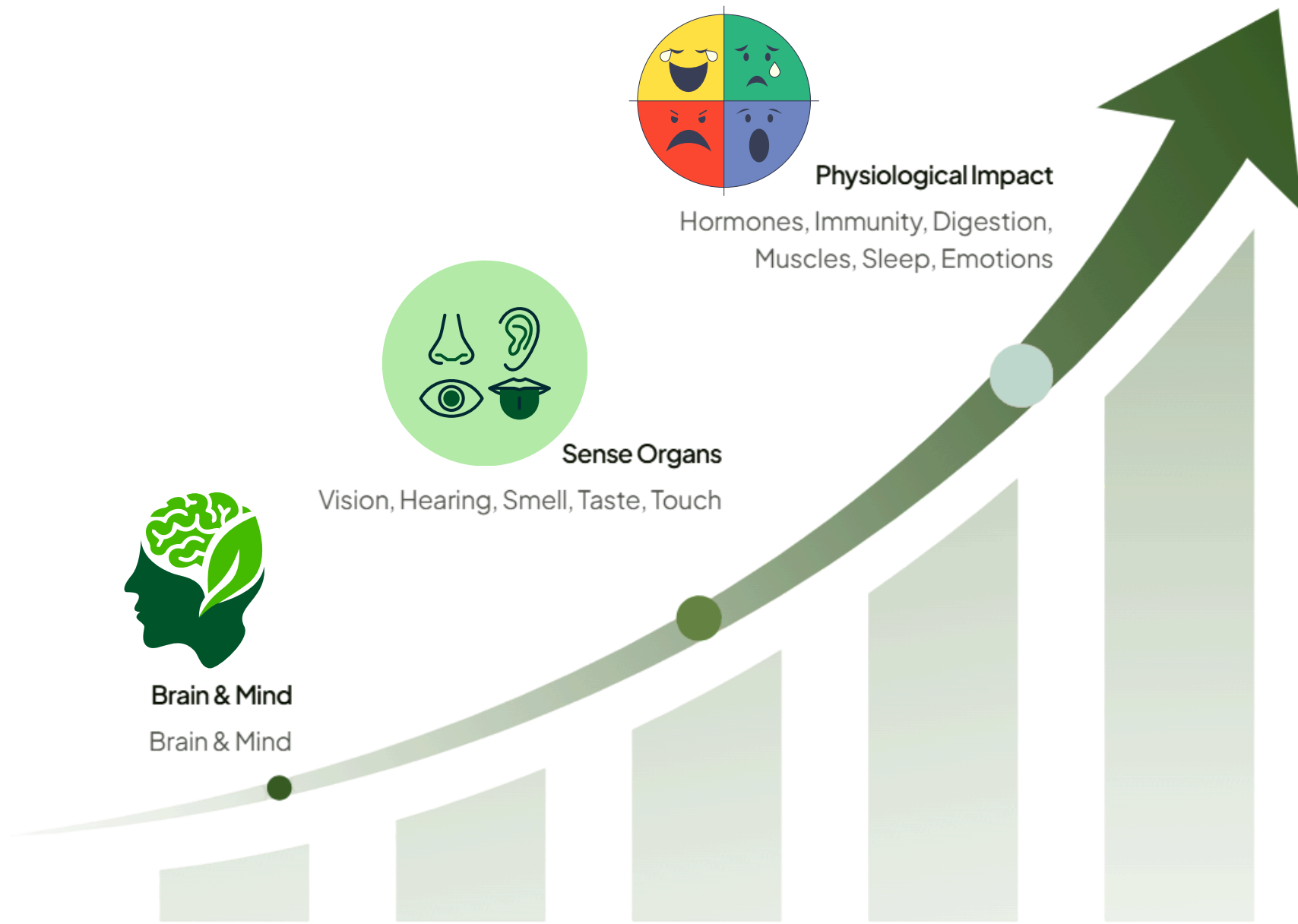




PANCHAKARMA'S

IMPACT ON THE BRAIN AND NERVOUS SYSTEM

How Panchakarma Influences the Brain, Nervous System and Sense Organs?



WHAT HAPPENS DURING STRESS?

CHRONIC STRESS CAN LEAD TO
SYSTEMIC DYSFUNCTION

- Excess stimulation of the nervous system
- Elevated stress hormones
- Poor sleep quality
- Emotional instability
- Digestive dysfunction



THIS CHRONIC STRESS MAY APPEAR AS:

- Anxiety
- Depression
- Brain fog
- Poor memory
- Irritability
- Addiction cravings
- Fatigue
- Digestive complaints



Ayurveda's Understanding of the Interconnected Systems

MANAS

Mind; becomes disturbed when sense organs are overloaded.



