

**REVIEW ON VAMAN & VIRECHANA KARMA W.S.R. TO THEIR PHYSIOLOGICAL
AND THERAPEUTIC ACTION****Harshal Subhash Borole*¹, Dr. Prashant Prabhakar Puranik² and Rahul Narhar Patil³**¹Associate Professor, MD (Kaychikitsa), Chaitanya Ayurved College, Sakegaon, Bhusawal, India.²Assist Prof. & H. O. D., Sanskrit Samhita Department, Chaitanya Ayurved College Sakegaon, Bhusawal, India.³Assistant Professor, MD (Rachana Sharir), Chaitanya Ayurved College, Sakegaon, Bhusawal, India.***Corresponding Author: Harshal Subhash Borole**

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ABSTRACT

The Panchakarma is Shodhana Chikitsa described in ancient Ayurveda which practicing in Indian from long time for treating many diseases. Emesis, purgation, enema, nasal drug administration and bloodletting procedures are major approaches practicing as Shodhana Chikitsa. These therapies exert their action by stimulating metabolic, thermal and physiological process inside the body. These detoxification measures help to establish homeostasis of body and maintain good health status. The emesis and purgation defined as Vamana and Virechana in ayurveda respectively. Vamana helps to treat disorders related to Kapha Dosha and eliminates morbid contents through oral emesis. Virechana mainly done for diseases related to the Pitta and Kapha Dosha and this therapy eliminate morbid content through purgation (induced defecation). Vamana and Virechana play important role in Ayurveda Shodhana Chikitsa, considering this present article elaborates physiological role of these two therapies of Panchakarma.

KEYWORDS: Ayurveda, Panchakarma, Shodhana Chikitsa, Vamana, Virechana.**INTRODUCTION**

The detoxification therapy in Ayurveda described as *Shodhana Chikitsa* and *Panchakarma* is one of the vital detoxification measures of Ayurveda. *Panchakarma* performed in three stages namely; *Poorvakarma*, *Pradhana karma* and *Paschat karma*. The *Poorvakarma* includes *Snehana* and *Swedana* to soften and liquefy morbid *Doshas*. The *Pradhana karma* includes major purificatory measures which include *Vamana*, *Virechana*, *Basthi*, *Nasya* and *Rakta Moksha*. The *Paschat karma* includes rest and dietary guideline along with therapies like *Dhumapana*.^[1-5]

Panchakarma prevents disease, maintain health, promotes strength, maintain hormonal balance and reduces stress, etc. *Panchakarma* eliminates morbid *Doshas* which are responsible for diseases thus *Panchakarma* reduces pathological progression of diseases. *Panchakarma* offers therapeutic benefits in case of many pathological conditions including *Malavridhi*, *Svarabheda*, *Tandra*, *Kasa*, *Vishajanya Upadrava*, *Mukha Durgandhata*, *Grahani* and *Kapha Srava*, etc. are conditions that can be managed using *Panchakarma* therapy.

Vamana and *Virechana* are two important procedures of *Panchakarma* therapy, *Vamana* relieves *Kapha* and *Virechana* helps to cure *Pitta Rogas*. These therapies

provide therapeutic benefits in sinusitis, hyperacidity, allergic bronchitis, indigestion, dyslipidemia, diabetes mellitus and obesity, etc. *Vamana* and *Virechana* normalize functioning of *Hridya*, *Kantha* and *Shirah*.^[3-7] The general health benefits and physiological contribution of *Vamana* and *Virechana* are as follows:

- Normalization of blood pressure
- Control bowel habit
- Reduces heaviness of abdomen
- Suppress stress and provides mental calmness
- Alleviates respiratory and gastric problems
- Balances metabolic activities and appetite
- Cure chronic constipation and indigestion
- Treats skin disorders and mental illness, etc.

Vamana Karma

Vamaka dravyas absorbed quickly in blood and reaches through blood brain barriers and stimulates vomiting center by virtue of their *Usna*, *Sukshama*, *Tikshana*, *Vyavayi*, *Urdhavabhagha prabhava* and *Vikasi* properties. The morbid *Kapha dosha* expelled out through *Vamana Karma*. *Vamaka dravyas* reach to the *Hridaya* due to their *Prabhava* and circulate through micro & macro channels by virtue of their *Sukshma* and *Vyavayi* properties. *Ushana guna* of drugs causes *Vishyandana* of the *Dosha samghata* and facilitate *Chhedana* by their *Tikshana guna*. Modern science also describes various types of purgatives which can be

classified on the basis of their mode of action as depicted in **Figure 1**.

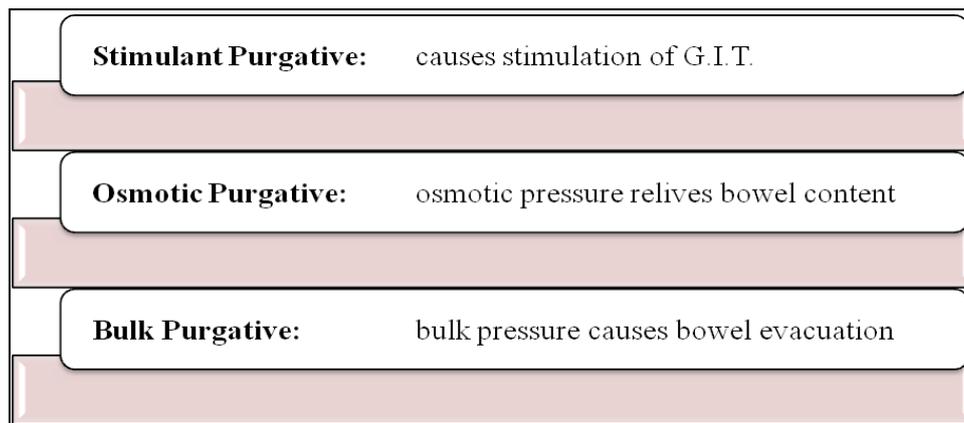


Figure 1: Types Purgatives Based on their Mode of Action.

