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### **Ayurved panchkarma: A panacea for chronic diseases**

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In *Ayurveda*, *Panchkarma* therapy is an unique and a complete holistic approach, to the elimination of the root cause of every chronic disease. In India, Chronic diseases contribute 53% of death and 44% of disability adjusted life year lost.

*Charakacharya* has described that moderate imbalance in *Doshas* can be pacified by *Shamana* i.e. palliation, such as administration of drugs, diet & life style modification, but deep rooted imbalances in *Doshas* can be completely eliminated by the administration of *Shodhana* therapies (Bio-purification) such as *Panchkarma*, including *Vamana*, *Virechana*, *Anuvasana* & *Asthapana Vasti* & *NasyaKarma*.

These therapies detoxify, strengthen tissues & enhance cell's inner intelligence to facilitate self-healing to help, eliminate chronic diseases & promote longevity.

Chronic diseases such as Arthritis, Asthma, Cardiac disease, Cancer, Stroke, Skin disease, Obesity & Epilepsy are among the most common, costly & preventable of all health problems in India.

*Panchkarma* therapies are widely practiced across the country & also getting Global attention, so there is urgent need to standardize the procedure with respect to its safety & efficacy. With this intent the attempt is made to assess the role of different *panchakarma* therapies in various chronic diseases.

In this studies 443 cases of different chronic diseases were treated by *Panchkarma* Therapies in which *Vamana* – 99 (15.76%), *Virechana* – 225 (35.82%), *Anuvasana* – 102 (16.24%), *Asthapana Vasti* – 137 (30.92%) & *Nasya Karma* – 65 (10.35%).

These therapies are found beneficial to all chronic cases, covering a wide range of preventive, curative and promotive aspects.

### **Biography**

Narayan Jadhav is working as Associate Professor & HOD in the Department of Rognidan & Vikruti Vigyan in Dhanwantari Ayurved Medical college & Hospital Udgir (M.S.) India. He is Chief consultant in Sushrut Ayurved Hospital and Research Center, Udgir and founder of Dhanwantari Sevabhavi Pratishan & Academy of Ayurveda & Integrative medicine. He completed his graduation (BAMS) from RT Ayurved College & hospital Akola & post Graduation (MD - Kaychiktsa – Internal Medicine) from Govt. Ayurveda college, Nanded & MBA (Health Care) from Global open university, Nagaland. He is trained in Proctology at Faculty of Ayurveda, IMS (BHU) & received specialized training in Rheumatology and *Panchkarma* at Vaidyaratnam Ayurveda College, Ollur, Dist Thrissur Kerala. His research interests are Ayurvedic Diabetology, Dermatology, Rheumatology, Proctology, Cardiology, *Panchakarma*, *Kshar Sutra*, *Agnikarma* He presented 11 Research papers in international and national conference and published 4 articles in international journals. He has 13 years of clinical and teaching experience.

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