

## 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 dosas 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
<b>Internal - Snehapāna</b>	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 Ghṛta</i> for 3 days. Intense: up to “till-clear” dose (based on bowel lightness).	Lubricates <i>Rasa</i> & <i>Rakta</i> → plumper skin, calmer itch.
<b>External - Abhyanga</b>	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
<b>Nādi Sweda</b> (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.
<b>Bāṣpa Sweda</b> (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.
<b>Pinda Sweda</b> (Herbal bolus fomentation)	Warm cloth bolus filled with rice & milk ( <i>śāliṣaṣṭika</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.
<b>Avagāha Sweda</b> (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
<b>Agni-Kindling Menu</b> – warm khichadi, ginger-cumin buttermilk, no wheat, dairy or red meat.	Removes <i>Āma</i> , steadies digestive fire.
<b>Hydration Rule</b> – sip 150 ml lukewarm water every hour (no iced drinks).	Liquefies <i>doṣas</i> ; eases purge/emesis.
<b>Screen-Light Curfew 9 p.m.</b>	Early melatonin → <i>Vāta</i> calm → better oil absorption.
<b>Gentle Yoga (no inversion)</b> & 30 min walk	Moves <i>Kapha-Āma</i> toward gut via <i>Vyāna Vāta</i> .
<b>Mental Śamana</b> – 10-min Alternate-nostri breathing.	Controls anxiety before procedures; steadies pulse for <i>basti</i> .

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

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

\*PIH = Post-Inflammatory Hyper-pigmentation.

### Key Points to Remember

- No Snehana → No Safe Main Karma.** *Doṣas* must be liquefied before extraction.
- Swedana type matches *doṣa* & skin goal** – milk bolus for *Vāta* ageing, salt bolus for *Kapha* cellulite.
- Diet and routine are non-negotiable;** a pizza night can derail a purge outcome.
- Clear indications safeguard results;** never force *Vamana* on a Pitta-hot melasma (choose *Virechana*).
- 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.*”