

ASSESSMENT OF VASANTIKA VAMANA - IN VARIOUS KOSHTA CONDITIONS

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ABSTRACT

Vamana karma is placed first among the *panchakarma* owing to its ability to eliminate vitiated *kapha dosha*. For the purpose of maintenance of health, *vamana* is advisable for healthy individuals in *vasanta rutu* which is *kapha prakopa kala*. Thus an attempt was made by conducting *rutu vamana* for 30 individuals and a study was done on analysing, it in various *koshta* conditions. The *koshta* is assessed with *Ksheera Pana* 500ml, on empty stomach.

Keywords: *Vasntika Vamana*, Various *Koshta* Conditions, *Koshta pareeksha*.

INTRODUCTION

Panchakarma is an integral branch of ayurvedic science which deals with the biological imbalance of the *Doshas* in healthy as well as diseased condition of a human body. In physiological and pathological imbalances of the *doshas* that affect the body, a fine balance should be maintained through a natural and holistic treatment which is delivered from the nearest root of the body. Thus *vamana karma* occupies the top place among the five *karmas* and needs extra care during the procedure. A *vaidya* before conducting *vamana karma* should be well versed with thorough knowledge of *koshta* depending upon the *Rogi* and *Roga bala*.

Determination of *Koshta*:

The term *Koshta* refers to the state of the Abdomen or Alimentary tract, and usually is determined by the behaviour of

the bowel habits. In any given Client the habit of passing the loose stools is characterized of *Mridu Koshta*. And is due to the influence of Predominant of *Pitta dosha* in his *Prakruti*, Such persons having *Mridu Koshta* . tend to pass watery stools on consuming foods like *Ksheera*, *Ikshu rasa*, *Triphala kashaya* , etc habit of Passing stools with easily which is neither loose or nor hard is characteristic of persons having *Madhyama Koshta* , Predominant *Kapha* in ones *Prakruti* determines the nature of *Madhyama Koshta* . In contrast to this habit of passing hard stools is observed in persons having *Krura Koshta* , and is due to the influence of predominant *Vata Dosha* in the *Prakruti* People having *Krura Koshta* pass stools only on administration of *Teekshna Rechaka Dravyas* .

Table No. 1:

<i>Koshtas</i>	Individual <i>Koshta</i> features
<i>Mridu Koshta</i>	Passes Stools daily once or twice regularly, Semi formed or formed stools, Easy defecation, Less time required for defecation, <i>Krita Samgnya</i> after defecation, Previous encounters shows often <i>Drava mala pravritti</i> due to hot drinks, tea etc, Minor laxatives often encounters diarrhea, & After the 30 ml test dose of <i>Gritha</i> passes stools slightly loose and frequency may be more by 1-2 <i>vegas</i> .

Madhyama Koshta	Passes stools daily once & formed stools , Requires minimum stress , Little long time (in comparing to <i>mridu koshta</i>) , <i>Krita Samjna</i> after defecation , Doesn't often encounter diarrhoea or constipation , Requires medium dose of purgatives & laxatives Doesn't purgates by milk or by minor laxatives , & After the intake of test dose of <i>Gritha</i> passes semi formed or formed stools once or twice.
Krura Koshta	Doesn't pass stools regularly , <i>kathina</i> & <i>Shushka mala pravritti</i> , Requires Straining , Requires long time for defecation , <i>Krite Api Akrita Samgnya</i> (unsatisfactory bowel clearance) , Seldom encounters diarrhea & more frequency experiences constipation , Requires drastic purgatives and No changes in the bowels by test dose of <i>Sneha</i> .

Table no 2

Si. No	Koshtas	Dosha Pradhanata
1	<i>Mridu Koshta</i>	<i>Pitta Dosha pradhana</i>
2	<i>Madhyama Koshta</i>	<i>Kapha Dosha pradhana</i>
3	<i>Krura Koshta</i>	<i>Vata Dosha pradhana</i>

Materials and methods: Healthy volunteers and patients indicated for *vamana karma* were selected from the OPD and IPD of SJIIM, Bengaluru. 30 individuals were registered for the administration of *vamana* in *vasanta rutu* between 25/3/2015 and 12/4/2015.

