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### VIRECHANA KARMA TOWARDS THE MANAGEMENT OF VARIOUS DISEASES; AN AYURVEDA REVIEW

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#### ABSTRACT

*Panchakarma* is one of the vital aspect of Ayurveda which not only helps to remain healthy but also imparts spiritual health through physical and mental detoxification. *Vamana*, *Virechana*, *Vasti*, *Nasya* and *Rakta Mokshana* are major approaches of *Panchakarma*. *Virechana* means therapeutic purgation which purifies whole body and eliminate vitiated *Dosha* and toxins through intestinal/anal route. *Virechana* offers significant relief in various diseases such as; jaundice, colitis, abscess, liver disorders, gout, constipation, diabetes, asthma and *Pakshaghata*, etc. *Virechana* specifically cures diseases which may occur due to the vitiation of *Pitta dosha*. Considering therapeutic importance of *Virechana* present article emphasizes beneficial effects of this therapy in various diseases.

#### KEYWORDS

Ayurveda, Panchakarma, *Virechana* and Purgation.

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#### INTRODUCTION

*Panchakarma* is classical therapeutic approach to detoxify whole body, *Panchakarma* not only treat diseases but also acts as a prophylactic modality to prevent prevalence of many diseases. *Panchakarma* boost immunity of body, eliminates toxins, enhances circulations and maintains normal physiological functioning of body thus provides therapeutic benefits in many health ailments. *Virechana* is one of the *Karma* of *Panchakarma* which eliminates *Doshas* and toxins through *Adhomarga* using process of therapeutic purgation. *Virechana* mainly offers health benefits in *Pitta Dosha* predominant

diseases. *Virechana* maintain balances of *Tridosha*, pacify digestion, boosts metabolic process and removes accumulated *Ama*.

### **VIRECHANA KARMA**

*Virechan* means purgation which removes toxins through bowels evacuation using herbal laxative. *Pitta dushita vyadhi* can be pacified effectively through *Virechana Karma*. Some Ayurveda classics described various types of *Virechana Karma* as mentioned in Figure No.1.

The general health benefits of *Virechana Karma* are as follows:

- Detoxify body from accumulated *Pitta dosha*.
- Helps to treat gastric poisoning.
- Cures skin disorders.
- Helps in headaches and pain.
- Treats health problems of digestive system.
- Pacify metabolic abnormalities.

Diseases predominant to specific *Doshas* can be manage through *Virechana Karma* as mentioned in Table No.1.

### **General Procedure of Virechana Karma**

- Prior to therapy patients checked for chronic or serious illness.
- Excessive cold or hot atmosphere avoided to perform therapy.
- Prior to therapy patient asks to remain on liquid or light diet.
- Light cloth advocated during treatment.
- Patient treated with oral purgatives followed by fermentation.
- After therapy patients advises to take rest and suggested to avoid excessive physical work.
- Warm water should be used for bathing purpose after therapy.
- Oily and heavy meal should be avoided during therapy.

### **Virechana Karma for Tamaka-Shwasa**

*Tamaka Shwasa* means bronchial asthma which is considered as *Vata* and *Kapha pradhana* disease. *Virechana* with *Vamana* help in elimination of *Sama Kapha Dosha* and toxins thus provides symptomatic relief in disease. It also control vomiting induce in

*Tamaka Shwasa* due to the vitiation of *Pitta* with *Kapha*.

### **Virechana in osteoarthritis and other painful disorders**

*Virechana* drugs possess *Tikshna* and *Ushna Guna* thus helps in pain related to cloudy environment. *Sukshma Guna* of drugs facilitate penetration through micro channels thus pacify *Srotorodha*, control *Pratiloma Gati* of *Vata* and relief symptoms of *Vata* aggravation. It boosts metabolic activities and enhances nutritional supply; resulting *Dhathu poshana* effects, these all together relief symptoms of osteoarthritis.

### **Virechana Karma in Skin Diseases**

*Virechana Karma* helps in skin diseases which involve vitiation of *Pitta Dosha* along with *Rakta Dushti*. *Virechana Karma* with *Vamana* helps to treat *Sweta-Rakta Varna*, *Kandu*, *Sansat Mandala* and *Utsana Mandala*. *Virechana* along with other detoxification measures reduces *Ati Sweda*, remove *Malabaddhata* and relief *Toda* in skin disorders. Vitiation of *Pitta Dosha* is main causative factor of skin disease vitiligo, *Virechana Karma* pacify vitiation of *Pitta Dosha* thus control pathogenesis of vitiligo.

### **Virechana Karma for Pakshaghata**

*Pakshaghata* associates with *Anyadosha Samsirsa vata* and *Suddha vata prakopa*, *Virechana* normalizes *Vata Prakopa*, removes toxins through *Adhomarga*, relieve obstructions of channels thus regulate blood supply and helps in *Pakshaghata*.

### **Virechana Karma for Dyslipidemia**

Dyslipidemia considered as *Maharoga Vikara* in which *Virechana Karma* helps to reduces level of cholesterol. *Virechana Karma* helps to convert cholesterol into non-absorbable form so its absorption and deposition in body prevented. *Virechana Karma* improves *Agni* thus regulates process of metabolism which plays an important role in *Maharoga Vikara*.

### **Role of Virechana Dravya in various diseases**

*Virechana* removes *Pitta* and toxins and helps to pacify symptoms of many diseases. *Virechana Dravya* reaches to minute channels and absorbed quickly due to their *Vyavayi Guna*. *Dhatu Saithilya Karma* causes softening of toxins and vitiated

*Doshas*. *Ushna Guna* of *Dravya* causes *Vishyandana* (liquification) of *Dosha*. *Tikshna Guna* of drugs facilitates disintegration of *Doshas* so that these vitiated *Doshas* get disintegrated and dragged towards the *Koshtha*. *Sukshma Guna* of *Dravya* support their circulation into micro channels so obstruction of channels gets clear and passage open up for transportation and elimination. *Adhobhaga Hara Prabhava* of *Dravya* leads excretion of vitiated *Doshas* through anal route. Moreover *Snehana* effect facilitates movement of *Dosha* towards *Amashaya* from where these vitiated *Doshas* evacuated out along with accumulated toxins.

**Table No.1: Virechana Karma in specific Doshas predominant diseases**

S.No	Specific Doshas predominance	Related Diseases	Role of Virechana Karma
1	Pitta predominant	Blisters, liver disorders and abscess	Pacify Pitta and reduces diseases symptoms
2	Pitta with Kapha	Vomiting	Eliminates vitiated Doshas and toxins
3	Pitta with Vata	Gout and painful abdominal disorders	Control chronic progression of diseases



**Figure No.1: Various types of Virechana Karma**

**CONCLUSION**

*Virechana* means purgation which purifies body and eliminate vitiated *Dosha* and toxins through anal route. *Virechana* detoxify body from accumulated *Pitta doshas* thus helps in the management of diseases predominant with *Pitta* vitiation. *Virechana* helps in gastric poisoning, cures skin disorders, treats metabolic abnormalities, offers health benefits in jaundice, colitis, liver disorders, gout, constipation, diabetes and asthma, etc. *Virechana* maintain *Tridosha* balances, improves *Agni*, eliminate *Ama*

and effectively cures *Pitta dushita vyadhi*. Ayurveda properties of *Virechana Dravya* impart therapeutic benefits and helps in bowel evacuation.

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## CONFLICT OF INTEREST

We declare that we have no conflict of interest.

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