

ROLE OF *POORVAKARMA* PRIOR TO *SHODHANA* THERAPY-A REVIEW ARTICLE

¹*Dr. Ashok Kumar Patel, ²Dr. Manish Kumar Patel, ³Dr. Maltee Patel, ⁴Dr. Bharati Patel

¹Associate Prof. Dept. of Panchakarma Rajiv Lochan Ayu. Medical College and Hospital, Chandkhuri, Durg, (CG).

²Assistant Professor Dept. of Agadtantra Prem Raghu Ayu. Medical College and Hospital, Hathras (UP).

³PG Scholar Dept. of Samhita and Siddhanta Mahatma Gandhi Ayu. College and Hospital and Research Centre, Wardha (MH).

⁴PG Scholar Dept. of PTSR SJGAMC, PG Studies and Research Centre, Koppal, (Karnataka).

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*Corresponding Author

Dr. Ashok Kumar Patel

Associate Prof. Dept. of
Panchakarma Rajiv Lochan
Ayu. Medical College and
Hospital, Chandkhuri, Durg,
(CG).

ABSTRACT

In recent era *Panchakarma* has got prominent place in the management of the diseases through Ayurveda, because *Panchakarma* is only hope in patients who are bushed after all the *Shamana* treatments. *Panchakarma* expels the *Doshas* from their causative roots so diseases cannot revert after; like tree cannot grow without its root. Without proper *Poorvakarma* physician cannot get truly result though *Shodhana* procedure (like *Vamana* / *Virechana*) performed well, because without *Poorvakarmas* *Doshas* cannot be changed in particular forms through which they can be expelled out from the body. The present paper is focused on explanation of the principle that how *Poorvakarma* is essential for *Shodhana* therapy, how they change

Dosha's form and elucidate the *Kala* and *Matra* of *Poorvakarma* particular in *Snehapana*.

KEYWORDS: *Panchakarma*, *Poorvakarma*, *Shodhana*.

INTRODUCTION

In recent era *Panchakarma* has got prominent place in the management of the diseases through Ayurveda, as it is widely practiced by most of the *Ayurvedic* physicians but