

SHORT COMMUNICATION

# A Short Review on *Samsarjan Kram*

Author: Anjana<sup>1</sup>

<sup>1</sup>Department of Panchakarma, Ankerite Ayurvedic Medical College and Hospital, Lucknow, UP, India

## ABSTRACT

In *Ayurveda Chikitsa* is mainly divided into two parts, *Samshodhan Chikitsa* and *Samshaman Chikitsa*. *Samshodhan Chikitsa* is also known as *Panchakarma*. It comprises of three steps *Poorvakarm*, *Pradhankarm* and *Paschatkarm*. *Poorvakarm* includes preparatory measures like *Deepan*, *Pachan*, *Snehan*, *Swedan*, before the *Pradhankarm* (specific treatment). *Pradhankarm* includes the five purificatory therapies *Vaman*, *Virechan*, *Basti*, *Nasya* and *Raktamokshan*. *Paschatkarm* includes *Samsarjan Kram*, administration of *Aushad Dravyas* (external and internal) and use of *Rasayan Dravya* and *Vajikaran Dravya* and indications of *pathya* and *apathya ahar and vihar*. *Samsarjan Kram* is a specific diet schedule advocated in the patients after *Pradhankarm* (mainly after *Vaman & Virechan*). The aim of *Samsarjan Kram* is to gradual stimulation of *Agni (Jatharagni)*, that has become weak after the *Pradhan Karm*. In *Samsarjan Kram Peya*, *Vilepi*, *Akrit Yush*, *Krit Yush*, *Akrit Mansaras* and *Krit Mansarasa* are given in a specific order. *Samsarjan Kram* is advised according to *Pradhan*, *Madhyam* and *Avar Shuddhi*. In *Samsarjan Kram* a special diet that is given in one particular time is called an *Annakaal*. There are 12 *Annakaal* in *Pradhan Shuddhi*, 8 *Annakaal* in *Madhyam Shuddhi* and 5 *Annakaal* advised in *Avar Shuddhi*. The *Annakaal* is given for 7 days, 5 days and 3 days in *Pradhan*, *Madhyam* and *Avar Shuddhi* respectively.

**Key Words** *Pradhankarm*, *Paschatkarm* *Samsarjan Kram*, *Agni*, *Annakaal*

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## INTRODUCTION

In *Ayurveda Chikitsa* is mainly divided into two types, *Samshodhan Chikitsa* and *Samshaman Chikitsa*<sup>1</sup>. *Samshodhan Chikitsa* is also known as *Panchakarma*<sup>2</sup>. *Panchakarma* comprises of three steps *Poorvakarm*, *Pradhankarm* and *Paschatkarm*<sup>3</sup>. *Poorvakarm* includes preparatory measures like *Deepan*, *Pachan*, *Snehan* and *Swedan* done before the *Pradhankarm*. *Pradhankarm* includes the five purificatory therapies of *Vaman*, *Virechan*, *Basti*, *Nasya* and *Raktamokshan*. *Paschatkarm* includes, *Samsarjan Kram*, administration of *Aushad*

*Dravyas* (external as well as internal) and use of *Rasayan Dravya* and *Vajikaran Dravya* and indication of *pathya* and *apathya ahar and vihar*. In *Samsarjan Kram* the diet is given in a specific order. The diet is given in the form of *Peya*, *Vilepi*, *Yush* and *Mansaras*.

## AIMS & OBJECTIVES

To study the process of *Samsarjan Kram* and to know about the *Peyaadi* sequence of diet given in *Samsarjan Kram* and also the effect of *Samsarjan Kram* on the *Agni (Jatharagni)* and thus the whole body.

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**Samsarjan Kram** *Samsarjan Kram* is a specific diet regimen of *Peya*, *Vilepi*, *Akrit Yush*, *Krit Yush*, *Akrit Mansaras* and *Krit Mansarasa* are given in a specific order after *PradhanKarm*. The aim of *Samsarjan Kram* is gradual stimulation of *Agni (Jathragni)*. It improves or enhances the power of *Agni (Jatharagni)*, that has become weak after the *Pradhankarm*. *Samsarjan Kram* is advised according to *Pradhan, Madhyam and Avar Shuddhi and Samsarjan Kram* is started with *Peya*, then gradually increasing the diet from *Vilepi* to *yush* to *Mansarasa*. In *Samsarjan Kram* the order of diet is advised in a particular time, that is called an *Annakaal*. According to some *Acharyas*, *Mansarasa* is not suitable for many people, in that case we prescribe *Akrit Yush* and *Krit Yush*. In *Samsarjan Kram* three *Aanakaal* of *Akrit Yush* and three *Annakaal* of *Krit Yush* in *Pravar Shuddhi*, two *Aanakaal* of *Akrit Yush* and two *Annakaal* of *Krit Yush* in *Madhyam Shuddhi* and one *Aanakaal* of *Akrit Yush* and one *Annakaal* of *Krit Yush* in *Avar Shuddhi*<sup>4-1</sup>

