

**CLINICAL IMPORTANCE OF VAMANA KARMA IN SPECIFIC DISEASES: AN  
AYURVEDA REVIEW****Dr. Amit Mukherjee<sup>\*1</sup> and Dr. Sanjeev Madhukarrao Khuje<sup>2</sup>**<sup>1</sup>Associate Professor, Dept. of Panchkarma, Rani Dullaiya Smriti Ayurved P.G. Mahavidyalaya Evam Chikitsalaya, Bhopal (MP) India.<sup>2</sup>Associate Professor & HOD, Dept. of Rog-Nidana, Govt. (Auto.) Ayurved College & Hospital, Rewa (MP) India.**\*Corresponding Author: Dr. Amit Mukherjee**

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**ABSTRACT**

Panchkarma is one of the important aspects of ayurveda which help to combat against various diseases. The different treatment modalities of Panchkarma help to sustain normal health status and Vamana is one of them. Vamana means induction of emesis along with internal and external oleation and fomentation. Vamana is used mainly for detoxification purpose to eliminate toxins from upper body parts like; intestine. The conceptual text of ayurveda recommended Vamana mainly for Kapha disorders. It offers beneficial effects in cough congestion, food poisoning, obesity, asthma, hyperacidity and some skin diseases. Vamana also used in Pitta headache, nausea, dizziness, chronic cold and sinus problems. Present article deals the clinical efficacy of Vamana.

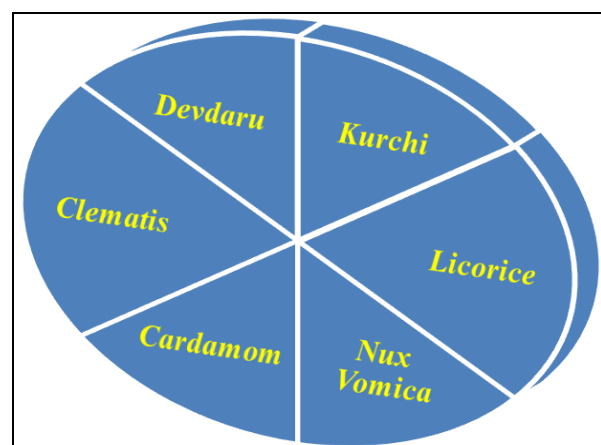
**KEYWORDS:** Ayurveda, Panchkarma, Vamana, Kapha disorders.**INTRODUCTION**

Ayurveda the traditional science of medicine elaborated by various ancient researchers encompasses enormous information related to disease and their management. Ayurveda describe various treatment approaches based on logical reasoning and clinical practice; *Panchkarma* is one of them which help in detoxification process and offers various therapeutic benefits. *Panchkarma* involves five therapeutic procedures (*Karma*); *Vamana Karma* is one of them.

*Vamana Karma* means induction of emesis which helps to remove toxins from the body especially through the intestine or upper body parts. Generally depending upon intensity of procedure *Vamana Karma* classified into two categories; *Mridu Vamana* (mild *Vamana*) and *Tikshna Vamana* (strong *Vamana*). *Mridu Vamana* advised in pathological conditions like; *Gulma*, *Yakshma*, *Kaphavruttavata*, *Vatarakta*, *Pittavruttavata* and *Pandu*. *Shwasa* and *Hikka* when associated with *Kasa* and *Chhardi* may also treat with *Mridu Vamana Karma*. While *Tikshna Vamana* recommended for diseases like; *Pandu*, *Unmada*, *Murchchha* and *Prameha Pidika*.

As like other *Karmas*, *Vamana Karma* also carried out in three steps; *Poorvakarma*, *Pradhanakarma* and *Pashchatakarma*. Fomentation and oil massage are suggested before performing *Vamana Karma* to liquefy *Dosha* and toxins. The *Vamana Karma* treatment is normally recommended in early mornings. After *Vamana*

*Karma* patient generally advised to take rest, fasting, not to involve in heavy physical activity and consumption of heavy materials or emetics should be avoided. Ayurveda mentioned various substances used in *Vamana Karma* some of them depicted in **Figure 1**.

**Figure 1: Various substances used in Vamana Karma.****Therapeutic role of Vamana in various pathological conditions**

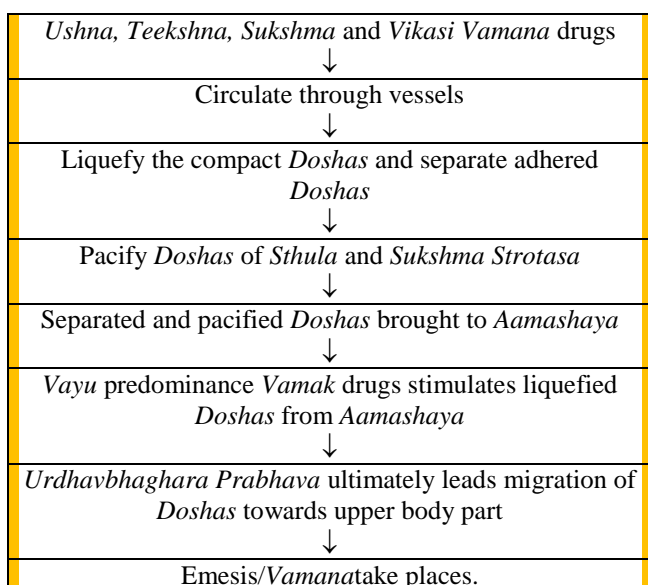
- *Vamana* mainly eliminate vitiated *Kapha Dosha*.
- *Vamana* removes vitiated *Doshas* from *Amasaya* and *Urasa*.
- *Vamana* opens *Srotas* and improve circulation.
- *Vamana* reduces inflammatory *erythema* due to its toxin removal capacity.

