

## A CRITICAL ANALYSIS OF PEYADISAMSARJANA KRAMA “A SCIENTIFIC VIEW”

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### ABSTRACT

Panchakarma is a purification procedure which removes toxins from the body, specifically after vamana and virechana karma there is alteration of agni, as known factor the root cause for all disease is mandagni, so any alteration in agni may lead to vitiation of dosha leading to certain pathological condition, so the correction of agni is been mandatory after vamana, virechana procedure, the agni is brought to normalcy by procedure of samsarjana karma depending upon the shuddhi of vamana and virechana karma, in a sequential manner commencing with peyadi krama.

**KEYWORDS:** Peya, Samsarjana, Vamana, Virechana

### INTRODUCTION

Shodhana therapy is intended for purification of the body, by which the accumulated morbid Doshas responsible for disease are expelled out to produce an ideal environment for proper functioning of the body, these includes purvakarma, pradhana karma, pashchat karma. the pashchat karma is also called as samsarjanakrama, Samsarjana is indicated in vamana and virechana karma<sup>1</sup>.

### BACKGROUND

Samsarjana krama literally means a graded administration of diet. Immediately after samshodhana there is quantitative decrease of agni and often refers to an incremental increase in the consumption of food after vamana and virechana karma<sup>2</sup>, during vamana karma samanavata, kledakakapha are disturbed strenuously and in virechana karma samanavata, pachaka pitta, apanavata are disturbed, so to normalize these doshas, samsarjana krama facilitates in

normalization of the digestion process and digestive fire in a sequence order, the resulting mandagni after shodhana hampers metabolism and assimilation of normal food resulting illness, there by agni is stimulated by giving lighter diet to start with gradually bringing the person to normal diet in the form of peyadisamsarjana krama<sup>3</sup>.

Agni is invariably agent in the process of paka (digestion, transformation), ingested food is to be digested, absorbed & assimilated, which is unavoidable for the maintenance of life which is performed by agni. this starts with introduction simple carbohydrates to inclusion of multi-nutrients dietary formulation (such as proteins & fats) & finally the normal diet.

Adoptation of these diet is specific to quantity, nutritive value & digestive power of the individual. the diet administered during samsarjana krama essentially consist

of nutritive & easily assimilable preparations such as peyi , vilepi , akrutayusha, krutayusha, akruthamamsa rasa ,krutamamsa rasa<sup>4</sup>

Samsarjana karma depends upon the type of shuddhiprakaraas pravara,madhyama,avara with trianna kala ,dwiannakala , ekaannakala respectively. it promotes the absorptive power & maintains vitality of dhatu, this is imperative for better bio-availability & upliftment of the biological system ,samsarjana krama also depends upon quantity of the doshas expelled by shodhana, when doshas are expelled in 1 prastha(768ml)quantity then yavagu prepared out of rice ,in lesser quantity is advised<sup>5</sup>. In pravara shuddhi the morbid doshas from the body gets eliminated in larger quantity leading to excessive suppression of the power of digestion .so peyadisamsarjanakrama to be followed for longer time<sup>6</sup>.As per other classics the samsarjanakrama after shodhana is prathama annakala lajjasaktu , dwithiya

annakala jeernashali oudhana ,tritiya annakala mamsarasa<sup>7</sup>.

#### ROLE OF SAMARJANAKRAMA :

Just as a small spark of fire gets kindled into a big & stable flame when gradually fed with dry grass /cowdungcakes. similarly the internal fire /enzymes in the body responsible for digestion & metabolism which was subdued because of purifactory measures in a purified person grows strong ,stable & becomes capable of digesting all types of food by administration of peyadikrama<sup>8</sup> .

#### SAMARJANA ACCORDING TO DOSHA

According to dosha specific the samsarjana karma is administered as in kshina kapha peyadi,vata pradhana mamsa rasa kinchith kapha vrudhi yusha<sup>9</sup>.

Selection of Shadrasa according to Dosha

The Ahara prepared out of madhura amla lavana rasa is given in vata dosha parkopa Madhura tikta rasa in pitta dosha prakopa, Kashaya katu rasa in kapha dosha prakopa.

**TABLE NO.1: SHOWING THE PEYADI SAMARJANAKRAMA AS PER CLASSICS<sup>10</sup>**

Days	Annakala	Pravara shuddhi	Madhyama shuddhi	Avara shuddhi
1	M			
	1	E	Sali peya	Sali peya
2	2	M	Sali peya	Sali vilepi
	3	E	Sali peya	Salyanna + krita+yusha
3	4	M	Sali vilepi	Salyanna + kritaMamsa rasa
	5	E	Sali vilepi	Salyanna + Akrita+yusha Normal diet
4	6	M	Sali vilepi	Salyanna + krita+yusha
	7	E	Salyanna + Akrita+yusha	Salyanna + AkritaMamsa rasa
5	8	M	Salyanna + Akrita+yusha	Salyanna + kritaMamsa rasa
	9	E	Salyanna + Akrita+yusha	Normal diet

6	10	M	Salyanna + AkritaMamsa rasa		
	11	E	Salyanna + AkritaMamsa rasa		
7	12	M	Salyanna + AkritaMamsa rasa		
		E	Normal diet		

**TABLE NO.2: SHOWING NUTRITENTS IN PEYADI SAMARJANA KARMA**

Compositions	Peya(thin rice gruel)	Vilepi(thick rice gruel)	Yusha (khichidi)	Mamsarasa(meat soup)
Water content in %	1:14 Rice gruel	1:6 Rice gruel	1:16 Rice+ moong dhal	1:32 Goat meat
Macro nutrients	Carbohydrate	Carbohydrate 39.25gms	Protein 6.1gms	Fat 4.2gms
4Digestive & carminatives			Rock salt Pepper Ghee	Rock salt Pepper Ginger
Electrolytes			Rock salt-Sodium chloride Pepper- sodium chloride potassium Betacarotene	Rocksalt-Sodium chloride Pepper-potassium Betacarotene Ginger-potassium, magnesium, phosphorous, zinc,sodium
Micronutrients	Vitamin -C A, E,iron ,Zinc.		Vitamin-A,B12,B6,C,D,E, folate, calcium , iron, magnesium, manganese, thiamine ,niacin , pyridoxine, phosphorus, riboflavin, zinc.	Vitamin -A,C, iron ,Calcium
Dieteryfiber		0.25gms	2gms	5.1gm

### DISCUSSION

By swedana and snehana there will be disturbance in heamostasis, during shodhana after expulsion of morbid doshas, a feeling lightness of body, decrease of agni (qualitative) will occur ,so it should be gradually refilled in a sequence manner such a way that body should digest & assimilate it

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### CONCLUSION

After shodhana, the samsarjanakrama is must to normalize the agni(quantitatively), in a sequential manner by administering laghu ahara initially, later on prakrutha ahara for normal digestion, assimilation &metabolism.

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