CLINICAL IMPORTANCE OF VAMANA KARMA IN SPECIFIC DISEASES: AN AYURVEDA REVIEW

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ABSTRACT

Panchkarma is one of the important aspects of ayurveda which help to combat against various diseases. The different treatment modalities of Panchkarma help to sustain normal health status and Vamana is one of them. Vamana means induction of emesis along with internal and external oleation and fomentation. Vamana is used mainly for detoxification purpose to eliminate toxins from upper body parts like intestine. The conceptual text of ayurveda recommended Vamana mainly for Kapha disorders. It offers beneficial effects in cough congestion, food poisoning, obesity, asthma, hyperacidity and some skin diseases. Vamana also used in Pitta headache, nausea, dizziness, chronic cold and sinus problems. Present article deals the clinical efficacy of Vamana.

KEYWORDS: Ayurveda, Panchkarma, Vamana, Kapha disorders.

INTRODUCTION

Ayurveda the traditional science of medicine elaborated by various ancient researchers encompasses enormous information related to disease and their management. Ayurveda describe various treatment approaches based on logical reasoning and clinical practice; Panchkarma is one of them which help in detoxification process and offers various therapeutic benefits. Panchkarma involves five therapeutic procedures (Karma); Vamana Karma is one of them.

Vamana Karma means induction of emesis which helps to remove toxins from the body especially through the intestine or upper body parts. Generally depending upon intensity of procedure Vamana Karma classified into two categories; Mridu Vamana (mild Vamana) and Tikshna Vamana (strong Vamana). Mridu Vamana advised in pathological conditions like; Gula, Yaksha, Kaphavrutavata, Vataarakta, Pittavrutavata and Pandu. Shwasa and Hikka when associated with Kasa and Chhardi may also treat with Mridu Vamana Karma. While Tikshna Vamana recommended for diseases like; Pandu, Unmada, Murchchha and Prameha Pidika.

As like other Karmas, Vamana Karma also carried out in three steps; Poorvakarma, Pradhanakarma and Pashchatakarma. Fomentation and oil massage are suggested before performing Vamana Karma to liquefy Dosha and toxins. The Vamana Karma treatment is normally recommended in early mornings. After Vamana Karma patient generally advised to take rest, fasting, not to involve in heavy physical activity and consumption of heavy materials or emetics should be avoided. Ayurveda mentioned various substances used in Vamana Karma some of them depicted in Figure 1.

Figure 1: Various substances used in Vamana Karma.

Therapeutic role of Vamana in various pathological conditions

- Vamana mainly eliminate vitiated Kapha Dosha.
- Vamana removes vitiated Doshas from Amasaya and Urasa.
- Vamana opens Srotas and improve circulation.
- Vamana reduces inflammatory erythema due to its toxin removal capacity.
• Vamana procedure reduces itching and correct Pitta Dosha.
• It pacifies Rakta Dushti and Dhatu Dushti.

General Clinical Indication of Vamana Karma
• Baha Doshas; when excessive Doshas are accumulated then Vamana may be advised.
• It also recommended in Pidaka, Kandu, Kotha and Shleshma-Pitta-Samatklesha.
• Useful in aggravation of Kapha, Kapha accumulates with Pitta.
• Vamana Karma offers beneficial effects in Apasamara, Viddha and Vishapita, etc.
• It is advised in Kushta, Prameha and Adhoga Rakta pittha, etc.

General Mode of Action of Vamana.

| Ushna, Teekshna, Sukshma and Vikasi Vamana drugs | Circulate through vessels |
| Liquefy the compact Doshas and separate adhered Doshas | Pacify Doshas of Sthula and Sukshma Srotas |
| Separated and pacified Doshas brought to Aamashaya |
| Vayu predominance Vamak drugs stimulates liquefied Doshas from Aamashaya |
| Urdhavbhaghara Prabhava ultimately leads migration of Doshas towards upper body part |
| Emesis/Vamanatake places. |

General Properties of Vamana Aushdhi

- Asatmya (unsuitable)
- Beebhtsa (aversive)
- Durgandha (unpleasant smell)
- Stimulating
- Teekshna
- Vikasi

Recommendation after Vamana Karma

- Cleaning the limbs and face
- Rest for one Muhurta kal
- Suitable Dhamapan
- Tambul sevana
- Nivatgrirhe shayan
- Sansarjan karma

Precautions to be taken during Vamana Karma

- Supporting patient’s forehead
- Support patient’s waist
- Rubbing of umbilical region
- Massage in upward direction
- One should remain cool and calm

- One should not involve in excessive physical activities before and after Vamana Karma.

Vamana also employed in some specific conditions which are described here as follow

- Vamana for Diseases originated by Kapha Dosha
- Vamana for Skin Diseases
- Vamana for Hypothyroidism
- Vamana Karma in Jeerna (Pratishyaya)

Vamana for Diseases originated by Kapha Dosha

Vamana for Skin Diseases

Vamana Yoga which may comprises of Vacha Churna, Madanphala Pippali, Saïndhava and Madhu may be used in skin disease, while Yashimadhu Phanta may be used as Vamanaopaga Dravya. Literature study confirm that Vamana reduces symptoms of skin disease like; Balusrava, Kandu, Pidaka, Shotha, Daaha and Vedana. Study confirmed that Snehana and Swedana as Poorvakarma provides Samshodhana effect. Ingredients of therapy possess Kushtaghna, Amapachana, Kaphagna and Krimighna qualities which pacify symptoms of diseases. Vamana Yoga help to eliminate Kapha Dosha thus reduces pathological progression of disease. Vamana Karma expels out toxins present in the Rasadi Dhatu and purifies Dushya of skin disease. Vamana cleared channels which improve process of body nourishment, it further cleared Bahyaroga Marga and increase Indriya Bala of Twacha thus reduces severity of skin disease. Jeemutaka indicated for Vamana Karma in Kushtha Roga

Vamana for Hypothyroidism

The literature study suggests that Vamana and Virechana Karma offers beneficial effects in hypothyroidism since both therapies help to remove vitiated Kapha and Vata Doshas. Drugs having Kapha Vatahar, Ushna and Vatanulomana properties may be applied for disease management. The Kaphavrit naginamandya janya vyadhi rashah property of Vamana Karma provides beneficial results in hypothyroidism. Drugs like; Bhallataka, Pippali, Panarnava, Amrita and Guggulu which having

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Agni-deepana, Kapha-vatahara and Medohara qualities may be recommended for this purpose.

**Vamana Karma in Jeerna (Pratishyaya)**

Pratishyaya occurs when Nidana Sevana (causative factors) Doshas accumulated in Shira Pradesha, it is related with Kapha Dosha. Ayurveda literature suggests that Vamana Karma may offer relief in Pratishyaya since it boosts functioning of Murdha and Indriya. Urdhva Kaya Shodhana through Vamana followed by Shiro Virechana & Nasya help to remove Doshas from the Shir Pradesha.

**REFERENCES**


