



DR. G.D. POL FOUNDATION

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7.2.1

Best Practice-1

Title of the Practice: *Panchakarma* a unique body detoxification modality

Objectives -

Panchakarma treatment is unique in the sense that it includes preventive, curative and primitive actions for musculoskeletal, Lifestyle and metabolic disorders.

- To aim and encourage society to understand importance of Prevention is better than cure. To prevent society from illness by timely cleansing therapies in Ayurveda.
- *To restore the original state of equilibrium between the doshas* and plays a vital role in patients because of the *fast relief it provides by detoxification*, hence to spread awareness about the health and immunity benefits of *Panchakarma* in masses is the main objective.
- To keep cost friendly approach without compromising quality of treatment.

The Context -

Ayurveda has rightly emphasized that health is not only the state of not having disease but, it is the state of normalcy of *Dosha, Dathu, Agni* and *Malakriya* (Health parameters in Ayurveda). As there are many advantages and increased need of *Panchakarma* practices, there also comes a massive range of side effects of the same, if not done in a proper way. Hence to perform these practices correct way is a challenge and also to standardize or generalize a protocol for the practice. *Panchkarma* practices should be done by experienced and well trained Ayurveda practitioner. There comes the challenge to perform this good practice due reduced availability of trained staff. Also, to educate and create awareness about the use of *Panchkarma* in acute conditions is required. There is also a need an of establishing this protocol for the student learning and performing all these processes for the first time.

To tackle above mentioned challenges, implementation of meticulously curated SOP's are implemented with hands on training of staff and students for therapies, various camps are conducted for spreading awareness at YMTAMCH.

The practice -



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Ayurveda offers a holistic approach to healthcare, focusing on the balance between mind, body and spirit. Integrating Ayurvedic principles into medical education helps to understand the interconnection of various aspects of health and wellbeing. *Panchkarma* presents a unique approach of Ayurveda with specially designed five procedures of internal purification of the body through the nearest possible route which allows biological system to return to homeostasis and to rejuvenate rapidly. It also facilitates the desired pharmacotherapeutic effects of medicines administered thereafter. *Panchkarma* has a full therapy role as promotive, preventive and curative procedure. Practical understanding of same will help students to develop a faster and better treatment modality in their personal practice

Five detoxification karma mentioned under *Panchkarma* are as follows-

1. *Vaman* – It is a process by which the morbid materials of body are eliminated out through the oral route by emesis which is mainly indicated in *Kaphaj* disorders.
2. *Virechan* – Evacuation of faecal matter and other accumulation of dosha in the lower gastrointestinal tract through anal route is known as *Virechan* karma which eliminated the morbid pitta dosha. The whole procedure of *Vaman* and *Virechan* karma includes preparation of patient initially with *snehan* and *swedan* for certain period followed by oral medication for emesis or purgation respectively. After detoxification, the patient is then subjected to *samsarjankrama* (Diet plan) as follow-up procedure.
3. *Basti* – Administration of liquid medicine either *Sneha* or decoction through the rectal, urethral or vaginal route is collectively referred by the name *Basti* which mainly indicated in *Vataj* disorders.
4. *Nasya* – Administration of medicine through nasal route is known as *Nasya karma*. Being the nearest route, this is the best treatment for head related diseases.
5. *Raktamokshan* – The surgical procedure of allowing the blood to bleed for therapeutic purposes is known as *Raktamokshan* which is mainly indicated in *RaktapradoshajVyadhi*.

Panchakarma emphasizes on detoxification but also considers lifestyle, Diet and seasonal *panchakarma* for a healthy person, for e.g. – In metabolic disorder with obesity and *kaphapradhanprakrit* – *vasantikvamana*, *laghuaahar* and various *vyayama* are suggested.

All the above treatments are customized as per need of patient keeping in mind various investigative factors.

Being very vast and important branch of Ayurveda, *Panchakarma* has its own limitations.



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1. Cost – *Panchakarma* can be expensive, especially if done at reputed Ayurvedic center which maybe limiting factor for some individuals.
2. No standard protocol has been decided for all the procedures. Different practitioners follow their own ways.
3. Lack of awareness about effectiveness of *Panchakarma* in acute conditions.

Evidences of success –

Panchakarma is well known for its faster results and very few complication / Side effects.

It is best results / evidences of success are seen in following patient groups-

- Many individuals take detox treatment on seasonal basis for maintaining good health.
- It enhances the metabolism of the patient and hence it is very effective metabolic disorders like diabetes mellitus, hypothyroidism, and obesity.
- It works on controlling *vatavyadhi* and hence it gives relief from *sandhigatvata* (osteoarthritis), *Vaatrakta* (gout) etc. also works well in axonal damage for regeneration and restoration of normal function of body
- It works really well in majority skin disorders which are chronic like eczema, Psoriasis, dermatitis leucoderma etc.
- It enhances the immunity and immune response of body hence works really well in various autoimmune disorders.

Some of the examples are as follows-

1. Post Detoxification implementation of bastandaksheerbasti in male infertility showed significant improvement in sperm count, motility and quality.
2. In cases of psoriasis the detoxification by Vamana, Virechana and Raktamokshana showed fast results in reduction and complete remission from disease.
3. Ghati/Alabuw.s.r. to cupping has proven tremendous effect in on table muscular pain management.
4. In cases of axonal neuropathy with difficulty in walking panchakarma showed a significant improvement and restoration of the activities of affected area.

Problems encountered and resources required -



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As a therapeutic measure panchakarma, when implemented as detoxification modality there are various challenges that a practitioner faces some of which are as follows –

1. Lack of well-trained persons/Therapists due lack of awareness about this profession.
2. Lack of evidence based proven modality for particular disorders.
3. Due to traditional approach there are few drawbacks on be in ecofriendly with the set S.O. P's of hygiene.

