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Review Article

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Clinical Significance of *Vamana* and *Virechana Karma* in *Kapha* & *Pitta Vyadhi*: A Review

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Abstract

The most crucial aspect of Ayurveda treatments is *Panchakarma* that works to prevent and treat diseases. It also promotes and preserves general health, considered as a worthwhile therapy due to its adequacy. This therapy involves five procedures which utilize for various purposes. *Virechana* and *Vamana Karma* are important therapies of *Panchakarma* amongst the five therapeutic measures. These therapies are mainly employed for the management of diseases of *Kapha* and *Pitta* vitiation. The drugs used for *Virechana* and *Vamana Karma* offer *Tikshna*, *Sukshma* and *Ushna* properties thus pacify morbid *Pitta*, *Kapha*, and *Vata doshas*, also facilitate removal of toxins from the body. These two therapies utilize for managing many diseases under the heading of *Shodhana Chikitsa*. Present article reviewed the role of *Virechana* and *Vamana Karma* in *Kapha* and *Pitta Vyadhi* respectively.

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1. Introduction

The science of life and longevity is Ayurveda. Ayurveda suggested various therapeutic measures for disease management, these measures include some purification approaches like *Vamana* and *Virechana Karma* which give relief in many diseases. These purification measures of Ayurveda come under the heading of *Panchakarma* that eliminates morbid *Doshas*, *Malas* and clears *Srotas*. The various *Aushadha* used in *Panchakarma* therapy facilitate detoxification process by virtue of their specific properties. (1-5)

Ayurveda aims to treat disease and maintain health in healthy individuals. Diet and lifestyle changes like the *Ritucharya*, *Dincharya*, *Abhayanga*, *Dhupana* and *Nasya* can help to achieve the objective of Ayurveda. Detoxification procedures described by ancient Ayurvedic sages like *Vamana*, *Basti*, *Nasya*, *Virechan*, *Swedana* and *Snehana*, etc. can help to prevent and treat disease pathogenesis.

Vitiation of *Doshas* produces *Doshavaishmya* which ultimately affects *Srotasa* of the body and block them

leading to the pathological manifestation. These *Srotasa* needs to be cleared for keeping up balance of *Doshas* and to maintain wellbeing. *Panchakarma* therapy works in this regard, it is a great and excellent way to treat illness and maintain the body's full strength. *Panchakarma* procedures are distinguished by their capacity for clearing body channels, it eliminates toxins and resists pathogenesis of many diseases. *Panchakarma* therapy is a systematized version of *Samshodhana* therapy that incorporates every method of purification. *Vamana* and *Virechana Karma* are two important methods of *Panchakarma* therapy which prevent or treat diseases mainly associated with *Kapha* & *Pitta* vitiation. (4-7)

2. *Vamana* Therapy

Vamana is one of the *Panchakarma* systems, in order to purify the body this therapy induces vomiting to eliminate all vitiated *Doshas* from the stomach. *Kapha* vitiation typically can be cured by the *Vamana* procedure. The general properties of *Vamana Aushadhi* are depicted in **Figure 1**.

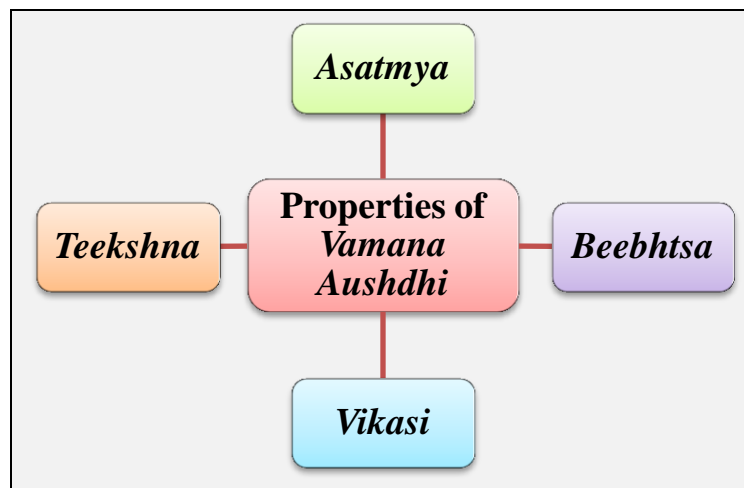


Figure 1. General Properties of *Vamana Aushdhi*

Ayurveda described two types of *Vamana* drugs i.e. *Vamaka* drugs and *Vamanopaga* drugs. *Vamaka* drugs make patient to vomit. These drugs are hot and sharp in nature, and entering throughout the body. Liquorice and *Vacha* are comes under this category. *Vamanopaga* drugs are spices which include *Pippali*, *Madana Phal* and *Amalaki* etc.

Vamana therapy for Kapha Roga:

Vaman's primary goal is to eliminate extra and vitiated *Kapha*. *Vaman*, along with *Kapha*, helps to balance *Pitta Dosha*. This is one of the pieces of the *Shodhana* treatment, which eliminate vitiated *Doshas* and toxins from the body. *Vamana Dravyas* are having the properties *Vyavayi* and *Vikasi*, by prudence of *Veerya* they get rapidly flow into the little vessels of the body. At the cellular level, the accumulated *Doshas* become liquified and break up into small pieces due to the *Ushna* and *Tikshna* properties of *Vamana* drugs. It removes the *Malas* from the *Dhatus* with the help of its *Vikasi Guna*. *Sukshma Guna* facilitates transportation of *Vamana* drugs and *Malarupi Kapha* eliminates through the stomach and respiratory tract.

