

Review Article on Tarpanadi Samsarjana Krama

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ABSTRACT

Panchakarma procedures comprise of *Poorva Karma*, *Pradhana Karma* and *Paschat Karma*. Due to *Poorva Karma* such as *Snehana* and *Swedana Karma* *Doshas* get *Vilayana* and comes in to *Amashaya* and after *Shodana* due to *Shodhanaoushadhi Kshobhana* leads to the *Agnimandhya*. To correct this *Agni Samsarjana Krama* is to be followed. The sequential order of administration of *Pathya Ahara* is followed in *Peyadi Samsarjana Krama*, *Tarpanadi Krama*, *Rasadi Samsarjana Krama* as per classics. In some condition we practice *Tarpanadi Samsarjana Karma*. *Ahara* used in this context refers to *Pathya Ahara* which can be used according to *Matra*, *Kala*, *Kriya*, *Bhoomi*, *Deha* and *Dosha Guna*. This article focuses on *Tarpanadi Samsarjana Krama* and different *Tarpana Yogas* in different condition.

KEYWORDS: *Samsarjana Krama*, *Tarpanadi Samsarjana Krama*, *Agni Bala*, *Tarpana* and *Tarpana yogas*

INTRODUCTION

The word *Samsarjana* is derived from the combination of two words i.e *Sama* means *Samyak* (proper) and *Sarjana* means the act of creating or formation. Here formation refers to the formation of body tissue from nutrition derived through the intake of meals. *Krama* means sequence, here specialized type of sequential administration of nutrients in the diet of an individual. Here we introduce *Aahara* from *Laghu* to *Guru Aahara*. This will help to increase the *Agni* and stabilize the *Agni*.

Due to elimination of the *Doshas* from the body after *Shodhana Karma*, *Agni* will be hampered. So to correct this *Agni Peya* or *Tarpana* or *Rasa Samsarjana Krama* should be followed.¹ *Acharya Charaka* has given one simile to understand the importance of *Samsarjana Krama*. As a small spark of fire gets gradually ignited by putting little quantity of cow-dung, dry grass etc....Similarly the *Agni* in the *Shodhita* person gradually grows strong and

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become stable and capable of digesting all types of food by the administration of *Peya* etc.... *Samsarjana Krama*². In some condition the *Peya Samsarjana Krama* is contraindicated there we practice *Tarpanadi Samsarjana Krama* because *Peya Samsarjana Krama* causes *Abhishyandata*.

AIMS AND OBJECTIVES

1. Conceptual study of *Samsarjana Krama*.
2. *Tarpanadi Samsarjana Krama*.
3. Different *Tarpana Yogas* in different condition.

MATERIALS AND METHODS

1. Classical texts and related commentaries of *Ayurveda*.
2. Study materials available on internet.

➤ Conceptual Study

The concept of *Samsarjana Krama* can be understood as follows:

1. Need of *Samsarjana Krama*.

2. Course of *Samsarjana Krama* WSR to *Tarpanadi Samsarjana Krama*.

➤ Need of *Samsarjana Krama*

Due to more quantity of elimination of *Dosha* from the body after *Shodhana Karma* the *Agni* becomes weak. To protect *Agni* and to achieve proper *Shodhana Phala* (benefits of *Shodhana*) *Samsarjana Krama* is essential. If *Samyak Aoushadha Jeerna*

Lakshana occurs we start on the day of *Vamana*, if not or any little *Aoushadha* remains in the body then *Samsarjana Krama* starts on next day morning³.

➤ Course of *Samsarjana Krama*

The planning of *Samsarjana Krama* should be based on the type of *Shudhi* i.e., for *Hina Shudhi*, *Madhyama Shudhi* and *Pravara Shudhi*, it is of 3 days, 5 days and 7 days respectively⁴.

TARPANADI SAMSAJANA KRAMA

Tarpanadi Samsarjana Krama is indicated in *Ayoga* and *Atiyoga* of elimination of *Kapha* and *Pitta*, *Madyape* (chronic alcoholic) and vitiation of *Vata Pitta*. Here *Peyadi Samsarjana Krama* is contraindicated because it causes *Abhishyandata*. Here in the place of *Peya Svachha Tarpana* and in the place of *Vilepi Ghana Tarpana* is given⁵.

Preparation of *Svaccha Tarpana*: 1part *Laja* + 14 parts water.

