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## PHYSIOLOGICAL ACTION OF *VAMANA* AND *VIRECHANA* IN *KAPHA* AND *PITTA ROGA*: A REVIEW

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### Abstract

*Panchakarma* is the essential part of Ayurveda therapeutics which prevents disease, preserves health, promotes strength and establishes harmony between body and nature. The diseases mainly arise due to the aggravation of *Doshas* and in this regards *Panchakarma* play vital role to pacify aggravated *Doshas*. *Panchakarma* includes five major therapeutic procedures, amongst them *Vamana* and *Virechana* are important modalities of *Panchakarma* and these procedures can alleviate many health ailments related to the *Doshas* vitiation. Specifically *Vamana* provides relief in *Kapha* and *Pitta Roga* while *Virechana* helps to cure *Rogas* associated with *Pitta Dosh*. Therefore these therapies provide health benefits in allergic bronchitis, sinusitis, hyperacidity, indigestion, obesity, dyslipidemia and diabetes mellitus, etc. *Vamana* and *Virechana* remove toxins from body, reduce effects of morbid *Doshas*, impart lightness in body, purify *Hridya*, *Kantha*, *Shirah* and regularizes metabolic activities. The drugs used for *Vamana* and *Virechana* purposes possessing unique properties and these properties of Ayurveda drugs contributed greatly towards the *Doshas* pacifying effects of *Panchakarma* therapy. Considering these all facts present articles explores physiological action of *Vamana* and *Virechana* in *Kapha* and *Pitta Roga*.

**Key-Words:** *Ayurveda, Panchakarma, Vamana, Virechana, Dosh*.

## Introduction

*Ayurveda described many approaches for rejuvenation and purification; Panchakarma is one such unique modality of Ayurveda. Panchakarma facilitate detoxification of toxins or morbid Doshas from the body thus brings purification of whole body. This therapy not only prevents diseases but also treat many pathological conditions including skin disease, digestive problems, allergic rhinitis, asthma, constipation and heart problems, etc. Panchakarma alleviates Tridoshas, the particular modality of Panchakarma acts on specific Doshas i.e.; Vamana alleviates Kapha Doshas while Virechana works for Pitta Doshas. These purification measures improve Buddhi, strength of Indriyas, boost Dhatus and correct malfunctioning of Agni [1-5].*

*Kasa, Malavridhi in Srotasas, Svarabheda, Tandra, Mukha Durgandhata, Vishajanya Upadrava, Kapha Srava and Grahani, etc. are conditions that can be normalized through Vamana therapy. The literature study evident normalization of blood pressure, bowel habit, heaviness of abdomen, appetite and sleep pattern after Vamana.*

*Virechana karma correct vitiation of Pitta dosha, regularizes functioning of GI tract, this therapy cure chronic constipation, indigestion, worm infection, skin disorders, paraplegia, hyperacidity and anorexia, etc [2-3].*

### Physiological Action of Vamana:

*Vamana eliminates morbid Doshas (toxins) through upper channels of body, especially Kapha and Pitta Doshas removed by this procedure. Physiologically Vamana works in following steps:*

- 1. Guna of Vamaka Dravya liquefies hard toxins and all toxins brought to Amashaya (stomach and duodenum)*
- 2. Stimulation of upward movement brings morbid materials from Amashaya to upper channels.*
- 3. Toxins/ aggravated Doshas get eliminated through mouth as part of emesis.*

*This procedure as mentioned above mainly works in Amashaya and upper body channels which are the site of Pitta and Kapha Doshas respectively. Therefore Vamana*

facilitates extraction of vitiated *Pitta* and *Kapha Doshas*, thereby provides therapeutic benefits in diseases which arises due to the vitiation of *Pitta* and *Kapha Doshas*. *Kapha* disorders and associated *Pitta* disorders or diseases settled in the place of *Kapha* can be relieved effectively with the help of *Vamana*. It helps to prevent forthcoming diseases of *Kapha* and *Pitta Doshas*. *Vamana Karma* facilitates *Amashaya Shuddhi* (cleansing of stomach) thus digestion and metabolic activities get potentiated [5-7].