INDRIYAS

Sense Organs; when overloaded, they cause the mind to become disturbed.

SHARIRA

Body; begins to show symptoms when the mind is disturbed.

Panchakarma and Modern Neuroscience

Shifting from "Fight or Flight" to "Rest, Repair and Recover"



Parasympathetic nervous system activation



Stress hormone regulation



Sleep quality and recovery



Blood circulation



Gut-brain communication



Emotional regulation



Nasya: Nasal Administration

Herbs commonly used:

- Shankhapushpi
- Brahmi
- Jyotishmati



How it works?

- Stimulates olfactory pathways connected to the limbic system
- Influences regions associated with memory, emotion and behaviour
- Supports sensory and cognitive functions



Mind and Sense Organ Connection

The nose provides direct sensory input to brain areas responsible for memory and emotional processing.

Benefits:

- ✓ Improved concentration
- ✓ Better memory
- ✓ Enhanced mental clarity
- ✓ Emotional regulation



Basti (Therapeutic Enema Therapy)

- Materials commonly used:
- Medicated oils
- Medicated ghee
- Castor preparations
- Triphala preparations



How it works:

- Supports gut health and bowel function
- Influences gut-brain communication pathways
- Helps regulate autonomic nervous system activity
- Promotes balance of Vata



Mind Connection:

- The gut continuously communicates with the brain through neural, hormonal and immune pathways.

A healthy gut contributes to:

- ✓ Better emotional regulation
- ✓ Improved sleep
- ✓ Reduced anxiety
- ✓ Better cognitive function



Virechana (Therapeutic Detoxification)

How it works:

- Supports elimination of metabolic waste products
- Improves digestive and liver functions
- Helps regulate inflammatory processes

Mind Connection:

Increasing evidence links chronic inflammation with:

- Depression
- Fatigue
- Brain fog
- Cognitive decline



Virechana aims to restore physiological balance and improve overall vitality.

Benefits:

- ✓ Improved digestion
- ✓ Better energy levels
- ✓ Mental clarity
- ✓ Enhanced sense of well-being



Sarvanga Abhyanga (Whole Body Oleation Therapy)

Herbs commonly used:

- Brahmi
- Ashwagandha
- Bala

How it works:

- Gentle stimulation of millions of sensory receptors in the skin
- Activation of relaxation pathways in the nervous system
- Reduction of muscle tension and stress response
- Enhancement of body awareness and emotional grounding



Herbal actions:

Brahmi – Supports cognitive functions, mental calmness and concentration

Ashwagandha – Adaptogenic action that helps regulate stress response and improve resilience

Bala – Supports neuromuscular nourishment and physical strength

Benefits:

- ✓ Reduced anxiety and restlessness
- ✓ Better sleep quality
- ✓ Improved emotional stability
- ✓ Reduced physical and mental fatigue



Udwartana (Medicated Herbal Powder Therapy)

Herbs commonly used:

- Triphala
- Kola
- Kulattha

How it works:

- Mechanical stimulation of skin and superficial tissues
- Improves circulation and lymphatic movement
- Enhances metabolism and reduces sluggishness
- Helps mobilize accumulated Kapha



Mind connection:

Physical heaviness often manifests as:

- Mental dullness
- Lack of motivation
- Daytime lethargy
- Reduced enthusiasm

By creating a feeling of lightness in the body, Udwartana can help improve alertness and mental engagement.

Benefits:

- ✓ Improved energy levels
- ✓ Better motivation
- ✓ Increased physical activity tolerance
- ✓ Enhanced sense of well-being



Shirodhara

Continuous Stream Therapy Over the Forehead

The forehead region contains numerous sensory nerve endings that communicate with deeper brain centers involved in emotion, stress regulation, and sleep. Continuous rhythmic stimulation may help induce a deeply relaxed state.

