



SETTING UP OF PANCHAKARMA CENTER IN MODERN ERA

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ABSTRACT

Revival of interest in *Ayurveda* has provided drift to medical tourism in the country. There has been a phenomenal increase in the demand for specialized therapies of *Ayurveda*. It has been observed that many health centers being run in the name of Panchakarma Centers are actually not providing authentic *Panchakarma* treatment. A need has been felt to prevent misuse of therapies offered by *Ayurveda Panchakarma* Centers. An area of misuse of *Ayurveda* in India is the establishments of massage parlors and *Panchakarma* centers without following the specific guidelines, rules and regulations. The legal system is not strict in the matter of enforcement of law regulating *Ayurveda*. The Keraliya *Ayurveda* health center's issue of license and control act 2007 is only a feeble and half hearted attempt and its only eye wash to consumers. In fact, replication of Singapore legislation (massage establishment act) would perhaps serve as a useful tool in dealing with the matter. The Government of India has prescribed certain specification and minimum standards for establishment of *Panchakarma* Centers and clinics.

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INTRODUCTION

Panchakarma the unique and holistic treatment modality of Ayurvedais basically designed as if for elite class of society like king, merchant or someone having similar status, which doesn't mean that people of lower and middle socio-economic condition cannot afford toundergo *Panchakarma* treatment. The disease that requires Bio purification therapy doesn't attack people considering their socio economic status. The people should also be treated by *Panchakarma* but with outmost consideration and temperance as it is a very expensive therapy. The gradual downfall of this miraculous therapy in the last thousand years posses many aspects behind it, but expense of the therapy along with lack of interest of the *Ayurveda* physician to set up a complete and comprehensive *Panchakarma* Centre are the main reason, however, the scenario now-a-days have changed completely. The average up-liftmen of the socio economic status of the of the common people along with their health consciousness has pushed the high tide of *Panchakarma* in the ocean of medical and cosmetic field. Moreover, it has been accepted globally in each and every country where people are becoming acquainted with spas and massage parlour where steam baths, application of herbal ointment etc. are done which are the basics and fundamental procedures of *Panchakarma*.

The owner of these spas and parlours should be motivated to use the same establishments for therapeutic purposes by simply appointing a *Panchakarma* physician.

Ancient View of Panchakarma Set Up

- First of all an expert architect should design a good building.
- The building should be strong and it should not be exposed to winds.
- However it should be constructed as to allow wind only through one passage.
- It should provide for a comfortable moving place.
- The building should not be situated in a mountain place nor should it be located near a bigger building.
- Besides, the building should not be exposed to smoke, the sun, water, dust or neither undesirable noise nor it should have undesirable contacts, taste sight or smell. One part of the premise of the building remains unexposed to wind and another part should ventilate the gentle breeze in the room.
- The building should be well equipped with a water reservoir or water pot, mortar, pestle, latrine, bathroom and kitchen. There should be comfortable moving space in the surroundings the room used for therapy and the room for post therapeutic regime should be different and the later should be unexposed to wind.
- The requirements enumerated above are meant for both the therapy and any complications in the course of the

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administration of the therapy as well as management of the patients afterwards.

The soil of the area should be tested properly so that the strong building can be build which is resistant to shock or even earthquake. The area shouldn't be surrounded by any factory chemical plant so that the center may be devoid of dust fumes noise unpleasant smell. The building should have good bathrooms as during and after *Panchakarma* therapy luke-warm water is mandatory for bathing and refreshing. So warm water should be made available. A well equipped kitchen is also essential for a good establishment of *Panchakarma* center. There should be provisions for supply of warmwater decoction, soup and other stipulated diet and medicine to patients. A store room is necessary for storage of all required utensils and separate store room for medicine and medicinal herbs is to be planned to fulfil the requirements of the therapy and to combat sudden adversities arising during therapy.

