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## The Role of Panchakarma Therapy in Shalya-Tantra

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### Abstract:

Panchakarma is classical ayurvedic purification technique and forms an essential supportive pillar in shalyatantra. The five principles interventions – vaman, virechana, basti nasya and raktamoshan are mentioned in samhitas for preventive and curative surgical practice and care. Panchakarma contributes to manage of acute and chronic surgical diseases such as a vrana, bhangandhar, arsha, bhagna, vidradhi. Among the panchakarma raktamokshan is considered as a highly effective therapeutic modality and described as a central blood purifying treatment.

The primary objective of panchakarma is systematic detoxification removal of morbid doshas, enhancement of tissue healing and resoration of health.

The present paper reviews the utility of Panchakarma is improving surgical outcomes through pre operative preparation, operative and post operative rehabilitation.

**Keywords:** Panchakarma, Shalya-tantra, Raktamokshana, Bhagandara, Arsha, Bhang.

### INTRODUCTION:

Shalyatantra one of the principal branches of Ayurveda, deals with surgical and parasurgical management of various diseases. While surgical interventions provide definitive structural correction, the success of Shalyatantra largely depends on systematic purification, optimization of doshic balance, enhancement of tissue healing and reduction of post operative complications. Panchakarma is the specialized detoxification and bio-purification therapy of ayurveda , plays a crucial supportive and preparatory role in surgical practice.

Pre surgicals shodhan improves agni, strengthens dhatus, reduces infection risk, reduces inflammation, prevention of recurrence. Therapies such as snehan, swedana, mridu, virechana, basti and raktamoshan are widely described in classical texts for conditions requiring surgical attention including arsha, bhagandara, vidradhi, vrana, arbuda, vatavyadhi and reconstructive procedures.

Integrating panchakarma with modern surgical techniques reflects a comprehensive approach that not only treats the pathology but resorts systemic balance and holistic wellbeing., therefore

evaluating the role of panchakarma within shalyatantra offers a promising complementary model for improved surgical outcomes and patient quality of life.

### Classical Reference:

Sushruta emphasizes the necessity of purification therapies to improve surgical outcomes:

“शुद्धशरीरे हि शस्त्रकर्माणि यथाविधि प्रवराणि”

“The body purified through Shodhana responds best to surgical procedures.”

This reflects the ancient understanding that without purification, wound healing remains delayed, and recurrence is common.

### AIMS AND OBJECTIVES:

- To explore the importance of Panchakarma in Shalya-Tantra.
- To analyze the application of Panchakarma in various surgical disorders.

### MATERIALS AND METHODS:

This review is based on classical Ayurvedic literature including Sushruta Samhita, Charaka Samhita, Ashtanga Hridaya, recent scientific articles, and online research platforms including PubMed, Google Scholar, DHARA, and AYUSH portals.

### RESULTS:

#### Importance of Panchakarma in Surgical Science:

Sushruta included Panchakarma within the sixty modalities (*Shashti-upakramas*) of wound management:

“षष्टिः उपायाः प्राह सुप्रतो व्रणचिकित्सिते”

This indicates the importance of detoxification before surgical procedures.

### ROLE OF INDIVIDUAL PANCHAKARMA PROCEDURES

#### 1. Snehana (Internal & External Oleation)

Useful for wounds complicated by vata aggravation, stiffness, painful ulcers, and fracture healing.

“वाते स्नेहो हिततमः” —

#### 2. Svedana (Sudation Therapy)

Relieves pain, stiffness, and inflammatory swelling.

“स्वेदोऽग्निसन्निकाशो हि स्तम्भशूलशोफहृत्”

#### 3. Vamana (Therapeutic Emesis)

Indicated in Kapha-dominant inflammatory wounds and abscesses.

#### 4. Virechana (Therapeutic Purgation)

Indicated in Pitta-dominant wounds, chronic ulcers and postoperative inflammation.

“पित्ते रेचनमेव च” —

## 5. Basti (Medicated Enema)

Essential for pelvic organ disorders, fractures of pelvic bones, and fistula-in-ano.

“बस्तिरेकः श्रेष्ठतमः” —

## 6. Raktamokshana (Bloodletting)

Highly beneficial in toxic inflammations, abscess and vascular congestion.

“अर्धम् रक्तमोक्षणं शोधनानाम्”

Surgical Disease	Panchakarma Indications	Supporting Concept
Arsha (Hemorrhoids)	Virechana, Basti, Swedana	Removes mala-upachaya, improves circulation
Bhagandara (Fistula-in-ano)	Svedana & Virechana	Softens tissues, reduces suppuration
Parikartika (Anal fissure)	Pichha & Sneha basti	Smoothing & healing
Vidradhi (Abscess)	Vamana & Virechana	Detoxifies inflammatory tissue
Ashmari (Renal stones)	Swedana, Uttar-basti	Dilates channels & expels obstruction
Bhagna (Fractures)	Basti & Svedana	Promotes bone & ligament healing

## DISCUSSION:

Panchakarma strengthens surgical outcomes by accelerating wound healing, reducing postoperative complications, improving tissue perfusion, and removing causative morbid doshas. Basti controls *Apana-vayu* aiding pelvic surgery and urinary disorders. Raktamokshana works rapidly in acute inflammatory and crisis states when surgical intervention may not be possible.

Hence, both surgical and non-surgical therapies work in synergy.

## CONCLUSION:

Panchakarma is not only a purification therapy but a critical supportive modality in Shalya-tantra. The integration of Panchakarma with surgical management improves healing, prevents complications, and increases long-term success. Clinical validation and standardized practical guidelines are required to strengthen global recognition.

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