

SYMPTOMS AND MANAGEMENT OF SAMYAK YOGA, AYOGA AND ATIYOGA OF
VAMANA AND VIRECHNA KARMADr. Radha Avinashrao Chawardol^{1*} and Dr. Vaishali Ramrao Chawardol²¹Assistant Professor/ Consultant (Panchakarma), Pravara Rural Ayurved College, Loni, Tq. Rahata, Ahmednagar (Maharashtra) India.²Professor, Kaumarbhutya Dept., Manansrovar Ayurved College, Kolar Rode, Bhopal (MP) India.

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ABSTRACT

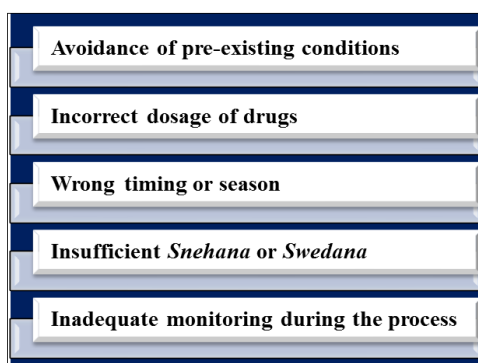
The *Vamana* and *Virechana Karma* are crucial modalities of ancient purification therapy *Panchakarma*. These procedures employed for achieving various goals related to the physical and mental well being. The conduction of adequate *Panchakarma* procedure is prerequisite to avail maximum health benefits of therapy. While inappropriate (*Ayoga*) or excessive (*Atiyoga*) implementation of *Vamana* and *Virechana Karma* can produce noxious health effects. Therefore *Vamana* and *Virechana Karma* should perform optimally (*Samyak Yoga*). *Samyak* procedure ensures the efficacy and safety of therapies. Thus Ayurveda science first suggested optimal conduction of these procedures, however in case of *Ayoga* and *Atiyoga* Ayurveda also recommends some approaches to manage associated adverse effects. Uses of *Deepana-Pachana* therapy, *Snehana* and *Swedana* procedures, *Pathya-Apathya Ahara/Vihara*, rest and recuperation, etc. are advocated for managing complication of *Vamana* and *Virechana Karma*. This article summarizes symptoms and management of *Samyak Yoga*, *Ayoga* and *Atiyoga* of *Vamana* and *Virechana Karma*.

KEY-WORDS: *Ayurveda, Panchakarma, Vamana, Virechana, Samyak Yoga, Ayoga, Atiyoga.*

INTRODUCTION

Vamana and *Virechana Karma* are detoxification therapies in Ayurveda, which are considered essential for maintaining *Doshic* balance, removing *Ama* and promoting overall health. *Vamana* as therapeutic emesis; is effective in expelling excess *Kapha*, addressing conditions like bronchitis and asthma, while *Virechana* as therapeutic purgation targets excess *Pitta Dosha*, helping to manage skin diseases, digestive problems and liver disorders, etc. These therapies not only cleanse the gastrointestinal tract but also enhance mental clarity, prevent diseases, maintaining *Doshic* equilibrium and

improve the efficacy of subsequent Ayurvedic treatments.^[1-3] Proper execution of these therapies, including preparatory and post-therapy procedures, is crucial for maximizing their benefits, making the body more receptive to rejuvenation and other treatments. On other hand inappropriate execution of these therapies can produce adverse effects which need to be cure immediately as arises. The symptoms of *Ayoga* and *Atiyoga* of *Panchakarma* therapies may arise due to the various factors associated with the procedural protocol as depicted in **Figure 1**.^[4-6]

Figure 1: Causes of *Ayoga* and *Atiyoga* of *Panchakarma* therapies.

Ayurveda philosopher advises guideline for proper administration of *Vamana* and *Virechana Dravya* to maximize their health benefits. This article further described symptoms of *Samyak Yoga*, *Ayoga* and *Atiyoga* of *Vamana* and *Virechana Karma*. Here management of conditions associated with *Ayoga* and *Atiyoga* of therapies also discussed.

