

Chapter 2. Preparatory Procedures (Poorva Karma)

Before any of the five major *Pañcakarma* eliminations begin, the body-mind must be **loosened, liquefied, and guided** so that doṣas exit easily and safely. This priming phase is called **Pūrva Karma** and has three pillars:

1. **Snehana** - oleation (internal & external)
2. **Swedana** - therapeutic sweating
3. **Āhāra-Vihāra Saṃskāra** - targeted diet & lifestyle tuning

1 · Snehana (Oleation)

| Sub-type | How It's Done | Primary Targets | Daily Dosage / Duration | Cosmetic Relevance |
|-----------------------------|--|--|--|---|
| Internal - Snehapāna | Measured ghee or medicated oil taken on empty stomach each morning. | Deep-seated Vāta, dry Āma, stiff Kapha plugs. | Mild beauty detox: 30-60 ml <i>Tikta Ghrta</i> for 3 days. Intense: up to "till-clear" dose (based on bowel lightness). | Lubricates <i>Rasa & Rakta</i> → plumper skin, calmer itch. |
| External - Abhyanga | Full-body oil massage (7 - 30 min). Clinic uses warm sesame or coconut blends with herbal paste. | Surface Kapha, Vāta roughness, lymph stagnation. | Daily self-abhyanga 5 min; clinic 45 min. | Increases micro-circulation, shifts dull "Avabhasini" layer; reduces scalp dryness. |

Quick Checks:

- Discontinue internal snehana at signs of nausea or heaviness in chest.
- Skip abhyanga in acute fever, heavy menstruation, or oozing dermatitis.

2 · Swedana (Sudation / Therapeutic Heat)

| Type | Method & Tools | Best For... | Key Cosmetic Pay-off |
|---|--|---|---|
| Nāḍi Sweda (Localized steam jet) | Herbal decoction steam through rubber/Nylon hose on face, scalp, or cellulite zones. | Small areas, sensitive clients. | Opens <i>Srotas</i> ; boosts serum penetration by ~2x. |
| Bāṣpa Sweda (Steam box / tent) | Whole body seated in chamber; head out; decoction of vacha, eucalyptus. | General Vāta-Kapha, weight & water retention. | Decongests lymph → sharper jawline, less peri-orbital puff. |
| Pinda Sweda (Herbal bolus fomentation) | Warm cloth bolus filled with rice & milk (<i>sāliṣaṣṭika</i>), or lemongrass & rock-salt (<i>rukṣa</i>). | Dry ageing (milk bolus) or oily cellulite (salt bolus). | Re-hydrates crepey skin / breaks down fat nodules. |
| Avagāha Sweda (Herbal tub soak) | Client immersed waist-deep in warm decoction water. | Lower back ache, menstrual dull skin. | Improves lower-body circulation; softens foot cracks. |

Safety: Avoid heat in pregnancy beyond foot-soak; stop if dizziness, facial flushing > 20 min.



3 · Diet & Lifestyle (Āhāra-Vihāra) Preparations

3-7 Days Before Detox

Purpose

Agni-Kindling Menu - warm khichadi, ginger-cumin buttermilk, no wheat, dairy or red meat.

Removes Āma, steadies digestive fire.

Hydration Rule - sip 150 ml lukewarm water every hour (no iced drinks).

Liquefies doṣas; eases purge/emesis.

Screen-Light Curfew 9 p.m.

Early melatonin → Vāta calm → better oil absorption.

Gentle Yoga (no inversion) & 30 min walk

Moves Kapha-Āma toward gut via Vyāna Vāta.

Mental Śamana - 10-min Alternate-nostril breathing.

Controls anxiety before procedures; steadies pulse for *basti*.

4 · Indications & Contra-indications for Panchakarma (Beauty Context)

| Therapy | Indicated For... | Contra-indications (Absolute / Relative) |
|--------------------------------|---|---|
| Vamana | Oily acne, seborrhoeic dandruff, obesity-cellulite. | Pregnancy; active asthma; age < 15 or > 70; severe GERD. |
| Virechana | Melasma, rosacea, urticaria, heat-driven hair-fall. | Debilitating anemia; ulcerative colitis; menstruation. |
| Basti (Sneha/Āsthāpana) | Dry ageing, telogen effluvium, atopic eczema. | Chronic diarrhea; rectal bleeding; late pregnancy. |
| Nasya | Dark circles, hair thinning, migraine, sinus dull complexion. | Acute rhinitis, nasal polyps, < 7 yrs age. |
| Raktamokṣaṇa | Cystic acne, stubborn psoriasis patch, purplish PIH*. | Hemophilia; uncontrolled diabetes; anticoagulant therapy. |

*PIH = Post-Inflammatory Hyper-pigmentation.

Key Points to Remember

1. **No Snehana → No Safe Main Karma.** Doṣas must be liquefied before extraction.
2. **Swedana type matches doṣa & skin goal** - milk bolus for Vāta ageing, salt bolus for Kapha cellulite.
3. **Diet and routine are non-negotiable;** a pizza night can derail a purge outcome.
4. **Clear indications safeguard results;** never force Vamana on a Pitta-hot melasma (choose Virechana).
5. **Document vitals and consent** - clients see Panchakarma as spa-like, but it is a medical detox.

Sūtra: "Warmth and oil are the keys that unlock the channels; only then can beauty toxins flow out with ease."