



ROLE OF VIRECHANA KARMA IN PAKSHAGHATA: AYURVEDA PERSPECTIVE

Dr. Pankaj Nigam^{*1}, Dr. Jinesh Jain² and Dr. Om Prakash Dwivedi³

¹Lecturer, Dept. of Panchkarma, Veena Vadini Ayurvedic College & Hospital, Bhopal (M.P.), India.

²Reader & Dept. of Panchkarma, Govt. (Auto) Ayurved College, Rewa (M.P.), India.

³Professor & HOD, Research Guide, Dept. of Rachana Sharir, Govt. (Auto) Ayurved College, Rewa, (M.P.), India.

***Corresponding Author: Dr. Pankaj Nigam**

Lecturer, Dept. of Panchkarma, Veena Vadini Ayurvedic College & Hospital, Bhopal (M.P.), India.

Article Received on 14/04/2017

Article Revised on 05/04/2017

Article Accepted on 26/05/2017

ABSTRACT

Panchakarma is an vital treatment modalities of Ayurveda which utilizes various *Karma* such as; *Vamana* (emesis), *Virechana* (purgation), *Vasti* (enema), *Nasya* (nasal administration) and *Rakta Mokshana* (blood-letting) for achieving health benefits. *Panchakarma* not only possess ability to treat disease but also prevent diseases prevalence effectively. *Panchakarma* through purification of whole body eliminate vitiated *dosha*. *Panchakarma* involve *Purvakarma* and *Pradhanakarma* which help to acquire maximum therapeutic response. *Pakshaghata* is a brain injury which associated with motor & cognitive impairments. It is *Vataja* disorder and ayurveda described a variety of treatment options for the management of *Vataja* disorder such as; *Snehan*, *Swedan* and *Basti*. Literature also proves that different approaches of *Panchakarma* offers significant relief in various diseases including *Pakshaghata*, this article emphasize beneficial effects of *Virechana* one of modality of *Panchakarma* in *Pakshaghata*.

KEY-WORDS: *Panchacarma*, Ayurveda, *Virechana*, *Pakshaghata*.

INTRODUCTION

Ayurveda described *Panchakarma* as purification process which help to detoxify whole body. *Panchakarma* therapy act as prophylactic care and boost immunity of body. Ayurveda describe use of *Panchakarma* to maintain the normal physiological functioning of body. *Panchakarma* offer beneficial effects in various diseases and act as natural therapy to keep healthy physical and mental status. *Panchakarma* maintain *Tridosha* balances, improve digestion and offer calming effect physically as well as mentally. *Virechana* is one of the important aspects of *Panchakarma*, *Virechana* (purgation) eliminate *doshas* through the *adhomarga* from body and

it is mainly employed for disease where *Pitta dosha* is predominant. *Virechana* detoxify body and through intestinal to anal route and offer relief in different pathological conditions.

Ayurveda describe various disease associated with *Vata Dosha* and *Pakshaghata* is one of them. *Pakshaghata* resembles paralysis which is due to the vitiation of *vata dosha*. Various etiological factors considered responsible for disease such as; hypertension, stress, vascular disorders, infestations of brain tissue, tumours and trauma etc. This article describes role of *Virechana* in *Pakshaghata*.^[1-3]

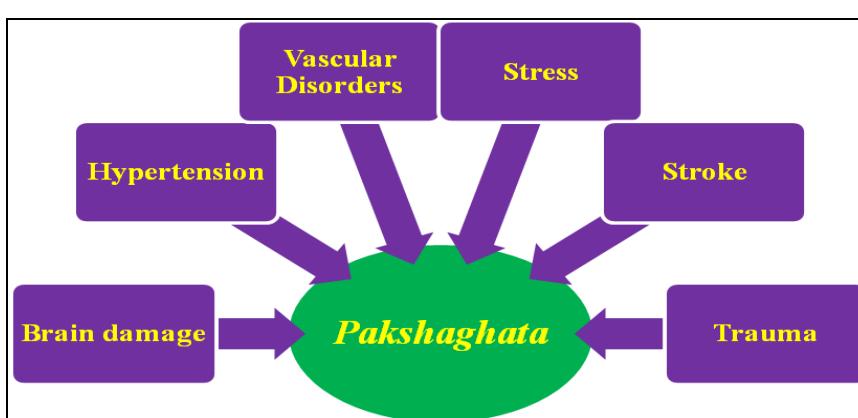


Figure 1. Causative factor of *Pakshaghata*.

