

VIRECANA DRAVYA IN AYURVEDA – A CRITICAL REVIEW

Kanhaiya Agrawal¹, Vinod Kumar Joshi²¹ Senior Resident, Departments of Dravyaguna, Faculty of *Ayurveda*, IMS, BHU, Varanasi, Uttar Pradesh, India² Professor, Departments of Dravyaguna, Faculty of *Ayurveda*, IMS, BHU, Varanasi, Uttar Pradesh, India

ABSTRACT

The Ayurvedic management of diseases in general, can be broadly grouped in to "*Sodhana*" and "*Samana*" therapy. The former is intended to eliminate excessively vitiated *Doshas* out of the body and thereby eradicating disease as a whole, while the later is directed towards palliation of vitiated *Doshas*. However Ayurvedic classic unequivocally give paramount importance to the *sodhana* therapy, owing to its credential of providing a complete cure, because Caraka says that the *Doshas* subdued by *Langhana* and *Pachana* Therapies may provoke, but in case of *Sodhana*, there is seldom possibility of such recurrence (Ca. Su. 16:20). The *Sodhana* therapy has got no parlance in modern medicine, but in Ayurveda it is emphasized that *amadosa* is main cause of disease, which is having similar effect as poison. *Sodhana chikitsa* is performed mainly by employing *pancakarma* (five therapeutic measures). It includes *Vamana*, *Virecana*, *Anuvasana basti*, *Asthapana basti*, and *Nasya Karma*. Of them *Virecana* is one of the processes of *sodhana*, which act by expelling *Doshas* from upper as well as lower tract (oral and rectal routes). It is more acceptable to all classes of patients.

Keywords: *Ayurveda*, *Virecana*,

INTRODUCTION

The word *virecana* is defined as which eliminate *dosas* through *adhobhaga* i.e from lower tract or eliminate *dosas* through *ubhayatbhaga* i.e from lower as well as upper tract is also considered as *Virecana* (Ca.Ka.1/4). *Virecana* is said best for elimination of *Pittadosa* (*Virecana pittaharanam* Ca.Su.25/40). *Chakrapani*, the versatile commentator of Caraka Samhita has considered word *Praskandana* as synonyms of *virecana*. The *virecana* drugs have its effect on *dosa*, *dusya*, *Srotasa*, *agni* and *mala* as define in various *Samhitas* (A.S.Su.27, Ca.Su.28/25-28, Ca.Su.22). Though direct reference of *vi-*

recana are not seen in vedic compendia but there is use of *eranda* for bowel evacuation. In *vinaypittika* a popular book of Budha period reference has been found regarding the *virecana* through *nasya* procedure prescribed to lord budha by his physician jivaka. In Ayurvedic classics many reference of *virecana* are found in *Caraka Samhita* (Ca. Su. 1,2, 4,15; Ka.7-12 and Si), *Susruta Samhita* (Ci. 33 & 34), *Astanga Sangraha* (Su.27), *Astanga Hridaya* (Su.18), *Bhela Samhita* (Su.21), *Sarangdhara Samhita*, (Ut.4) and *Cakradata* (Ci.71).

Table-1

VIRECANA DRUGS USED ACCORDING TO THEIR PARTS:			
Part Used	Charaka (Su.1/77-85) ¹	Sushruta(Su. 39/4) ²	Vagbhata (Su. 14/3) ³
Root	<i>Hastidanti Syama, Trivrita,</i>	<i>Trivrita, syama,</i>	<i>Trivrita, Syama,</i>
	<i>Adhoguda, Saptala, Danti,</i>	<i>Danti, Saptala,</i>	<i>Danti, Dravanti</i>
	<i>Gavaksi, Dravanti, Ksirini</i>	<i>Dravanti, Sankhini</i>	<i>Sankhini, Saptala</i>
	<i>Visanika, Ajagandha</i>	<i>Visanka, Indravaruni</i>	<i>Ajagandha</i>
		<i>Chagalantri Snuhi</i>	<i>Gavaksi, Chagalantri</i>
		<i>Suvarnaksiri, Citraka</i>	<i>Suvarnaksiri, Kinihi,</i>
		<i>Suvarnaksiri, Citra-ka,</i>	<i>Citraka, Hrisva</i>
	<i>Kinihi, Kusa, Kasa</i>	<i>Pancamula, Vrisciva</i>	
		<i>Punarnava, Sala</i>	
Fruit	<i>Sankini, Vidanga</i>	<i>Puga, Haritki</i>	<i>Triphala, Pilu</i>
	<i>Prakirya, Udakirya</i>	<i>amalaka, Bibhitaka</i>	<i>Priyala, Kuvala</i>
	<i>Kampillaka, Aragvadha</i>	<i>Nilini, Eranda</i>	<i>Badara, Karkandu</i>
	<i>Antahkotarapuspi,</i>	<i>Caturangula</i>	<i>Kasmarya. Parusaka</i>
	<i>Klitaka, , Haritki</i>		<i>Draksa, Nilini</i>
			<i>Klitanaka, Udakirya</i>
		<i>Vidanga, Puga</i>	
		<i>Pancamula</i>	
Bark	<i>Putika Tilvaka</i>	<i>Tilvaka, Kampillaka</i>	<i>Tilvaka, Ramyaka</i>
	<i>Tilvaka</i>	<i>Ramyaka, Patala</i>	<i>Kampillaka, Patali</i>
Latex	<i>Snuhi, Arka</i>	<i>Mahavriksa</i>	<i>Mahavriksa,</i>
		<i>Saptaparna, Arka,</i>	<i>Saptachada,</i>
		<i>Jyotismati</i>	<i>Jyotismati</i>
Leaves		<i>Putika ,Aragvadha</i>	<i>Aragvadha</i>

