

अखिल भारतीय आयुर्वेद संस्थान ALL INDIA INSTITUTE OF AYURVEDA (AIIA)

(आयुष मंत्रालय, भारत सरकार के अंतर्गत स्वायत 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 occuring in Grishma should be expelled during Abhrakaala (rainy season); that occuring 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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अखिल भारतीय आयुर्वेद संस्थान

ALL INDIA INSTITUTE OF AYURVEDA (AIIA)

(आयुष मंत्रालय, भारत सरकार के अंतर्गत स्वायत संस्थान)

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November Virechana 12	SI. No	Month	Procedure	2017	2018	2019	2020	2021	Total
Total Tota		February	Vamana	1	2	0	8	3	14
Total 2 5 0 9 18 34	2	March	Vamana	1	0	0	1	4	6
Si. No Month Procedure 2017 2018 2019 2020 2021 Total	3	April	Vamana	0	3	0	0	11	14
Si. No Month Procedure 2017 2018 2019 2020 2021 Total	Total			2	5	0	9	18	34
Si. No Month Procedure 2017 2018 2019 2020 2021 Total	Details	of Virechana	for 2017-2021 (5	Years)	-		-		
October	SI. No				2018	2019	2020	2021	Total
November Virechana 12	1	September	Virechana	7	23	6	Covid-19	13	49
November Virechana 12		October	Virechana	5	13	15	Covid-19	23	56
Details of Anuvasan Basti for 2017-2021 (5 Years) Si. No Month Procedure 2017 2018 2019 2020 2021 Total 1	3	November	Virechana	12					48
Details of Anuvasan Basti for 2017-2021 (5 Years	Total			24	47	25	Covid-19	57	153
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) SI. 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) SI. No Month Procedure 2017 2018 2019 2020 2021 Total 1 July Nirooha Basti <td< th=""><th>1</th><th></th><th></th><th></th><th></th><th></th><th></th><th>-</th><th></th></td<>	1							-	
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Sept. Anuvasan Basti 29 177 165 Covid-19 116 487 Total 119 538 575 Covid-19 325 1557			Anuvasan Basti	43	193	177	Covid-19	35	448
Total 119 538 575 Covid-19 116 487			Anuvasan Basti	47	168	233	Covid-19	174	622
Details of Matra Basti for 2017-2021 (5 Years) SI. No	3	Sept.			177	165	Covid-19	116	487
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Total

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508 Covid-19