**Peyadi Aahar** *Peya*<sup>5</sup> is a cooked food, which contains more liquid portions as compared to solid portions (*Dravadhika* and *Swalpsiktha*) and it is prepared by adding approximately fourteen times of water (*Chaturdashgune Jale*) to the amount of rice or other grain used in the food. *Vilepi* is a cooked food, which contains more solid portions (*Ghansiktha*) and it is prepared by using approximately four times of water (*Neere Chaturgune*) to the amount of rice or the other grain. *Yush* is prepared by thickening of *Peya* (*Yushah Kinchitghanah*). *Yush* is made from pulses like lentils, gram, moong, etc. *Peya*, *Vilepi* and *Yush* strengthens and nourishes the tissues

and is quickly digestible. The diet is started in the evening on the same day after performing the *Vamanaadi Shodhan Karm* (mainly after *Vaman* and *Virechan*)<sup>6</sup>. The diet sequence is advised for 7 days, 3 days and 1 day according to *Shuddhi (Pravar, Madhyam and Avar Shuddhi of Vaman and Virechan)* (illustrated in table 1 & table 2).

**Table 1** *Pravar, Madhyam & Avar Shuddhi of Vaman*

S.N	Shuddhi	Pravar	Madhyam	Avar
1	Vaigaki	8 Vega	6 Vega	4 Vega
2	Manaki	2 Prastha	1 Prasth	1/2 Prastha
3	Antaki	Pittant	Pittant	Pittant

**Annakaal** In *Samsarjan Kram* a special diet is given in a particular time called an *Annakaal*. There are 12 *Annakaal* in *Pradhan Shuddhi*, 8 *Annakaal* in *Madhyam Shuddhi* and 5 *Annakaal* advised in *Avar Shuddhi*. In *Pradhan Shuddhi* there are 3 *Annakaal* of *Peya*, 3 *Annakaal* of *Vilepi*, 3 *Annakaal* of *Yush* and 3 *Annakaal* of *Mansarasa* is advised. In *Madhyam shuddhi* there are 2 *Annakaal* of *Peya*, 2 *Annakaal* of *Vilepi*, 2 *Annakaal* of *Yush* and 2 *Annakaal* of *Mansarasa* is advised and in *Avar Shuddhi* there are 2 *Annakaal* of *Peya*, 2 *Annakaal* of *Vilepi*, 2 *Annakaal* of *Yush* and 2 *Annakaal* *Mansarasa* is advised. These *Annakaal* are given for 7 days, 5 days and 3 days in *Pradhan, Madhyam and Avar Shuddhi* respectively<sup>4-2</sup> (shown in the table 3 & table 4). We have to start the *Samsarjan Kram* from the evening, on the day of *Pradhan Karm* (mainly after *Vaman* and *Virechan*).

**Role of Agni** According to *Ayurveda* it is said that *poshak rasa dhatu* is formed after proper functioning of *Agni*<sup>7</sup> and this *poshak rasa dhatu* is responsible for *deh dhatu bal varn*. There are

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thirteen types *Agni* in the body one *Jatharagni*, seven *Dhatuagni* and five *Bhutagni*. *Jatharagni* is most important in all thirteen types *Agni*. *Dhatu* (nourishment of body tissues), *Oja* (body mechanism to fight with foreign bodies or immunity system), *Bala* (body strength), *Varna* (etc get nourished by *rasa* that comes only after proper action of *Jatharagni* on *anna*. Body strength, health, ageing process, age and life are the subject of *Jatharagni*. According to *Achyra Charak* if *Agni* gets destroyed a person dies and a person get diseased when any anomaly happens to *Agni*, so *Agni* is said to be the basis of life. A person should take proper *aahar* and *vihar* to maintain the *Agni* and a person who takes diet according to *matra*(proper dose) and *kaal*(proper time, *Annakaal*) becomes free of diseases. According to *Acharya Vagbhata* all diseases are due to *Mandagni* or not proper functioning of

*Agni*<sup>8</sup>: Proper functioning of *Agni* leads to *Samyavastha* of *doshas* and if *doshas* are in balance state there is no genesis of diseases.

