

# Panchakarma Practical Manual

Second  
Edition

explores the cutting-edge concepts of Ayurveda used in clinical practice. It provides a comprehensive and thorough material on Panchakarma, spread over 18 chapters along with the relevant research material.

### Salient Features

- Separate chapter for each Panchakarma procedure with a gist at the end of each chapter.
- MCQs on various procedures given at the end of the each chapter.
- Dedicated chapter for Keraliya Panchakarma.
- Detailed Panchakarma procedures advocated for persons of different careers.
- Common Panchakarma proforma is appended.
- Various research projects data along with a few self-experiences.
- Equipment and medicinal plants useful in Panchakarma practice enlisted with relevant photographs.

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Ayyagari

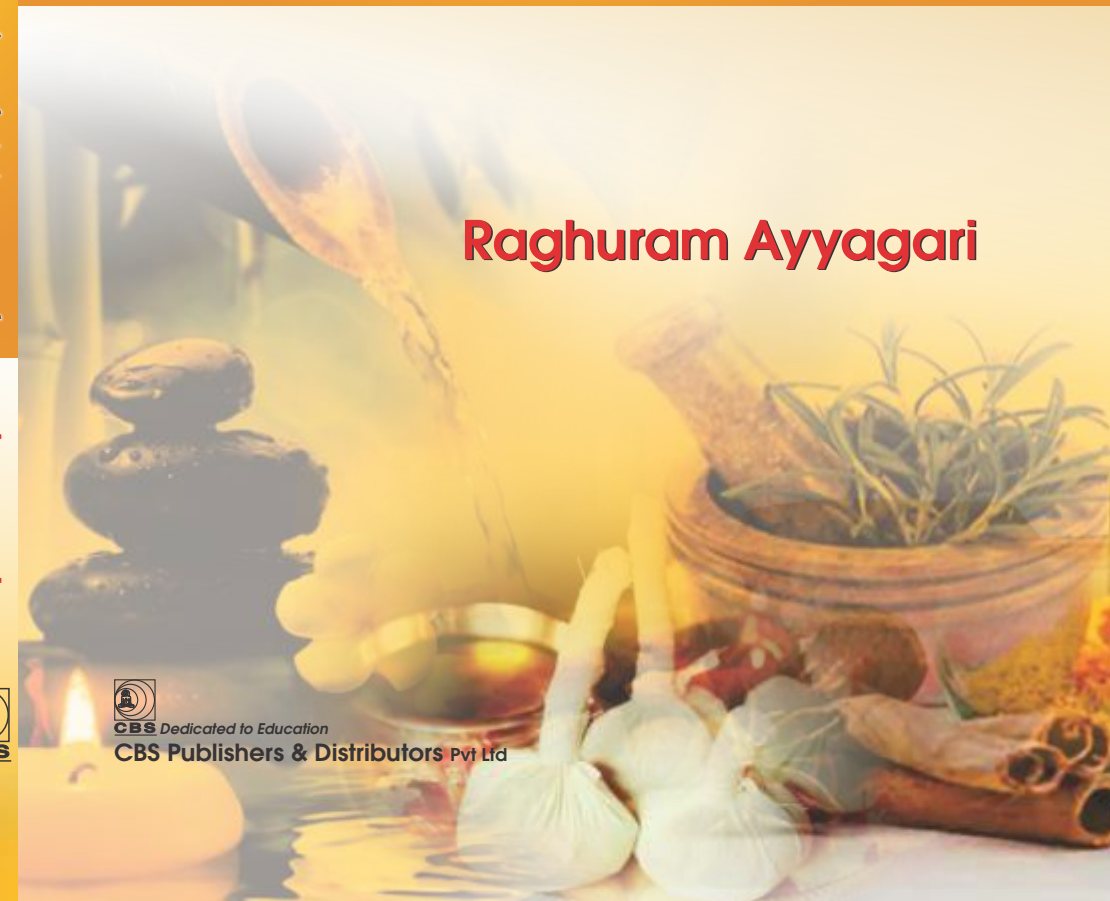
Panchakarma  
Practical Manual

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# Panchakarma Practical Manual

Raghuram Ayyagari



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**Second Edition**

# Panchakarma

## Practical Manual



“Lord Shri Dhanvantari

**Second Edition**

# Panchakarma Practical Manual

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to

*my ever inspirational mother*



**Smt. Narasamma Ayyagari**



## Foreword to the Second Edition



सत्यमेव जयते

वैद्य राजेश कोटेचा

Vaidya Rajesh Kotecha

सचिव

भारत सरकार

आयुर्वेद, योग व प्राकृतिक चिकित्सा  
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Panchakarma is an essential part of Ayurveda treatment. Following proper procedure in Panchakarma is of utmost importance for *Chikitsa siddhi*.

The *Panchakarma Practical Manual* written by Dr Raghuram Ayyagari offers many unique features. The illustrative periodicals of all the procedures will be instrumental to understand the Panchakarma procedures for practitioners as well as for student community. The author has taken sincere efforts to document the entire micro-observations, imperative to follow during conduction of the therapies. The relevant photographs will be added in the present book.

'Biomedical waste management at Panchakarma Set-up' is a new chapter added to the second edition. This quality aspect of the service provision shall address the needs of National and International guidelines in-patient care.

I congratulate Dr Raghuram Ayyagari, CMO, NFSG (Ayurveda), Directorate of AYUSH, GNCTD, the author of this book and appreciate his sincere contribution in the field of Ayurveda.

