



VIRECHANA DRAVYON KI KARMUKTA— A REVIEW

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ABSTRACT

Virechana is a therapeutic procedure by which the Doshas are eliminated through the adhomarga. It mainly eliminates pitta dosha. So it is used specially in pittaja vikara. Those dravyas which are used in virechana karma possess the qualities of Ushna, Tikshana, Sukshma, Vyavayi, Vikasi having predominance of Prithvi, Jala Mahabhutas and Adhobhaghara Prabhava. The various classification of virechana dravyas and their mode of action in ayurvedic and modern pharmacodynamics will be presented in detail in this paper.

KEYWORDS: Virechana; Pitta; Adhobhaghara.

Virechan is a part of panchkarma therapy, an important branch of ayurveda which deals mainly with elimination of the vitiated pitta dosha from the body, so that the pittaj diseases are cured completely.

“ तत्र दोषहरणं अधोभागं विरेचनसंज्ञकम् ” (च.क. ¼)

Virechan karma is a therapeutic procedure by which the doshas are eliminated through the adhomarga. It is not ordinary purgation method but induced by physician by administering drugs for the benefit of the patient to get rid off the disease. Virechan is done to eliminate pitta dosha mainly, as well as influences vata and kapha dosha elimination. Thus the scope of virechan therapy is much wider.

The virechan dravya possesses the qualities of ushna, tikshana, sukshma, vyavayi, vikasi having predominance of prithvi, Ap mahabhutas and adhobhaghara prabhava by which it produce virechan.

Classification of Virechan Dravya

- According to Acharya Charak
त्रिवृत्त सुख विरेचनानां ।।
चतुरंगुलो मृदु विरेचनानां ।।
स्नुक पयस्तीक्ष्ण विरेचनानां ।। (च.सू.25/40)

- Acc. to Sharangadhara
Acharya classified virechan drug into 4 types on the basis of action, potency of drug and consistency of stool.

Anulomana

The drugs that excrete the malas downwards after digesting it and breaking its bandha are known as *Anulomana*. eg. *Haritaki*.

Sramsana

The drugs which bring the semi digested and sticky mala without doing its digestion is known as *Sramsana*. eg. *Aragvadha*

Bhedana

The drugs which disintegrate the *Abadha* (unformed) or *Baddha* (formed) or *Pindita* (dried fecal mass) forms of mala by penetrating into it and then evacuating is known as *Bhedana*. eg. *Katuki*.

Rechana

The drugs which eliminate digested and undigested malas or doshas by making it loose is known as *Rechana*. eg. *Trivrut*.

KARMUKATA OF VIRECHANA DRAVYAS**Ayurvedic view**

Action of virechana dravya is divided in the following 2 ways.

1. Systemic- by which it brings down the morbid dosha, particularly Pitta from shakha to koshta.
2. Local evacuant- which is concerned with the evacuation of these dosha in the form of mala from the gut by adhobhaghara property.

Virechana drugs are having *ushna*, *teekshna*, *sukshma*, *vyavayee*, *vikashi* properties and *adhobhaghara prabhav*.

Modern view

- **Local action-** Virechana dravya are mild irritant to the stomach and the intestinal mucosa to cause inflammation. Hence hyperemia occurs due to arteriolar dilatation and capillary dilatation.
- Exudation of protein rich fluid through the vessel wall in the intestinal tissue helps in dilution of toxins.
- Virechana drug act on nerves, hormones, liver and crypts of lieberkuhn and they have irritating effect on defecation centre in Medulla oblongata.
- Virechana drug causes irritation in intestinal mucosa thereby leading to excessive secretions from intestinal mucosa like hepatocinin, secretin and cholecystokinin.
- This leads to irritation and stimulation of vagus nerve.
- Vagus nerve causes irritation of Liver and Pancreas which causes increase small intestinal secretions which adds to irritation of mucosa.
- Whenever a segment of large intestine irritates, then mucosa secretes large quantities of water and electrolytes in addition to alkaline mucus.
- This leads to dilution of irritating factors and cause rapid movement of the faeces towards the anus.

Correlation between Ayurvedic and Modern purgatives**1. Anulomana vs Laxative**

The drug which will do malapaka and removes the bandha to expel them downwards is known as Anulomana.

Laxative causes the elimination of soft, formed stool without griping and without much loss of water.

2. Sramsana vs Bulk Laxative

The malas which remain stick to the kostha will be expelled without paka by these drugs.

The natural or semisynthetic polysaccharides and cellulose derivatives, which when given orally are not absorbed and increase the indigestible residue are known as bulk laxatives.

3. Bhedana vs Choleric and Emollient Laxative

The action by which solid or liquid purisa and malas will be expelled downwards is called as Bhedana.

They are not significantly absorbed and exerts a softening as well as lubricating effect on faeces. Any agent that increase excretion of bile by the liver. The excessive bile may lead to purgation.

4. Rechan vs Cathartics

The drug which will excrete the pakva or apakva malas downwards in the liquid form is known as Rechan.

Drugs which are used to promote defecation are called Cathartics. They exert an osmotic effect and therefore hold considerable amount of water, thus increasing the intestinal bulk. Thus mechanical stimulus causing evacuation.

CONCLUSION

The mode of action of Virechan dravya is revealed by Ushna, Teekshna, Sukshma, Vyavayee, Vikashi properties and Adhobhagahar prabhav of virechan drugs. Liver excretes cholesterol, bile pigments, heavy metals, toxins, bacteria and virus through bile.

Bile can be called as pitta according to Ayurveda.

So Virechan is the best purificatory procedure especially for Pittaj disorders because of its simplicity eliminating doshas in more quantity with less stress and having lesser complications compared to Vaman.

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