



## Review Article

www.ijrap.net

(ISSN Online:2229-3566, ISSN Print:2277-4343)



### A CRITICAL REVIEW OF SAMSAJANA KRAMA

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Received on: 07/7/24 Accepted on: 13/9/24

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DOI: 10.7897/2277-4343.155175

#### ABSTRACT

A stringent consecutive regimen in pashchat (following) the Karma of Vamana, Virechana, and Vasti is known as Samsarjana Krama. The assimilation and metabolism of regular diet are hampered by the Samshodhana Karma, or Vamana and Virechana, which results in mandagni. Thus, a lighter diet at first, followed by a gradual transition to a typical diet in the form of Peyadi/Tarpanadi Krama, stimulates Agni. In the Paka process, Agni is the constant agent (digestion). The purpose of the agni is to properly digest, absorb, and assimilate food in order to maintain life. Simple carbohydrates are first introduced, followed by the addition of a multi nutrient dietary formulation, and then the regular diet. This diet must be customized based on the amount, nutritional content, and digestive capacity of each individual. The food preparations such peya, vilepi, akritayusha, Kritayusha, akritamamsarasa, and kritamamsarasa. Categorized as Pravara, Madhyama, and Avara administered in tri annakala (3), dviannakala (2), and ekaannakala (1), respectively, based on shuddhiprakara (types) and intake frequency. It enhances dhatu's vigor and capacity for absorption. Better bioavailability of the biological system depends on this.

**Keywords:** Samsarjana karma, Pashchat karma, Agni, Annakala.

#### INTRODUCTION

One significant area of Ayurveda is panchakarma therapy, which focuses on clearing the body of physiologically or pathologically induced doshas<sup>1</sup>. Toxins and waste products known as doshas need to be removed from the body's natural and closest roots. The primary and essential tenets of Ayurveda in disease management are Nidana Parivarjanam (avoid Causative influences), Samshodhana (Detoxification), and Samshamana (Pacify). The purpose of the shodhana practices is to improve nonspecific immunity against all diseases and to eradicate the ailment altogether. The goal of the Shodhana Therapy is to purify the body by expelling the accumulated morbid humors that cause sickness and creating a perfect, balanced environment for the body to function properly. Classical texts cite Acharya Charaka as citing the advantages of Shodhana therapy as<sup>2</sup>

1. The body rids itself of vitiated doshas.
2. There is an improvement in metabolism.
3. Intelligence and sense organs are upgradeable.
4. Modified power
5. The individual lives a long life free from illness and is unaffected by aging.

#### IMPORTANCE

Due to the removal of Prabhut Doshas from the body, the person experiences Krusha, Durbala, and Shunya Deham after performing Shodhanakarma. Thus, AlpaAgni is reached. Because of his condition, Mandagni cannot handle a regular diet or any form of treatment. Instead, he needs to be protected like a newly hatched egg, a pot full of oil, or cattle being herded by a cowherd holding a stick<sup>3</sup>.

The patient should be carefully shielded by the doctor from the unhealthy consequences of diet and lifestyle choices. Peyadi Samsarjana Krama should be performed in order to strengthen Agni and Prana. It is dependent on the individual's level of Shuddhi<sup>4</sup>.

People who have had Langan suffer from Mandagni; in these situations, the administration of Agnimandya and Ajeerna is beneficial. It is recommended that Peyadi Samsarjana avoid this<sup>5</sup>.

Agni becomes Mahana, Sthira, and able to digest Guru Ahara by adhering to Samsarjana Krama. Samsarjana Krama has been given a similily. In the same manner that cow dung and dry grass can ignite a little fire, Samsarjana Krama will augment Agni, which has become Manda due to Shodhana.

**The aim of Samsarjanakrama** is to strengthen Agni, which is caused by the body's removal of Dosha following Samshodhana Karma. Consequently, it is recommended to follow Peyadi Samsarjana Krama in order to restore Agni and Prana's strength. Samana Vayu and Kledaka Kapha depreciate in the Vamana procedure<sup>6</sup> (Emesis), whereas Samanavayu and Pachaka pitta, apanavayu, get disturbed in the Virasehana procedure. In order to achieve dosha equilibrium, Samsarjana Krama is hence absolutely necessary. It aids in restoring the proper amount of agni for digestion.

**Course of Samsarjana Krama:** The Samsarjana Krama should be planned according to the sort of purification, i.e., three days for Avara or Hinashuddhi, five days for Madhyamashuddhi, and seven days for Pravara Shuddhi<sup>7</sup>. It can be carried out according to the patient's bala; that is, patients with strong strength should be instructed to take 3 anna kala, those with medium strength

should take 2 anna kala, and those with weaker strength should take 1 anna kala<sup>8</sup>.

**Varieties of Samsarjana Krama:** There are two varieties of Samsarjana Krama, based on the type of Shuddhi<sup>9</sup>

1. Krama Peyadi Samsarjana
2. Krama Rasa Samsarjana

Following Samshodhana Karma, Peyadi Samsarjanakrama typically advises patients to adopt a two-meal lifestyle. The ancient text mentions two meals each day, but in practice, three meals per day might be followed. That is, four Peya, four Vilepi, two akritayusha, two kritayusha, two akritamamsarasa, and two kritamamsarasa should be supplied in order to finish sixteen anna kala in seven days. Similarly, 8 & 4 anna kala should be used to arrange the three meals that Madhyama Shuddhi and Hinashuddhi need for their daily lives.

