



## REVIEW OF VIRECHANA KARMA IN AYURVEDIC CLASSICAL TEXT

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## ABSTRACT

Ayurveda has a specialised branch known as *panchkarma*. *Virechana* is the second-most important *shodhan karma* after *vaman karma*. Ayurvedic cleansing therapy is the focus of *Virechana*. It effectively aids in the healing of a few illnesses. It is a medically assisted therapeutic technique that purifies the blood, balances *pitta*, and aids in the removal of dangerous toxins that build up throughout the body. Also, it helps in GI tract cleansing. Purification is given more importance because disease once cured by *shaman chikitsa* may give rise to disease after sometime, where as it cannot be provoked once it is totally expelled by *shodhan chikitsa*. It not only eliminates doshas but also improves overall health of human body. *Virechana* is performed three days after *Vaman Karma*. The duration of therapy, varies depending on the conditions and cases involved. Prior to receiving *virechana* therapy, *vamana* is not necessary. It can be carried out following *purvakarma*. *Virechana* is done prior to the administration of *rasayana* therapy. When a person is healthy and sick due to *pitta prakopa*, *virechan* is performed in *sharadritu*. *Virechan Karma's* effects on the *pitta dosha* also affect *kapha* and *vata*.

## INTRODUCTION

The mind, soul, and body of an individual can be cleansed and rejuvenated through ayurveda. The science of life is Ayurveda. It provides us the skills necessary to live a healthy, disease-free life. Two ayurvedic therapeutic procedures are *shodhan* and *shaman*. *Shodhan* consists of *vaman*, *virechan*, *basti*, *nasya*, and *shirodhara*, each of which has a distinct significance. *Shaman* is a way of dosha suppression with limitations, but *shodhan* offers a wide range of acts that may completely eliminate a dosha from the body and restore full health.

*Virechana* is an essential part of *shodhankriya* for dosha removal. It eliminates *pitta dosha* from the body's cellular level and also from *amashaya*. It is a form of therapy that not only helps to empty the bowels but also has systemic and local effects.

## Definition

According to *acharya charak*, *Virechana* is the term used to describe the process of carrying out vitiated *doshas* by *adhobhaga*.<sup>[1]</sup> Orally administered medications work on internally located doshas, primarily *pitta dosha*, and then expel it through the anal canal. This technique is helpful for *pitta*-related diseases that are associated with *vata* or *kapha*.

## Classification

## A. On the basis of mode of action

- *Anulomana*- expelling the mala after digestion. Eg haritaki
- *Stransan*- expelling half digested and sticky mala without digestion. Eg- aaragwadh
- *Bhedan*- expelling pindit mala. Eg-katuki
- *Rechana*- expelling mala in watery form through anal route. Eg- trivritta

## B. On the basis intensity of action

1. *Mridu virechana* – the mild virya dravya or combined with opposite virya or given in low dosage and causes less purgation.  
Indicated – *shodhan* done previously, *durbala*, unknown *kosht*, *alpa dosha*.
2. *Sukh virechan* – drugs in moderate quantity called *Madhya virechan*.  
Indicated – disease with moderate symptoms, *balvaan rogi*. Eg *trivrit* \**snehana* – *swedana* – *peya* next day morning *nishosth sevan*—*sukh virechana*.
3. *Tikshna virechan* – drug which causes *mahavega* and remove doshas in large quantity.  
Indicated – *balvaan rogi*, *krura kosht*. Eg *snuhiksheer*, *jayapala*, *danti*.

### C. On the basis of drug properties

1. Snigdha virechana – Sneha used as virechan dravya. It should be given in all patients except snigdha patients.<sup>[2]</sup>  
Contraindicated- pt. has been given higher doses of Sneha e.g erand, tilwal, aragvadha.
2. Ruksha virechan – given by ruksha dravyas. prescribed in pt. who is atisnigdha because in such pt. increased Sneha may cause adherence of dosha instead of being detached. Eg haritaki, danti, katuki.

