



IJAYUSH
International Journal of AYUSH
AYURVEDA, YOGA, UNANI, SIDDHA AND HOMEOPATHY
<http://internationaljournal.org.in/journal/index.php/ijayush/>

International Journal
Panacea
Research library
ISSN: 2349 7025

ReviewArticle

Volume 10 Issue 05

Sept – Oct 2021

AYURVEDA PROPERTIES OF DRUGS USED IN *PANCHAKARMA* W.S.R TO ROLE IN THERAPY

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Abstract

Ayurveda described several ways of health promotion and *Panchakarma* as detoxification measure play vital role towards the maintenance of general health and prevention of diseases. *Panchakarma* involves five activities vomiting, purgation, *Niruham*, *Anuvaasan* and *Nasyam* which cleans body and improves natural process of healing. *Panchakarma* completely purifies body, riddance of toxins, speeding up metabolism, reduces weight, enhances strength, improves digestive fire, clears blockage of channels, relaxes mind and body, rejuvenate tissues, boosts immunity and relieves stress. Moreover *Panchakarma* therapy offers therapeutic benefits in many diseases. In this regards the drugs used for *Panchakarma* procedure contributed greatly to facilitate removal of *Mala* and toxins from the body. The medicines used as *Vaman Dravya* and *Virechan Dravya* possess several properties which induces vomiting and purgation respectively thereby removes toxins from the body. Present article emphasizes role of *Panchakarma Dravya* and their properties which helps in detoxification procedure.

Key-Words: *Ayurveda, Panchakarma, Vaman Dravya, Virechan Dravya*

Introduction

The *Panchakarma* is purifying procedure which brings changes inside the body at mental, physical and emotional levels. *Panchakarma* purifies body and mind, also brings spiritual changes by imparting mental peace and relaxation. *Panchakarma* restore *Agni* and removes wastes thus promote *Ojas*, improves physical strength and immunity. *Panchakarma* reinstates the inner balance and energy of body [1-4].

Vaman, *Virechan*, *Basti*, *Nasya* and *Raktamokshan* are major approaches of *Panchakarma* which offers therapeutic benefits in many health ailments. *Vaman* suggested for *Kapha* dominated conditions including obesity, asthma and hyperacidity. *Virechan* cleans bowels therefore advised for *Pitta* dominated conditions e.g. jaundice and colitis, etc. *Basti* means medicated enema that can be used for convoluted and chronic diseases. *Basti* is considered good for *Vata* dominated conditions including arthritis, constipation and joint pain, etc. Another approach of *Panchakarma* is *Nasya* which used for clearing head area; *Nasya* involves administration of medication through nostril. This process helps in cerebral pain, headache, sleep disorder, hair lose, chronic rhinitis, sinusitis and respiratory ailments, etc. *Raktamokshan* is blood purifying approach of Ayurveda which is useful for diseases that arises due to the impure blood. *Raktamokshan* is good for psoriasis, dermatitis and pigmentation [4-7].

Panchakarma therapy performs using some specific procedures along with dietary and living regimen. The medicinal plants and natural substances play important role in *Panchakarma* therapy. *Panchakarma* therapy utilizes various medicines (*Vaman* and *Virechan Dravya*) which help in detoxification process. The unique ayurveda properties of *Panchakarma Dravya* facilitate detoxification of toxins through various routes of body.

VAMAK DRAVYA (MEDICINES USED FOR VAMANA PURPOSE):

Vamak Dravya used to induce vomiting for therapeutic purpose; these drugs possess *Ushna*, *Tikshna*, *Sookshma*, *Vyavayi*, *Vikashi* and *Urdhwabhaga* effect therefore induces vomiting easily. These drugs on reaching the stomach stimulate vagus nerve endings to induce *Vamana*, some drugs like digitalis and opium absorbed first then causes *Vamana*.

The common *Vamak Dravya* are *Madanaphala (Randia demetorum)*, *Jeemutak (Luffa echinata)*, *Ikshavaku (Lagenaria siceraria)* and *Sarson (Brassica campestris)*, etc. The *Kashaya* of fruit of *Madanaphala* along with honey, rock salt and *Phanita* can also be used.