Outlined for samsarjana implementation according on the patient's shuddhi. According to Acharya Charaka, the following table is explained for samsarjana implementation based on the patient's type of Shuddhi<sup>10</sup>.

**Mechanism for Samsarjana Krama**

Activity increases calorie demand. Following the Samshodhana surgery, patients are recommended to rest and reduce activities. Carbohydrates and lipids are essential for energy but should be consumed in moderation during Samsarjana Krama due to the patient's lowered activity levels. Milk, egg, and meat proteins include vital amino acids. However, they cannot be administered immediately following procedures due to the high enzyme content, which can harm the gastrointestinal tract.

Due to a lack of lysine in grain protein (Shuka Dhanya), pulse proteins (Shimbi Dhanya) provide a sufficient amount to compensate for this. Cereals contain more methionine than pulses, making up for the latter's deficiency. Mamsarasa is a protein-rich food that requires more enzymes and HCl to digest. Protein enzymes are also released. The sequence for Samsarjana Krama is Akrita first, followed by Krita. Krita refers to Saindhava, Katu, Dravya, and Sneha. Sneha helps digest fats and triglycerides by increasing bile secretion. All three meal components are delivered, together with the necessary digesting enzymes are here in gradually increased in the body.

**Samyaka Samsarjana Lakshana.**

Acharaya Kashyapa described Samyaka Samsarjana Lakshana as following the administration of warm Manda soup: Shirolalatahridagrivavrishane Sakshakashankhake Swedacheta (sweating on forehead, cardiac region, neck, testicular, armpit, and temporal region), Udgara Vata Vishudhabhayam (proper belching, defecation, and flatus passage), Nirupdrava (no complications), and Samyakashudham.<sup>11</sup>

**Benefits of Samsarjana Krama**

- Normalizes Agni and Vayu.
- Promotes nutrition and body balance tissues are weakened due to Samshodhana process.
- Promote health, strength, and immunity.
- Effective for removing ama and purifying the body channel.
- These regimens ensure a balanced diet that includes all necessary nutrients Tastes can be served over 12 meals (Annakala) and Dosha becomes normal.

**Table 1: Relation between types of Shuddhi , Annakala and days of Samsarjana Krama<sup>12</sup>**

Day	Anna	Kala	Pravara Shuddhi	Madyama Shuddhi	Avara Shuddhi
1	1 <sup>st</sup>	M E	- Sali Peya	- Sali Peya	- Sali Peya
2	2 <sup>nd</sup> 3 <sup>rd</sup>	M E	Sali Peya Sali Peya	Sali Peya Sali Vilepi	Sali Vilepi Salyanna + Kritakrita Yusha
3	4 <sup>th</sup> 5 <sup>th</sup>	M E	Sali Vilepi Sal Vilepi	Sali Vilepi Salyanna + Kritakrita Yusha	Salyanna + Kritakrita Yusha Mamsarasa Diet
4	6 <sup>th</sup> 7 <sup>th</sup>	M E	Sali Vilepi Salyanna + Akritayusha	Salyanna + Krita Yusha Salyanna +Akrit Mamsarasa	
5	8 <sup>th</sup> 9 <sup>th</sup>	M E	Salyanna + kritayusha Salyanna + kritayusha	Salyanna+ Krita Mamsarasa Normal Diet	
6	10 <sup>th</sup> 11 <sup>th</sup>	M E	Salyanna + AkritaMamsarasa Salyanna + KritaMamsarasa		
7	12 <sup>th</sup>	M E	Salyanna + KritaMamsarasa Normal Diet		

**Advantages of Samsarjana Krama**

1. Agni and vayu are normalized by Samsarjana Krama.
2. It also supplies nourishment and aids in maintaining the proper level of bodily tissues, which are weakened as a result of the purification process.

**DISCUSSION**

During Shodhana karma, the patient's diet will be altered, so it's crucial to return to their normal diet without causing difficulties. Acharyas recommended a food plan known as Samsarjana karma. Samsarjana krama involves administering food in an orderly manner according to the gunas of meal preparation. Food preparations for Samsarjana krama include Manda, Peya, Yavagu Odana, Yusha, and Mamsa Rasa. Mandala is one of the most popular meal preparations. Poor digestion caused by Shodhana karma leads to slower metabolism. Using oily foods at the start of Samsarjana krama might produce nausea, vomiting, diarrhoea,

and fever due to poor digestion. First, the body obtains starch from the manda. Next, foods high in carbohydrates are added to the diet. Foods high in fiber, such as peya and vilepi, can speed up metabolism by being easily digested. Yoshi's proteas and Maamsa Rasa's fats represent the change from simple to complicated diet before returning to regular death.

**CONCLUSION**

As Ayurveda has already explained, a person who has undergone purification becomes sunyadeha (exhausted/empty body) and is unable to withstand hardships; therefore, they require proper care, much like a bird guards its egg, a cowboy manages a herd of cows, and so on. Similar to how a little flame is adequate to burn all fuels, an agni ignited by Samsarjanakrama can be sufficient for long-term bodily equilibrium support and healthy digestion. In order to fill the Sunyadeha (empty body), a rigid and sequential food plan known as Samsarjana is recommended in Ayurveda.

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### Cite this article as:

Suman Lata, Akhilesh Prasad Singh and Satyendra Kumar Tiwari. A critical review of Samsarjana krama. Int. J. Res. Ayurveda Pharm. 2024;15(5):152-154  
DOI: <http://dx.doi.org/10.7897/2277-4343.155175>

Source of support: Nil, Conflict of interest: None Declared

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