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THERAPEUTIC IMPORTANCE OF *PANCHAKARMA* W.S.R. TO *VAMANA* AND *VIRECHANA KARMA*: AN AYURVEDA REVIEW

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ABSTRACT

Panchakarma is one of the important therapies of Ayurveda science which eliminate excessive *Doshas*, maintain good health states and cure many diseases. *Panchakarma* therapy encompasses many modalities *Vamana* and *Virechana* are some of them. *Virechana* mainly helps in the elimination of *Pitta Dosh* and treat disorders related to gastric system and skin diseases. *Vamana* also helps to cure problem related to *Kapha* and *Pitta dosha*. *Vamana* helps in *Pandu*, *Prameha*, *Unmada* and also offers therapeutic benefits in respiratory problems. Considering therapeutic importance of *Vamana* and *Virechana Karma* present article explored Ayurveda perspective on both therapies.

KEYWORDS

Ayurveda, *Panchakarma*, *Vamana* and *Virechana*.

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INTRODUCTION

Ayurveda the ancient system of healthy regimen described many therapeutic modalities for the management of different health ailments and *Panchakarma* is one of them. *Panchakarma* mainly considered as detoxification measures which offers several health benefits. *Panchakarma* can be done by performing five detoxification procedures including *Vamana* and *Virechana Karma*. *Vamana* and *Virechana Karma* are two major process of *Panchakarma* which provide therapeutic benefits in many illnesses. These therapies provides *Dahana* and *Swedana* effects, facilitates *Chedana* of *Doshas*, causes *Vishayandana* of *Doshas*, open up micro

channels and ultimately facilitate expulsion of morbid *Doshas* & toxins. *Panchakarma* must be performed with great care otherwise some complications may arise as depicted in Figure No.1.

Biological actions of *Vamana*

- *Vamana* expelled out undigested food and toxins from body.
- Removes excessive *Kapha Dosh* and *Pitta dosha*.
- *Vamana* eliminate vitiated *Kapha Dosh*.
- *Vamana* opens *Srotas*/micro channels thus boost circulation.
- *Vamana* reduces swelling and edema.
- *Vamana* pacifies *Rakta Dhatu Dushti*.

Therapeutic importance of *Vamana*

- *Mridu Vamana* helps in *Yakshma*, *Gulma*, *Shwasa*, *Hikka*, *Kaphavruttavata*, *Pandu* and *Vatarakta*.
- *Tikshna Vamana* offers benefits in *Murchchha*, *Prameha*, *Pidika* and *Unmada*.
- *Vamana* reduces itching and inflammation thus cures pathogenesis of skin disease.
- *Vamana Karma* helps to treat *Viddha* and *Vishapita*.
- It also recommended in *Kushta* and *Raktapitta* due to its detoxification actions etc.
- *Vamana* can manage *Hypothyroidism* and *Pratishyaya*.
- *Vamana* eliminates *Kleda* thus helps in diabetes.
- *Vamana* pacify *Ama* thus cure digestive and metabolic abnormalities.

Mechanism of *Vamana Karma*

Vamana Yoga may comprise of *Saindhava*, *Madanphala Pippali*, *Vacha Churna* and *Madhu*. *Vamaka dravyas* quickly absorbed stimulates vomiting. *Vamaka dravyas* possess *Tikshana*, *Sukshama*, *Usna*, *Urdhavabhagha prabhava* and *Vikasi* properties. *Vikashi* and *Vyavayi* properties of *Vamaka dravyas* facilitate drug transportation through micro channels, there after these drugs liquefies *Dosha Samghata* due to their *Ushana guna* and break up accumulated *Dosha* by virtue of their *Tikshana Guna*, after that vitiated *Pitta dosha* and

toxins expelled out from body under the influence of kinetic movement of emesis.

Biological actions of *Virechana*

- Facilitate bowel movement and its evacuation
- *Virechana* pacify vitiated *Pitta Dosh* and expelled them
- Imparts osmotic action
- Increase colonic content and propelled it
- Removes *Ama* and undigested food
- Clears blockage of channels

Therapeutic importance of *Virechana*

- Removes toxins thus offers benefits in skin diseases.
- Can help to cure chronic fever.
- Cures some anorectal disorders like hemorrhoids.
- Relief edema thus helps in *Gulma*.
- It can be used effectively for the management of Splenomegaly and Hepatomegaly.
- Removes toxins from stomach and clears lever passage thus helps in the management of Jaundice.
- *Virechana* relieve symptoms of Gout and arthritis.
- *Virechana* helps in the management of food poisoning and drug overdosing.

