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 though 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.

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 pradhan 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, Sansatat Mandal and Utsana Mandal. Virechana along with other detoxification measures reduces Ati Sweda, remove Malabaddhata and relief Tada 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 Samsrsta 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

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

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.

BIBLIOGRAPHY

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