

**THERAPEUTIC IMPORTANCE OF VAMANA AND VIRECHANA KARMA IN  
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**ABSTRACT**

Panchakarma is one of the approaches of purification of ancient Ayurveda which facilitate elimination of toxins and vitiated Doshas from body. Panchakarma helps to maintain good physical and mental health by preventing and treating diseases. Panchakarma involves many therapies which offer therapeutic role in various pathological condition; Vamana and Virechana are such therapies which eliminates vitiated Doshas and Ama thus treat disorders related to gastric system. Kapha and Pitta doshas mainly removed by Vamana and Virechana Karma. These therapies improves appetite, correct bowel movements, improves sleep pattern, decreases cholesterol level, relieve feeling of heaviness, relax whole body and clears obstructions of channels thus offers therapeutic benefits in many pathological situations. Present article described therapeutic significance of Vamana and Virechana Karma since these two therapies play vital role to manage many health ailments.

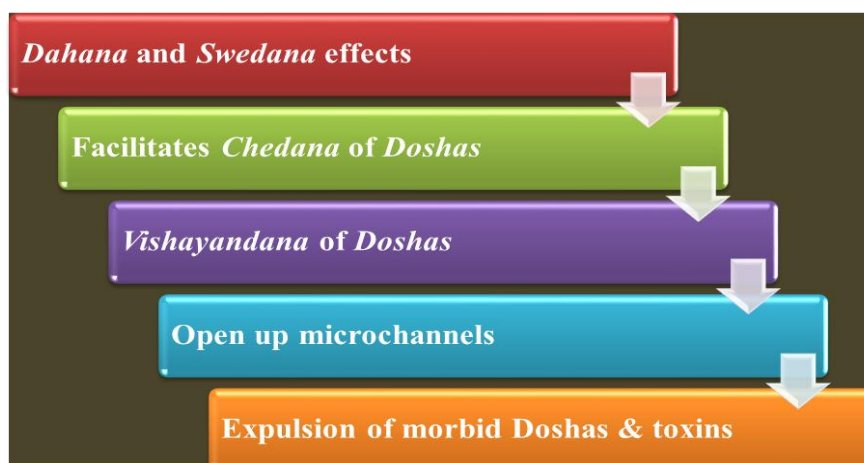
**KEYWORDS:** Ayurveda, Panchakarma, Vamana and Virechana.**INTRODUCTION**

Ayurveda explored many treatment modalities for managing different pathological situations and *Panchakarma* is one such modality of ancient Ayurveda considered as detoxification measure. *Vamana* and *Virechana Karma* are important approaches of *Panchakarma* which helps to relives many illnesses. *Vamana* and *Virecana* are used for removal of vitiated *Doshas* from the body.

*Kasa, Malavridhi, Tandra, Mukha Durgandhata, Vishaj any Upadrava, Kapha Srava, Grahani* and respiratory obstruction effectively relives by *Vamana*. *Virechana* offer relieves in skin diseases, fever, edema, ano-rectal disorders, and food poisoning, overdosing of drug, gout and arthritis. There are certain Pathological conditions in which *Vaman* and *Virechan* or both can be advised; these conditions are as follows:

- ✓ *Avipaka*
- ✓ *Aruchi*
- ✓ *Sthoulya*
- ✓ *Panduta*
- ✓ *Gaurava*
- ✓ *Klama*
- ✓ *Pidaka and Kandu*
- ✓ *Daurgandhya*
- ✓ *Nidranasha*

The general mode of action of these therapies depicted in **Figure 1**; *Swedana, Chedana* and *Vishayandana* effects facilitate expulsion of morbid *Doshas*. The ability of *Panchakarma* procedure to open up micro-channels also supports removal of toxins from body.



**Figure 1: General mode of action actions of Panchakarma.**

### **Vamana Karma**

*Vamana* expelled toxins from body especially excessive *Kapha* and *Pitta dosha*. *Vamana* opens *Srotas* and facilitate removal of toxins through vomiting. These all process clears obstruction therefore overall circulatory process gets enhanced. Therapeutically *Vamana* reduces swelling and edema from body; moreover *Vamana* helps to pacifies *Rakta Dhatu Dushti* and helps to treat pathological conditions like; *Shwasa*, *Hikka*, *Gulma*, *Kaphavruttavata* and *Vatarakta*.

*Vamana* if performed with potent drug then it can relieve *Murchchha*, *Pidika* and *Prameha*. *Vamana* can help in skin diseases since this therapy cures itching and inflammatory symptoms in such conditions. *Vamana Karma* helps to treat *Kushta*, *Raktapitta* and *Pratishyaya*. *Vamana* eliminates *Kleda* thus provide relief in obesity and diabetes. The removal of *Ama* by *Vamana* process helps to cure digestive abnormalities. The action on upper body part provides therapeutic benefits in respiratory problems.

