



अखिल भारतीय आयुर्वेद संस्थान

ALL INDIA INSTITUTE OF AYURVEDA (AIIA)

(आयुष मंत्रालय, भारत सरकार के अंतर्गत स्वायत्त संस्थान)

(An Autonomous Organization under the Ministry of AYUSH, Govt. of India)

Activities taken to promote Seasonal panchakarma

The treatment in Ayurveda, is broadly divided into Shamana and Shodhana. Shamana is an approach of rather mildly pacifying the vitiated doshas while Shodhana is focused on expelling the vitiated doshas through various procedures such as Vamana, Virechana, Basti etc. Such Shodhana procedures when carried out in specific Ritus for expulsion of accumulated doshas, it may be termed as Ritu Shodhana. Ritu shodhana is followed in order to prevent the disease as well as promotion of health. The accumulation of doshas which happens in Hemant should be expelled out during vasanta; that occurring in Grishma should be expelled during Abhakraala (rainy season); that occurring in Varsha be expelled during sharad (autumn) expeditiously and effectively. In this era where quality of life is more favoured, Ritu Shodhana is extensively practised for the promotion of health and prevention of disease by Department of Panchakarma, All India Institute of Ayurveda, New Delhi. Faculty, staff and students of the institute along with the patients participated extensively in the Seasonal Shodhana conducted yearly.

Department of Panchakarma conducted Vamana procedure of volunteers having Kapha dosha Prakopa in months of February-April. In the year 2017, 2 Vamana procedures were carried out; in 2018, 5 Vamana procedures were carried out; while in 2019 due to breakout of covid-19, no Vamana procedures were conducted. In 2020, 9 Vamana procedures were carried out; in 2021, 18 Vamana procedures were carried out. In total 34 Vamana procedures were conducted in 5 years as part of Seasonal Panchakarma.

Department of Panchakarma conducted Virechana procedure of volunteers having Pitta Dosha Prakopa in months of September-November. In the year 2017, 24 virechana procedures were carried out; in 2018, 47 Virechana procedures were carried out; in 2019, 25 Virechana procedures were carried out; while in 2020, due to breakout of covid-19 no Virechana procedures were conducted. In 2021, 57 Virechana procedures were carried out. In total 153 Virechana procedures were conducted in 5 years as part of Seasonal Panchakarma.

Department of Panchakarma conducted Basti karma procedure of volunteers having vata dosha Prakopa in months of July -September. Total number of Matra Basthi and Anuvasana Basthi administered In the year 2017, 2018, 2019, 2021 total of 545, 695, 767, 386 respectively. In total 2343 Sneha Basti's performed. In 2020 due to breakout of covid-19 no Anuvasana and Matra Basti conducted

In the year 2017, 144 Nirooha Basti were carried out; in 2018 ,629 Nirooha Basti were carried out; in 2019, 508 Nirooha Basti were carried out; while in 2020, due to breakout of covid-19 no Nirooha Basti were conducted; in 2021, 368 Nirooha Basti were carried out. In total 1649 Nirooha Basti were conducted in 5 years.

As result of Shodhana, functions of sensory and motor neurons were found improved. Apart from improvement in physical functions, mental functions like cognition, memory were also enhanced.

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Seasonal Panchakarma - Data.

Details of Vamana for 2017-2021 (5 Years)								
Sl. No	Month	Procedure	2017	2018	2019	2020	2021	Total
	February	Vamana	1	2	0	8	3	14
2	March	Vamana	1	0	0	1	4	6
3	April	Vamana	0	3	0	0	11	14
Total			2	5	0	9	18	34
Details of Virechana for 2017-2021 (5 Years)								
Sl. No	Month	Procedure	2017	2018	2019	2020	2021	Total
1	September	Virechana	7	23	6	Covid-19	13	49
2	October	Virechana	5	13	15	Covid-19	23	56
3	November	Virechana	12	11	4	Covid-19	21	48
Total			24	47	25	Covid-19	57	153
Details of Anuvasan Basti for 2017-2021 (5 Years)								
Sl. No	Month	Procedure	2017	2018	2019	2020	2021	Total
1	July	Anuvasan Basti	43	193	177	Covid-19	35	448
2	August	Anuvasan Basti	47	168	233	Covid-19	174	622
3	Sept.	Anuvasan Basti	29	177	165	Covid-19	116	487
Total			119	538	575	Covid-19	325	1557
Details of Matra Basti for 2017-2021 (5 Years)								
Sl. No	Month	Procedure	2017	2018	2019	2020	2021	Total
1	July	Matra Basti	175	40	100	Covid-19	17	332
2	August	Matra Basti	111	32	47	Covid-19	16	206
3	September	Matra Basti	140	35	45	Covid-19	28	248
Total			426	107	192	Covid-19	61	786
Details of Nirooha Basti for 2017-2021 (5 Years)								
Sl. No	Month	Procedure	2017	2018	2019	2020	2021	Total
1	July	Nirooha Basti	35	211	169	Covid-19	78	493
2	August	Nirooha Basti	85	211	191	Covid-19	161	648
3	September	Nirooha Basti	24	207	148	Covid-19	129	508
Total			144	629	508	Covid-19	368	1649

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