### MATERIALS & METHODS

For the study of current article work various classical *Ayurvedic* text books have been concerned. *Charak Samhita* is mainly followed. *Sushruta Samhita*, *Sharangdhar Samhita*, *Yog Ratnakar* are concerned. Commentary of *Acharya Chakrapani* on *Charak Samhita* and Commentary of *Acharya Dalhan* on *Sushruta Samhita* are also kept in mind. Many other books on *Panchakarma* have also been viewed as reference.

**Table 2** *Pravar, Madhyam & Avar Shuddhi of Virechan*

S.N	Shuddhi	Pravar	Madhyam	Avar
1	Vaigaki	30 Veega	20 Vega	10 Vega
2	Manaki	4 Prastha	3 Prasth	1 Prastha
3	Antaki	Kaphant	Kaphant	Kaphant

**Table 3** *Samsarjan Kram according to Pradhan, Madhyam & Avar Shuddhi*

S.N.	Day	Annakaal	Pradhan Shuddhi	Madhyam Shuddhi	Avar Shuddhi
1	First	Morning	–	–	–
		Evening	<i>Peya</i>	<i>Peya</i>	<i>Peya</i>
2	Second	Morning	<i>Peya</i>	<i>Peya</i>	<i>Vilepi</i>
		Evening	<i>Peya</i>	<i>Vilepi</i>	<i>Akrit Yush</i>
3	Third	Morning	<i>Vilepi</i>	<i>Vilepi</i>	<i>Krit Yush</i>
		Evening	<i>Vilepi</i>	<i>Akrit Yush</i>	<i>Purna Aahar</i>
4	Fourth	Morning	<i>Vilepi</i>	<i>Akrit Yush</i>	
		Evening	<i>Akrit Yush</i>	<i>Krit Yush</i>	
5	Fifth	Morning	<i>Akrit Yush</i>	<i>Krit Yush</i>	
		Evening	<i>Akrit Yush</i>	<i>Purna Aahar</i>	
6	Sixth	Morning	<i>Krit Yush</i>		
		Evening	<i>Krit Yush</i>		
7	Seventh	Morning	<i>Krit Yush</i>		
		Evening	<i>Purna Aahar</i>		

**Table 4** *Annakaal in Samsarjan Kram according to Pradhan, Madhyam & Avar Shuddhi*

S.N.	Shuddhi	<i>Peya</i>	<i>Vilepi</i>	<i>Yush</i>	<i>Mansaras</i>	<i>Total</i>
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1	<i>Pradhan</i>	3	3	3	3	12
2	<i>Madhyam</i>	2	2	2	2	8
3	<i>Avar</i>	1	1	1	1	4

## RESULTS

*Samsarjan Kram* is a specific diet regimen followed mostly after *Vaman* and *Virechan*.

## DISCUSSION

*Samsarjan Kram* is advised after *Shdhan Karm*. After *Shodhan Karm Agni* gets weak, so after *Shodhan Karm* the role of *Samsarjan Kram* is to stimulate the *Agni* gradually. This gradual stimulation is done by sequential administration of the diet in the form of *Peya, Vilepi, Yush*. The diet is started from a drinkable form of *Peya*. It is because just after the *Shodhan Karm* the capacity and strength of *Agni* is not enough to work for digestive process and if the *Agni* got weakened, there is further malnourishment of *dhatu* leading to *dhatu-vaisamyata* and thus aggravation of *doshas (Vata, Pitta, Kapha)* which is the cause of genesis of a disease or aggravation of the symptoms of the disease and thus failure of the process of *Shodhan Karm*, that is done mainly for curing of the disease. So, for gaining the proper benefits of *Shodhan Karm* we have to follow the above dietetic regimen in a specific order, that is called *Samsarjan Kram*. *Samsarjan Kram* maintains the strength of *Agni*. *Mansarasa* is not suitable in many cases, where we advise *Akrit Yush* and *Krit Yush*. *Samsarjan Kram* is started with a light weight diet (low carbohydrates diet) and gradually increased with a heavy weight diet

(high carbohydrates and high protein diets).

*Samsarjan Kram* is a very important step in *Samshodhan*. All diet regimens are advised under medical supervision and to attain the maximum benefits of *Samsarjan Kram* a person has to follow all dietetic sequences strictly.

## CONCLUSION

*Samsrjan Kram* is a specific diet regimen given in the patients mainly after *Vaman and Virechan*. It helps in gradual stimulation of *Agni (Jatharagni)* thus play an important role in nourishing and properly functioning of the body tissues.

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