long-term complications. Overall, this document illustrates that Panchakarma is more than just a detoxification therapy; it is a holistic system of health management that integrates body, mind, and spirit. By addressing the root causes of disease through detoxification and rejuvenation, Panchakarma offers a sustainable approach to healing and health maintenance. Its application in treating chronic diseases, enhancing immunity, and promoting overall wellness makes it a valuable tool in modern healthcare. The combination of detoxification, lifestyle changes, and therapeutic interventions ensures that Panchakarma remains an effective and relevant practice, capable of meeting the health challenges of the 21st century. By integrating Panchakarma into contemporary medical practices, healthcare providers can offer patients a comprehensive and natural approach to achieving optimal health and well-being.

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