

## A LITERARY REVIEW ON VAMANA KARMA W.S.R TO VASANTIKA VAMANA

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**ABSTRACT**

Ayurveda has described six *Rtus* (seasons) in a year namely *Shishir*, *Vasant*, *Grishma*, *Varsha*, *Sharad*, *Hemant*. These *Rtus* are divided in two *Kala*- *Adankala* and *Visargakala*. The seasonal changes occurring in these seasons greatly influence the biological systems which results into the accumulation and aggravation of *doshas* in respective seasons. As per Ayurveda, healthy state of human being is maintained by the balanced state of *Tridoshas* and the imbalance of these *doshas* caused by the seasonal changes leads to different disorders. Panchakarma is essential part of ayurveda treatment. Ayurveda describes the five treatment modalities that eliminate the vitiated *doshas* aggravating in particular season like *Vamana* in *Vasant rutu* eliminates *Kapha*, *Virechana* in *Sharad rutu* eliminates *Pitta* and *Basti* in *Varsha rutu* eliminates *Vata Dosh* to keep the balance of *doshas* in the body. *Vasant rutu* starts with aggravation of *Kapha dosha* which has been already accumulated in *Shishir rutu*. It leads to starting of various *Kaphaj* disorders like cough, bronchial asthma, cold etc. *Vamana karma* is mainly indicated in *Vasant rutu* to prevent *Kaphaj Vyadhis*. This article enlightens about importance of *Vamana karma w.s.r* to *Vasantik Vamana* and its mode of action.

**KEYWORDS:** *Vasant Rutu*, *Vamana karma*, *Vasantik Vamana*.**INTRODUCTION**

Ayurveda is ancient science of life in which the treatise has clearly described the healthy lifestyle and also the management of disorders. Main aim of Ayurveda is to maintain the healthy state of individuals and maintain the health of healthy person.

Ancient classics in Ayurveda describe the five fold purification therapies like *Vamana*, *Virechana*, *Basti*, *Nasya* and *Raktamokshan* with *Poorvkarma* and *Pashchat karma*. These therapies are not only advised for diseased condition but also for healthy person to maintain health. Among this *Vamana karma* is mainly indicated in *Vasant rutu* to prevent *Kaphaj Vyadhis*.

Ayurveda describes *shad rutus* (six seasons) round the year & each season is characterized by *Sanchaya*, *Prakopa* and *Prasham* of *trido-sha*. *Shad rutus* are divided into two *kala* - *Vi-sargkala* and *Adankala*. *Shishir*, *Vasant*, *Grishma* comes under *Adankala* and *Varsha*, *Sharad*, *Hemant* are included in *Visrgakala*.<sup>[1]</sup> The different seasonal changes occurring in the environment greatly influence the biological system resulting into accumulation and aggravation i.e. *Sanchaya* and *Prakopa* of particular *dosha* in respective season. The accumulation & aggravation of

*kapha dosha* in *Shishira* & *Vasant rutu* respectively,<sup>[2]</sup> also *Pittadosha* in *Varsha* & *Sharad rutu* respectively & of *Vata dosha* in *Grishma* & *Varsha rutu* respectively.

This causes the imbalance of *Tridosha* leading to diseased condition of an individual. Panchakarma therapies help to eliminate aggravated *doshas* according to seasonal changes like *Vamana karma* is beneficial in *Vasant rutu*. For the prevention of *Kaphaj Vyadhis* and promotion of health in healthy individuals,<sup>[3]</sup> Panchakarma therapies according to season are advised in Ayurveda to maintain equilibrium of *Tridosha*. i.e. Healthy state of individual, hence an attempt is made to study the concept of *Vamana Karma w.s.r* to *Vasantik Vamana* in detail.

**Aim**

To study the concept of *Vamana Karma w.s.r* to *Vasantik Vamana*.

**Objectives**

1. To study the details of *Vamana Karma* and its mode of action
2. To study the details of *Vasant Rutucharya* and *Vasantik Vamana*.

### Definition

*Vamana* is procedure in which the aggravated *doshas* are eliminated through oral route.<sup>[4]</sup>

In the procedure of *Vamana* mainly *Kapha* and *Pitta dosha* from all over body are brought in *Aamashaya* i.e. stomach with the help of *Poorvakarma* and then these *doshas* are eliminated through mouth by inducing the emesis by giving the *Vamak Dravyas*.

### Vasant Rutucharya

In *Hemant* and *Shishir rutu* there is accumulation of *Kapha dosha* due to cold environment. In *Vasant rutu* climate gets warmer & causes liquification of accumulated *Kapha dosha* that leads to *Kapha Prakopa*. In this season digestion power gets suppressed due to *Kapha Prakopa* caused by the heat of sun.<sup>[5]</sup>

Approximate time of this *Rutu* is from mid-march to mid-may. Predominant *Rasa* and *Mahabhuta* in this season are *Kashaya Rasa* and *Pruthvi* and *Vayu Mahabhuta* respectively.