Inclusion criteria: a) Volenteers aged between 16 and 60 years. b) Persons with

kapha pradhana prakruti & Suffering from *kapha pradhana vyadhi*.

Exclusion criteria: Patients suffering from tuberculosis, ischemic heart disease, hypertension, carcinoma and other life threatening and complicated diseases.

Table no. 3: Methodology

Deepana pachana	<i>Panchakola churna</i> , 3-5gms thrice daily 1hr before food with hot water
Koshta Pareeksha	<i>Ksheera pana</i> 500ml, empty stomach at 8am
Snehapana	<i>Guggulu tiktaka ghrita</i> : 30-60-90-120-150-180-210ml Till the observation of <i>samyak snigdha lakshana</i>
Akantapana	<i>Ksheera</i> : 1-2 lt
Vamaka yoga	<i>Madanaphala churna</i> : 5-8gms <i>vacha churna</i> : 2-3gms <i>yashti churna</i> : 6-8gms <i>saindhava lavana</i> : 1-2gms
Vamanopaga	<i>Yashti phanta</i> : 1-2 lt

Quantity of the above drugs were given according to the condition

Table no. 4: Koshta Assessment in Volenteers.

Observations:

<i>Mridu Koshta</i>	05 Volunteers
<i>Madhyama Koshta</i>	19 Volunteers
<i>Krura Koshta</i>	06 Volunteers

Table no. 5: Observation of Shuddhi lakshana in relation to koshta.

Vamana Suddhis	Koshtas	Vegas	No.of Volunteers
Pravara	Mridu	04 vegas	08 volunteers
Madhyama	Madhyama	06 vegas	15 volunteers
Avara	Krura	03 vegas	07 volunteers

Table no. 6: Relationship between Koshta & Snehapana.

Matra of Snehapana	Time taken	Koshta	Volunteers
Hrishwa matra	6 Hrs (2 Yama)	Mridu koshta	09 volunteers
Madhyama matra	12 Hrs (4 Yama)	Madhyama koshta	16 volunteers
Uttama matra	24 Hrs (8 Yama)	Krura koshta	05 volunteers

DISCUSSION

- Here we observed 5 volunteers under *Mridu koshta*, 6 volunteers under *Krura koshta* and 19 volunteers under *Madhyama koshta*.
- 9 volunteers of *Mridu koshta*, took 2 yama (6hrs) to digest the *sneha*, 16 volunteers of *Madhyama koshta*, took 4 (12hrs) yama to digest the *sneha*, and 5 volunteers of *Krura koshta*, took 8 (24hrs) yama to digest the *sneha*.
- 8 volunteers of *Mridu koshta*, had *pravara Suddhi* was observed (totally 4 vegas) & 15 volunteers of *Madhyama koshta* had *Madhyama Suddhi* was observed (6 vegas) In 5 volunteers of *Krura koshta*, *Avara Suddhi* was observed. (3 vegas)
- One individual had *adhopravrutti*. He had *mrudu koshta*. During *vishrama kala*, *kapha utleshakara ahara* was advised in which milk products were also included. Thus the person had taken *ksheera payasa* for the whole day and had loose stools for 2 times on the previous night of *vamana*. During administration of *vamana karma*, the individual was in a state of *manda kapha* and *mrudu koshta*. Thus *akantapana* of *ksheera* which is a *virechaka dravya* had led to loose stools for 3-4 times.
- So Here in *Mridu koshta* Conditions milk should have been avoided, Instead of milk, *Madhuyashti phanta* can be

given for *Kaphotkleshana* and *Akantapana*.

CONCLUSION

- Before conducting the *Vamana* procedure, one should strictly follow the proper procedure and proper analysis of the individuals *koshta*, along with *Kala*, *Rogi bala*, *Agni bala*, and *doshavastha* etc It plays a important role in the success of the treatment, Thus only when the Assessment of *Koshta* is properly done, *pradhana karma* becomes successful.
- Understanding of *koshta* individuals in various conditions, is essential to decide the Dosage of *Snehapana*, *vamana Dravya* and *Suddhis* of *Vamana*, before conducting the *Vamana Karma*.

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