

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

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

#### 2.2 Lifestyle Keys

Aspect	Rule of Thumb
<b>Sleep</b>	In bed by 10 p.m.; body heals during early Kapha-cycle sleep.
<b>Exercise</b>	First week: gentle walks & pranayama → From week 2: light asana flow; no HIIT until week 3.
<b>Screen &amp; Work</b>	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	Bhṛngarāja Ghṛita caps	250 mg BID	Neelibhringādi taila 3×/week
Stress-Shield	Brahmi Vati	1 tab (250 mg) HS	Brahmi-Centella scalp mist

\*All doses for average 60-kg adult; adjust  $\pm 20\%$  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 & manjishtha 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.”

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