



Modulating Longevity with Panchakarma

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Abstract:

Ayurveda emphasizes the importance of Dinacharya (Daily Routine) & Ritucharya (Seasonal Routine). These are instrumental in prevention of diseases & promotion of an ideal health. Perfect state of life can be achieved with the healthy co-ordination of the mind, body & surrounding. To achieve this state of life science of Ayurveda has mentioned a conceptual treatment shodhana chikitsa (detoxification), shamana chikitsa (alleviation) & rasayana chikitsa (rejuvenation). Panchakarma is one of the major chikitsa which is performed according to Dinacharya & Ritucharya to maintain health of the healthy person. This also improves strengih, longevity, immunity, vitality, preventing forthcoming diseases and also acts as anti aging factor.

Vaman (Emesis), virechana (purgation), basti (medicated enema), nasya (errhines), raktamokshana (blood letting) are the major five procedures which are associated with pre and post treatment care i.e. Purvakarma-paschatkarma respectively.

Snehan,, swedana, udvartan, shirodhara, tarpan, avagahan, dhupan, lepan etc.are the other modalities of panchakarma.In this poster presentation we would like to present this very useful & scientific approach describing balance of tridosha. saptadhatu, mala, agni, strotas and satva according to shatkriyakala. This essential approach will give positive change in our stressful & hectic life style. Scientific data will be presented in poster presentation.

