

**ROLE OF VAMANA KARMA FOR THE MANAGEMENT OF VICHARCHIKA: AN
AYURVEDA PERSPECTIVE****Dr. Pankaj Nigam^{1*}, Dr. Om Prakash Dwivedi² and Dr. Jinesh Jain³**¹Lecturer, Dept. of Panchkarma, Veena Vadini Ayurvedic College & Hospital, Bhopal (M.P.)²Profesor & HOD, Research Guide, Dept. of Rachana Sharir, Govt. (Auto) Ayurved College, Rewa, (M.P.)³Reader & Dept. of Panchkarma, Govt. (Auto) Ayurved College, Rewa (M.P.)***Corresponding Author: Dr. Pankaj Nigam**

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

Article Received on 14/04/2017

Article Revised on 05/04/2017

Article Accepted on 26/05/2017

ABSTRACT

Ayurveda mentioned importance of *Shodhana* procedure which not only detoxify body but also play significant role in *Bahudoshya Avastha*; *Prameha*, *Kushtha* and other skin disease. *Panchakarma* is applied for the *Shodhana* which contributes greatly towards the treatment and prevention of various diseases. *Panchakarma* offer various *Shodhana* procedure; *Vamana* is one of them. *Vamana* help to eliminate *Kapha Dosha* and *Dushti Ama*. The literature suggests potency of *Vamana* in *Vicharchika* which is a *Kaphaja Vikara* and possesses symptoms similar to the Eczema as mentioned in modern science. *Amashaya* is considered as *Udhhavasthana* of *Vicharchika* since all toxic materials along with *Kapha Sthana* is collected in *Amashaya*, the *Vamana Karma* expelled out these materials from *Amashaya* thus relief disease symptoms. Article describes clinical significance of *Vamana* in *Vicharchika* as per ayurveda literatures study.

KEY WORDS: *Ayurveda*, *Panchakarma*, *Vamana*, *Vicharchika*, *Eczema*.**INTRODUCTION**

Eczema described as *Vicharchika* in Ayurveda science which is one of the *Kshudra Kushthas*. *Rakta Pradoshaja Vikaras* (vitiation of blood) considered as main cause of disease. The disease is chronic and possesses nature of recurrences. *Vicharchika* involve symptoms like; skin rashes, redness, edema, itching, flaking, blistering, dryness and bleeding. *Vicharchika* predominantly involve *Kapha Dosha* and inflammation on upper skin layers. Sometimes it possesses skin discoloration, thickened rashes, skin scaling, hyper pigmentation and criss-cross markings. Ayurveda described *Shodhana* as treatment option for *Kushtha Vyadhi* and it is believed that proper utilization of bio-purification process along with drugs may eradicate disease effectively.^[1-3]

Role of Panchakarma

Panchakarma modalities help to eliminates vitiated exaggerated *doshas* which are the main causes of disease; the various approaches of *Panchakarma* not only detoxify body but also boost immunity, circulation and opens *shrotas* thus offer relief in disease prognosis.

Vamana

Vamana eliminate vitiated *kapha dosha*. It eliminates vitiated *doshas*; *kapha* from whole body but especially act on *amasaya* and *urasa*. *Vamana* eliminates

accumulated secretion along with *kapha* thus opens *srotas* and improve better circulation and detoxification. Literature confirm efficacy of *Vamana* in *Vicharchika* used as *Poorvkarma* & *Pradhankarma*. Investigational study confirms that *Deepana Pachana*, *Abhyantara Snehpana* and *Abhyanga Swedana* should be performed as *Poorvkarma* for beneficial effect of *Vamana* in *Vicharchika*. *Trikatu Churna* may be given as *Deepana Pachana* till the appearance of *Samyaka Siddhi Lakshana*. *Abhyantara Snehpana* may be done with *Navaka Kashaya Siddha Ghrita* till the appearance of *Samyaka Siddhi Lakshana*. *Sarvanga Abhyanga* with *Tila Taila Abhyanga* followed by *Sarvanga Mrudu Swedana* by *Nadi Sweda Swedana* may be performed as *Poorvkarma*. The *Pradhankarma* (*Vamana*) for *Vicharchika* may be done using *Vamana Yoga* & *Vamanopaga Dravya*. *Vamana Yoga* may comprise of *Madanphala Pippali*, *Vacha Churna*, *Saindhava* and *Madhu*, while *Yashtimadhu Phanta* may be utilized for *Akanthapana* (*Vamanopaga Dravya*). The literature data also suggest *Pashchatkarma* after *Vamana* for better relief in *Vicharchika*. *Samsarjana Krama* may be employed as *Pashchatkarma*.^[4] The *Vamana* significantly reduces symptoms like; *Kandu*, *Bahusrava*, *Pidaka*, *Shyavavarnyata*, *Shotha*, *Daha* and *Vedana* in *Vicharchika* thus may be recommended for the management of skin disease like; *Vicharchika*.



Figure 1. Suggested approaches of *Vamana karma* for *Vicharchika*.