Taila Dhara (Medicated Oil)

How it works:

- Promotes nervous system relaxation
- Reduces sympathetic overactivity
- Encourages deep mental calmness

Useful for:

- ✓ Anxiety
- ✓ Insomnia
- ✓ Burnout
- ✓ Chronic stress



Takradhara (Medicated Buttermilk)

How it works:

- Cooling and soothing effect
- Helps regulate excess mental agitation and irritability
- Supports emotional balance

Useful for:

- ✓ Stress-related irritability
- ✓ Anger outbursts
- ✓ Sleep disturbances



Ksheeradhara (Medicated Milk)

How it works:

- Nourishes and cools the nervous system
- Supports recovery from exhaustion and mental fatigue

Useful for:

- ✓ Mental burnout
- ✓ Emotional exhaustion
- ✓ Recovery states



Kashaya Dhara (Herbal Decoction)

How it works:

- Regulates excessive stimulation
- Supports balance of mind and body responses

Useful for:

- ✓ Emotional instability
- ✓ Stress-related conditions
- ✓ Mental agitation



Padabhyanga (Therapeutic Foot Massage)

Herbs commonly used:

- Brahmi
- Bala
- Shankhapushpi

How it works:

- Stimulates sensory receptors present in the feet
- Activates relaxation pathways of the nervous system
- Supports healthy sleep cycles
- Reduces nervous system hyperactivity



Mind and Sense Organ Connection:

The feet contain thousands of nerve endings that continuously communicate with the brain.

Benefits:

- ✓ Improved sleep quality
- ✓ Reduced anxiety
- ✓ Deep relaxation
- ✓ Emotional calmness



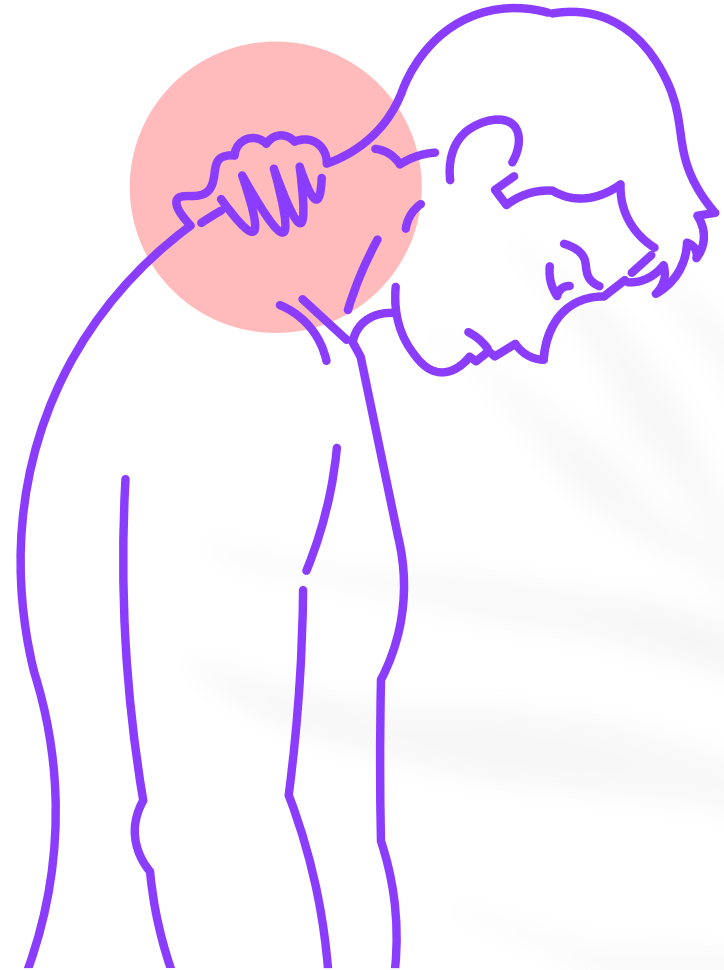
Tarpana (Therapeutic Eye Nourishment)

Herbs commonly used:

- Triphala
- Jyotishmati

How it works:

- Nourishes ocular tissues
- Relieves visual fatigue and dryness
- Reduces sensory overload from prolonged screen exposure
- Supports visual comfort



Mind and Sense Organ Connection:

- Nearly one-third of the brain is involved in processing visual information.
- Reducing visual strain can reduce mental fatigue and improve concentration.

Benefits:

- ✓ Reduced eye strain
- ✓ Improved focus
- ✓ Better visual comfort
- ✓ Reduced mental fatigue



The Integrative Psychiatry Approach

Mental health is influenced by multiple interconnected systems:

- 🧠 Brain
- 👁 Sense Organs
- 🍴 Gut
- 😴 Sleep
- ❤ Emotions
- 💪 Body

Treatment plans may include:

- Panchakarma Therapies
- Ayurvedic Medicines
- Psychiatric Care
- Psychological Therapies
- Lifestyle Modification
- Nutritional Guidance

**Healthy Senses → Calm
Mind → Healthy Brain →
Healthy Body**





















Panchakarma is not merely a therapy for the body.

It is a systematic approach aimed at restoring balance between the senses, mind, nervous system and body, helping individuals move toward greater physical, emotional and mental well-being.