

Review Article

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AYURVEDA VIEW ON VAMANA KARMA AND ROLE OF VAMAKA DRAVAYA IN THE THERAPEUTIC ACTION OF VAMANA

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Abstract

Panchakarma represents a distinctive facet of Ayurveda, it consists five internal purification procedures to detoxify body. Among these, *Vamana Karma* stands as the inaugural step, predominantly recommended for addressing *Kaphaja* disorders. The ancient *Charaka Samhita* mentioned various aspects on *Vamana Dravyas* and their corresponding *Kalpa*. These *Vamaka Dravyas* possess qualities such as *Ushna*, *Tikshna*, *Sukshma*, *Vyavayi* and *Vikasi Guna*. These properties allow *Vamaka Dravyas* to be absorbed and reach at the site of action quickly and effectively. *Vamanopaga Dravyas* exhibit characteristics like *Madhura Rasa*, *Sheeta Virya* and *Madhura Vipaka*, by virtue of these properties *Vamaka Dravyas* exerts their action of therapeutic detoxification. These properties also serve to mitigate the irritative nature of *Vamana Dravyas*. This article represents Ayurveda view on *Vamana Karma* and Role of *Vamaka Dravaya* in the therapeutic action of *Vamana*.

Key-Words: *Ayurveda, Vamana, Vamaka Dravaya, Panchakarma, Detoxification*

Introduction

Vamana is a therapeutic process designed to expel imbalanced *Doshas* through the upper route. *Vamana*'s primary objective is to eliminate excess *Kapha* that has accumulated in the upper gastrointestinal tract. *Vamaka Dravyas* are used as medicinal substances to induce therapeutic vomiting. These *Vamaka Dravyas* possess warm, sharp, subtle, penetrating and expansive qualities. These properties along with the potency of *Vamaka Dravyas* help them to exert their biological action. The sweet taste, cooling potency and sweet post-digestive effect also contributed towards the biological action and patient compliance of *Vamana Dravyas*.

Vamaka Dravyas play a pivotal role in guiding the aberrant *Doshas* towards the *Kostha*. Their *Urdhavabhagha* influence leads these substances to redirect the morbid *Doshas* towards the mouth, subsequently facilitating their expulsion through the emesis process. These *Vamaka Dravyas* are absorbed into the bloodstream and possess the ability to traverse the blood-brain barrier. Their qualities and *Urdhavabhagha* actions, collectively contribute to this emetic effect.

These substances reach to the *Hridaya* due to their unique *Prabhava* and *Virya*. They then circulate through the micro-channels, aided by their *Sukshma* and *Vyavayi* actions. This circulation results in the dispersion and breaking down of morbid *Doshas* and accumulated toxins. The *Tikshana* quality of *Dravyas* plays a crucial role in this process. Ultimately, the expelled toxins include aggravated *Kapha* and *Pitta Doshas*, along with other harmful substances which further removed from the body.

Classification

Acharya Charaka has classified the *Vamana* procedure into two categories: *Sadhyo Vamana* and *Sneha Purvaka Vamana*. Similarly, *Vamana* is further categorized as depicted in Figure 1, depending on the choice of drugs.

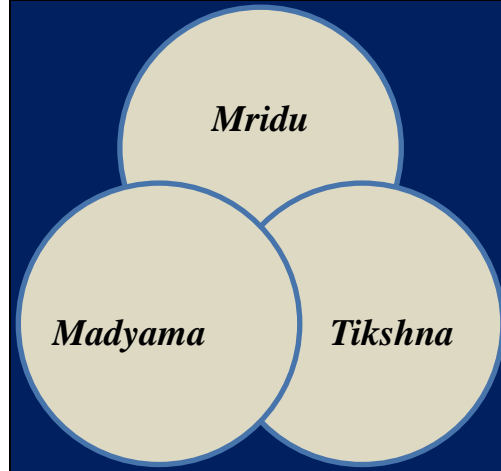


Figure 1: Types of *Vamana* depending on the choice of drugs

Furthermore, classification of *Vamana Dravyas* based on following aspects:

- ✚ *Pratyaksha* and *Apratyaksha Vamaka Dravyas*.
- ✚ Emetic drugs that either act centrally or locally within the body.
- ✚ Differentiation into *Ruksha* and *Snigdha* substances.

Within the principles of *Vamana Kalpa*, various edible substances enriched with *Vartikriya*, linctuses, extracts, gruels, soups and *Kambalika* are administered to patients in need of *Vamana* therapy. Ayurveda also categorizes *Vamana* drugs into two distinct types; *Vamaka* drugs and *Vamanopaga* drugs. *Vamaka* drugs have the specific property of inducing vomiting in the patient. These drugs are characterized by their warm and sharp nature, and they have a systemic effect throughout the body. Examples of *Vamaka* drugs include Liquorice and *Vacha*. *Vamanopaga* drugs belong to the category of spices and include substances like *Madana Phal*, *Amalaki* and *Pippali*, etc.