Samyak Yoga, Ayoga and Atiyoga of Vamana

The properly administered therapy produces sense of

relief, reduction in heaviness and congestion, cure symptoms like fatigue or dehydration. On other hand *Ayoga* (inadequate *Vamana*) causes incomplete expulsion, heaviness, congestion and presence of residual *Kapha*. *Atiyoga* (excessive *Vamana*) leads weakness, dehydration, dizziness and discomfort in chest and stomach. **Table 1** summarizes symptoms of *Samyak Yoga*, *Ayoga* and *Atiyoga* of *Vamana Karma*.^[6-8]

Table 1: Symptoms of Samyak Yoga, Ayoga and Atiyoga of Vamana Karma.

Types of Yoga	Signs and Symptoms
<i>Samyak Yoga</i>	1. Effortless Elimination: <i>Kapha</i> is expelled fully and smoothly without
Types of Yoga	Signs and Symptoms
	causing undue pressure. 2. Kapha Predominance: The expelled material primarily consists of <i>Kapha</i> , resembling phlegm or mucus with a light yellow or white tint. 3. Sense of Relief: The individual feels a light sensation in the body, mental clarity, and a decrease in heaviness and congestion. 4. Enhanced Digestion: Improvement in appetite and digestive processes.
<i>Ayoga</i>	1. Partial Elimination: Only a small amount of <i>Kapha</i> is expelled due to insufficient vomiting. 2. Persistent Symptoms: Issues like heaviness, congestion and lethargy, etc. 3. Reduced Appetite: The patient may still suffer from poor appetite. 4. Residual Kapha: Continued feelings of heaviness and congestion because aggravated <i>Kapha</i> remains in the body.
<i>Atiyoga</i>	1. Weakness: The patient feels extremely weak and fatigued, and may even faint due to the loss of essential fluids. 2. Dehydration Indicators: Signs such as a dry mouth and throat, dizziness, and lowered blood pressure may appear. 3. Pitta Imbalance: Symptoms like burning sensations and acidity. 4. Aggravated Symptoms: Instead of feeling better, the patient's symptoms worsen, with discomfort in areas like the chest, stomach, or head.

As mentioned above inadequate *Vamana* causes many noxious health effects, the management of these symptoms involves measures which enhance the expulsion of residual *Kapha* and ensure intended therapeutic benefits.

Management of Symptoms of Inappropriate Vamana

- ✓ Additional mild emetics may be administered to stimulate further expulsion of *Kapha*
- ✓ using common emetics such as *Madanaphala* or combination of milk with salt.
- ✓ Use of *Deepana-Pachana* drug to enhance digestion and promote movement of residual *Kapha*. *Trikatu*, *Panchakola churna*, *Pippali* and *Chitraka* may be used as digestive stimulants.
- ✓ *Snehana* and *Swedana* can be employed to liquefy remaining *Kapha* and making it easier to expel out.
- ✓ *Pathya-Apathya Ahara & Vihara* include diets which is light and easy to digest. *Kapha*-reducing foods and ginger tea suggested. Avoidance of heavy, oily and cold foods that could aggravate *Kapha*.
- ✓ Use of mild *Virechana* if *Vamana* is inadequate and the *Kapha* remains unexpelled. This process considered helpful when toxins reaches to the lower channels and therapeutic purgation help them to

expel out. *Avipattikar churna* or *Trivrit* can be administered for this purpose.