### D. On the basis of part used<sup>[3]</sup>

- Mula – shyama trivrit
- Phala – haritaki
- Twak – tilwak
- Tail – erand
- Swaras – karvelak
- Dugdha – snuhi

Virechana Dravya – shyama (kaali nishoth), tilvak, trivrit, chaturangul, mahavriksha, saptla, shankhini, danti, dravanti.<sup>[4]</sup>

### Virechana yog acc. to Ritu – (ch/kalp)<sup>[5]</sup>

- Varshakalik virechana yog – safed, nishoth, indrayav, peeper, shonth – take each churna in equal amount with madhu.
- sharadkalik yog – safed, nishoth, dyralabha, motha, chini, sugandhbala, Chandan, mulethi, shatla each churna taken with angur ras.
- Hemantkalik yog- safed nishoth, chittrak, patha, jeera, saral (dhoop), vach, swarnachiri mool take in equal amount mix with boil water.
- Gireeshm ritu – chini, safed nishoth take equal amount with boil water.
- Pratyek ritu – safed nishoth, trayamana, hapusha, saatala, kutki, swarnachiri take in equal amount churna + 3day gaumutra bhawna.

### Virechana Dravya karyamukta

1. Virechana ausadh, Swaguna- ushana, Tikshna, vyavayi, vikashi, suksham guna due to their virya enters in Hridaya.
2. Suksham or vyavayi guna causes ausadh to pass through the dhamni & enter in every suksham and sthool strotas.
3. Soften body by snehana now dosha smoooh dissociation occur.
4. Doshha comes in amashaya due to mahabhuta prabhav (Jala+Prithvi) → virechana.

### Indication

- Pitta pradhaan vyadhi- jwara, pandu, kamala, halimaka, Netra aasyadaha, paitika vyadhi.
- Kapha Pradhan vyadhi- prameha, netrasrava, nasasrava, shwasa, kasa, urdhava jtrugat vyadhi, hridroga.
- Rakta Pradhan vyadhi- pliha, vyanga
- Shodhan Pradhan vyadhi- garvisha, krimikosht

- Bahudoshaj vyadhi-kusht, prameha. Gambheer vyadhi- unmaad apasmaar
- (Ch/sidhi) Kusht, jwar prameha, bhagander, udar roga, arsha, pleeha roga, galgand, arbud, granthi roga, visuchika, alsak, mutraghaat, krimikosht, visarp, yonigodosa, shukraa dosha, timir, mukha daah, chardi, vyang, nilika, apchi, avipaka, arochak, vatarakt.<sup>[6]</sup>
- (Aacharya sushrut) pakvashaya roga, vidradhi, shaardagdha, agnidagdh, dushtvran, kaach, akshipaka, gudroga, medraroga, pittasthaangant roga.<sup>[7]</sup>
- (Ac. Vag.) gulma, arsha, visphot, vyang, kamla, jeerna jwar, chardi, pleehavidhi, udar roga, garvisha, timir, kaach, halimaka, vidradhi, syand (abhishyand), pakvashayagat peeda, yoniroga, shukraroga, vrana, mutraghaat.<sup>[8]</sup>

### Contraindication

#### (Ac. Sushrut)

Mandagni peedit, stisnigdha, balak, vridh, sthool, bhaya dukhi, ajeerna awastha bhojan, garbhini, adhog raktpitta, Naveen pratishyay, navjwar, navprashoota, shalya peedit, snehana not finished.<sup>[9]</sup>

#### (Ac. Charaka)

Sukumar, chattgud, ajeerna, muktnaal, after langhan, after nirohabasti, aadhyamaan rogi, madaatya, durbalaindriya, atiruksha, atidarun kosht rogi, urachati.<sup>[10]</sup>

#### (Ac. vg.)

nava jwar, alpagni, adhog raktpitta, chattguda, atisaar, shalya rogi, kuroor kosht, ati snehana rogi, rajyakshma.<sup>[11]</sup>

### Procedure

#### 1. Purvakarma

- a. sambhara sangraha
- b. aatur Chayan
- c. kosht/agni pariksha
- d. sahmati patra
- e. Deepana pachana
- f. Aatur shidhta

#### a. Sambhara sangraha

To prepare for complications before the pradhaankarma, arrange the medications and equipment needed for the virechana karma. such as Deepana pachana dravya – chitrakaadi vati, aampachak vati, medicated ghrit.