DISCUSSION

The literature study suggests that *Vamana* may offer relief in *Vicharchika*. Investigational study performed by researchers confirm that *Deepana-Pachana*, *Snehana* and *Swedana* as *Poorvakarma* offer *Samshodhana* effect. *Deepana-Pachana* drug ingredients of *Trikatu* possess *Kushthaghna*, *Deepana*, *Amapachana*, *Kaphagna* and *Krimighna* properties, while *Navaka Kashaya Siddha Ghrita* ingredients offer *Kandughna*, *Kushthaghna*, *Kaphaghna*, *Krimighna* and *Raktadoshahara* properties. Therefore these drugs may help in *Samprapti Vighatana*. The literature also revealed that *Madanaphaladi Vamana Yoga* acts as the emetic and help to eliminate *Kapha Dosha* which is responsible for pathogenesis of *Vicharchika*. The *Vamana* drugs (*Madanaphala* and *Yasthimadhu*) possess *Kushthaghna*, *Kandughna*, *Krimighna*, *Varnya* and *Rakthshodhaka* properties which offer relief in disease symptoms. *Vamana Karma* help to expel out noxious materials present in the *Rasadi Dhatu* from *Koshtha* then purified *Koshtha* leads formation of *Prakruta Rasadi Dhadu*. *Vamana Karma* not only purifies all *Dushya* of *Vicharchika* but also control pathological progression of disease.

Vamana eliminate *Sanga* in the *Rasavaha*, *Mamsavaha*, *Raktavaha*, *Swedavaha* and *Udakavaha Srotasa* thus all paths gets cleared, which offer nourishment to the body. *Vamana Karma* cleared *Bahyaroga Marga* and *Khavaigunya* present in the *Twacha* thus gets removed. *Vamana Karma* increase *Indriya Bala* of *Twacha* this improves resistance power towards the disease and possibility of recurrence of *Vicharchika* decreases.^[5-8]

CONCLUSION

The literature study suggests that *Vamana Karma* relief signs and symptoms of *Vicharchika*. *Vamana Karma* should be repeated appropriately depending upon severity on proper time to get optimum result of treatment. *Vamana* offer relief in *Kandu*, *Pidaka* and others skin manifestations of disease. The literature suggests that *Vamana Karma* also relief *Shyavavarnyata* and *Bahausrava*. In *Vicharchika* *Vamana Karma* may

offer reduction in symptoms like; *Shotha*, *Daha* and *Vedana*.

Precautionary approached while performing *Vamana Karma*

- Massage and steam recommended before starting *Vamana* in morning time.
- One should remain calm and seat appropriately while taking therapy.
- Milk or sugarcane juice may be recommended.
- Palpitation and discomfort may arise one should take care of that.
- The support for patient by other person is very essential to retain *Vamana* position.
- Massage from back side required during therapy.
- Exposure to the vitiated environmental condition must be avoided.
- After *Vaman* patient should take rest.

REFERENCES

1. Agnivesha. Charaka, Dridhabala, Charaka Samhita Part II, Chikitsa Sthana, Kushtha Chikitsa Adhyaya, 7/30. Reprint. Varanasi: Chaukhambha Bharati Academy; 2006; 253. Hindi commentary by Kashiram Shastri and Gorakhnath Chaturvedi.
2. Agnivesha . Charaka, Dridhabala, Charaka Samhita Part II, Chikitsa Sthana, Kushtha Chikitsa Adhyaya, 7/41. Reprint. Varanasi: Chaukhambha Bharati Academy; 2006; 255. Hindi commentary by Kashiram Shastri and Gorakhnath Chaturvedi.
3. Kaur M, Chandola HM. Effect of Shirishadi Decoction and Snuhyadi Lepa on the patients of *Vicharchika* (Eczema) AYU. 2009; 30: 16–21.
4. Pramod S. Mandalkar, Rajesh Wankhade, Assessment of Efficacy of *Vamana Karma* in the Management of *Vicharchika*, IAMJ, 2015; 3(5): 1544.
5. Vagbhatta, Ashtang Hridaya with Sarvangasundari commentary of Arunadatta & Ayurveda Rasayana of Hemadri, edited by Pt. Hari Sadashiva Shashtri, Chaukhambha Surbharati Prakashan, Varanasi, reprint 2007; Sootra Sthana 14/5; 223.
6. Chakrapani, Charaka Samhita, revised by Charaka & Dridhabala with Ayurveda deepika commentary of Chakrapanidatta, edited by Vd. Jadavaji Trikamji

Acharya, Chaukhambha Prakashan, Varanasi, reprint 2007; Siddhi Sthana 6/7, Page no. 704.

7. Agnivesha, Charaka Samhita, revised by Charaka & Dridhabala with Ayurveda deepika commentary of Chakrapanidatta, edited by Vd. Jadavaji Trikamji Acharya, Chaukhambha Prakashan, Varanasi, reprint 2007; Chikitsa Sthana 7/30; 451.
8. Sushruta, Sushruta Samhita with Nibandha Sangraha commentary of Dalhana and Nyaya Chandrika Panjika of Gayadasa on Nidanasthana edited by Vd. Yadavji Trikamji Acharya & Narayan Ram Acharya, Chaukhambha Orientalia, Varanasi, reprint 2007, Sootra Sthana 38/59; 168.