- ✓ Monitoring or observation of the patient's condition is required to take care of any health emergency associated inappropriate *Vamana*.
- ✓ Therapies which provide hydration, maintain balance electrolytes can be suggested along with *Rasayana* therapies to restore strength.
- ✓ Rest and recuperation is crucial to fasten the recovery process.^[7-9]

Samyak Yoga, Ayoga and Atiyoga of Virechana

Virechana procedures aimed at expelling excess *Pitta dosha*. The adequate therapy (*Samyak Yoga*) witnesses symptoms such as; expulsion of vitiated *Pitta*, stools are *Pitta*-dominant, lightness in the body, relief in burning sensations and improvement in appetite and digestion. *Ayoga* (inadequate *Virechana*) involves symptoms such as; burning sensations, acidity, feeling of heaviness and discomfort. *Atiyoga* (excessive *Virechana*) associated with symptoms like weakness, fatigue, dryness of the mouth, excessive thirst, body aches and abdominal pain, etc. Table 2 summarizes symptoms of *Samyak Yoga*, *Ayoga* and *Atiyoga* of *Virechana Karma*.^[8-10]

Table 2: Symptoms of *Samyak Yoga*, *Ayoga* and *Atiyoga* of *Virechana Karma*.

Types of Yoga	Signs and Symptoms
<i>Samyak Yoga</i>	Moderate bowel movements; ensure the effective elimination of <i>Pitta</i> .
	Stools predominantly show <i>Pitta</i> characteristics, such as yellow and green color with a sour odor.
	The patient experiences lightness with reduced burning sensations.
	Enhancement in appetite and digestive capacity.
	Urine and sweat become clear, without discoloration or strong odor.
<i>Ayoga</i>	Fewer bowel movements than expected, indicating inadequate expulsion of <i>Pitta</i> .
	Symptoms such as burning, acidity and irritability.
	Continued loss of appetite or indigestion may be observed.
	Stools may contain undigested food.
	Persistent feelings of heaviness and discomfort in the body.
<i>Atiyoga</i>	Excessive bowel movements, potentially loss of energy.
	Extreme weakness, fatigue and dizziness.
	Symptoms of dehydration such as dry mouth and thirst.
	Coldness, body aches, restlessness and abdominal pain may develop.

Management of Symptoms of Inappropriate *Virechana*

- ✓ Administering mild purgative like *Triphala churna* or *Eranda* in case of insufficient
- ✓ *Virechana*.
- ✓ Uses of digestive stimulants like *Trikatu churna* or *Agnitundi Vati* to improve digestion and promote the movement of residual *Pitta*.
- ✓ Uses of *Pitta*-pacifying herbs like *Shatavari*, *Guduchi* and *Amalaki* to manage any residual *Pitta* symptoms.
- ✓ Maintenance of hydration and electrolyte balance.
- ✓ Advise patient to rest in a calm and comfortable environment in case of excessive
- ✓ *Virechana*.
- ✓ *Vata*-pacifying herbs like *Ashwagandha*, *Bala* and *Dashamula* to stabilize *Vata* for alleviating symptoms of *Atiyoga* of *Virechana*.
- ✓ *Abhyanga* to pacify *Vata* and nourish the body.
- ✓ Light and nourishing diet like *Kanji* and moong dal. Avoidance of cold and dry foods.
- ✓ *Rasayana* therapies can be recommended to restores strength and vitality.
- ✓ Gradual diet advancement and continuous monitoring to ensure recovery and manage any further complications of *Atiyoga*.

CONCLUSION

Proper administration and monitoring during *Panchakarma* therapies is crucial to ensure *Samyak Yoga* and avoid the complications of *Ayoga* and *Atiyoga*. When therapy is inadequate (*Ayoga*), it means the therapeutic emesis and purgation not produces desired expulsion of *Kapha* and *Pitta* respectively. Proper management is essential to correct *Ayoga* or *Atiyoga* of *Panchakarma* therapies. Digestive drugs along with *Snehana* and *Swedana* are recommended for managing symptoms of *Ayoga* or *Atiyoga* of *Panchakarma* therapies. Proper diet (*Pathya*) also advises along with *Rasayana* therapies to restore strength. *Panchakarma* therapies should be employed with standard procedural

protocol to avoid any complications associated with *Ayoga* and *Atiyoga* of therapy.

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