

Review Article

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AYURVEDA PERSPECTIVES ON VAMAN KARMA W.S.R. TO IMPORTANCE OF SADYO VAMAN

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Abstract

Panchakarma chikitsa is one of the important treatment modality of Ayurveda which includes many purification measures like; *Vamana* and *Virechana*, etc. Sometimes in case of emergency it is not possible to carry out *Vamana* and *Virechana Karma* procedures with full extent and in such condition lack of timing requires uses of emergency procedures; concept of *Sadyovamana* can be used here as an emergency treatment. *Sadyovamana* can be used in different emergency conditions; here *Purvakarma* is not necessary to carry out as part of *Sadyovamana* and this can be done in a period of single day. The concept of *Vishram kala* (gap period) can be omitted along with consideration of *Kala* (time to perform procedure) during *Sadyovamana* in emergency conditions. It is times saving and cost effective technique which offers immediate effect.

Key-Words: *Ayurveda, Atyayika chikitsa, Sadyovamana, Emergency*

Introduction

The Ayurveda science mentioned many ways of disease management amongst them *Shodhana* and *Shamana* are important therapeutic measures of Ayurveda. *Shodhana* procedure is detoxification and cleansing measure that helps to alleviate many pathological conditions. *Panchakarma* mainly employed as detoxification measure in Ayurveda that includes five five procedures for *Shodhana* purpose. These five procedures include *Vamana*, *Virechana*, *Nasya*, *Basti* and *Raktamokshana* [1-4].

Vamana means therapeutic emesis to remove aggravated *Dosha* especially *Kapha*. *Virechana* means purgation to expel out aggravated *Pitta Dosha*. *Nasya* means nasal oleation to clean channels of the head and neck region. *Basti* is herbal enema performed for vitiated *Vata dosha* in body cavity and *Raktamokshana* (blood-letting) is blood purification therapy performed to cure *Rakta dushti*.

The *Vamana* is one of the important procedures of *Shodhana* therapy which helps to cure diseases of aggravated *Kapha Dosha*. The classical *Vamana* procedure requires some specific protocols that are time consuming and not suggested for emergency situations. Therefore concept of *Sadyovamana* implemented to carry out therapeutic emesis in emergency conditions [3-7].

Sadyovamana

The term *Sadyovamana* is combination of two words *Sadyo* and *Vamana*, *Sadya* means on the same day (at the moment or during immediate condition) thus the meaning of *Sadyovamana* is “quick or immediate therapeutic emesis”. This procedure mainly uses for instant elimination of vitiated *Doshas* through the oral route in case of emergent pathological conditions. *Sadyovamana* is instant therapeutic emesis conducted without *Abhyantara snehapana* and *Sweda* in case of *Kapha* aggravation. When vitiated *Doshas* are in *Utklishta* state then *Sadyovamana* can be performed as an *Atyayik chikitsa* for managing emergency condition instead of classical *Vamana karma*. This procedure can be used irrespective of *Kala* to cure acute conditions.

Sadyo-Vamana not requires general guideline to be followed as followed in case of classical *Vamana* procedure; it can be performed in afternoon or even in the night. The classical *Vamana* procedure uses *Snehana* and *Swedana* for the detachment and liquefaction of *Dosha* but in case of *Sadyo-Vamana* the *Dosha* are in *Utklishta* stage that can be eliminated easily therefore internal *Snehana* is not required [6-8].

Kala for Sadyo Vamana

Sadyo Vamana is used for *Atyayika Vikara* thus when *Doshas* are in *Utklishta* stage thus consideration of *Kala* not important factor, it is to be performed as the time of requirement.

Diet for Sadyo Vamana

Rice mixed with *Ghee* before *Sadyo Vamana* can be used, light food or liquid diet can be used before procedure. Heavy and oily foods are to be avoided.

General Procedure

Sadyovamana performed during the condition of *Utklishta dosha* in *Atyayika avastha* (emergency condition) and also for *Vamya rogi*. *Kapha* and *Pitta dosha* should be in *Utklishta avastha* means detached and ready to expel out from *Amasaya*. It can be performed in morning hours that is consider as *Kapha kala*, however, in case of *Atyayika vikara* consideration of *Kala* is not important factor. *Abhyanga* and *Swedana* can be avoided especially in case of *Visha* and *Ajirna*, etc. which are emergency conditions but in case of acute attack of *Shwasa* the *Abhyanga* and *Swedana* can be used to liquefy *Kapha*, this will bring morbid *Kapha* to *Amashaya* thus get eliminated easily. *Yavagu* should be given before procedure; drug like *Lawanambu* can be used for main procedure. In *Pashchat karma* patient can be advises to take rest along with *Dhumpan* and dietary guideline, the probable mode of action of therapy depicted in **Figure 1**.

