

ESIC MODEL HOSPITAL, RAJAJINAGAR, BANGALORE

Report on Inauguration of Panchakarma Unit at ESIC Model Hospital, Rajajinagar, Bangalore (Detox / Purificatory / Eliminatory Therapeutic Procedures in Ayurveda)

Our hospital, ESIC Medical College, PGIMSR and Model Hospital, Rajajinagar, Bangalore has an AYUSH department with a regular department of Ayurveda with two regular Medical Officers and a regular Ayurvedic pharmacist . Homeopathy department is run by a part time doctor and a contractual pharmacist.

As part of developing the services of AYUSH, we proposed to start a PANCHAKARMA unit in this hospital. We got lot of encouragement by Medical Commissioner (Ayush), DMC (Ayush) and Ayush Adviser upon their visit to our hospital in August 2016.

Based on Ayush team suggestions and our Medical Superintendent support, advice and guidance, we procured required essential panchakarma equipments and miscellaneous through tenders. Meanwhile our Medical Superintendent deputed two Nursing Orderlies for one month Panchakarma training at Shri Jayachamarajendra Government Ayurvedic Medical College and Hospital at Ananda Rao Circle, Bangalore. They have undergone one month rigorous training and successfully completed their training in Panchakarma treatment procedures.

On 25.01.2017 we inaugurated Panchakarma Unit at our hospital premises and service is started for IPs and their family members.

Introduction to Ayurveda and Panchakarma

From time immemorial India has been exhibiting exemplary culture and tradition. In the same way ancient Indian System of Medicine . “Ayurveda” is time tested and proved to be science based and evidence based shastra.

Branches of Ayurveda – Consists of eight branches like

- Kayachikitsa – General Medicine
- Balaroga – Paediatrics
- Graha Chikitsa – Demnology
- Urdhwanga Chikitsa – ENT & Ophthalmology
- Shalya Chikitsa – Surgery
- Danstra – Toxicology
- Jara / Geriatrics
- Vrisha / Aphrodisiacs

Out of all these eight branches Kayachikitsa occupies the first place, because more than 75% of patients can be treated with General Medicine only.

Best solution for curable diseases mentioned in General Medicine is Elimination therapy i.e.Panchakarma, the unique speciality of Ayurveda.

Panchakarma can be explained in 3 Stages

Poorva /Pre Operative	Pradhana/ Operative	Paschat / Post Operative Karma
Pachana (Digestive)	Vamana (therapeutic emesis)	Samsarjana Krama (Dietary Regimen)
Snehana (Oleation)	Virechana (therapeutic purgation)	Rasayanadi Krama (Rejuvenation)
Swedhana (Sudation)	Vasti (therapeutic Enema)	Shamana (Pacifying)
	Nasya (therapeutic Snuffing)	
	Rakta Mokshana (Blood Letting)	

1. Pradhana Vamana Karma :-
Administration of Medicine through Oral route and expulsion of vitiated doshas through mouth is termed as Emesis.
Indications – Tvak Vikaras like Kitiba / psoriasis , Shwasa/ bronchial asthma etc
2. Virechana Karma :-
Administration of Medicine through Oral route & expulsion of vitiated doshas through rectum is termed as Virechana.
Indications – Vicharchika / Dry eczema , Kitiba / psoriasis, sthoulya / obesity etc
3. Vasti Karma / Therapeutic Enema :-
Administration of Medicated oils or decoctions into the rectum with the Vasti yantra is known as Vasti Karma.
Indications – Musculo skeletal disorders like OA, Auto Immune disorders like Amavata / RA, SLE, Vatavyadhis like DMD, Ardita/ facial paralysis, pakshagatha / paralysis etc.
4. Nasya Karma – Administration of medicated oils, juices , powders etc through nostrils is known as Nasya / Sirovirechana Karma.
Indications – All types of headaches , ENT disorders, cervical spondylities , psychiatric disorders etc.
5. Rakta Mokshana – Expulsion of vitiated blood from the body is known as Rakta Mokshana
Indications – Vranas / Non healing ulcers, Diabetic ulcers, Varicosity of blood vessels etc.

Aims and Objectives of Panchakarma

Swasthasya Swaasthya Rakshanam I
Athurasya Vikara Prashamanam II Ch.Su.15 II

- To remove the ailments of a diseased person.
- To maintain positive health in a healthy individual.
- To obtain extra ordinary qualities like Rasayana and Vajeekarna effects.

Eventually to conclude panchakarma therapies is definitely superior to Palliative / Shamana measures, that shall be very helpful especially managing chronic disorders.

This effort to start Panchakarma has already received lots of appreciation by our IPs.

Sd/-
Medical Superintendent