

Preventive Efficacy of Seasonal Panchakarma Therapies in Lifestyle Disorders: A Comprehensive Literature Review

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Abstract: *Lifestyle disorders, including diabetes, cardiovascular diseases, and obesity, are on the rise globally due to poor dietary habits, sedentary lifestyles, and stress. Ayurveda, with its preventive and curative approach, offers promising solutions to manage and prevent these conditions. This paper examines the role of seasonal Panchakarma therapies—Vamana, Virechana, and Basti—administered during Vasant, Sharad, and Varsha Ritu, respectively, in preventing lifestyle disorders. These therapies, based on Ayurvedic principles, focus on detoxifying the body, restoring doshic balance, and promoting overall well-being by aligning with the seasonal changes. A review of classical Ayurvedic texts and modern research reveals the efficacy of these therapies in reducing the risk factors associated with non-communicable diseases. The paper emphasizes the potential of integrating seasonal Panchakarma therapies into contemporary health practices as a preventive measure against lifestyle disorders, offering a holistic, evidence-based approach to health promotion and disease prevention*

Keywords: Ritushodhana, Lifestyle Disorders, Preventive Healthcare, Panchakarma, Detoxification