Resources required

- 1) Spreading awareness is required by taking seminars for socioeconomic sectors about the benefits and scope of career as a trained ayurvedic therapist and developing required certification courses which will have validity globally
- 2) Developing dedicated lab facility equipped with required biomarkers for generating evidence-based detoxification modality
- 3) Finding more ecofriendly options to reduce carbon footprint.



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Best Practice-2

Title of the Practice- The Utility of YMT Herbal Garden.

Objective of the Practice:

- Conservation of biodiversity by developing and nourishing a medicinal plants garden.
- To provide fresh herbs to College Pharmacy for preparation of medicinal formulations.
- To provide required herbs to *Panchakarma* Department for detox of patients.
- Empowerment of Ayurveda students with practical knowledge, taxonomy and skills for propagating medicinal herbs.
- To encourage research among students in field of Ayurvedic herbs by providing authentic species from herbal garden.
- Dissemination of environmental literacy among school students.
- To promote use of authentic herbs and update Ayurveda Practicing doctors on pharmacognosy and ethno botany.
- To create awareness among students and professionals of various faculties about the identification of medicinal plants and their use in day-to-day life.

The Context:

As a 30 years old institution of Ayurveda, it is our duty to conserve trees and propagate medicinal herbs plantation keeping long run vision for welfare of humanity. Plants are used for medicinal purposes since ancient time. Promoting & educating every individual in society for the conservation and plantation of trees having medicinal use is a need of time. The presence of natural compounds in Medicinal plants provide medicinal properties with help in getting rid of diseases and maintaining good health in society. Ayurveda a holistic science incorporates *Dravyaguna* as a subject to promote scientific usage of these herbs as an ailment. *Panchakarma* well known branch of Ayurveda incorporates various steam techniques, which requires fresh leaves of different trees. Our college has a well developed pharmacy; fresh herbs are provided to develop various medicinal formulations. For many years, Post graduate students of our college are provided with roots, stems, fruits or flowers of required plants for the work of thesis. Many such research works of college students are completed successfully by use of the



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authentic source of herb. Moreover, department of Dravyaguna encourages visits of students of different faculties and ages to promote day to day use of medicinal plants.

The Practice:

During the years, herbal garden developed on a 7.18 acres land with 315 species contributing total 4754 plants. It includes various medicinal plants, trees, shrubs, creepers, vines and samplings. In the garden, there are various sections like *Nakshatraudyana*, rare and endangered species section, nutri garden. There is a farm lake reservoir to keep trees hydrated. Various activities are under taken in garden e.g. environmental day, Plantation drive, Har ghar har din Ayurved Program and many more. Department of *Dravyaguna* experts encourage visits of UG, PG and PHD students of different Colleges and Ayurveda Practicing doctors for promoting and helping to identify, understand morphology, characteristics signs of plants, their medicinal uses and home remedies. We promote researchers to cultivate, propagate and harvest their required drug in the garden and guidance in the research work. Until time many research projects and thesis work based on herbal plants has been undertaken and completed successfully by our institution.

Patients willing for *Panchakarma* treatment are advised for different type steams namely *Patrapottali* it requires tender leaves of *Nirgundi*, *Eranda*, *Arka*, *Tamarind* etc. are provided by herbal garden. OPD and IPD patients are provided with plant samples whenever asked for.

The conservation of endangered species by providing a suitable environment and their propagation by arranging seed ball activities are done in herbal garden.

Evidence of Success: This herbal Garden is well known by Localities, hospitals and institutions for providing a scenic beauty to the surrounding. As the awareness grows among the students about the use of medicinal plants for different diseases, they inculcate the habit of using them wherever and whenever it is necessary. Not only the students particularly in the Ayurveda, even the students of Pharmacy visit the Garden for general knowledge and understand the use of these medicinal plants. Even the teaching and non – teaching staff and the public who visit the college have a common knowledge about these plants. The students carry the seeds to plant them. Many UG and PG passed students have



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been provided assistance with herbal plants for their research projects.

Subject experts and faculty of Dravyaguna from other colleges visit this herbal garden for observations of flowers fruits, during different seasons. The samplings and seeds of these rare endangered species are donated to these faculties.

The medicinal plant garden plays a crucial role in successful treatment of OPD-IPD patients by providing herbs to pharmacy and *Panchakarma* department. *Vasa* leaves for cough syrup, lemon grass for herbal tea, tender *Neem* leaves for *Vaman* treatment, *Arka*, *Erand* and *Nirgundi* leaves for fomentation and many more.

To provide revision and update the Ayurveda Practicing doctors on pharmacognosy and ethno botany. This helps them to get in depth of any formulation before dispensing them to the patients. The practical knowledge, taxonomy and skills for propagating medicinal herbs provide confidence in an Ayurved practitioner. Researchers of our college are assisted for their thesis work based on herbs.

Problems encountered and resources required:

There are problems in maintaining huge number of medicinal plants in herbal garden of 7.18 acres land. The maintenance of this garden is expensive. The timely support from the management helps to overcome this expenditure. An Institute promoting Ayurveda among people with a vision to conserve forest, propagate medicinal herbs, maintain balance in biodiversity and create eco friendly nature.

- Generating interests among other than Ayurveda students about the utility of these plants a difficult task but teachers from Department of Dravyaguna by interesting practical demonstration helps to build interest in this subject.
- Maintaining different species of plants, Pruning, watering, weed eradication, disease control and preparation of organic manure are also challenging. Some of the herbs die as they require specific habitat. But collective efforts of Dravyaguna Faculty, nonteaching staff, Gardeners and management under guidance of respected Chairman Dr. G. D. Pol and Principal Dr. Sanjeev Yadav clear motive to buoy up humanity and nature balance for healthy living.