A different architecture for *Panchakarma* therapy for the person who is willing for *Rasayan* therapy is design. A cottage is to be constructed by architect in an area where King, Physicians, Brahmins dwell. It should be free from any mischievous acts. The area should be in such a place where everything for *Panchakarma* and *Rasayan* therapy is available. The face of the cottage should be east or north the house should have 3 layers and its wall should be thick so that it remains pleasant throughout the season. Small ventilators should be provided on the walls and it should be well lighted. The innermost portion of the *Tri-GarbhaKuti* is to be designed as the bedroom of the patient. A simple and small cot, a table and a small rack are to be accommodated here. The middle circle is for therapy purpose. It must have a toilet to be used by the patient, a *Droni*, *Swedan* instruments a small cooking unit is to be maintained. But this cooking unit is not for preparation of food; rather it's for preparation of medicine and warm water. The outermost part of this room is for visitors and attendant. A small cooking unit with kitchen for preparation of food is also to be attached. It has three walls which separate each other so thus the name *Tri-GarbhaKutika*.

Panchakarma in Opd Level: *Panchakarma* means five specialised therapies to eliminate morbid matters from the body. These five therapeutics procedure shouldn't be done without full set up but many *Purvakarmalike Abhyanga, Swedana, Kavala-Gandusa* which themselves are capable to mitigate many diseases or symptoms come under the heading of *Panchakarma* may easily be practised in OPD level though utmost care and precautions are to be taken. Maximum *Anuvasana Basti* and *Nasya* can be considered in OPD level though utmost care and precautions is to be followed.

A Designe for Setting Up of Panchakarma Center

Consultation room	Reception & waiting room
Therapy room for male patient/client	Therapy room for female patient/client
Therapy room for male patient/client	Therapy room for female patient/client
Rest room(for taking rest after <i>panchakarma</i> therapy)	Rest room
Pharmacy & raw drug storage	Kitchen & preperation room

Design of Setting up of Specelized Panchakarmacenter

Consultation room	Reception & waiting room
Massage & sudation room for male patient's <i>Sirodhara</i> Rest room	Massage & sudation room for female patient's <i>Vaman</i> therapy room Rest room
<i>Basti</i> therapy room for male Room for <i>nasya, akshi tarpana, karnapurana, gandusa, sirobasti</i> etc.	<i>Basti</i> therapy room for female <i>Phizhichil,ssps</i> etc. Special therapy room
Pharmacy & raw drug storage	Kitchen & medicine preperation room

Specifications of Panchakrma Theater: In the existing hospitals, there should be separate wards for males and females to carry out various *Panchakarma* Procedure as per following details:

Room Name	Specifications	Number
Male <i>Panchakarma</i> Section	14*12 Feet	1
Female <i>Panchakarma</i> Section	14*12 Feet	1
<i>VastiKaksha</i> (Room)	10*10 Feet	1
<i>Shirodhara Kaksha</i> (Room)	10*10 Feet	1
Special Private Room	800 Sq. Feet	4
O.P. Department	300 Sq Feet	1
Dispensing and Pharmacy Unit	400 Sq Feet	1
Kitchen and Canteen	800 Sq. Feet	1
Labs for Investigation	400 Sq Feet	1
Office and Record Section	400 Sq Feet	1

List of Essential Equipments Required For Setting up of A Panchakarma Theater

Equipments	Specifications	Quantity
<i>Droni</i> (Wooden /Fibre)	Length 7 feet, Width: 3 feet , Height: 2.3 feet	2
<i>DharaDroni</i>	Length-9 feet, Width2.5 feet, Height 2.5 feet	2
<i>Sirodhara</i> Vessels	Stainless Steel Vessel	2 vessels(3 litre capacity)
<i>VastiNetra</i>	Disposable	30
<i>Nasya</i> Dropper		2
Geysar		1
Steam Chamber		2
Leather cap for <i>ShiroBasti</i>		2
Gas stove/ Heating Apparatus		2
Tub for <i>AvagahaSweda</i>		2
Small Vessels Spoons		4
Automated Instruments		As per the availability

