

Awareness of Ayurvedic Panchakarma for Healthy Lifestyle in Today's Generation

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ABSTRACT

In today's busy schedule it is important to give time for our healthy future. Our body is like a vehicle. We are servicing the vehicle time to time for continuity and better performance. Hence we should service our body like a vehicle using ancient knowledge in the form of Ayurvedic Panchakarma. Ayurveda is one of the oldest medical systems of India. 'Ayurvedic panchakarma' treatment for Body cleaning, detoxification is a type of treatment in Ayurveda recommended for healthy lifestyle. The purpose of this research paper is to find out the awareness of Ayurvedic Panchakarma in today's generation mostly youth in the age of 18 to 30.

If we adapt this remedy, then we will find healthy young generation required to build strong nation.

KEYWORDS

Ayurvedic Panchakarma, Traditional medical system, Vamanam, Virechanam, Nasyam, Basti, Raktmokshanam

I. INTRODUCTION

Ayurveda is the traditional medical system of India. As stated by National Center for complementary and Alternative medicine (NCCAM) at the National Institutes of health it is understudied in western culture. NCCAM is the federal government lead agency for scientific research on complementary and integrative health approaches. It is Established in 1998. Panchakarma is help to clean the body of impurities that cannot lead diseases. Ayurveda is well developed they have solution of each and every diseases. Ayurveda has ability to treat many chronic diseases such as cancer, diabetes and many more which are untreatable in modern medicine. Ayurvedic panchakarma is a quite lengthy but it gives long lasting effects.

WHAT IS PANCHAKARMA?

Panchakarma is a method of cleaning body of all unwanted waste after lubricating it. It just like vehicle servicing. Panchakarma are five (5) number. Hence the PANCHA (Five) KARMA (Procedure). Panchakarma treatment is unique in the sense that it includes preventive, curative and promotive actions for various diseases.

FIVE KARMAS:-

The body can be divided on the basis of the parts that need cleaning. Heat, GIT (gastro intestinal system) upper and lower.

The Five Karmas are:

1. Vamanam

Induced vomiting helps clear the upper gastro till the duodenum (end of stomach) and part of the respiratory track.

2. Virechanam

Induced Purification clears the lower gastro from the duodenum till the exit.

3. Nasyam

Elimination of body toxic through nose.

4. Basti

Oil enema helps lubricate the rectal area and take out all the lipid soluble waste out through anus.

5. Raktmokshana

Detoxification of our blood (Jaluka).

WHAT IS AYURVEDA?

Ayurveda is the traditional medical system. It is science of life with holistic approach to health and personalized medicine. It is known to a complete medical system that comprised physical, psychological, philosophical, ethical and spiritual health.

According to World Health Organization (WHO) about 70 to 80% of the world population rely on nonconventional medicines mainly of herbal sources in their healthcare. Public interest for the treatment with complementary and alternative medicine is mainly due to increased side

effects in synthetic drugs, lack of curative treatment for several chronic diseases etc.

WHY AYURVEDIC TREATMENT IS BENEFICIAL THAN ALLOPATHIC?

Positively, in comparison to allopathic treatment, Ayurvedic treatment is more effective in most of the chronic diseases. However, the popularity of Ayurveda is rather lesser as the majority of the global population prefers modern medicine because of its ability to give fast relief from diseases as compared to Ayurvedic treatment. A short time ago, the awareness and thus fear of toxicity to allopathic drugs and the high cost of healthcare are causing large number of people to seek alternatives. Otherwise competing and veering towards the Western medicine, the Ayurvedic scientists should work to enhance the core competency of Ayurveda without compromising its fundamental principles.

NEED OF THE STUDY

Now a days we see the youth they are always busy in their college life, mobile, social media and all. But they have no idea about the side effects of this. It is important that we have our future, career but one thing is also remember that health is also important to see this success. And hence for this Ayurvedic Panchakarma is help to servicing our body and work again with new energy. The impact of these it is useful not only body but also our mental health.

OBJECTIVES OF THE STUDY

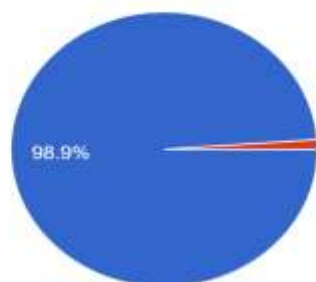
- To know the preferences of Ayurvedic and allopathic medicine

ANALYSIS OF DATA COLLECTED:

Analysis of each question:

4. Is Ayurveda safe for today's generation: (आजच्या पिढीसाठी आयुर्वेद गरजेचे आहे का ?)

88 responses



● Yes (हो)
● No (नाही)

- To bring awareness among the people about our traditional Panchakarma treatment.

DATA COLLECTION METHOD

Primary data which have been collected here is in Questionnaire type.

Surveys have been taken through Google forms and data has been collected.