*Kaphaj Vyadhis* like *Pinasa*, *Navajwara*, *Shwasa*, cough-cold, allergies, *Shitpitta* aggravated in this seasons due to *Kapha prakopa*.

**DIET**<sup>[6]</sup> In daily diet food like *Yava*, one year old grains, rice, honey, and seasonal fresh fruit should include. Drink warm water, medicated water. Use of herbs like *Ginger*, *Trumeric*, *Cumin* and *Coriander*.

Avoid sweet, sour, oily, spicy, cold food stuffs, bakery-products, fermented-foods, ice-creams.

**Lifestyle**<sup>[7]</sup> Do regular exercise, walking, swimming, yoga, *Udvardana*, *Lepa* of *Sheet Dravyas* like sandalwood. Spend time in cool places, gardens near rivers having cool breeze, chirping birds, blossomed flowers for relaxation with friends.

Avoid *Diwaswap* i.e. sleeping in daytime, because this will aggravate *Kapha dosha*.

### Vaman in Vasant Rutu

Ayurveda has indicated *Vaman Karma* for elimination of aggravated *Kapha dosha* from body. Most common *Kaphaj Vyadhis* are aggravated in *Vasant Rutu*. In *Sushruta Chikitsasthana Acharya Sushruta* has explained that when root of the tree is cut then flowers, fruits and branches are destroyed in the same manner diseases caused due to excessive *Kapha-dosha* are pacified after its elimination from the body by *Vamana Karma*.<sup>[8]</sup>

### Vamana Karma (Procedure)

Procedure of *Vamana Karma* is carried out in three stages

- *Poorvakarma*
- *Pradhanakarma*

- *Pashchatkarma*

### Poorvakarma

*Poorvakarma* includes

- Examination of patient.
- Selection of drug for *Vamana*.
- Preparation of patient and preparation of drug

*Poorvakarma* procedure of *Vamana* includes *Abhyantar Snehapana* (Internal oleation) for three, five or seven days as per *Agni* and *Koshita* of patient till the appearance of *Samyak Snigdha Lakshana* before *Abhyantar Snehapana Deepan Pachana* is done.

After appearance of *Samyak Snigdha Lakshana* patient should be asked to take *Kaphotklesha-ka Aahar* on the day before *Vamana*. *Sarvang Snehana* and *Swedana* is done on 2 days prior to *Vaman Karma* and on the day of *Vaman Karma*.

### Pradhankarma

Actual procedure of *Vamana* includes administration of *Vaman Yoga*.

**Table 1: Average quantity of drugs used in Vaman Karma.**<sup>[9]</sup>

Drugs	Quantity
Milk	1 lit.
<i>Yashtimadhu Kwath</i>	1 lit.
<i>Madanphala + Pippalikwath</i>	50 ml
Salt water	1 lit
Warm water	2- 3 lit.

In the procedure of *Vamana Akanth Dugdhan* or decoction is given to patient and then *Vamak Yoga* is given.

Observations during the procedure *Vamana*

- Record the output and input of *Vaman dravya* taken by the patient
- Observation of patient<sup>[10]</sup>
- *Swedpradurbhava* (Perspiration) – Indicates that *doshas* have started melting in body due to *Ushnaguna*.
- *Lomaharsha* (Horrorification) – Indicates that *doshas* have been detached from the cells and tissues.
- *Aadhmana* (Fullness of stomach) – Indicates that *doshas* have been shifted to stomach.
- *Hrullas* (Nausea) – Indicates the *Urdhva-gamitwa* of *doshas* to mouth

Assessment of *Vaman karma* was done on the basis of following 4 criteria (*Pariksha*)<sup>[11]</sup>

- *Antiki Pariksha*
- *Vaigiki Pariksha*
- *Maniki Pariksha*
- *Laingiki Pariksha*

*Antiki pariksha – Pittant Vamana is Samyak Vamana Lakshana. Pitta dosha should be ex- pelling out at last.*

**Table 2: Vaigiki Pariksha.**

Pravarvega	8 Vega
Madhyamvega	6 Vega
Avara Vega	4 Vega

**Table 3: Maniki Pariksha.**

Pravar	2 prastha
Madhyam	1.5 prastha
Avara	1 prastha

*Laingiki Pariksha – Lightness of body, In- drieriyaprasannata, Feeling Happy etc. These are the Vamana samyak siddhi lakshna observed.*

