



REVIEW ARTICLE

CRITICAL REVIEW ON ROLE OF PANCHAKARMA IN MADATYAYA (ALCOHOLIC DISORDERS)

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Abstract

Madatyaya refers to group of disorders caused due to improper & excessive consumption of alcohol. It is a Saanipataja Vyadhi (caused by vitiation of all three Doshas – Vata, Pitta and Kapha). It mainly vitiates Ojas, as Madya (alcohol) have opposite quality of Ojas. Chronic alcoholism leads to excessive accumulation of morbid Dosha, which need to be expelled out from nearest route by specific Panchakarma. Hence they may need careful usage of Panchakarma (five specific therapies). Selection of Panchakarma (Vamana, Virechana, Anuvasana Basti, Niruha Basti and Nasya) are based on key factors like Dosha, Dushya, Bala, Kala, Prakriti, Agni, Vaya, Satva, Satmya and Roga Avastha. This paper is focused on five key points regarding selection of appropriate Panchakarma in Madatyaya. Each Panchakarma are discussed under heading of brief description, indication, contra indication, benefits and special precautions & observation based on the available references in Ayurvedic texts & clinical experiences of the authors in the management of Madatyaya.

Keywords : Madatyaya, Panchakarma, alcoholic disorders

Introduction

The disease ‘Madatyaya’ described in Ayurveda encompasses various disorders resulting due to excessive consumption of alcohol. Alcohol described in Ayurvedic texts is made up of various cereals and fruits and has been advocated to be consumed in moderate quantity for desired positive benefits. It can cause various disorders only when it is not consumed in accordance to Prakriti, Desha, Kala, Satva etc. factors. Panchakarma plays a vital role in the management of Madatyaya. This paper highlights the indication, contra indication, benefits, special precautions and observations of Vamana, Virechana, Anuvasana Basti, Niruha Basti and Nasya (collectively called as Panchakarma) in the management of Madatyaya as described by various texts as well as experiences of authors of the paper.

Description:

Alcoholic disorders are well described and documented in Ayurvedic texts under the heading of ‘Madatyaya’ or ‘Panatyaya’. Panchakarma (5 major therapies of Ayurveda) i.e. Vamana (emesis), Virechana (purgation), Anuvasana Basti (oil enema), Niruha Basti (decoction enema) and Nasya (nasal instillation) are useful in effective management of Madatyaya.

Madatyaya is a Tridoshaja Vyadhi¹⁻² (disease caused by involvement of all three Doshas - Vata, Pitta and Kapha). It is also characterized by excessive accumulation of morbid Dosha in the body. These morbid Dosha can be expelled out of the body with the help of Panchakarma but with due care. As Madya (Alcohol) has opposite qualities of Ojas, the physical strength of the individual may be

reduced. Hence, physician should be careful in administering Panchakarma in Madatyaya.

Though the word 'Panchakarma' in general use includes various Upakalpana (Para therapeutic procedures) like Murdhni Taila (application of oil over head in various forms), Abhyanga etc, but this paper, it is restricted to analysis and critical review of five main therapies only. Each of the therapy is illustrated under heading of description, indications, contra indications, benefits, special precautions and observation in the context of Madatyaya.

1. Vamana

Description: Vamana is a procedure of expelling the morbid Doshas through mouth. It is beneficial in Kapha disorders or Kapha disorders associated with Vata and Pitta, disorders of chest, neck and head.

Indications³: Kapha Pradhana Madatyaya, Utklista Dosh, Amashayottha Dosh, Kapha Pradhana Samsrasta Dosh (associated with other Doshas), acute intoxication of alcohol

Contra Indications⁴: Vata Pradhana Madatyaya, Alpa Dosh, Alpa Bala, acute peptic ulcers, recent history of haemetemesis, oesophageal varices, chronic liver cirrhosis with ascitis.

Benefits: Kapha Hara, Sharira, Kosta, Indriya, Mana Shuddhi, Agni Deepti.

Special precautions and observations: In case of acute alcohol intoxication, one may perform Sadyo Vamana. It is useful to reduce the absorption of ingested alcohol. In such conditions one may perform Vamana using Yastimadhu Phanta or Lavanodaka (salt water) without Poorvakarma like Snehapana, Abhyanga and sweda. Teekshna Vamana is to be avoided in Madatyaya. Milk and Ikshu Rasa can be used as Vamanopaga for Akanta Pana but it is observed that patients who are administered sugarcane juice find difficult to consume large quantity because of its sweet taste. Few patients may experience Rakta Chandrika Darshana (blood stains in vomitus during emesis) if they have history of gastritis or ulcer. After performing Vamana in Madatyaya, one need to advice Tarpanadi Samsarjana Krama to restore rehydration. Vamana is very useful in removing

fat soluble waste materials.⁵ Vamana is not just a procedure for gastric or GI tract emptying but it is meant for total biopurification of body.⁶

2. Virechana

Description: Virechana is a procedure of expelling the morbid Doshas through anal route. It is beneficial in Pitta disorders, disorders situated between heart and umbilicus.

Indications⁷: Pitta Pradhana Madatyaya, Hrillasa, Chardi, Amlapitta, Adhmana, Vibandha, associated with hypertension, hypercholestremia, early stages of Jalodara, Aged between 50 to 70 years

Contra Indications⁸: Alpa Bala, Ksheena Mamsa, excessively obese, Hrid roga, Alpa agni, Nava Jvara (acute fever), acute gastric ulcer, portal hypertension.