Ghana Tarpana : 1 part *Laja* + 4 parts of water.

DAYS		PRAVARA	MADHYAMA	AVARA
1 st day	Evening	<i>Accha Tarpana</i>	<i>Accha Tarpana</i>	<i>Accha Tarpana</i>
2 nd Day	Morning	<i>Accha Tarpana</i>	<i>Accha Tarpana</i>	<i>Ghana Tarpana</i>
	Evening	<i>Accha Tarpana</i>	<i>Ghana Tarpana</i>	<i>Akrita Yusha / Krita Yusha</i>
3 rd Day	Morning	<i>Ghana Tarpana</i>	<i>Ghana Tarpana</i>	<i>Akrita Mamsa Rasa / Krita Mamsa Rasa</i>
	Evening	<i>Ghana Tarpana</i>	<i>Akrita Yusha</i>	Normal Diet
4 th day	Morning	<i>Ghana Tarpana</i>	<i>Krita Yusha</i>	
	Evening	<i>Akrita Yusha</i>	<i>Akrita Mamsa Rasa</i>	
5 th day	Morning	<i>Kruta Yusha</i>	<i>Krita Mamsa Rasa</i>	
	Evening	<i>Kruta Yusha</i>	Normal Diet	
6 th day	Morning	<i>Akruta Mamsa Rasa</i>		
	Evening	<i>Kruta Mamsa Rasa</i>		
7 th day	Morning	<i>Kruta Mamsa Rasa</i>		
	Evening	Normal Diet		

Authors	1 st Annakala	2 nd Annakala	3 rd Annakala
<i>Dalhana</i> ⁶	<i>Laja Saktu</i>	<i>Yusha</i>	<i>Bhakta</i>
<i>Arunadatta</i> ⁷	<i>Laja Saktu</i>	<i>Odana</i>	<i>Mamsarasa + Odana</i>
<i>Parameshwar</i> ⁸	<i>Laja Saktu</i>	<i>Yusha + Odana</i>	<i>Mamsarasa + Anna</i>

TARPANA

The one which cause contentment (*Trupti*) but not corpulence (*Brumhana*) is called *Tarpana*⁹.

Tarpanat Tarpanasca means that which causes satiation such as *Manta* etc.....

Santarpana are 2 types¹⁰.

1. *Sadya Tarpana*¹¹ – It is indicated in a person suffering from *Sadyokshina* (acute attack of emaciation).
2. *Abyaase Tarpana*¹² – It is indicated in who is suffering from chronic type of emaciation.

Ex: *Mamsa Rasa*, *Paya*, *Gruta*, *Snana*, *Vasti*, *Abyanga* and *Tarpana Yogas*.

The Person who is suffering from weakness for a long time should not be given instant recipes because it reduces digestive fire.

Tarpanadi Yoga indicated in *Madatyaya*, *Madyanitya*, *Grishma Ritu*, *Pittakaphaja Roga*, *Urdvaga Raktapitta* here *Yavagu* is contraindicated because it causes *Abhishyandata* in The *Srotas*.