- Virechan drug- erand tail, trivritta aradvadha fala majja, ichhabhediras, ushana jala.
- Bahayasnehan oil- tiltail, balaashwagandhadi tail
- Swedan drug- nadiswed, pottali swed.

b. Atura pariksha – virechana yogya rogi rog pariksha dashvidha parikshya bhaav ashtvidha pariksha, dwadash parikshya Vishaya, dosha systemic examination and

vitals should be carried out before the administration of virechana karma.

#### Virechana after vamana

Vamana sansarjan karma (3,5,7days) 8<sup>th</sup> day rest, 9, 10, 11day snehapana 3day rest (abhaiyang, swedana) virechana

#### Virechana without vamana

Snehapana (3,5,7day) rest (abhyanga, swedana) virechana

Deepana, pachana is done before virechanakarma, then internal snehapana given acc. to pt. agni and koshta.

- Deepana- Dravya does not digest aama but raises agni called Deepana Dravya. they are agni or vaayu pradhana.
- eg- peepaliaadi gana, guduchyaadi gana, trijaatak, chaturjaatak, pachkola, shatpishpaadi varga.
- Pachana – Dravya does not raises agni but digest aama called pachana Dravya. Eg- agnitundi, shankh vati, trikatu churna, shunthi churna.

❖ **Snehapana kala** – 3 to 7 days till the samyaksnidha lakshana like twak snigdhta, indriyaprasanta, adhstahat Sneha. Main symptom of samyak snigdha is adhstahat snehadarshan. 3day gap before doing virechana.

If snehana was performed for longer than 7 days, it became satmya.

(Ac.su.) mridukosht- 3day snehana

Madhyamkosht- 4-5 day

Kururkosht- 7days

According to Acharya Charak, if Snigdha Lakshana does not appear after seven days, you should take a few days rest. Repeat Sneha after rest in more amount.

- In 3day gap bahya abhyanga, swedan done according to pt. condition. Aahara should be pittakar like snigdha, ushana, drava etc.
- Acharya Sushruta advised light diet and phalamla juice a day before virechana.
- Dalhana described that this type of diet will increase pitta and favourable for virechana.
- Acharya Charaka suggested that virechana karma be performed for samyak virechana in manda kapha. Because kapha and Sneha share the same guna, there is a surge in kapha after snehpna, making it challenging to do virechana. We must therefore wait three days for Kapha Shaman.
- Acharya Vagbhatta advised giving virechana ausadhi on an empty stomach after kaphakala to someone who was peacefully sleeping at night.
- Virechana drug dose decided acc. to pt's kosht, agni, bal, kala, satmya, vaya, for samyak yoga of virechana.

## 2. Pradhan karma

- a. Administration of drug - Virechana medication should be taken on an empty stomach and in pitta kala.
- b. Atura parikshan- Due to the unpleasant taste and irritating properties of virechana medicines, patients were advised to consume the fragrance of roses, jeerawater, or lemonwater if nausea or vomiting occurred. Patient must have total rest.

Patient repeatedly receive small amounts of hot water. If vegas do not start with repeated administration of hot water then swedan over udara[abdomen] done by warm palm. The appearance of kapha is the ideal sign of virechan's samyak shudhi.

#### Ausadh jeerna lakshana<sup>[12]</sup>

- Vata anulomana udgaar sudhi manaprasanta bhookh pyas
- Indriya laghuta utsaah udgaar sharira laghuta

#### Ausadh ajeerna lakshana<sup>[13]</sup>

- Kalama shirashool daurbalya arati angasadan
- Daha bhrama angshaad murcha

(Ch.shidhi 6/20) samuchita virechana - mala pitta kapha, krishta, daurbalyata, laghuta in body occur.<sup>[14]</sup>

#### Vega vinishchaya

Types of Shudhi	Maniki	Vaigiki	Antaki
Pravra shudhi	4 Prastha	30 Vega	Kaphanta
Madhyam shudhi	3 Prastha	20Vega	Kaphanta
Avara shudhi	2 Prastha	10 Vega	Kaphanta