Benefits: Pitta Vata Hara, Vata Anuloma, Agni Deepti, increases appetite, better digestion and metabolism.

Special precautions and observations: Though Virechana is not indicated in Madatyaya, but it is not an absolute contra indication. One may avoid Virechana in acute intoxication or in patients severely emaciated or debilitated by chronic alcoholism. Virechana is indicated in Madatyaya in Bhela Samhita, probably in Pitta Pradhana Madatyaya with sufficient strength.

3. Anuvasana Basti

Description: Anuvasana Basti is a therapeutic procedure of administering Sneha (Medicated oil or Ghee or both) through anal route. It is widely used for its multifaceted actions. It is generally given in alteration with Niruha Basti (medicated decoction enema) to prevent vitiation of Agni. It is a form of retention enema.

Indications⁹: Weak and emaciated due to chronic alcoholism, Vata Pradhana Madatyaya, constipation, peripheral neuritis, pain in lower limbs, reduced strength.

Contra Indications¹⁰: Kapha Pradhana Madatyaya, impairment of Agni, Muktanala (lack of control of anal sphincter), empty stomach, jaundice, associated with chronic skin disorders (Kapha Pradhana Kusta), acute alcohol intoxication.

Benefits: It is very beneficial in chronic cases of alcoholism. It provides happiness, nourishment and strength and helps in proper bowel movements.

Special precautions and observations: If patient has control over one's bladder, one may use it in conjunction with Niruha Basti like Yoga Basti, Kala Basti etc. to prevent Agni impairment.

4. Niruha Basti

Description: It is type of enema which is prepared mainly from Kashaya (decoction) along with Sneha, Kalka, Madhu and Saindhava Lavana¹¹. It is a form of cleansing enema.

Indications¹²: Vata Pradhana Madatyaya, Alpa Bala, Ksheena Mamsa, associated with joint pain, alcohol tremors, body ache.

Contra Indications¹³: Acute alcohol intoxication, excessively weak, after meal, impaired digestion, Amatisara, Jvara, Kasa.

Benefits: Vata Hara, Brimhana. It is useful therapy for tremors and chronic patients.

Special precautions and observations: Though not mentioned specifically in classical texts, it is noticed that it is beneficial in chronic cases of Madatyaya. Phytochemicals of Basti formulation get absorbed in systemic circulation.¹⁴ If properly administered it brings about clarity of senses, intellect and mind. It induces proper sleep, regulation of excretory urges.

5. Nasya

Description: The administration of medicine or drugs through nose is called as Nasya. It is particularly useful in diseases occurring in organs situated above clavicle. It is therapeutic errhine.

Indications¹⁵: Depression, lack of motivation to quit alcohol, Indriya Dusti, Shirashoola, delirium, altered consciousness.

Contra Indications¹⁶: Indigestion, after meal, after age of 80 years, Garbhini.

Benefits: Indriya, Mana and Buddhi Shuddhi, Mana Prasadana.

Special precautions and observations: It is the best route to reach head. One need to follow strict regimen for optimum benefits from Nasya. Selection of type of Nasya like Brimhana,

Vairechinika Nasya is very important. Medicine and its dose are assorted based on disease and its stages. Pradhmana Nasya is used in delirious state and altered consciousness due to consumption of alcohol. As Nasya contains medicines in water and lipid soluble media, it easily penetrates brain and shows its action at higher centre¹⁷. Pharmacodynamics of Nasya Karma can be understood through neurological pathway, diffusion method and vascular pathway.¹⁸

Discussion:

Madatyaya is a disorder resulting due to faulty intake of alcohol. All the Tridosha gets vitiated in this condition. Panchakarma is a preventive, preservative, promotive, curative and rehabilitative therapy.¹⁹ For the correction of abnormalities of Tridosha, specific therapies are practiced like Vamana for Kapha Dosha, Virechana for Pitta Dosha and Basti for Vata Dosha predominantly. Various diagnostic factors like Dosha, Dushya, Bala, Kala, Prakriti, Agni, Vaya, Satva, Satmya and Roga Avastha are carefully assessed. Later, Panchakarma in Madatyaya is planned based on these crucial factors. The action of Panchakarma is not restricted to local area but has a systemic effect.²⁰ This paper is focused on preliminary guidelines for selection of Panchakarma procedures in management of Madatyaya.

Conclusion:

Madatyaya includes various clinical spectrums resulting due to excessive intake of alcohol. It is characterized by vitiation of all Dosha and impairment of Ojas. As there is accumulation of morbid Dosha in large quantity all over body, Panchakarma have a key role to play in the management of Madatyaya. One need to be careful in selection of appropriate procedure as it is based on Rogi and Roga Bala. Utilitarian value of weapon, literary knowledge and water is determined by the capacity of a person who uses it. Hence a physician should carefully cultivate a conscious approach towards use of his knowledge to get best clinical results. Though Panchakarma plays an imperative role in management of Madatyaya but abstinence from alcohol is the key. Ahara, Vihara, Achara and

Shamana Aushadhi are equally essential to prevent recurrence of alcoholic disorders.

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