Vamana eliminates Doshas mainly Kapha Dosh by following actions

- *Vamaka Dravya* liquefies toxins and brought them to *Amashaya*.
- Stimulation by *Vamaka Dravya* brings upward movement of morbid toxins.
- Toxins migrate from *Amashaya* to upper channels.
- Toxins eliminated through mouth by emesis process.
- *Vamana* procedure mainly affects *Amashaya* and upper body channels.
- *Vamana* leads elimination of vitiated *Pitta* and *Kapha Doshas*.
- *Vamana Karma* works for *Amashaya Shuddhi*
- Improves digestion and metabolic activities.

The *Vamana* therapy causes *Pachana* and *Dahana* effects by virtue of *Ushna*, *Sukshma*, *Vyavayi*, *Tikshna* and *Vikasi* properties of *Vamakadravyas*. These drugs produce *Vishyandanain* by spreading at cellular level.

Vamana therapy causes *Chhedana* of *Doshas* due to their *Tikshna Guna* and *Sukshma Guna* of these drugs facilitates transportation of materials through *Srotasas*. The *Pachana* and *Vishyandana* of *Doshas* cause their easy elimination. Finally emesis produces due to the *Urdhwabhagaharaprabhava* effect of *Vamakadravya*.

Vamana Karma helps to digest *Ama* and potentiates *Agni* thus cure digestive ailments as well as respiratory diseases. *Vamana* offers benefit in *Kapha Roga* especially diseases related to the *Koshta* and respiratory tract.

Ksheera, *Vacha*, *Saindhava Lavana* and *Madanaphala pippali*, etc. can be used for inducing *Vamana*, these *Dravya* acts on stomach which is main site of *Kapha* aggravation thus this procedure helps to eliminate *Kleda* and clears *Srotas*, etc.

The vomiting centre of brain stimulated by inflammatory action of *Vamanadravya* and *Saratva* property of

Vamana drugs cause *Anulomatva* due to which drug remain in active form for long period of time.

Udana Vayu helps to remove extracted matter, *Dhamani* are considered channels of body which spread *Vamana* drugs throughout the body. *Vamana* drugs due to their *Swavirya* moves to *Dhamani* passing from *Hridaya*, from there spread all over the body through micro channels end exerts their action.^[4-9]

Virechana Karma

Virechana means removal of *Doshas* through *Adhobhaga*, the site of *Virechana Karma* lower excretory tracts where *Pitta Dosh* resides. *Aragvadha*, *Trivrut* and *Katuki*, etc. are used for *Virechana* purpose. *Snuhi Kshira* can be used for *Tikshana Virechana* in case of requirement.

Virechana drugs acts due to their *Sransana*, *Anulomana* and *Rechana* actions, etc.

- *Virechana* drugs possess *Vyavayi Guna* that helps in their absorption
- *Vikasi Guna* helps in softening and loosening of *Pitta Dosh*
- *Ushna Guna* of drug leads *Dosha Sanghata* of *Pitta*
- *Prabhava* effect brings morbid *Dosha* into lower abdominal tract.
- Morbid *Pitta Dosh* and *Mala* break down by *Tikshna Guna* of *Virechana* drugs and get eliminated quickly.
- *Anulomana* effects cause downwards movement of *Malas*.
- *Sransana* effects facilitate slipping of *Mala* through anal route.
- The *Bhedana* effects disintegrate *Mala* and *Dosha* for their easy elimination.

Virechana Karmas acts locally as well as through systemic circulation, *Virechana* drugs facilitate downward movement of *Pitta Doshas* from *Amashaya*. Physiologically *Virechana* drugs causes irritation of

G.I.T. and evacuation of bowel content through peristaltic movement.

Virechana helps to treat pathological conditions like hyperacidity, indigestion, heart burn, and constipation and skin ailments associated with toxin accumulation in body. *Virechana* drugs are predominant to *Prithivi* and *Jala mahabhutas* thus possess *Adhobhaga hara Prabhava* and eliminate vitiated *Doshas* through *Guda*. *Virechana* drug reaches to *Hridaya* through *Dhamani* and pervades whole body and clears all the *Srotas*. The *Snehana* effect causes smearing of *Dosha* due to which they get eliminated easily.^[8-11]

CONCLUSION

Vamana and *Virechana* important procedures of *Panchakarma* therapy, *Vamana* mainly used for relieving aggravated *Kapha* while *Virechana* used for *Pitta Rogas*. These therapies normalizes blood pressure, control bowel habit, reduces abdomen heaviness, suppress stress, imparts mental calmness, alleviates respiratory problems and improves metabolic activities, etc. *Vamana* and *Virechana* helps to cure constipation, indigestion, skin disorders, mental illness, sinusitis, allergic bronchitis, dyslipidemia, hyperacidity and metabolic ailments, etc. *Vamana* and *Virechana* drugs exert their action through *Hridya*, *Kantha*, *Shirah* and *Amashaya*, etc.

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