राजेश कोटेचा

(Rajesh Kotecha)



## Foreword to the First Edition



**B**ooks play an important role in preservation and propagation of knowledge. A right book written in proper manner helps in perception of information meaningfully. Ayurveda classics stressed on the selection of a right book. In the present electronic world, ocean of information is available on fingertips and it is very difficult and almost impossible to identify the authenticity of information.

Ayurveda, the first codified medical system of the Universe, is gaining popularity and being mainstreamed. Panchakarma is a buzzword of Ayurveda and it became an icon of Ayurveda. For global acceptance of Panchakarma, a systematic and standard approach is necessary. Though there are several books on Panchakarma, still there is a scope and need to simplify the procedures. As mentioned earlier, i.e. a proper book facilitates systematic administration of Panchakarma procedures by providing simplified and standard approach.

The book *Panchakarma Practical Manual* is handy to practitioners with simplified description of procedures with summary of key issues at the end of each chapter. The manual also added with clinical experiences as well as research updates. This also gives the details of Panchakarma to the students of BAMS graduates. The multiple choice questions are at advantage for the final year students as well as interns. Overall, this is a handbook for students as well as practitioners. I am extremely happy to give Foreword to this manual written for the benefit of students and practitioners in the field of Ayurveda.

**Dr B Sreenivasa Prasad**

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Principal

Shri BMK Ayurveda Mahavidyalaya

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## Preface to the Second Edition



I am very much pleased to introduce the second edition of *Panchakarma Practical Manual*. Thanks to all for appreciation and support given to the first edition of this manual. The second edition has been brought in all new style, colour combination and overall look has been changed to make it reader friendly. A new chapter 'Biomedical Waste Management in Panchakarma Set-up' has been added as Chapter 11.

I hope this work would help all the readers of Ayurveda fraternity like students, teachers, practitioners and researchers.

**Raghuram Ayyagari**



## Preface to the First Edition



### *Shri Dhanvantarayeh Namah*

**Panchakarma Practical Manual** is the first attempt by me as a writer. Though there are several books available on the subject of Panchakarma, still I feel that there is a need for simplified yet practical Panchakarma version. I think this book will help in that regard like a manual in performing the various Panchakarma procedures by the Ayurvedic practitioners at their respective clinics/dispensaries.

The entire Panchakarma information based on the undergraduate syllabus is segmented into various chapters in this presentation. A gist of the content is also provided at the end of each chapter. Panchakarma suitable and beneficial for various professionals is listed out in a separate chapter. A few self-experiences in Panchakarma practice are mentioned. Special projects like seasonal Panchakarma camps and their results are discussed. A very useful combined Panchakarma proforma is also included to record the data of the procedures. Some of the pictures of useful drugs in day-to-day practice are also appended. Above all, multiple choice questions (MCQs) are added at the end of each chapter. The pictures of various Panchakarma equipment are also appended.

Thus I hope that this book is useful for both students as well as practitioners to understand the nuances of the Panchakarma.

**Raghuram Ayyagari**



## Acknowledgments



**B**owing my head to the Almighty, Lord Dhanvantari, for making me capable of spreading the knowledge of Ayurveda.

I am indebted to all my teachers of Ayurveda at Dr NRS Government Ayurvedic Medical College, Vijayawada, Gujarat Ayurved University, Jamnagar, who have made me to understand the subject to its core. I am grateful to my friend 'Guru' Vd Hrishikesh Mhetre for showing me the true pathway of Ayurveda.

I am thankful to my mentor and teacher, Dr N Hanumantha Rao, Professor (Kayachikitsa) (Retd), and my sister Smt N. Subbalakshmi for her caring.

Special thanks to my wife Smt Aparna Ayyagari and son Master Reyaansh Ayyagari for continuously supporting all my works. I am thankful to my brother Sh AVSS Sarma, sister-in-law Smt AVSP Sobha Rani, Niece Smt Sudhalakshmi M, Nephew Sh NVSS Sambasiva Rao, for being supportive pillars of all my endeavours.

Thanks to my colleagues and friends at Directorate of AYUSH, Government of NCT of Delhi, for rendering constant support. I also acknowledge the support from Dr RK Manchanda, Director (AYUSH), GNCTD, Dr Pradeep Kr Aggarwal, Chairman, Examining Body for Paramedical Training for Bharatiya Chikitsa, Delhi and Dr B Sreenivasa Prasad, Principal, BMK Ayurveda Mahavidyalaya, Belgaum. Thanks to Dr Pawan Kr N Mali and Dr Sathya N Dornala for their help in proofreading.

I am thankful for the acceptability of views and support of Mr SK Jain (CMD) and Mr Varun Jain (Director), CBS Publishers & Distributors Pvt Ltd.

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**Raghuram Ayyagari**



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## Abbreviations



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Ca	: Charaka Samhita
Su	: Sushruta Samhita
A. Hr	: Astanga Hridaya
A. Sa	: Astanga Sangraha
Ca. Su	: Charaka Sutrasthana
Vi	: Vimana Sthana
Ni	: Nidansthana
Sa	: Sareerasthana
Ci	: Cikitsasthana
Ka	: Kalpasthana
Si	: Siddhisthana
Ut	: Uttarantra
Dal	: Dalhana Commentary on Sushruta Samhita
Cakra	: Cakrapani Commentary on Charaka Samhita
Sa. Sa	: Sarangadhar Samhita
Pu. Kh	: Purva Khanda
Ut. Kha	: Uttara Khanda