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 Dosha 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.

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 Dosha* and *Pitta dosha*.
- **Vamana** eliminate vitiated *Kapha Dosha*.
- **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, Urdhavabaghagha prabhava* and *Vikasi* properties. *Vikasi* 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 Dosha* 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 *Visyandana* 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, Aaragvadha, Patha, Vatsaka and Nimba can be used for Aabhyantara Snehapana.
• Ikshwaku with honey and Saindhaavalavana can be used for Vamana.
• Madhuyasti can also 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

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 Dosha, 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.

BIBLIOGRAPHY