Medicines Commonly Used in Panchakarma Therapy

Tailas (OILS): *Anu Taila, Bala-Guduchadi Taila , Chandanadi Taila, Chandanbala Lakshadi Taila, Dashamoola Taila, Dhanwantara Taila, ErandaTaila, KarpasthyadiTaila, Kottamchukadi Taila, Ksheerabala Taila, Lakshadi Taila, Mahamasha Taila, Mahanarayan Taila, Nirgundiadi Taila, Prabahanjanya Taila, Prasarani Taila, SahacharadiTaila, Saindhavadi Taila, Sadbindu Taila, Tila Taila, Pinda Taila.*

Churnas/Avaleh/RASA: *Jatamansyadi Churna, Dashamula Kwath Churna, Kottamchukadi Churna, Madanphaladi Churna, Upanaha Churna, Kalyanaka Avaleha, Ichabhedhi Rasa, Gandharva Hastadi Kwath Churna, Rasnadi Churna.*

Others: *Balamula, Nirgundi, Amlakhi Churna, Dhatura, Musta, Trivrit, Aragwadha, GoGhrita, Saindhava Lavana, Madhu, Satawaha, leaves of Karanja, Shigru, Eranda, Amilka, Vacha, Mudga and Masha Churna, Sastika Shali, Dhanya Takra, Gou Ksheera, NarikelaJala.*

Equipments and Medicines

Apart from general equipments & tools required in an Ayurvedic setup the therapy section of the center should have following equipments:

- Pressure cooker
- Face steamer
- Sirodhara pot
- Sirobasti Yantra
- Emesis Chair
- Enema Can(1200ml capacity)
- Enema Syringe(200 ml capacity)
- Rubber Catheter
- Uterine Canula
- I.V drip set
- Electric heating apparatus or other heating device
- Other equipments/instruments required for Panchakarma.

Staff Required for Panchakarma Speciality Center

Staff	Qualification	Numbers
Medical superintendent Panchakarma	MD(AYU) in Panchakarma with 10 years' experience.	1
Specialist (Male) Panchakarma	MD (AYU):	1
Specialist (Female) Panchakarma	MD (AYU):	1
Resident Medical officers	BAMS	2
Male Masseurs	Panchakarma Technicians	4
Female Masseurs	Panchakarma Technicians	4
Staff nurse	Panchakarma Nurse	5
Kitchen staff		3
Cleaning service		4
Pharmacist		2
Record keeper		1

Additional requirements

1. Steam bath and sauna bath facilities should essentially be available.
2. Provision of water, electricity with back up arrangements and sanitation facilities should be adequate.
3. Medicated and plain hot water facility should be available for bath and other therapeutic purposes.
4. Medicines used in the center should be quality and reputed firms and duly labeled.

CONCLUSION

It is a challenge for the Ayurvedic physician to propagate and to practice Panchakarma in all aspects to explore its hidden fragrance not only to elite society but also to the common mass in very cost effective measures. The physician should adopt modulations on Panchakarma made by many scholars to practice in a rational way. The therapy has many fragments to be used in different circumstances and perspective. The physician who has limited space in clinic but interested to practice Panchakarma should practise few simple therapies like nasya, swedhan, Kati basti etc. in his own clinic in O.P.D level. It will help him to treat the patients in more better and effective way, earn more money as well as fame. The physician, who has more space, may design the setup as per the specification/guidelines to practise Panchakarma accordingly. The Ayurvedic doctors and non-Medical land owners interested to establish a full-fledged Panchakarma hospital can also collaborate where all types of facilities related to Panchakarma should be made available. Therapies suitable for O.P.D level, small clinics and moderate to large setup are illustrated with proper architecture in many literatures. The interested concern may adopt the basic structure with some innovated additional alternation according to their available space and requirements. The utensils and instrument which were used in ancient period are mentioned here along with the modulation from which those are used in the sophisticated setup. List of medicine to be stored in Panchakarma hospital is also mentioned for ready reference.

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