Virechana: Virechan described in ayurveda as important aspect of detoxification. *Pitta dushita vyadhi* mainly utilizes *Virechana* as choice of *Sodhana Chikitsa*; *Virechana* should be performed after meal and should wear light cloth during treatment. However consideration of other problem is also important before performing *Virechana*. Study proved efficacy of *Vata Shamaka Panchakarma* (*Virechana*) in the management of *Pakshaghata*. The therapy alleviates *Vata* and purifies the body by removing toxins.^[4, 5]

Pakshaghata involve *Suddha vata prakopa*, *Anyadosha Samsirsta vata prakopa* and *dhatukshayajanya vata prakopa*. As per modern medical science any stroke or shock associated with ischemia and hemorrhage resulting destruction of brain tissue and disturbed blood supply. *Shodhana* of body by *panchakarma* such as; *Virechana* (purgation) pacify vitiate *Doshas* and eliminate toxins through the *adhomarga* from body. *Virechana karma* with castor oil helps to regulate blood supply and control impairment disturbances.^[6-9]

Virechana guideline

- It is recommended to take rest for a while after completion of treatment.
- The noxious activities such as; smoking and drinking need to be avoided.
- Mental and physical relaxation is required.
- Water intake as per guideline of treatment.
- Warm water recommended for bathing.
- While taking *Virechana* suggested diet regimen should be followed.

Precautionary measurement while performing *Virechana*

- Heavy, oily and spicy breakfast or lunch should be avoided in morning time.
- Intake of warm water during therapy.
- One should lie on the back for therapy.
- One should not speak too much and loudly during treatment.^[10, 11]

DISCUSSION

The literature suggested that *Virechana* offer significant relief in disease *Pakshaghata*, the use of *Virechana* therapy possesses relief in symptoms of *Pakshaghata* such as; *Achetanta*, *Ruja*, *Vivandha*, *Guruta*, *Shotha* and *Daha*. Literature proved that *Virechana* therapy improves *Chesta Nivritti* of extremities. *Virechana* offer improvement in tonicity of upper Limb. Therapy control serum cholesterol, LDL & Triglyceride level which may considered responsible for hypertension then *Pakshaghata*.^[12]

CONCLUSION

The research investigations performed by various researchers and available text suggest that *Virechana* provide satisfactory relief in *Pakshaghata* due to its *Vatahara* and detoxifying property. *Panchakarma*

(*Purvakarma*) offer beneficial effects in disease since it relax muscle, boost tonicity and improve circulations. *Panchakarma* boost motor system and muscle restoration take places; thus overall relief in impairment occurs in patient of *Pakshaghata*. Therapy also reduces atrophy and hyper tonicity of the muscle along with improvement in mental functioning. The therapy offers relief in disease condition due to its *vata shamaka* and *brihma* property.

REFERENCES

1. Dr. S.G. Huparikar, Dr. V.P. Jogalekar, Textbook of Agadtantra, 1st Edition, Rashtriya Shikshan Mandal Pune, Lecture, 2008; 7: 35.
2. Susruta Samhita Sutra (26/10), Ayurved Tattva Sandipika Hindi Commentary by Ambika Datta Shastri (2001), 12th edi, Chaukhambha Sanskrit Sansthan Varanasi.
3. Susruta Samhita Sutra (14/25), Ayurved Tattva Sandipika Hindi Commentary by Ambika Datta Shastri (2001), 12th edi, Chaukhambha Sanskrit Sansthan Varanasi.
4. Parul Sharma, Bhushan Sharma and Mohita Bohra, Management of Cerebral Palsy due to Hypoxic-Ischemic Encephalopathy, Through Panchakarma: Case Study, World Journal of Pharmaceutical Research, 2015; 4 (10): 1705.
5. Vivek Kumar Mishra and Neha Mishra, Role Of Panchakarma in Sequential Management of Pranavaha Srotastha Vyadhi in Children, World Journal of Pharmacy and Pharmaceutical Sciences, 2016; 5 (3): 527-538.
6. Charka samhita edited with Vidyotini, Hindi commentary by Pandit Kashinath Panday and Dr. Gorakhnatha Chaturvedi, Chaukhambha Bharti Acadamy, Varanasi, Reprint edition 2008, Sutra sthana, Verse no.20/11, and p.399.
7. Susruta Samhita edited with Ayurveda- Tattwa-Sandipika, Hindi commentary by Kaviraja Ambika Dutta Shastri, Chaukhamba Sanskrit Sansthan, Varanasi, India, Reprint 2005, Nidana sthana, verse no 01/63,p.233.
8. Davidson's Principle & Practice of Medicine by Nicholas A. Boon, Nicki R. Colledge, Brian R. walker and John A. A. hunter,Chuchill Livingstone Elsevier publication 20th edition 2006, p.1200.
9. Astanga Hridaya of Vagbhatta edited with Ayurveda- Vidyotani, Hindi commentary by Kaviraja Atridev Gupt, Chaukhambha Sanskrit Sansthan, Varanasi, India, Reprint 2005, Sutra sthana, verse no. 1/25, and p.11.
10. Singh N. Panchakarma: clearing and Rejuvination therapy for curing the diseases. Journal of Pharmacognosy & Phytochemistry, 2012; 1(2): 1-9.
11. Rastogi S. Panchakarma: Exploring through evidences. Light on Ayurveda Journal 2011; 9: 30-6.
12. Sharma Brahma Nand, Sharma Radhey Shyam, The Comparative Study of *Virechana Karma* And *Basti Karma* in the Management of *Pakshaghata* W.S.R To C.V.A, IAMJ: 2013; 1 (6): 190.