It is advise to use digestive medicine such as *Trikatu churna*, *Hingwashtaka Churna* and *Chitrakadi Vati*, etc. before *Vamana* therapy for some days. *Ghee* or oil consumption may also be advised for special conditions. Drugs having penetrating, hot and pungent properties can also be used in *Kapha* predominant condition where vomiting is require to pacify excess aggravation of *Kapha*. Similarly in case of *Pitta* aggravation the *Vamak Dravya* should possess sweet and cold properties while in case of *Vata* aggravation the *Vamak Dravya* should possess unctuous and sour properties. Decoction of *Madanaphala* with *Pippali* and *Sarshapa* is also used for emesis purpose.

Role of medicine to induce vomiting:

Vamana dravyas having *Agni* and *Vayu mahabhuta* pre-dominancy, these *Mahabhutas* are responsible for *Urdwa Gati* of *Vamana dravyas*. The *Ushna*, *Tikshna*, *Sookshma*, *Vyavayi*, *Vikasi* and *Urdhwabhagahara* property of *Vamana dravyas* play key role to induce natural vomiting. *Ushna guna* causes *Visyandana* of *Doshasanghata* means dissolve or liquefy aggravated *Doshas* which further removed from body through vomiting. *Tikshna guna* of *Vamana* drugs responsible for *Vicchindana* means breaking down of morbid contents into small particles which further oozes out from body. The *Shodhana*, *Pachana* and *Chedana* of *Doshas* facilitate their elimination. The *Anu Pravanabhava* of drugs brought morbid matter into *Koshta* and *Amashaya* from these matters removed via vomiting. The *Sukshma* property of drugs facilitates their transportation through minute *Srotas*. *Vamana* drugs enter into *Sthula* and *Anu srotas* these *Vamana* drugs bring *Dosha* into the *Koshta* without sticking to the channel. The *Vyavayi guna* exert its effects at initial stage of drug administration and this property contributed towards quick absorption of *Vamana* drug. *Vamana* drugs spread in to the body quickly and exhibited biological response in desired period of time. The *Vikasi Guna* of drugs produce *Shaithilyata* in *Sandhi* and *Oja*, loosens *Dhatubandhana* and prepare body for vomiting without over excitement. The *Saratva guna* is responsible for *Anulomana* which causes evacuation of *Vata* and *Mala*

from *Koshta*. The *Ushna Veerya* of *Vamana* drugs causes *Dahana*, *Swedana* and *Vivarana*. This property helps in the circulation of drug throughout the body. *Prabhava* is another property of drug which play pivotal role in *Vamana*. The action of *Vamana* drugs with respect to their property depicted in **Figure 1**.

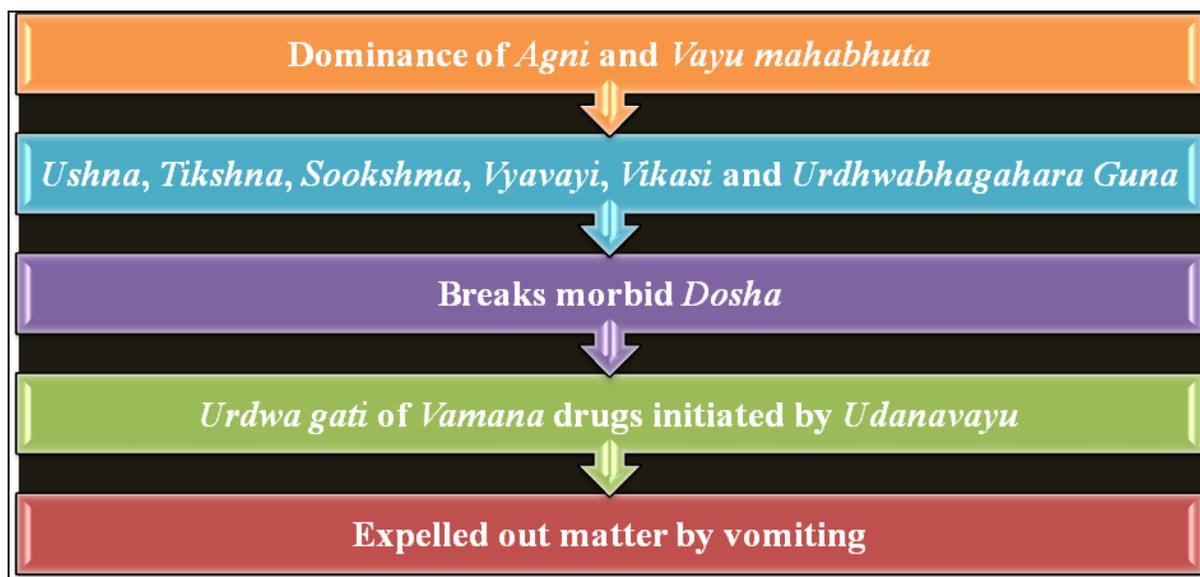


Figure 1: Action of *Vamak Dravya*

Indications of *Vamana Dravya*:

Vamana Dravya can be used to induce vomiting in many health issues including *Ajeerna*, *Kasa*, *Shwasa*, *Madhumeha*, *Unmada* and *Kushtha*, etc.

VIRECHNA DRAVYA (MEDICINES USED FOR VIRECHNA PURPOSE):

Drugs for *Virechan* therapy are classified into four categories i.e; *Anuloman* (carminatives), *Sransan* (laxatives), *Bhedana* (drastic purgatives) and *Rechan* or *Virechak* (purgatives). *Anuloman* drugs breaks waste and expels them through anal route and also relives gases and stomach bloating. *Sransan* (laxatives) drugs expel waste from the body through anal route by softening stools and causes mild purgation. *Bhedana* drugs are used as drastic purgatives for removes wastes that are very solid and hard in consistency. *Rechan* or *Virechak* drugs helps in the evacuation of thinned raw waste and causes strong laxative effects.

Virechan dravya possess *Ushna, Teekshana, Sookshama, Vayvayi* and *Vikashi* qualities, these drugs mainly used for *Pitta* dominating condition, *Kapha pitta sansagra* and also used when *Pitta* occupies location of *Kapha*.

The common *Virechak dravya* are *Masha, Trivrit, Snuhi Ksheera, Ashwagandha, Haritki, Jayaphala, Chaturangula, Dravanthi, Tilvaka* and *Sudha*, etc. These drugs possess some properties which make them suitable for *Virechan* therapy, these properties are:

- ❖ Warm in nature so to melt and remove aggravated *Dosha*.
- ❖ Spread deep into minute channels due to their *Sookshama* property.
- ❖ Sharp in nature to cut hard toxins.
- ❖ Quick action and remove toxins from desired area of body.

Virechana therapy is expels *Pitta dosha* from the body and associated *Kapha dosha* also. *Virechana* drugs possess hot, strong, subtle and progressive qualities therefore exhibited specific response to facilitate evacuation of toxins from anal route. The *Prithvi* and *Jalamahabhuta* predominance of *Virechana* drugs contributed towards the expulsion of morbid *Doshas* from the anal route. However selection of *Virechana* drugs depends upon *Koshta, Vaya* and *Bala* of patient, therefore drugs for *Virechana* therapy should be selected appropriately to avoid any complications of therapy. Physician must have knowledge about the *Virechana* drugs prior to their use. *Virechana* drugs are indicated to induce purgation in specific health ailments including *Krimi, Kamala, Pakshaghat, Madhumeha, Arbuda, Tamak Shwasa* and *Galganda*, etc [7-10].

Conclusion

Ayurveda described *Panchakarma* as detoxification measure which helps to maintain general health and prevent disease pathogenesis. *Panchakarma* purifies body, improves metabolism, reduces weight, boost strength, correct digestive fire, removes blockage of channels, relaxes mind and body, strengthen immune power and relieves stress. *Panchakarma* therapy offers therapeutic benefits and in this regards the drugs used for *Panchakarma* procedure contributed greatly to facilitate removal of *Mala* and toxins from the body. The medicines used as *Vaman Dravya* and *Virechan Dravya* which induces

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vomiting and purgation respectively. The common *Panchakarma Dravyas* (medicines used for *Panchakarma*) are *Madanphala, Jeemutak, Ikshavaku, Sarson, Masha, Trivrit, Ashwagandha, Haritki, Snuhi Ksheera, Jayaphala, Dravanthi, Tilvaka, Sudha* and *Chaturangula*, etc. The *Ushna, Tikshna, Vyavayi, Vikashi, Urdhwabhaga* and *Sookshma* effects of these drugs facilitate elimination of toxins from the body.

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