Role of *Vamana Dravyas*:

Vamana Dravyas possesses properties such as *Vyavayi* and *Vikasi*, allowing them to swiftly penetrate the body's micro-vessels by virtue of their potency. These drugs cause the accumulated *Doshas* to get liquefy and fragment into smaller particles due to their *Ushna* and

Tikshna qualities. The *Vikasi Guna* aids in eliminating impurities from the body's tissues, while the *Sukshma Guna* facilitates the transportation of *Vamana* drugs. Ultimately, *Kapha*, in a liquefied state, is expelled through the stomach and respiratory tract.

Vamana Karma represents an intensive therapeutic approach aimed at eradicating the underlying *Kapha* pathology, typically found in its primary site of accumulation. This procedure effectively purges various forms of harmful substances from the body. The preparatory measures of *Vamana Karma* contribute to the smoother mobilization of *Doshas* from the peripheral branches to the *Koshta*.

Vamana therapy is typically initiated during the early morning, a time considered to be most conducive for addressing *Kapha* imbalances. Medicines including *Madanaphalapippali*, *Saindhava Lavana*, *Vacha* and others are employed for this purpose. These *Vamana* drugs permeate throughout the body's channels, leading to the breakdown of toxins. Toxins are purged from the *Amashaya* and the respiratory passages. It is in these regions that vitiated *Kapha* primarily accumulates, and *Vamana* therapy plays a pivotal role in alleviating morbidity from these areas, offering therapeutic benefits for conditions associated with *Kapha* imbalances.

The qualities of *Vamaka Dravya* have the capacity to transform stubborn and hardened toxins, bringing them to the *Amashaya*. Medicines facilitate the transport of morbid materials from the *Amashaya* to the upper channels. Ultimately, toxins and aggravated *Doshas* are expelled through the mouth during the emesis process as part of the therapy. The *Urdhwabhagahara* action of *Vamaka Dravyas* plays a crucial role in the physiological action of *Vamana* therapy. *Ushna Guna* generates *Pachana* and *Dahana* effects. When *Vamana Dravyas* is administered with *Lavana*, they spread at the cellular level, leading to the production of *Vishyandana*. *Tikshna Guna* imparts rapid action, facilitating the *Chhedana* and *Sravana* of *Doshas* at their respective sites. *Sukshma Guna* aids in the transportation of *Vamana* drugs through the *Srotasas*. When these drugs reach their target due to their subtle nature, they induce *Pachana* and *Vishyandana* of *Doshas*, making it easier for morbid *Doshas* to be eliminated from the body. *Vikasi Guna* of *Vamaka Dravyas* supports

the transportation of drugs to the levels of *Dhatus*. This results in the softening and weakening of *Doshas* residing in the *Dhatus*, preparing them for elimination via the *Koshtha*. The *Urdhwabhagaharaprabhava* property of *Vamaka Dravyas* induces emesis, directing *Doshas* towards the *Koshtha*, from where they are expelled through the oral route. Ultimately, *Vamana Karma* brings *Kapha* and *Pitta Doshas* to the *Koshtha*, from where these *Doshas* are eliminated. This therapy also relocates morbid *Doshas* from the *Koshtha* to the mouth, where the emetic effect facilitates their removal. As a result, *Vamana Karma* is particularly beneficial for conditions associated with *Kapha* and *Pitta* imbalances.

Conclusion:

The commonly employed *Vamana* and *Vamanopaga* drugs are *Aragwadha*, *Dhamargava*, *Madanaphala*, *Kutaja*, *Madhu*, *Nimba*, *Patola*, *Madhuka*, *Vacha* and *Pippali*, etc. The selection of appropriate classical *Vamana Dravyas* is contingent upon factors such as the patient's medical condition, disease severity and the desired level of therapeutic efficacy, etc. These *Vamaka Dravyas* offers *Sukshma*, *Ushna*, *Tikshna*, *Vyavayi* and *Vikasi Guna*. These qualities help *Vamaka Dravyas* to absorb and reach at the site of action. *Vamanopaga Dravyas* also exhibit qualities like *Sheeta Virya*, *Madhura Vipaka* and *Madhura Rasa*. These properties of *Vamaka Dravyas* contributed significantly towards the biological action of therapy. This therapy used to alleviate many health ailments mainly arising from *Kapha* imbalances.

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