- *Vamana* procedure reduces itching and correct *Pitta Dosh*.
- It pacifies *Rakta Dushti* and *Dhatu Dushti*.

#### General Clinical Indication of *Vamana Karma*

- *Bahu Doshas*; when excessive *Doshas* are accumulated then *Vamana* may be advised.
- It also recommended in *Pidaka*, *Kandu*, *Kotha* and *Shleshma-Pitta-Samutklesha*.
- Useful in aggravation of *Kapha*, *Kapha* accumulates with *Pitta*.
- *Vamana Karma* offers beneficial effects in *Apasmara*, *Viddha* and *Vishapita*, etc.
- It is advised in *Kushta*, *Prameha* and *Adhoga Raktapitta*, etc.

#### General Mode of Action of *Vamana*.



#### General Properties of *Vamana Aushdhi*

- ❖ *Asatmya* (unsuitable)
- ❖ *Beebhatsa* (aversive)
- ❖ *Durgandha* (unpleasant smell)
- ❖ *Stimulating*
- ❖ *Teekshna*
- ❖ *Vikasi*

#### Recommendation after *Vamana Karma*

- ✓ Cleaning the limbs and face
- ✓ Rest for one *Muhurta kal*
- ✓ Suitable *Dhumapan*
- ✓ *Tambul sevana*
- ✓ *Nivatgrihe shayan*
- ✓ *Sansarjan karma*

#### Precautions to be taken during *Vamana Karma*

- ❖ Supporting patient's forehead
- ❖ Support patient's waist
- ❖ Rubbing of umbilical region
- ❖ Massage in upward direction
- ❖ One should remain cool and calm

- ❖ One should not involve in excessive physical activities before and after *Vamana Karma*.

#### *Vamana* also employed in some specific conditions which are described here as follow

- ✓ *Vamana* for Diseases originated by *Kapha Dosh*
- ✓ *Vamana* for Skin Diseases
- ✓ *Vamana* for Hypothyroidism
- ✓ *Vamana Karma* in *Jeerna (Pratishyaya)*

#### *Vamana* for Diseases originated by *Kapha Dosh*

*Vamaka Dravya* acts on stomach at very root cause of *Kapha* vitiation. It eliminates *Kleda*, open *srotas* and pacify *Ama* thus offer significant relief in *Kapha*. *Vamana Karma* relieves symptoms of *Mahavastu* & *Matsyashakalata lakshana*. *Vamana Karma* absorbed through the circulation and reach to *Sukshma Srotas*, the *Virya* of drug exert its action at the site of aggravation (*Dosha Sanghata*). First liquefaction then of morbid *Dosha* take places followed by break down process. This process produces smaller molecules of toxins/*Doshas* which may flow through the *Anu Srotas* and reaches at *Amashaya*, from there these small toxins expelled out by *Vamana Karma*. *Vamanadravya* having *Ushna*, *Ashukari*, *Tikshna*, *Vyavayi* and *Vikasi* qualities which induces mild inflammation at organ level then stimulate vomiting centre of brain.

#### *Vamana* for Skin Diseases

*Vamana Yoga* which may comprises of *Vacha Churna*, *Madanphala Pippali*, *Saindhava* and *Madhu* may be used in skin disease, while *Yashtimadhu Phanta* may be used as *Vamanaopaga Dravya*. Literature study confirm that *Vamana* reduces symptoms of skin disease like; *Bahusrava*, *Kandu*, *Pidaka*, *Shotha*, *Daha* and *Vedana*. Study confirmed that *Snehana* and *Swedana* as *Poorvakarma* provides *Samshodhana* effect. Ingredients of therapy possess *Kushthaghna*, *Amapachana*, *Kaphagna* and *Krimighna* qualities which pacify symptoms of diseases. *Vamana Yoga* help to eliminate *Kapha Dosh* thus reduces pathological progression of disease. *Vamana Karma* expels out toxins present in the *Rasadi Dhatu* and purifies *Dushya* of skin disease. *Vamana* cleared channels which improve process of body nourishment, it further cleared *Bahyaroga Marga* and increase *Indriya Bala* of *Twacha* thus reduces severity of skin disease. *Jeemutaka* indicated for *Vamana Karma* in *Kushtha Roga*

#### *Vamana* for Hypothyroidism

The literature study suggests that *Vamana* and *Virechana Karma* offers beneficial effects in hypothyroidism since both therapies help to remove vitiated *Kapha* and *Vata Doshas*. Drugs having *Kapha Vatahara*, *Ushna* and *Vatanulomana* properties may be applied for disease management. The *Kaphavrit agnimandya janya vyadhi nashak* property of *Vamana Karma* provides beneficial results in hypothyroidism. Drugs like; *Bhallataka*, *Pippali*, *Punarnava*, *Amrita* and *Guggulu* which having

*Agni-deepana*, *Kapha-vatahara* and *Medohara* qualities may be recommended for this purpose.

#### **Vamana Karma in Jeerna (Pratishyaya)**

*Pratishyaya* occurs when *Nidana Sevana* (causative factors) *Doshas* accumulated in *Shira Pradesha*, it is related with *Kapha Dosh*. Ayurveda literature suggests that *Vamana Karma* may offer relief in *Pratishyaya* since it boosts functioning of *Murdha* and *Indriya*. *Urdhva Kaya Shodhana* through *Vamana* followed by *Shiro Virechana* & *Nasya* help to remove *Doshas* from the *Shir Pradesha*.

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