### **Specific action of Vamana Karma**

*Vamana dravyas* absorbed quickly and induces vomiting since these *Dravyas* possess *Sukshama*, *Usna*, *Vikasi* and *Urdhavabhagha prabhava* properties. *Vamaka dravyas* offers *Vikashi* and *Vyavayi* properties thus improves drug transportation, that after *Ushana guna* of these drugs liquefies *Dosha Samghata* and break accumulated *Dosha* with the help of their *Tikshana Guna*. Finally vitiated *Dosha* and toxins eliminated from the body due to the kinetic influence of vomiting process.

### **Virechana Karma**

*Virechana* helps to facilitate bowel movement and eliminate toxins through process of bowel evacuation. *Virechana* pacify and expelled *Pitta Dosha* from body through osmotic action. It increases colonic content and thus enhances bowel movement and finally bowel evacuation takes places. *Virechana* removes *Ama*, vitiated *Pitta Dosha* and undigested food materials from the lower body parts. The opening of channels improves

circulation thus overall health restoration achieved through *Virechana*.

*Virechana* offer relieves in skin diseases, cure fever, and reduces edema and *Gulma*. *Virechana* provide therapeutic benefits in ano-rectal disorders, helps in liver problems and relieves jaundice, it suppress food poisoning and overdosing of drug. *Virechana* can provide health benefits in painful disorders like gout and arthritis. The therapy mainly helpful for gastric disorders and condition of stomach poisoning.

### **Specific action of Virechana Karma**

*Virechana* drugs enhance bowel evacuation, facilitate defecation and eliminate toxins and vitiated *Doshas* through intestinal route of elimination. *Virechana* drugs due to their *Vyavayi* properties circulate throughout the body; their *Ushna* property leads *Vishyandana* effects, *Tikshna* properties of these drugs causes *Chedana* of *Doshas* and finally disintegrates *Sanghata* of *Dosha*. The overall effect of therapy facilitate downward movement of accumulated *Doshas* and toxins towards the *Koshtha* from there they get eliminated. The downward kinetic movement under the influence of bowel activity resulted defecation of bowel content along with toxins. *Adhobhaga hara Prabhava* effect of *Virechana* helps in expulsion of toxins through *Guda Marg*.

### **Properties of Vamana and Virechana Dravyas**

- ✚ *Vamana* and *Virechana Dravyas* should be non toxic in recommended dose
- ✚ These drugs should be in edible form
- ✚ *Dravyas* used for *Vamana* and *Virechana* purpose must work in small dosage
- ✚ *Vamana* and *Virechana Dravyas* should offers quick action
- ✚ Palatability of drugs also desirable so to achieve patient compliance.
- ✚ Should not be allergic and easily available.

### **Care require while performing Vaman and Virechan**

It is suggested to monitor blood pressure, pulse, and respiration rate and body temperature of patient before

performing such procedures. Children and elderly person need great care for such procedures, person suffering with acute fever and dehydration must be avoided for *Vamana* and *Virechana*. Emaciated person with fear should not consider for such therapies. Surgical pathogenesis and pregnancy are other conditions in which *Vamana* and *Virechana* not advocated.

#### Advantages of *Vaman* and *Virechan Karma*

1. Therapies eliminate vitiated *Doshas* through alimentary tract thus digestion and metabolism gets improved additionally.
2. Pathogenesis of disease suppress along with normal health restoration.
3. Sense, intelligence and complexion get improved due to the effect of therapies.
4. Person gains strength and immunity.
5. Ageing process becomes slows down due to the enhanced circulatory process and elimination of toxins.
6. Provides mental and physical relaxation.

#### CONCLUSION

*Panchakarma* is detoxification measure of Ayurveda involves many therapies including *Vamana* and *Virechana* which eliminate morbid *Doshas*, boost circulatory process, expelled undigested food, eliminate excessive *Kapha* and *Pitta Dosh*, clears *Srotas*, suppress swelling thus relieves edema, cure digestive and skin ailments. *Vamana* and *Virechana* biologically imparts many beneficial effects inside the body including pacification of *Rakta Dushti*, reliving gastric distress and clearing obstruction of micro channels. *Vamana* and *Virechana* procedures can be advised for treating many conditions including *Visarpa*, *Pidaka*, *Pandu*, *Kamala*, *Prabhuta Mutrata*, *Atisweda*, *Kshudadhikya*, *Trishnaadhikya* and *Pindikodwestana*, etc.

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