#### **Paschtakarma**

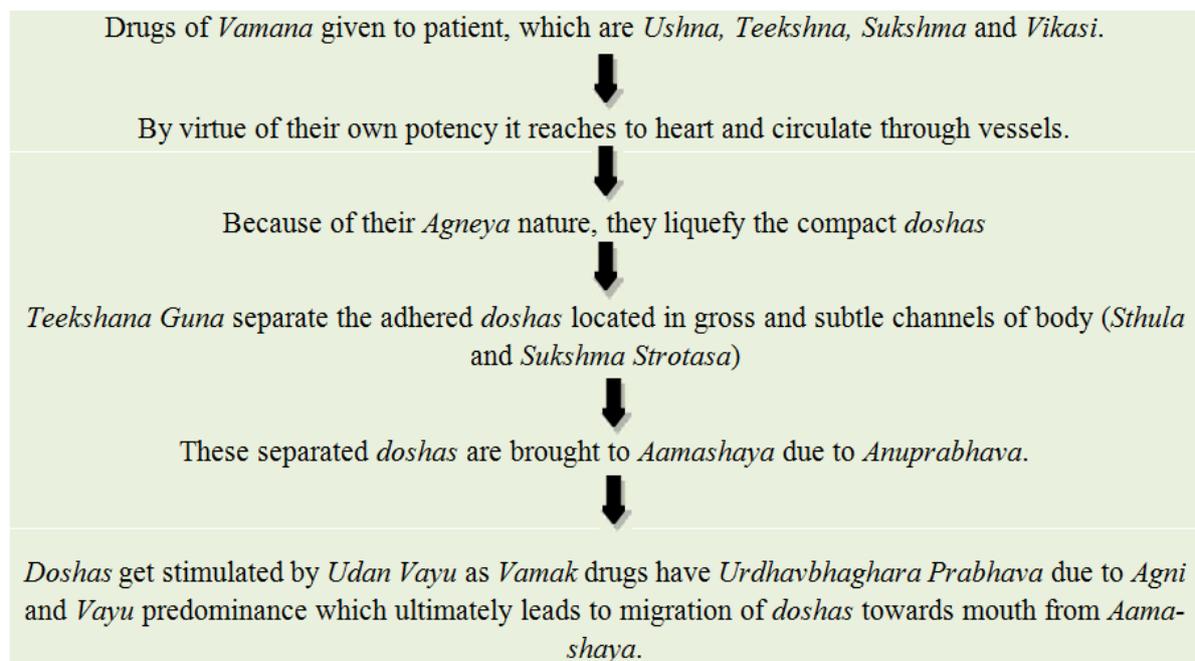
*Dhumpana is done after Vamana.*

After *Samyak Vamana* patient is advised to take complete rest.

Loud speaking, over eating, too much walk- ing, sitting, anger etc. should be avoided.<sup>[12]</sup>

*Sansarjana Krama* should be followed after the procedure of *Vamana* because *Agni* is di- minished temporarily after *Vamana* and it has to be ignited with the help of proper diet sche- dule.

#### **Mode of Action<sup>[18]</sup>**



#### **DISCUSSION**

Ayurveda gives prime importance for preven- tion of disease. *Vamana karma* is one of the important karma

**Properties and Action of Emetic Drugs** – Drugs which are helpful in process of *Vaman karma* are called as *Vamak Dravyas*.

*Vamak* drugs have following properties – *Ushna, Teekshna, Vyavayi, Urdhawabhaga- prabhav*.

*Ushna* – *Agneya dravyas* produces *Vishyan- dana* in body.<sup>[13]</sup>

*Teekshana*– *Teekshana Gunatmaka Vamak Dravyas* will act quickly. This also belongs to *Agneya Guna* and it produces *Shodhana* in body.

*Sukshma* – Due to *Sukshma Guna* drug is able to enter *Sthoola* and *Sukhma Strotasa* and in- duces *Pachana* and *Vishyandana* of *doshas* that leads to migration of *doshas* towards *Koshta*.<sup>[14]</sup>

*Vyavayi* – This helps the drug to spread through out the body and reach to cellular lev- el without being digested.<sup>[15]</sup>

*Vikasi*– Induces *Sandhi Shaithilya*.<sup>[16]</sup>

**Prabhava of Urdhawbhaga**– *Vamak dravyas* have predominance of *Agni* and *Vayu mahab-hoota* and they are *Urdhavgamana* in their ac- tion, but *Acharya Chakrpani* contradicts the above statement and says that it is due to the *Urdhavbhaghara Prabhava*.<sup>[17]</sup>

among five pradhan karmas of panchakarma which is used to treat for *kaphaja vyadhis*. It is done in *Vasant rutu* as there is prakopa of *kapha dosha*. *Vamana* is highly beneficial for *Kaphaja Vyadhis* and associated

*Pittaja Vyadhis* originating in place of *Kapha dosha*. It eliminates aggravated *Kapha dosha*, once the provoked *Kapha dosha* is eliminated from body, the *Tridosha* can achieve the balanced state and ultimately healthy state of the individuals can be regained. Hence *Vasantik Vamana* should be done by healthy people to maintain their healthy state and by patient to get rid of diseased condition.

## CONCLUSION

Panchkarma is most essential Ayurvedic treatment, which can be practiced as preventive, curative, & fruitful therapy.

Ayurveda emphasized to practice *Vamana* therapy in *Vasant rutu*.

*Vasantika vaman* is highly beneficial & fruitful for volunteers of *Kapha & Kapha-Pitta* constitution. It is also useful for healthy people to maintain their health.

*Vamana* should be practiced as per classical guidelines to avoid complication.

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