

ROLE OF VIRECHANA KARMA IN PAKSHAGHATA: AYURVEDA PERSPECTIVE

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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 *Panchkarma* offers significant relief in various diseases including *Pakshaghata*, this article emphasize beneficial effects of *Virechana* one of modality of *Panchakarma* in *Pakshaghata*.

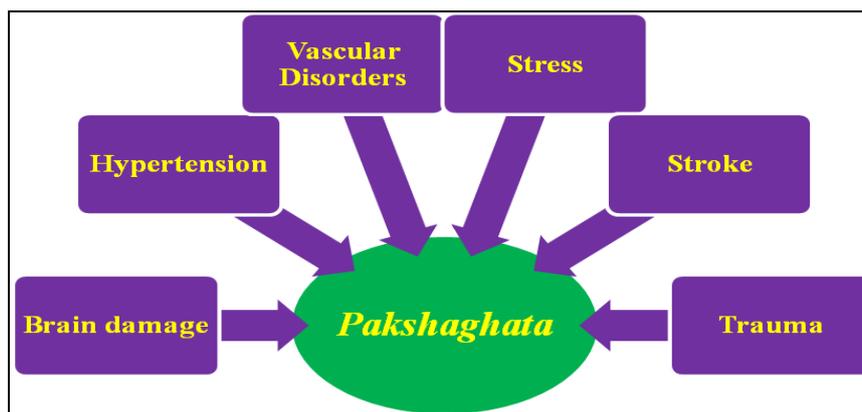
KEY-WORDS: *Panchacarma*, Ayurveda, *Virechana*, *Pakshaghata*.

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 Samsirsa 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 *brihmana* property.

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