

# VASTI SAMEEKSHA

## *Insights and Outcomes from the Interactive Workshop on Niruha*

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### **Introduction**

The Department of Panchakarma at VPSV Ayurveda College, Kottakkal, initiated *Vasti Sameeksha*, an integrative workshop focused on *Niruha*. While practitioners commonly observe the remarkable benefits of *Niruha* in clinical practice, certain aspects remain less understood. The workshop aimed to deepen the classical understanding of *Vasti*, explore the nuances of *Niruha*, update contemporary practices, and foster consensus among institutions regarding its application.

### **Organization**

The Department of Panchakarma, VPSV Ayurveda College, Kottakkal hosted this two-day offline interactive session on 7<sup>th</sup> and 8<sup>th</sup> December 2024. We aimed at providing a platform for lively discussions and the exchange of ideas among scholars. The programme was inaugurated by Dr. A. K. Manojkumar, Professor and Head of the Department of Panchakarma.

### **Participants and moderators**

It was attended by 73 delegates which included 62 postgraduate scholars from four leading Ayurveda colleges in Kerala and 11 teaching faculty working as Professors in the Department of Panchakarma of various colleges in Kerala.

The sessions were moderated by two eminent experts with strong theoretical knowledge and extensive clinical experience: Dr. Kirathamoorthy P.P. (Principal, Vishnu Ayurveda College, Kerala) and Dr. G. Vinodkumar (Retired Professor, Government Ayurveda College, Thiruvananthapuram). Their expertise facilitated consensus on differing opinions and encouraged the development of standard operative procedures while emphasizing the exploration of new formulations.

### **Pre-workshop activity**

A Pre – workshop activity was carried out one month before the workshop. Panchakarma departments of all colleges in Kerala were invited to participate in this. Interested departments compiled a comprehensive list of questions based on literature reviews and practical experiences. These questions were categorized under topics such as indications and contraindications, medicine, dosage, procedure, diet, complications, schedule, and mode of action. In total, 106 questions were collected and distributed to participating departments for review and preparation.

### **Theme and conduct of workshop**

During the workshop, the questions were addressed sequentially. The representatives from each institute sharing their insights. Commonalities were documented and differences were debated. This was instrumental

in leading to a refined understanding of foundational concepts, expanded clinical perspectives and improved assessments of *Niruha* practices.

### **Outcome and key takeaways**

The discussion covered topics such as textual indications and contraindications along with a contemporary perspective on them. It included the addition of various *Avapa* and their dose standardization. Here, the differing opinions among the *Samhita* and the need for finding a common ground was highlighted. One instance noted in particular was the addition of *Saindhava* to *Ksheera Vasti*. The variation in dosage and its adaptation to modern practice were addressed, along with in-depth discussions on different aspects of *Niruha* administration. Challenges in assessing *Samyak niruha lakshana* in practical scenarios, post-procedural care, and the need for further exploration of schedules for *Niruha* and *Anuvasana* beyond *Yoga-Vasti* were also brought to light and thoroughly examined. The outcomes of this workshop are being compiled into detailed minutes for each section and will be going for detailed documentation.

### **Conclusion**

This session has influenced scholars to improve their *Niruha* practices, refining their approach from detailed, micro-level adjustments to broader, macro-level improvements. Far from concluding the discussion, this initiative marked a tiny step towards the beginning of a series of workshops aimed at advancing Panchakarma procedures.