

Chapter 4. Rejuvenation & Post-Treatment Care (Paschat Karma)

After the “deep-clean” of Pūrva + Pradhāna Karma, the body is like freshly tilled soil—**fertile but fragile**. Paschāt Karma stabilises Agni, rebuilds dhātus, and locks in the cosmetic gains you and your client worked hard to create.

1 · Why Rasāyana Matters After Detox

| Post-Detox Status | Risk if Ignored | Rasāyana Pay-off |
|--------------------------------------|----------------------------------|---|
| Channels (<i>srotas</i>) wide open | Re-entry of āma, rebound flare | Better penetration of nutritive herbs & actives |
| Agni still tender | Gas, bloating, new break-outs | Gradual diet ladder (+ digestive tonics) prevents relapse |
| Dhātus partially depleted | Fatigue, hair shed “second wave” | Targeted rasāyana rebuilds Rasa-Rakta-Māmsa chains |

Analogy: Panchakarma drains a swamp; Rasāyana seeds a garden.

2 · Paschāt Diet & Lifestyle “Ladder” (7 - 21 days)

2.1 Samsarjana Kramā - 3-Step Food Progression

(follow until hunger feels strong and stool normalizes). Sansarjana Krama is specifically followed after Vamana and Virechana karma.

| Day | Texture | Sample Dish |
|-----|--|--------------------------------|
| 1-2 | Liquid - thin rice gruel (<i>peya</i>) with cumin-ginger | ½ cup every 3 h |
| 3-4 | Semi-Solid - thicker khichadi (<i>vilepi</i>), ghee 1 tsp | Lunch & dinner only |
| 5-7 | Soft Solid - normal khichadi + steamed veg, buttermilk | Re-introduce fruit mid-morning |

2.2 Lifestyle Keys

| Aspect | Rule of Thumb |
|--------------------------|---|
| Sleep | In bed by 10 p.m.; body heals during early Kapha-cycle sleep. |
| Exercise | First week: gentle walks & pranayama → From week 2: light asana flow; no HIIT until week 3. |
| Screen & Work | Limit high-stress tasks first 48 h; cortisol blunts Rasāyana effects. |

3 · Core Rasāyana Formulations for Skin & Hair

| Goal | Internal Tonic* | Daily Dose | Topical Companion |
|-------------------------------|---|--------------------------|----------------------------------|
| All-round Radiance | Āmalakī Rasāyana granules | 1 tsp with warm water AM | Saffron-rose gold face oil night |
| Pigment & Glow | Manjishthādi Kvātha | 20 ml BID before meals | Licorice-niacinamide serum AM |
| Anti-Age & Dryness | Śata-Dhauta Ghṛita (oral micro-dose) | ¼ tsp HS on tongue | Same ghṛita balm on cheeks/lips |
| Hair Regrowth | Bhrngarāja Ghṛita caps | 250 mg BID | Neelibhringādi taila 3x/week |
| Stress-Shield | Brahmi Vati | 1 tab (250 mg) HS | Brahmi-Centella scalp mist |

*All doses for average 60-kg adult; adjust ±20 % by weight and Agni strength.



4 · Managing Common Post-Detox Side-Effects

| Symptom | Ayur Reason | Quick Fix | When to Escalate |
|--|-----------------------------------|---|---|
| Loose stool (1-2 d) | Residual virechana effect | Warm rice-cumin gruel, 250 ml pomegranate juice | >3 days or dehydration → add Kutaja ghanvati 500 mg TID |
| Hunger dips / fatigue | Agni resetting | Sip trikatu-jaggery water 50 ml | Persistent lethargy → add 5 ml Ashwagandha arishta BID |
| Mild skin purge (tiny whiteheads) | Toxins surfacing | Vetiver-rose hydrosol spritz, do not pick | If inflamed pustules, dab neem-jojoba spot oil |
| Headache | Vāta rebound, caffeine withdrawal | 2 drops Anu-nasya, warm sesame shoulder rub | Severe migraine → gentle Sneha-Basti + hydration |

5 · Enhancing & Sustaining Benefits

1. Seasonal Mini-Boosters

- Spring: 3-day trikatu water & neem foam cleanse (Kapha trim).
- Late Summer: 2-day coriander-fennel flush & manjishta serum (Pitta cool).
- Early Winter: Sesame laddus + weekly Sneha-abhyanga (Vāta lube).

2. Monthly Clinic Touch-Points

- 30-min “Rasa Glow” Takra-dhārā for heat-prone clients.
- Taila-dhārā scalp soak every 4 weeks for chronic hair-fall history.

3. Digital Tracking

- Pull-test counts, sebumeter, color-meter L* value archived every visit.
- Simple habit logs (sleep hours, water intake) shared via app for coach feedback.

Key Take-Aways

- **Paschāt Karma is non-negotiable.** Skip it and you risk rebound acne, fatigue, or hair fall.
- **Rasāyana = rebuild phase.** Pair an internal tonic with a matching topical for each goal.
- **Diet must climb the Samsarjana ladder**—liquid → semi-solid → soft solid—before normal meals.
- **Gentle routine & stress control** let the newly opened channels integrate nutrients.
- **Document & personalise.** Skin-hair metrics plus lifestyle logs keep clients engaged and highlight the longevity of Panchakarma results.

Mantra: “Cleanse to clear, Rasāyana to repair, routine to preserve.”