DIFFERENT TARPANA YOGA

NAME OF THE YOGA	DRAVYA	PREPARTION	INDICATION
<i>Sarkardi Santarpana Mantha</i> ¹³	<i>Sarkara – 1part Taila – 1 Part Gruta – 1 Part Kshoudra – 1 Part Saktu – 1part</i>	Initially take <i>Sarkara</i> and <i>Pippali</i> in equal quantity and make in to fine powder by means of pulverization. Then add <i>Saktu</i> to the fine powder and afterwards mix honey and oil and then ghee. This semisolid preparation is <i>Mantha</i> .	<i>Jwara Kasa Krsha Mutrakrucchra Trashna Urdhva-Vata</i> It also acts as <i>Vrsya</i> .
<i>Udavartadihara Tarpana</i> ¹⁴	<i>Phanita + Saktu + Sarpi + Dadhimanda + Amlakamjika</i>		<i>Mutrakrucha, Udavarta</i>
<i>Madyavikara – Hara Mantha</i> ¹⁵	<i>Karjura +Mrudvika+Vrkshmla+Amika Dadima+Parushaka+Amalaka</i>		<i>Madyavikara</i>
<i>Sadyo – Santarpana Manta</i> ¹⁶		The <i>Manta</i> prepared in water with sweet and sour drugs either with or without mixing unctuous substances forms an instant satiating agents	
	<i>Laja Churna + Adhika Matra Gruta + Madhu, Amladadima/Amalaka Rasa Prayoga.</i>	Water should be boiled with <i>Mrudvika</i> , <i>Madhuka</i> , <i>Kharjura</i> , and <i>Parushaka</i> . This water should be cooled and added with sugar before administration.	<i>Urdvaga Raktapitta</i> ¹⁷
<i>Draksharasa Tarpana</i> ¹⁸			In <i>Madatyaya</i>
	<i>Lajasaktu + Jvaranashakaphal Rasa + Madhu + Sharkara. (Jvaranashaka Phalas Like Draksha, Dadima, Kharjura, Priyala Pakva Phala, Parushaka.)</i> <i>Draksha, Dadima, Kharjura</i> should be triturated with <i>Jala</i> and take <i>Rasa</i> from it then add <i>Sharkara, Madhu, Gruta,</i> and <i>Saktu</i> (fried rice powder).		<i>Jvara</i> ¹⁹
	fried rice mixed with <i>Jala</i> and adds <i>Madhu</i> and <i>Sarkara</i> give it.		In <i>Daha, Chardhi, Kshaama, Niranna, Gharmarta, Madyapa</i>
<i>Vatadi Anulomana Santarpaniya Manta</i> ²⁰	<i>Manta</i> prepared with <i>Saktu Madira, Kshoudra</i> and <i>Sarkara</i> .		<i>Anulomana</i> of <i>Maruta, Vit, Mutra, Kapha, Pitta,</i>

DISCUSSION

Shodhana is a complex process which involves many steps like *Rukshana*, *Pachana*, *Deepana*, *Snehana*, *Swedana*, *Abyanga*, *Doshaavasechana* and also it is a strenuous process where one has to follow proper diet in each step to protect *Agni* and to achieve proper *Shodhanaphala* (benefits of bio purification).

After *Shodhana Agni* becomes weak, this can be understood as reduction in the amount of enzymes which is required for digestion. Hence forth food is administered in sequence of carbohydrates, proteins and fats. *Accha Tarpana* and *Ghana Tarpana* consists of carbohydrates. *Accha Tarpana* is in liquid form requires very less amount of HCL for the digestion and carbohydrates are absorbed easily by the intestinal lumen in this form. *Ghana Tarpana* contains higher amount of carbohydrates compared to previous preparations respectively. *Tarpana* means the substances which causes satiation to the body. Satiating substances are not necessarily that it consist unctuous, sweet, heavy, and slimy substances. Non unctuous substances such as *Saktu* (roasted grain flour) etc... are also satiating in this sense that it brings about satisfaction but it doesn't result in over corpulence²¹. *Yusha* prepared from cereals and pulses contains proteins administered after carbohydrate diet. Cereals and Pulses are plant source of proteins which are simple proteins. Later complex proteins in the form of meat are administered. Adding spices and fats is for stimulating bile and helping the digestion. In this way all form of food is introduced. Even though great importance had been given to *Samsarjana Krama* since ancient period, now days it has been neglected. *Shodhana* benefits will be achieved only after completion of *Samsarjana krama*. Now a day's *Samarjana Krama* is blindly practiced without assessing the *Avastha* of disease. *Samsarjana Krama* is different from person to person disease to disease according to level of *Shodana*. It is duty of wise doctor to select such a *Samsarjana* which acts as *Vyadhihara* and *Agni Deepaka*.

CONCLUSION

Samsarjana Krama is the sequential diet regimen followed after *Vamana* and *Virechana Karma* to enhance the *Jatharagni* (digestive power or capacity of the digestive system of the body). *Samsarjana Krama* is the need for every *Samshodhita Purusha*. It helps to regularize the *Jatharagni* which is weakened due to *Shodana* procedures and to overcome the *Doshakshaya* and *Dhatukshaya* (depletion). Benefits of *Samsarjana Krama* in *Panchkarma* are; it normalizes the *Jatharagni* and *Vayu*, provides nutrition and helps to normalize the body tissues, which are weakened due to *Samshodhana*, by

arranging such plans, the diet comprised of all the tastes can be served through meals (*Annakala*) and *Dosha* becomes normal.

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