HYPOTHESES

1) Alternative Hypothesis

H₁₁- Ayurvedic panchakarma has positive impact on healthy lifestyle of an individual.

Null Hypothesis

H₀₁-Ayurvedic panchakarma has negative impact on healthy lifestyle of an individual.

2) Alternative Hypothesis

H₁₂-Adoption of Ayurvedic panchakarma will lead to healthy lifestyle.

Null Hypothesis

H₀₂- Non adoption of Ayurvedic panchakarma will not lead to healthy lifestyle.

II. LITERATURE SURVEY

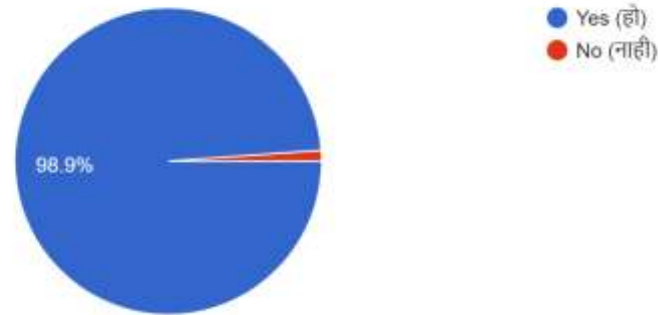
1. Ayurvedic research and methodology: Present status and future strategies

Ashutosh Chauhan, Deepak Kumar Semwal, Satyendra Prasad Mishra, Ruchi Badoni Semwal Ayu. 2015 Oct-Dec; 36(4): 364–369. doi: 10.4103/0974-8520.190699

2. Awareness on Ayurvedic medicine for Healthy lifestyle among South Indian population-A Survey by Nandini Palanivel, Vishnu Priya and Gayathri R

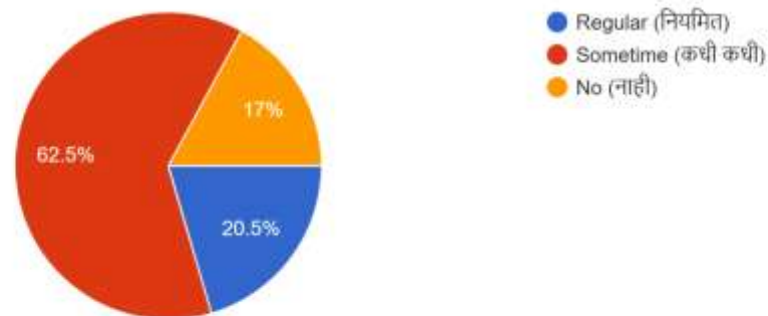
5. Panchakarma is really effective: (पंचकर्म स्वरंच उपयोगी आहे का ?)

88 responses



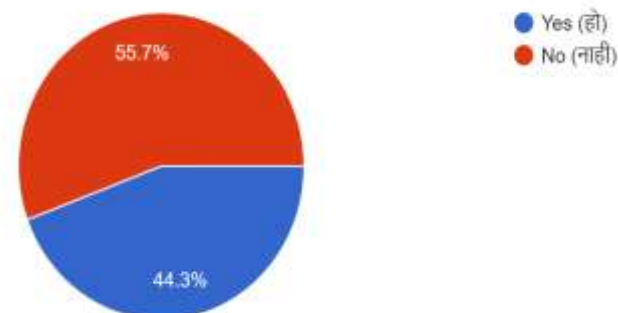
7. Do you take regular exercise for healthy lifestyle: (तुम्ही निरोगी जीवनशैलीसाठी व्यायाम करतात का)

88 responses



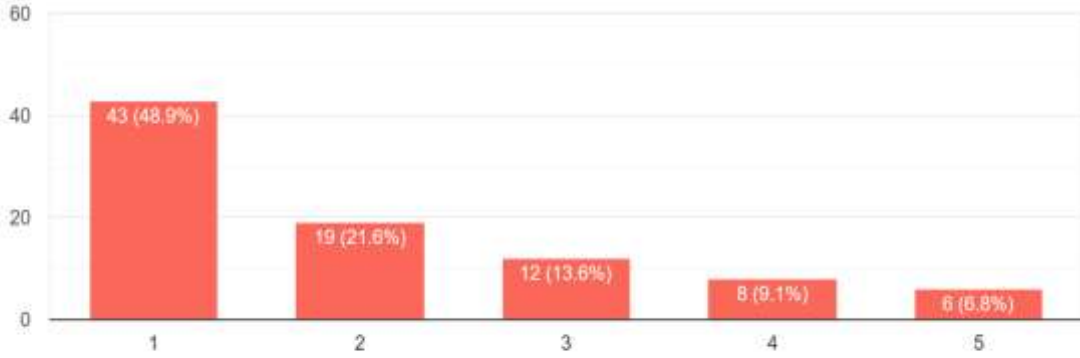
8. Have you been under any Ayurvedic Panchakarma? (तुम्ही कोणते आयुर्वेदिक उपचार घेत आहात का?)