Mode of Action of *Vamakadravyas* towards their Physiological Action:

The *Vamakadravyas* possess *Ushna*, *Tikshna*, *Sukshma*, *Vyavayi*, *Vikasi* and *Urdhwabhagahara* properties, these properties of drugs contributed greatly towards the physiological action of *Vamana* therapy:

- ✚ *Ushnaguna* produces *Pachana* and *Dahana* effects, drugs spread at cellular level and *Vishyandanain* is produced when *Vamana dravyas* are administered with *Lavana*.
- ✚ *Tikshna Guna* of *Vamakadravya* imparts quick action; this property facilitates *Chhedana* and *Sravana* of *Doshas* at their own places.
- ✚ *Sukshma Guna* of *Vamanadravya* helps in transportation of through minute channels (*Srotasas*). When drugs reaches to the site of action due to their *Sukshma Guna* then these drugs causes *Pachana* and *Vishyandana* of *Doshas*, that after morbid *Doshas* get eliminated from body easily.
- ✚ *Vikasi Gunas* of *Vamakadravya* leads transportation of drugs at the levels of *Dhatu*s produces *Sandhi saithilya*, *Doshaslina* in *Dhatu*s attacked by the *Vamakadravya* and migrated to the *Koshtha* for their elimination.
- ✚ *Vamakadravyas* produces emesis due to their *Urdhwabhagaharaprabhava* and this effect directs *Doshas* towards the *Koshtha* from there gets eliminated via oral route.
- ✚ *Vamanakarma* ultimately brings *Kapha* and *Pitta Doshas* to the *Koshtha* from there these *Doshas* get eliminated. *Vamanakarma* brings morbid *Doshas* from *Koshtha* to mouth and effects of emesis remove these *Doshas*. Therefore *Vamanakarma* helps in *Kaphaj & Pitta* disorders.

### *Vamana Karma for Kapha Roga:*

*Vamakadravya* acts on *Kapha* in stomach as well as in respiratory passage, these drugs imparts *Pachana* and *Deepana* effects which help to digest *Ama*, makes *Dosha Nirama*, potentiates *Agni*, make *Dosha* free from their adherence, liquefies solid contents mobilizes *Dosha* from *Shakha* to *Koshta* after disintegrated them.

*Vamana* offers a great benefit in *Kapha Roga* when this procedure induced in the early morning (around 6 am to 9 am) since this is *Kapha Kala*. Moreover *Ksheera* is substance of *Kapha Varga* thus commonly used for *Akanthapana* which facilitates *Vamana* process.

*Madanaphala pippali, Vacha, Saindhava Lavana*, can also be used for inducing *Vamana* to relieve *Kapha Dosha*. *Vamana Dravya* acts on stomach which may be considered as site of *Kapha* aggravation, this procedure eliminates *Kleda*, clears *Srotas*, remove *Ama* and finally relief *Kapha Roga*.

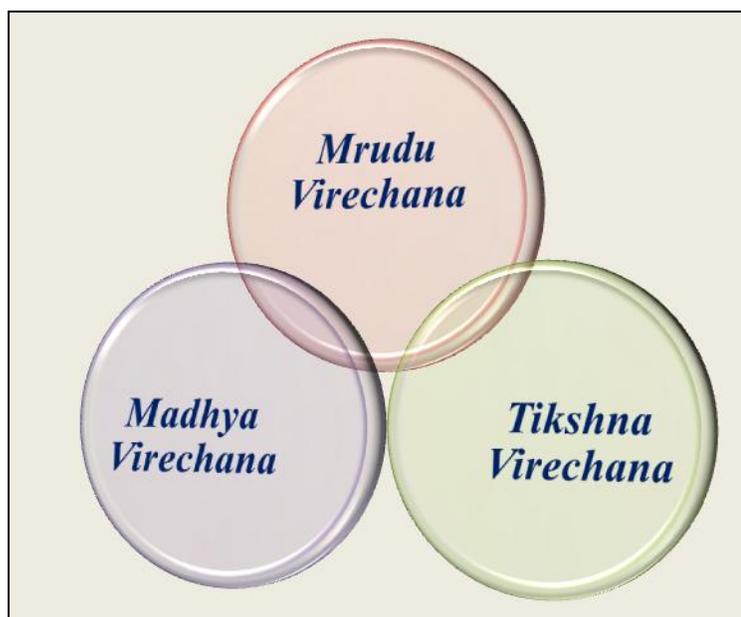
*Vamana Karma* liquefies *Kapha* at *Dosha Sanghata*, break down of toxins which may flow through the *Anu Srotas* to the *Amashaya*, from there these morbid *Doshas* expelled out by *Vamana Karma*. The vomiting at the centre of brain stimulated by mild inflammation of *Vamanadravya* by virtue of their *Ushna, Ashukari, Tikshna, Vyavayi* and *Vikasi* properties. These properties also support elimination of *Kapha, Pitta* and *Ama*, thus relives symptoms of diseases associated with vitiation of *Kapha, Pitta* and *Ama* [6-10].

