



Review Article

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## ANALYSIS OF SELECTION OF FORMULATION FOR VIRECHANA

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### ABSTRACT

*Virechana* is one of the important *Shodhana Karma* described in *Ayurveda*, mainly indicated for the elimination of vitiated *Pitta Dosha* along with associated *Kapha* and *Vata* from the body through the lower pathway. The success of *Virechana Karma* largely depends on the proper selection of formulation according to the patient's *Dosha*, *Dushya*, *Agni*, *Kostha*, *Bala*, age, disease condition, season, and previous preparation with *Snehana* and *Swedana*. Different *Virechana Dravya* act with different intensity, such as mild, moderate, and strong purgative action, therefore the physician must select the formulation carefully to avoid complications and obtain proper therapeutic benefit. In *Mridu Kostha*, mild formulations are generally sufficient, while in *Krura Kostha*, stronger or repeated formulations may be required. The selection also varies according to disease, for example *Pitta Pradhana Vyadhi*, skin disorders, liver disorders, metabolic conditions, and chronic inflammatory diseases may require specific *Virechana Yoga* based on classical indications. Proper formulation selection helps in achieving *Samyak Virechana Lakshana*, improves digestion, removes *Ama*, clears channels, restores *Dosha Samyata*, and supports better clinical outcome. Thus, analysis of formulation selection for *Virechana* is essential for safe, rational, and individualized *Ayurvedic* treatment practice.

**Keywords:** *Virechana*, *Shodhana Karma*, *Pitta Dosha*, *Kostha*, *Virechana Dravya*, *Samyak Virechana*

## **Introduction**

Virechana is a specialized Panchakarma procedure designed to expel vitiated Doshas—predominantly Pitta—from the body through the anal route. It is a planned therapeutic purgation that requires careful preparation and precise execution. Among all components of Virechana therapy, the selection of the appropriate formulation holds critical importance, as it directly influences the safety, efficacy, and outcome of the procedure. Rational drug selection reflects the individualized and scientific approach of Ayurveda.<sup>1</sup>

## **Conceptual Basis of Virechana Formulation Selection**

Ayurveda emphasizes that Shodhana therapy should be administered only after assessing both the disease and the patient. Virechana formulations differ in potency, pharmacological action, and Dosha affinity. Therefore, the formulation must be selected in such a way that it effectively eliminates the vitiated Dosha without disturbing the normal physiological balance.<sup>2</sup>

## **Parameters Guiding Selection of Virechana Formulation**

### **1. Dominance of Dosha**

The primary indication of Virechana is Pitta Dosha vitiation. However, the associated involvement of Kapha or Vata modifies the drug choice. Mild Pitta vitiation requires gentle purgatives, whereas Pitta associated with Kapha demands stronger formulations with Ushna and Tikshna properties.<sup>3</sup>

### **2. Nature and Stage of Disease**

Acute disorders, functional disturbances, and early-stage diseases respond well to mild or moderate formulations. Chronic, recurrent, or deeply seated diseases require stronger formulations to ensure complete elimination of accumulated Doshas. The presence of Ama further necessitates appropriate Deepana and Pachana before drug administration.<sup>4</sup>

### **3 Rogi Bala**

- The strength and tolerance capacity of the patient determine the intensity of Virechana: Strong individuals can tolerate potent formulations.
- Moderately built patients require balanced formulations.
- Weak, emaciated, or sensitive individuals need gentle purgatives to avoid

#### **4.Kostha (bowel habit)**

- Kostha plays a decisive role in formulation selection:
- Individuals with soft bowel habits respond quickly to mild drugs.
- Those with hard or constipated bowels require stronger and unctuous formulations to achieve proper purgation.

#### **5. Agni (digestive capacity)**

- Digestive strength determines drug metabolism and response. Patients with poor digestion require preliminary correction of Agni before administering Virechana drugs. Selecting a formulation incompatible with the Agni status may result in inadequate purgation or adverse effects.

#### **6. Age and Physiological Status**

- Children, elderly individuals, and patients with special physiological conditions require cautious drug selection. In such cases, mild formulations in suitable dosage forms are preferred to ensure safety and comfort.

#### **Types of Virechana Formulations**

इह खलु षड् विरेचनशतानि भवन्ति, षड् विरेचनाश्रयाः, पञ्चकषाययोनयः, पञ्चविधकषायकल्पनं, पञ्चाशन्महाकषायाः, पञ्चकषायशतानि, इति संग्रहः  
॥ (Ch.su.4)

Virechana drugs are available in various pharmaceutical forms, such as powders, decoctions, medicated oils, and semi-solid preparations. The form is selected based on palatability, ease of administration, digestion, and patient acceptance.

#### **Importance of Individualized Drug Selection**

The principle of individualized therapy is the foundation of Ayurveda. Selection of a Virechana formulation without proper assessment may lead to:

- Excessive purgation
- Inadequate Dosha elimination
- Patient discomfort
- Delayed recovery

A carefully selected formulation ensures smooth purgation, achievement of Samyak Lakshanas, and sustained therapeutic benefits.

- Therapeutic Outcome of Proper Selection
- Correct selection of the Virechana formulation results in:
- Effective elimination of vitiated Doshas
- Restoration of digestive and metabolic balance
- Reduction in disease recurrence
- Improved physical and mental well-being

### **Discussion**

Selection of formulation for *Virechana* is a very important step because the result of the whole procedure depends on choosing the right *Virechana Yoga* according to the patient and disease condition. In *Ayurveda*, the same medicine cannot be used equally in every patient, because each person has different *Dosha*, *Agni*, *Kostha*, *Bala*, age, season suitability, and disease stage. If the patient has *Mridu Kostha*, mild purgative formulations may give proper result, but in *Krura Kostha*, stronger formulations or higher dose may be needed. Similarly, in *Pitta Pradhana Vyadhi*, drugs having *Pitta Shamaka* and purgative action are preferred, while in chronic diseases, skin disorders, liver disorders, and metabolic conditions, formulation selection should be done after proper assessment of *Ama*, *Srotorodha*, and patient strength. Properly selected *Virechana Dravya* helps to remove vitiated *Pitta Dosha*, clear the channels, improve *Agni*, reduce disease symptoms, and produce *Samyak Virechana Lakshana*. On the other hand, wrong selection may lead to inadequate purification, excessive purgation, weakness, dehydration, or treatment failure. Therefore, careful analysis of formulation, dose, timing, *Anupana*, and patient suitability is essential for safe and effective *Virechana Karma*.<sup>5</sup>

### **Conclusion**

The selection of formulation for *Virechana* is a decisive step that determines the overall success of the therapy. It requires a holistic evaluation of *Dosha* status, disease characteristics, patient strength, bowel nature, and digestive capacity. A thoughtful and individualized approach not only ensures effective *Shodhana* but also prevents complications and enhances patient compliance. Thus, rational selection of *Virechana* formulations stands as a clear demonstration of the precision and scientific depth of *Ayurvedic Panchakarma* practice.

### **Conflict of interest -Nil**

## **Source of Support -None**

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