88 responses



9. Experience about Ayurvedic Panchakarama . (आयुर्वेदिक पंचकर्माबद्दल तुमचं मत सांगा)

88 responses



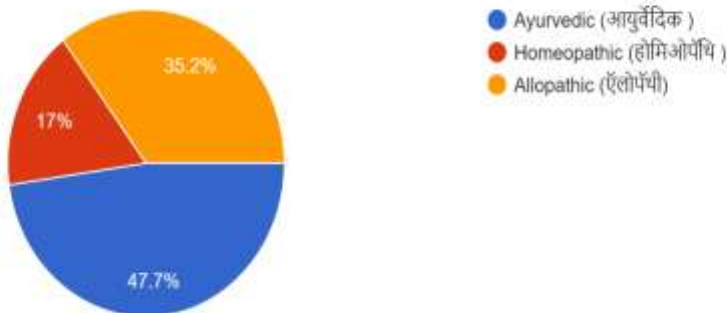
10. It is necessary to aware about Ayurvedic Panchakaram for today's generation. (आजच्या पिढीने आयुर्वेदाबद्दल जागरूक असणे आवश्यक आहे का?)

88 responses



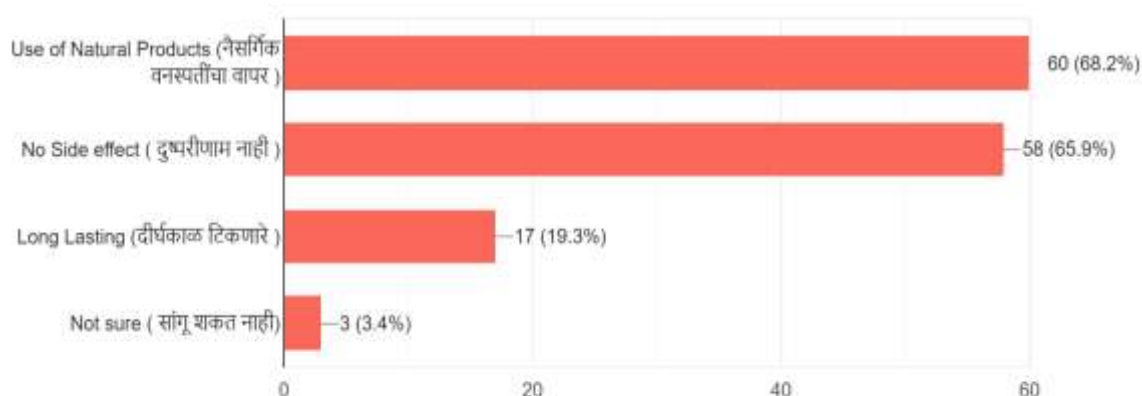
11. Which medicine do you prefer (तुम्ही कोणती औषधी घेतात ?)

88 responses



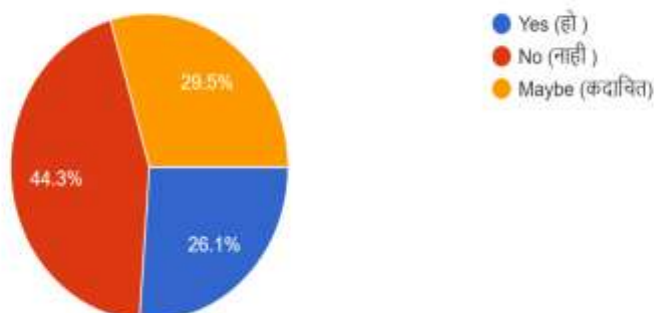
12. What is your reason to choose Ayurvedic Medicine ? (तुम्ही आयुर्वेदिक औषधी का निवडाल ?)

88 responses



13. Is Ayurvedic Treatment Expensive? (आयुर्वेदिक उपचार खर्चीक आहे का?)

88 responses



III. FINDINGS

- 1) The Survey conducted through Questionnaire regarding the awareness of panchakarma found to be 98.9%.
- 2) They believe that Ayurveda is safe and effective.
- 3) 51% people know what Ayurvedic panchakarma is.
- 4) 62.5% people follow exercise for healthy life, out of which 20.5% are regularly doing it and remaining 17% do not take regular exercise.
- 5) 44.3% people have undergone Ayurvedic panchakarma treatment.
- 6) 48.9% people are satisfied with panchakarma.
- 7) 47.7% prefer Ayurvedic treatment, 17% homeopathy and 35.2% prefer Allopathy.
- 8) 44.3% people tell that Ayurvedic treatment is not expensive.

IV. CONCLUSION

From the research paper we conclude that people are interested in panchakarma and also it is necessary to be aware of this in youth. Some prefer Ayurvedic treatment compared to Homeopathy and Allopathy. One of the more significant findings is that people know about Ayurvedic panchakarma treatment. From the survey many of the people believe in Ayurveda.

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