### **Physiological Action of Virechana Karma:**

*Virechana* means expulsion of *Doshas* through *Adhobhaga*, the major site of action of *Virechana Karma* are sits of *Pitta Dosha, Kapha, Rasavaha Srotas, Raktavaha Srotas, Ama* and lower excretory tracts, etc.

*Virechana* drugs also acts on the basis of their intensity as depicted in **Figure 1**. *Mrudu Virechana* mainly performed using drugs which is *Manda* in *Virya*, when these drugs given in low dose and causes less purgation then this is known as *Mrudu Virechana*. *Mrudu Virechana* used in weak patients, the repeated elimination of *Doshas* in small quantity by *Mrudu Virechana* also cures disease related to *Pitta* aggravation. *Draksha*, warm water and castor oil etc. are considered drugs of *Mrudu Virechana*. *Madhya Virechana* are performed in moderate way, these drugs are used for patients having *Madhya Roga* or elderly patients.

*Katuki, Aragvadha* and *Trivrut*, etc. are used for *Madhya Kostha*. *Tikshna Virechana* is other types of *Virechana* with high intensity of purgation in which large amount of *Doshas* get eliminated from body in quick period of time. *Balvana Rogi* can bear such types of purgation and *Snuhi Kshira* is considered best medicine for *Tikshana Virechana* [7-9].



**Figure 1: Types of *Virechana* on the basis of Intensity**

### **Mode of Action of *Virechana* Drugs towards their Physiological Action:**

*Virechana* drugs acts by virtue of their *Anulomana*, *Sransana*, *Bhedana* and *Rechana* actions, etc. *Anulomana* drugs control downwards movement of *Malas*, the *Sransana* effects causes slipping or fall down of *Mala*. The drug which offers *Bhedana* effects disintegrates *Abaddha* or *Baddha* or *Pindita* forms of *Malas* by penetrating into it and facilitates evacuation of lower gut. *Arka*, *Eranda*, *Agnimukhi*, *Chitra*, *Chitraka*, *Chirabilva*, *Shakuladani* and *Svarnakshiri*, etc. are considered *Bhedaniya* drugs. Other types of drugs offers *Rechana* effects which eliminates *Pakvam* and *Apakvam Malas* or *Doshas* by increasing their water contents. *Virechanopaga* drugs helps to induce *Virechana* i.e.; *Draksha*, *Kasmarya*, *Amalaki*, *Bibhitaki*, *Badarai* and *Karkandu*, etc.

### ***Virechana Karma for Pitta Roga***

*Virechana Karmas* acts through systemic circulation and this procedure also exerts local action in following manner:

**Systemic action:** *Virechana* drugs *via* systemic route bring down morbid *Pitta Doshas* from the *Amashaya* or *Pakvashaya*.

**Local action:** Local irritant action of *Virechana* drugs on G.I.T. causes evacuation of bowel content along with morbid *Pitta Doshas*.

*Virechana* drugs absorbed and by virtue of their *Virya* these drugs reaches to the macro and micro channels of the body. The *Vyavayi Guna* of drug helps in quick absorption at the site of *Pitta* aggravation. The *Vikasi Guna* causes softening and loosening of the *Pitta Doshas* while *Ushna Guna* brings *Dosha Sanghata* of *Pitta* and causes *Vishyandana*. *Tikshna Guna* of *Virechana* drugs breaks *Pitta Doshas* into micro so that get eliminated quickly. *Prabhava* of *Virechana* drugs brings aggravated *Pitta* into lower abdominal tract from their process of *Virechana* occurs which eliminate *Mala* along with morbid *Pitta Doshas* [8-11].

## Conclusion

*Vamana* is *Panchakarma* procedure which cleans body, improves appetite, regulates bowel habits, imparts *Kapha-Hara* action thus removes *Kapha Roga* from body. Sympathetic stimulation control respiration during the *Vamana* procedure, *Vamana* is highly beneficial for *Kapha* and *Kapha-Pitta* ailments, this procedure offers several health advantages in patients suffering from diseases settled in the place of *Kapha*. *Virechana* is other *Shodhana* therapy facilitates detoxification of toxins from lower G.I. tract and removes aggravated *Doshas* through bowel evacuation. *Virechana* mainly eliminates *Pitta Doshas*, thus provides relives in *Pitta* disorders like hyperacidity, heart burn, indigestion and disturbed bowel habits, etc. The systemic action of *Virechana* drugs bring down morbid *Pitta Doshas* from the *Amashaya* or *Pakvashaya* from their it get eliminated by purgation while local irritant action of *Virechana* drugs on G.I.T. facilitates evacuation of *Mala* along with morbid *Pitta Doshas*.

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