

Padanshik Krama- A Transitional Regimen for Sukhayu w.r.t Disorders of Modern Era

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Abstract

Padanshik Krama is a scientific Krama is a well-known method that is used widely and methodical system for removing dangerous habits and including salutary habits in day- today life. It's a unique conception in Ayurveda, which is to be observed during the change from Apathya to Pathya. It's an approach of gradational embracing and quitting that can be used for both Ahara and Vihara Addiction, Obesity and Addiction related obesity (Sthaulya) is one of the common problems of youth worldwide. Unforeseen withdrawal of psychosomatic complication and abrupt retreat from certain diet practice will lead to the vitiation of Dosha. So, we need padanshik krama, it' is the systematic way of getting relieve of a dependence. Padanshik is unique strategy to avoid the unforeseen pullout of dangerous substance including medicines. Abhyang, Shirodhara, Yoga and Meditation have important places and should be applied in case of dependence to rehabilitate the case. It's a scientific and methodical system for removing dangerous habits and including salutary habits in day and addicted medicines with treated medicines or same medicine in taper up approach detoxification. Transition from Ahita to Hita should be smooth and it shouldn't affect the body equilibrium (Dhatu-samyā). Padanshika Krama is a conception, which is to be followed by each one to manage transition from Ahita to Hita, the seasonal variations and its effect on physiological exertion of the body.

Keywords: Padanshik Krama, Shirodhara, Abhyang, Ahara, vihar, Pathya- Apathya, Yukti, Ahita-hita

Introduction

The system of padanshik krama includes leaving the dependence and including the salutary in step wise manner. The system is “Ekantar”, “Dwantar” and “Tryantar” which means intake of one part (Padansh = 1/ 4th the reason why the system is called Padanshik Krama) of Beneficial, two corridor of salutary and three corridor of salutary in a given time period. Various observers have given different timelines to complete the course like 10 days (Acharya Yogendra Nath Sen and Acharya Gangadhar) and 14 days (Acharya Chakrapani). Acharya Chakrapani has given the most

expansive explanation, which starts with 1/4th part of Beneficial and 3/4th part of the dependence on the first day. And conclusions at 14th day with the exactly rear condition 1/4th part of addicting and 3/4th part of the salutary. This authority finishes on the 15th day when a person is declared free from dependence and is allowed to take the full part of the salutary.

Obesity

Due to lack of exertion or adding sedentary life obesity has taken a risk and the figures are ever adding. The main reason for this can be the stress in day-to-day life which gives rise to binge eating. Also, the accessibility of fast food has lowered the fashionability of homemade food. In utmost cases, obesity results from a caloric imbalance—the number of calories consumed exceeds the number of calories expended. Sedentary cultures and the wide vacuity of low cost, calorie dense foods contribute to this energy imbalance. Dependence, be it the addiction of junk or fast food or the alcohol, tobacco, or drugs.

Addiction

Addiction is defined a chronic, relapsing brain condition that's characterized by obsessive drug seeking and use, despite dangerous consequences. Drug dependence is an adaptive state that develops from repeated drug administration, and which results in withdrawal upon conclusion of drug use. Ayurveda has mentioned that the withdrawal effect of Alcohol causes psychosomatic complication. The padansik krama to withdrawal of any substance has indicated in Ayurveda which is unique system to taper up the abused drugs or relief of that abused drugs. Hence, it's need of time to estimate, unfold and discussion of drugs addiction and its system of Cure by Ayurveda.

Treatment

Padanshik Krama is a systematic and scientific method which when applied in any kind of addiction can lead to de-addiction. It ensures that there are no withdrawal symptoms or syndrome. The case of cocaine and tobacco addiction, coca herbal tea and self-prepared powder of ajowayan and tobacco should be given in tapering manner. In addition, symptomatic withdrawal treatment by using concern drug, Psychological Counselling, Abhyang, shiro-Abhyang, Shirodhara, Yoga and Meditation has important role and should be applied in case of addiction to rehabilitate the patient.

For the treatment of obesity, addiction, or addiction related obesity a systematic approach is required otherwise it may lead to withdrawal syndrome. Alcohol withdrawal syndrome is the name for the symptoms that occur when a heavy drinker suddenly stops or significantly reduces their alcohol intake. This can be correlated to Asatmyaja Roga. When there is a sudden change from Asatmya to Satmya, it can be considered as Satmya Virudda, and it will lead to Virudda Ahara Sevanajanya Roga. Asatmya Ahara leads to Agni Dushana which in turn leads to Ajeerna. It is the systematic method mentioned in Ayurveda. It is applied to avoid the harmful effect due to sudden withdrawal of Satmya Substance or addictive. By this method the dose of drugs is decreasing step wise so that there are less chances of appearing withdrawal symptoms. If the withdrawal symptoms are appearing then they are treated symptomatically when a thorough study is done on Padamshika Krama in the literatures, it can be concluded that it is an extension of Samanya Vishesha concept. Padamshika Krama follows Vishesha concept because Apathya is undergoing Kshaya and Pathya is undergoing Vruddi. In Astanga Hrudaya detailed explanation on this topic is found in Annaraksha Adhyaya and its applicability is found in Rutucharya Adhyaya. One must follow the Ahara and Vihara of ongoing season for the purpose of Swasthya Rakshana (maintaining health), but the sudden quitting and adoption in a single day is harmful to health. Since the Rutusandhi is of 14 days, gradual retiring by 1/4th part from ongoing seasonal Ahara, Vihara and adopting by the same of next season is suitable. By the end of Rutusandhi one can completely shift to Ahara Vihara of ongoing season.

Discussion and Conclusion

By slowly and gradually giving up unwholesome practices (Ahitā) and by increasing the wholesome (Hita) practices in proper sequence, the unwholesome practices do not reoccur and the wholesome practices are fully adopted. Padamshika Krama is a method, which helps to maintain the body equilibrium. It can be correlated to concepts such as tapering dose and withdrawal symptoms. The aforesaid method prevents the occurrence of diseases due to incompatibility. The modus operandi of this concept is very simple and realistic with valid approach. It can be considered as a technique for a person to transform his lifestyle. Padamshika Krama can also be considered as a method of prevention. The same concept is applied in the treatment of de-addiction centre.

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