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RESEARCH ARTICLE

HOW TO SET UP A PANCHAKARMA THEATRE.

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Abstract

Panchkarma is the well known branch of Ayurveda through worldwide. Disease cured by medicine can be recurrent, but the diseases treated by *panchkarma* have less chance for recurrence. In ancient science so many method for *panchkarma* has been described. In present era, for better facilities and care of patients good quality building for *panchkarma* is necessary. For the purpose of cleaning and privacy well establish individual chamber for individual karma is necessary.

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Introduction:-

How to set up a *Panchakarma* Theatre:-

Practical and Clinical excellence is achieved by reproducing results in practice. As the whole world is suffering from iatrogenic diseases, drug reaction and other so many complications regarding health, for the defense of these complains, a radical cure of a disease is the prime aim of a physician. Radical cure of disease is possible through *Shodhana* therapy only. *Shodhana* therapy in Ayurveda is called as *Panchakarma* and it is gaining global respect now a days. Of course, *Panchakarma* therapy is generated more income than conventional OPD management by *Shamana* drugs. So a well versed *Panchakarma* Physician get a distinct status among the society by all means.

The importance of a *Panchakarma* theatre is explained the *Upakalpaneeyam* chapter of *Charaka samhita*.¹ The efficacy of a therapy depends on proper employment of its procedures. Improper administration of procedure will lead to complications

The location of *Panchakarma* theatre:-

The specifications of a treatment room for *Panchkarma*, the classical references quote as *Nirvatham* (not too much windy) and *Sukhavicharam* (easy moving space). Along with these it is mentioned that it should not be placed on a mountainous area, and to near by high buildings are available. It should be restricted from any harmful events/ creatures. The location of *Panchakarma* theatre may be an attached one to the main hospital building or a separate *Panchakarma* block. Also it can be organized as "Spa Centre", but should be run by a *Panchkarma* expert. The building and annex facilities depends on the client, whether he is an out patient, in-patient or a non patient itself. The same time the economical status of the patient also should be considered. While considering the infrastructure the following points should be taken into consideration.

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1. Space
2. Ventilation
3. Wall and floor
4. Illumination
5. Steam Management
6. Sound
7. Attachments
8. Water supply
9. Interior decoration

Space:-

The space needed for a room depends on the type procedure carried out in it. The minimum measurement of a room should be 15x12x15 ft. Separate rooms may be planned for separate procedures. Or screen partition may be done in a big hall for different procedures. The space for *Svedana* procedures should be easy moving facility but never too much spacious.

Ventilation, Wall & Floor:-

Cross ventilations are not permissible in *Panchakarma* Theater, but a provision in the form of an exhaust fan for fresh air may be arranged. Air conditioning is not appreciable in *Panchakarma* Theatre. The floor of the rooms' should be with special types of tiles with grip. The wall may be furnished with tiles up to 6 ft. height so that it will not look greasy or oily as it is washable.

Illumination:-

Direct or focusing light should be avoided as these make irritation to the client. Soft light with proper illumination and absence of shadows are preferable. Provisions of dim the illumination according to different procedures may be helpful.

Steam Management:-

The steam management should be simple, as possible. If possible the produced steam should be wooden. If any complication during *Svedana*, patient can be easily free from *svedana* process, so there is no need for more modernizations.

Sound/ Noise:-

An absolutely calm atmosphere should be ensured within the room. The attendants in the rooms should be given special instruction not to chat while doing the procedures. A background music preferably classical / Devotional / Instrumental may be played especially procedures like *Sirodhara* which seeks total relaxation.

Water supply:-

Water storing facility should be arranged in each room. Hot water as well as cold water is made essential separately. The room may be provided with wide stainless steel basins.

Interior decoration:-

The interior decoration should be simple, non expensive and conveying moral principle and life values.

Equipments in a Panchakarma Theater:-

The different equipments in a *Panchakarma* theatre can be classified into disposable and non disposable items. Amongst the non disposable item the most important is *Dhroni*. *Dhroni* is the special coat on which the patient is lay while doing the treatment.

Dhroni is available on different aspects. Traditionally *Dhroni* is made of medicinal wood like *strichnos nuxvomica*. The traditional wooden *Arani* may be of single piece wood or two piece wood supported by brass plates. The seasoning and quality of wood is a major concern as for as wooden *Dhroni* is considered. Now a day elegant, neat and durable Fiber *Dhroni* of different measurements is available. According to the thickness and material, the cost of the *Dhroni* may changes. Highly decorated types to simple portable types are available now. The same way *Dhroni* stands are also available nowadays. They may be of different types viz. Pillar like, collapsible, height adjusted with levers and wheels etc.

Svedana Yantras:-

Traditionally Svedana is done with Nadee Sveda, Pottali Sveda, Dhara Sveda or Avagaha Sveda.² The advance of version of Nadee Sveda is a steam chamber with adjustable steam flow facility sitting types and lying types are available in the steam chambers. A pressure cooker with a flexible type tube is sufficient enough to make an excellent Nadeeyantra. Nowadays Yantras for doing Pizhichil etc. is also developed.

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