Mechanism of *Virechana Karma*

Virechana drugs facilitate evacuation of bowel thus enhances process of defecation thereby causes detoxification through intestinal/anal route. *Virechana* drugs spread throughout the body due to their *Vyavayi* properties. *Ushna* property causes *Vishyandana* effects; *Tikshna* properties drugs leads *Chedana* of vitiated *Doshas*, *Virechana* disintegrate the *Sanghata* of *Dosha*. Facilitate downward kinetic movement of *Doshas* towards the *Koshtha* from there these morbid *Doshas* and toxins get eliminated. *Adhobhaga hara Prabhava* effect of therapy facilitates expulsion of vitiated *Doshas* through *Guda*.

Drugs

- *Pippali*, *Sunthi* and *Maricha* can be used prior to *Snehapana*.

- *Haritaki, Bibhitaka, Aamalaki, Aaragvadhya, Patha, Vatsaka* and *Nimba* can be used for *Aabhyantara Snehapana*.
- *Ikshwaku* with honey and *Saindhavalavana* can be used for *Vamana*.
- *Madhuyasti* can also be used for this purpose.
- *Katuki Choorna* can be used for *Virechana Karma*.

Desirable properties of drugs used for *Vamana* and *Virechana Karma*

- Drug should be in edible form.
- Non toxic and work in small dosage.

- Must offers quick action.
- Palatable and easy to administer.
- Should not induce severe complication.
- Non allergic and acceptable in all terms.

Contraindication of *Vamana* and *Virechana Karma*

- Childhood and elder person
- Acute fever and dehydration
- Weakness and emaciation
- Bleeding conditions
- Prolapsed rectum and surgical pathogenesis
- Pregnancy

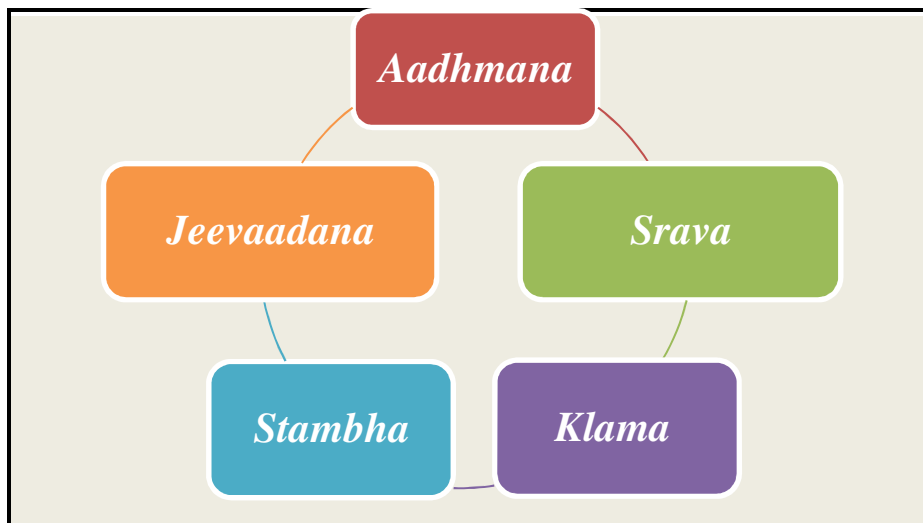


Figure No.1: Complications related to the adverse effects of *Panchakarma*

CONCLUSION

Panchakarma is detoxification therapy of Ayurveda encompasses different modalities; *Vamana* and *Virechana* are some of them which eliminate excessive *Doshas*, maintain circulatory process of body, expelled out undigested food, removes excessive *Kapha Dosh*, opens *Srotas*, reduces swelling and edema. These therapies pacify *Rakta Dhatu Dushti*, helps in disorders related to gastric system and skin diseases. *Dahana, Swedana, Chedana* of *Doshas* and *Vishayandana* of *Doshas*, etc. are some biological responses of *Vamana* and *Virechana*. These procedures can be used to treat diseases including *Pidaka, Visarpa, Kamala, Pandu* and *Shopha*, etc.

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CONFLICT OF INTEREST

We declare that we have no conflict of interest.

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