#### Samyak yoga lakshan

- Lightness of body
- Indriyaprasadan
- Srotoshudhi
- Laghuta
- Agnivridhi
- Vata anulomna
- Absence of ayoga lakshana

#### Vyapada

Acc. to acharya charak – 10 vyapada<sup>[15]</sup>

Acharya Chakrapani has divided in two groups

A. Atiyoga – parikartika, jeevadana, vibhransh

B. Ayoga- adhmana, parisrava, haridgraha, gatragraha, updrava, klama, stambh.

#### Acharya Sushrut mentioned 15 complications

**3. Paschat karma** -Sitting or standing in one position for long duration has be avoided, long walks has to be avoided.

Sleeping during the day, being exposed to extremes of heat or cold, and directly blowing wind should be avoided.Exposure to heat or cold directly flowing wind, sleeping during day should be prohibited.

To restore *agni* to normal *sansarjan karma*, *virechana karma* normalise *rogi bala* and *kayagni* must be strengthened.

**Sansarjan karma:** The *agni* weakens after *samshodhan karma* as a result of the removal of *dosha* from the body; hence, *peyadi sansarjan karma* should be practised to

enhance the *agni* or *prana*. It should be provided according to Pt. *Shudhi* and *Bala*.

#### Types

1. *Peyadi sansarjan karma*
2. *Tarpanadi karma*

#### *Peyadi sansarjan karma*<sup>[16]</sup>

Day	Time	Pradhan shudhi	Madhyam shudhi	Avar shudhi
1day	Morning Evening	— <i>Peya</i>	— <i>Peya</i>	— <i>Peya</i>
2day	Morning Evening	<i>Peya</i> <i>Peya</i>	<i>Peya</i> <i>Vilepi</i>	<i>Vilepi</i> <i>Akrit / krit yoosh</i>
3day	Morning Evening	<i>Vilepi</i> <i>Vilepi</i>	<i>Vilepi</i> <i>Akrit yoosh</i>	<i>Akrit/krit mansh rasa</i> <i>samanya aahara</i>
4day	Morning Evening	<i>Vilepi</i> <i>Akrit yoosh</i>	<i>Krit yoosh</i> <i>Akrit mansh rasa</i>	Total annakala=4
5day	Morning Evening	<i>Krit yoosh</i> <i>Krit yoosh</i>	<i>Krit mansh rasa</i> <i>Samanya aahara</i>	
6day	Morning Evening	<i>Akrit mansh rasa</i> <i>Krit mansh rasa</i>	Total annakala=8	
7day	Morning Evening	<i>Krit mansh rasa</i> <i>Samanya aahara</i> Total annakala=12		

**Tarpanadi karma-** It is administered to a patient who has an increase in *kapha* and *pittadosha* as well as *vata* and *pitta prakriti*.

#### Mode of action

Heaviness is brought on by *Prithvi* and *jala mahabhutta pradhaan*, *virechana dravya*. The property of *virechan dravya* is *sara*, *Sukshma*, *ushna*, *tikshna*, *vyavayi*, *vikasi*.

- Due to *Vyavayi guna virechana dravya* get absorbed and reaches all the macro & micro channels quickly.
- *Vikasi guna* softens and loosens things.
- *Ushna guna* causes the *dosha* sang to liquefy.
- *Mala* and *doshas* are broken by *tikshana*.
- *Sukshma guna* penetrates microscopic pathways and breaks down toxins.

#### CONCLUSION

Ayurveda has a special branch known as *panchkarma*. *Panchkarma* is a particularly designed series of five processes for the internal purification of the body through the nearest possible route. The *panchkarma* procedures can serve as a preventive, curative, and health-promoting measure. Better for health and illness condition prevention. It is possible to treat both acute and chronic illness conditions.

*Virechankarma* is used in modern practice since it processes more quickly than *vaman karma*. It is a purifying procedure that stimulates *dhatvagni*, speeds up metabolism, and gets rid of metabolic waste primarily *pitta* and *kapha dosha*.

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