

WHERE CLASSICAL WISDOM MEETS INTELLIGENT LEARNING

#### **Chapter 3. Main Panchakarma Therapies (Pradhana Karma)**

Before you move clients into *laser facials* or *micro-needling*, clearing systemic waste (āma) and balancing doṣas multiplies results and durability. The five classical eliminative procedures—collectively called **Pradhāna Karma**—are your "cosmetic reset buttons."

#### 1. Vamana - Therapeutic Emesis

(Kapha-Pitta Detox & Acne/Oily-Skin Rescuer)

Aspect Key Points for Cosmetologists

**Goal** Expel excess **Kapha** (sticky sebum, white-heads) + Kapha-Pitta āma from stomach & lungs. **Prime Beauty Indications** Greasy, pustular acne • Oily seborrhoeic scalp • Puffy face/cellulite (Kapha stagnation).

1) Prep - 3-5 d internal *ghṛita* (30-60 ml *Tikta Ghṛita*) + external abhyanga & steam.

Step Outline

2) Day 0 - Overnight fast → morning drink of medicated decoction (licorice, madanaphala)\*

until full → induce vomiting with lukewarm salt water.

3) Post-Care - Rice-gruel diet (Samsarjana) 3 d, coriander-fennel water, avoid makeup 48 h.

Clinic PearlAim for 6-8 "vomitus bouts"; record quantity and clarity.Visible ResultsWithin 7 d: oil-slick T-zone ↓ 50 %, pustules dry faster.Contra-IndicationsPregnancy, active asthma, age < 15 /> 70, severe GERD.

# 2. Virechana - Therapeutic Purgation

(Pitta Heat Drain & Pigment-Fade Catalyst)

Aspect Key Points

**Goal** Drain **Pitta-Rakta** toxins via small intestine-liver route.

**Beauty Indications** Melasma, PIH\*, rosacea, inflammatory eczema, heat-triggered hair-fall.

Core Protocol 3-5 d internal snehana → mild swedana → single-day purge (6-10 stools) using **Trivṛt lehya** or

Castor-ghee + Triphala cocktail.

Cosmetic Add-Ons Start brightening serums (licorice-niacinamide) after day 3 when bowels stabilize; absorption ↑

2×.

**Expected Skin Glow** Day 5 face looks clearer; measurable L\* color-meter +3–5 units by week 2.

**Contra** Ulcerative colitis, debilitating anemia, menstruation.

## 3. Basti - Medicated Enema Therapy

(Vāta-Balancing & Deep Nourishment for Dry, Ageing Hair/Skin)

Туре	Contents	Indications	Cosmetic Effect
Sneha Basti (Oil)	60 ml warm <i>Bala-Ashwagandha</i> taila	Vāta dryness, telogen effluvium, crepey body skin	Lubricates colon → systemic oleation; clients notice scalp comfort & fewer split ends in 10 d.

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<sup>\*</sup>Madanaphala = Randia dumetorum, classical emetic seed.

<sup>\*</sup>PIH = Post-Inflammatory Hyper-Pigmentation.



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Type Contents Indications Cosmetic Effect

**Āsthāpana** / 500 ml dashamoola-triphala kashāya Cellulite, stubborn **Niruha** (Decoction) + 50 ml honey + 50 ml sesame oil constipation dull-skin

Scrapes Kapha-āma; trims bloating for sharper jawline.

| **Course** | 8-16 enemas over 28 d (classical schedule: *Yoga Basti* 8). | | **Post-Care** | Rice-porridge breakfast; no cold drinks; gentle yoga only. |

| **Contra** | Chronic diarrhea, rectal bleeding, pregnancy third trimester.

### 4. Nasya - Nasal Detox & "Glow Portal"

(Head-Neck Channel Purge, Hair & Mental Clarity)

Form	Herbal Medium	Beauty Benefits	<b>How Often</b>
<b>Pratimarsha</b> (daily microdose)	2 drops <b>Anu Taila</b> per nostril AM/PM	Reduces dark circles, sinus-induced dull complexion, supports hair retention.	Daily home use.
<b>Āṣchyotana</b> (clinic drip 6-8 drops)	Fresh <b>Brahmi-Centella</b> ghṛita	Calms stress-shed, boosts focus.	Alt-days $\times$ 7.
Navana (oil decoction)	<b>Bhringraj-Amla</b> mix for scalp issues	Deep follicle feed via supraclavicular route.	Weekly $\times$ 4.

**Procedure Short-form**: Head low, chest supported; instil; client inhales, spits; gentle face steam 30 s; avoid cold exposure 1 h.

### 5. Raktamoksana - Blood-Letting Therapy

(Focused Detox for Stubborn Skin Lesions)

Method	Tools	Best For	Cosmetic Result
Jalauka (Leech)	Medical leech applied 20-30 min	Cystic acne nodules, localized psoriasis plaques, old PIH patch.	Rapid deflation of cyst & colour fade in 48 h.
Shringa / Sirā-Vyadha (Needle)	Sterile lancet 1-2 ml blood	Inflamed milia, peri-oral dermatitis spot	Stops recurring lesion.

Always follow with turmeric-honey dressing & systemic manjishtha decoction 3 d.

Contra-Signals: Hemophilia, anticoagulants, uncontrolled diabetes, anemia (< 8 g Hb).

# 6. Putting It All Together - Sample 21-Day "Glow & Grow" Plan

Day	Therapy	For Client With	Home / Clinic
0-3	Snehana + steam	Mixed melasma + hair-shed	Home (ghṛita) + clinic abhyanga
4	Mild Virechana	-	Clinic morning
5-8	Samsarjana diet	-	Home
9	Nasya (Anu taila)	Dark-circle prone	Clinic
10	Sneha Basti	Vāta scalp dryness	Clinic
12	Leech Raktamokṣaṇa jaw cyst	Cystic acne	Clinic
15	Sheet-mask + saffron serum starts	Pigment fade phase	Home
21	Review: lasers / peels may now begin	n Clearer, calmer skin	-

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#### **Key Take-Aways**

- 1. Right Karma for Right Doșa:
  - Kapha → Vamana | Pitta → Virechana / Raktamokṣaṇa | Vāta → Basti
- 2. **Sequence Matters:** Pūrva Karma → Pradhāna → Paschāt delivers predictable results.
- 3. Beauty Outcomes include faster acne clearance, stronger hair shaft, pigment fade, reduced fine lines.
- 4. Safety First: screen for contraindications, obtain consent, document vitals, and explain post-care diet clearly.
- Integrate, Don't Compete: schedule modern procedures after detox; skin absorbs actives better and heals quicker.

**Sūtra:** "Purified channels reflect pure radiance—outer beauty is the sparkle of inner clarity."

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