Vamana Karma is extremist treatment to treat the pathology by eliminating illness causative element *Kapha* from its primary site of gathering. *Vamana* scrubs the various kinds of poisonous materials from the body. The mobilization of the *Dosha* from *Shakha* to *Koshta* is made easier by all the preparatory measures of *Vamana Karma*.

Vamana was actuated in the early morning as this is considered *Kapha Kala*. *Madanaphalapippali*, *Vacha*, *Saindhava Lavana* and others drugs used for *Vamana Karma*. *Vamaka* drugs have characteristics such as *Ushna*, *Tikshna*, *Sukshma* and *Vyavayi*. The effectiveness of these medicines is determined by their potency. *Vamana* drugs spread all through the body channels and toxins are broken up by these medicines. These *Vamana* drugs cause toxins to be eliminated from the *Koshta* and respiratory passage. The vitiated *Kapha* mainly accumulates at these sites and *Vamana* removes morbidity from these two places therefore offers therapeutic benefits in *Kapha Vyadhi*. (6-9)

3. Virechna Therapy

Virechana is a form of internal detoxification that uses induced and controlled movements of faces to cleanse the body. In order to cleanse the body and prevent diseases caused by *Pitta Dosha*, *Virechana* therapy can be recommended.

Pachana medicines are initially administered, after that, *Swedana* and *Sarvanga* are practiced for few days. After *Sarvanga Snehana* and *Swedana*, *Virechaka* drugs are given which begins the purging of body by inducing defecation. *Virechana* is for the most part encouraged to patients having skin issues, hyperacidity and *Pittaja Vyadhi*, etc.

Virechana therapy for Pittaja Vyadhi:

Virechana Dravyas works by virtue of their *Ushna*, *Tikshna*, *Sukshma*, *Vyavayi* and *Vikasi* properties. *Ushna Guna* possesses *Agneya* property, it makes easier for morbid *Doshas* to move toward the *Koshta*.

Tikshna property of *Virechana Dravya* carries out the role of *Sanghatabhedana*; which refers to the breaking down of morbidly complex into smaller molecules. This helps in rapid excretion of morbidity. Hence, *Tikshna* property breaks the *Mala* and vitiated *Dosha* in miniature structure which further prompting removal of toxins from the body.

Anupravanabhava effect of *Virechana Dravyas* enables the drug to enter into the micro-channel and dilate the channel. This property enables the morbid matter to be brought to *Koshta* for expulsion and helps to remove it from the micro-channels.

Vyavayi Guna of *Virechana Dravyas* causes drugs to spread quickly throughout the body and begin to work before they get digested. *Virechaka* drugs spread throughout the body without changing form and eliminates accumulated *Kapha* from the lower parts of the body.

Vikasi Guna of *Virechana Dravyas* enables drugs to start working without being broken down. *Doshas* are driven to the *Koshta* by virtue of all of these properties. *Virechana* drugs reach the micro-channels because of

their *Vikasi*, *Vyavayi* and *Sukshma Gunas*. At the site of action these drugs eliminates vitiated *Pitta Dosha*.

Virechana drugs scrape out liquefy morbid *Mala* and *Doshas* by virtue of their *Ushna* and *Tikshna Gunas*. *Shakhat* *Mala* or impurities are brought to *Koshtha* by *Virechana* drugs, where they are expelled out from the body.

Virechaka drugs perform *Virechana* because of the drug's *Prabhava* or *Achintya Virya*. *Virechaka* drugs having *Jala* and *Pruthvi Mahabhutas* dominancy thus having ability to go downwards and in this manner they can help in the process of purgation. The *Virechana Karma* also depends upon the *Virechaka Prabhava* of drugs which is considered as inherent property of Ayurveda medicine. The *Virya*, *Prabhava* and *Guna* of drugs help them to perform their *Virechana Karma* to cure *Pitta Vyadhi*. (9-12)

4. Conclusion

Vamana therapy plays a significant role in both symptomatic and root-cause treatment of *Kapha Vyadhi*. *Panchakarma* treatments are an important part of the Ayurvedic treatment system because they purify the body and are useful for managing certain chronic and lifestyle disorders. *Shodhana Chikitsa* works with the ejection of vitiated *Doshas* from the body, there by fixes the illness from root, in this way *Shodhana Chikitsa* can forestall the repeated prevalence of disease in future. *Virechana* and *Vamana Karma* are employed for the management of diseases of *Kapha* and *Pitta* vitiation. The drugs used for *Virechana* and *Vamana Karma* having *Tikshna*, *Sukshma* and *Ushna* properties; these properties helps in the expulsion of morbid *Doshas*. *Vamana* and *Virechana Dravyas* relieve symptoms of *Kapha & Pitta Vyadhis* by virtue of their *Vikasi*, *Vyavayi*, *Sukshma*, *Ushna* and *Tikshna Gunas*.

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Conflict of Interest

The authors declare that there is no conflict of interest regarding the publication of this article.

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