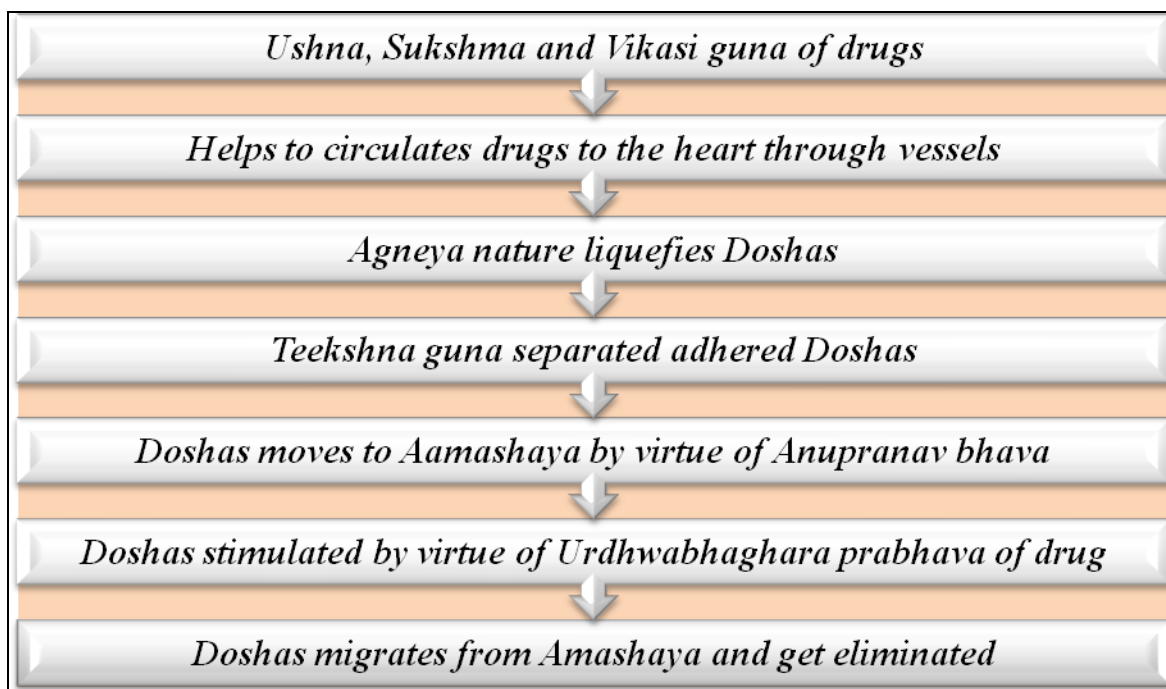


Figure 1: Role of Vaman drugs in elimination of Doshas

Conditions suitable for Sadyo Vaman:

- *Jwara* dominated by *Khapha* which is *Ulkeshit avastha* in *Aamashaya* can be treated by *SadyoVaman*.
- *Jwara* caused by *Ama* (*Amajwara*) can be relieved by *Sadyo Vaman* which should be given with *Lavanambu*.
- *Pittaj jwara* with thirst, in such case *Sadyo Vaman* with cold water and honey can be used.
- *Swasa* which involves obstruction by *Utklesha Kapha* can be relived using *Sadyo Vaman*.
- *Atyayika Avastha* of *Visha* requires *Sthavar Visha Chikista* and *Sadyovaman*.
- *Alasaka* condition when *Dosha* are *Utklishted*, here *Sadyovaman* can be performed.
- *Amavisha* especially associated with food poisoning.
- *Vishuchika*

- *Grahani* with *Sama Avastha* can be treated using *Sadyo Vamana* with *Madanphala Kashay* or *Pippali Sarshap Kashay*.
- In *Amlapitta Sadyo Vaman* can be done using *Lavanambu and Ksheera*.
- *Asrigdara* is *Kapha Pradana Dosha Vyadhi* and acute condition needs *Atyaika chikitsa*, here *Sadyovamana* can be recommended.
- *Upadamsa* associated with excessive *Doshas*, in such condition *Sadyo Vaman* can be used to expel out *Doshas*.
- *Sadyovaman* can also be induced for *Visarpa* associated with *Kaphapradhan Avastha*.

Discussion

The *Dravya* uses for *Sadyovamana* are *Vamanopaga dravya* which helps to induce *Vamana*. *Sadyovamana* not follow oletion procedure and consideration of *Vishram kala* is also not important factor since it is to be done in case of emergency. This therapy does not help to remove *Doshas* from the deeper tissue but removes *Doshas* which are in *Utklishta Avastha*. *Sadyovamana* is carried out when *Lakshnas* like *Hrullas*, *Shiro Gourava*, *Kapha Sthivana* and *Lala Praseka*, etc. are present. *Purvakarma* not mandatory since *Dosha* are in *Utklishta avastha*. It can be done for relieving conditions like *Tamaka swasa*, *Urdhwaga*, *Amlapitta*, *Ajeerna*, *Visha pana* and other emergency conditions, etc. This therapy is cost-effective, less time consuming and can be performed without *Snehapana* [9-12].

Conclusion

Sadyo vamana is important Ayurveda therapy for emergency condition which mainly performed when *Doshas* are in *Utklista* state. This therapy performs without pre-operative procedures like; *Ama pachana*, *Swedana* and *Snehana*, etc. The consideration of *Vishrama kala* is not important for *Sadyo vamana*. *Sadyo vamana* can be used for conditions like; *Jwara* dominated by *Khapha*, *Swasa*, *Atyayika Avastha* of *Visha*, *Alasaka*, *Amavisha*, *Vishuchika*, *Grahani*, *Asrigdara* and *Upadamsa*, etc. It can be used for *Atyaika avastha* like *Visha pana* which requires emergency treatment. *Sadyovaman* is *Langhan* or *Rukshan* treatment, in which dose and frequency of drug decided as per the condition and severity of case. *Sadyovaman* gives instant relief in *Utklishta doshavastha* and can be considered as suitable treatment option for emergency conditions associated with *Kapha dosha Utklishta*

Avastha. Sadyovamana can be used as part of *Atyayika chikitsa* whenever classical *Vamana* is not possible.

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