VIRECANA DRUGS ACCORDING TO THEIR MODE OF ACTION⁴:

Acarya Sarangdhara has classified *virecana* the drugs from their mode of action. Acarya Sarangdhara was the first person who has mentioned the classification of *Virecana* as per the action, potency of drug, onset and consistency of excretory products.

Anulomana: The drug which makes the *Pachana of Mala* and breaks its firmness and after that bring toward *Adhobhga* is known as *Anulomana* e.g. *Haritaki*. They are called carminatives.

Sramsana: The drugs which expels the half digested and sticky *Mala* without its prior digestion is known as *Sramsana* e.g. *Kritamala*. They are called anthracite purgatives.

Bhedana :The drug which breaks all types of *Mala* like *Abaddha, Baddha* or *Pindita*

and throws them through anal route are called *Bedana* e.g. *Katuki*. They are called drastic purgatives.

Recana: The drugs which eliminates digested as well as undigested *Mala* by making them watery, through anal route are known as *Recana* e.g. *Trivrita*.

VIRECANA DRUGS ACCORDING TO SEASONS⁵:

Sarngdhara has described use of various vegetable drugs according to different seasons, which are as follows-

Varsa: Dravya: *Trivrita, Kutaja Bija, Pippali, Sunthi*

Anupana: *Draksa, Rasa* and Honey

- **Sarada:** Dravya:, *Trivrita Syama, Duralabha, Musta* etc. *Anupana:* *Yastimadhu* in *Draksa Sva rasa* or *Draksa Svarasa* only
- **Sisira & Vasanta:** Dravya: *Syama Trivrita, Pippali, Aruna Trivrita* etc. *Anupana:* Honey.
- **Grisma:** Dravya: *Syama Trivrita* *Anupana:* Sugar
- **Hemanta (Vagbhata):** Dravya: *Trivrita, Citraka, Patha* *Anupana:* Warm Water
- **All seasons:** Dravya:, *Trivrita Danti, Saptala, Katuki* *Anupana:* Bhavana with cow's urine
Caraka mentions *Trivrita Citraka, Patha*, etc. to be used for *Virecana in Hemanta ritu*.

VIRECANA DRUGS ACCORDING TO KALPANA⁶:

Various *kalpana* are prepared for the better efficacy of the drug and also retaining potency in different dosage form i.e – *Curna, Vartikriya, Asava, Arishôa, Avaleha, Sneha, Kasaya*, etc.

According to Sushruta following 8 preparations are useful.

Ghrita yoga ii) *Taila yoga* iii) *Kshira yoga* iv) *Madya yoga* v) *Mutra yoga* vi) *Mansarasa yoga* vii) *Bhakshanna yoga* viii) *Avaleha yoga*

Kshira, Rasa, Kalka, Kasaya, Kvatha and *Srita* are respectively *Laghu*.

VIRECANA DRUGS ACCORDING TO SAFETY⁷:

a. Mridu Virecana: They are mild in nature and may be used in *Mridu Kostha*.

Indication: *Mridu Kostha.*, e.g. *Aragvadha*

b. Sukha Virecana: The drug which causes *Samyaka Virecana* without any complications may be referred as *Sukha Virecana*, and may be used in *Madhyama Kostha.*, e.g. *Trivrita*.

c. Tisna Virecana : The drugs of this group are drastic in their action, e.g. *Snuhi Ksira*

Indication: *Krura Kostha*.

DOSAGE OF VIRECANA DRUGS⁸:

Matra of the *Virecana* drug should be in such a quantity, that the desired effect of *Sodhana* may be achieved and may be able to avoid *Atiyoga*. This should be decided according to *Dosa, Atura bala, , Kala, Desha, Agni, Kostha, Sharira, Ahara, Satmya, Satva, Prakriti, Vaya, Sama Avastha and Vikara* (CS.Su.16).

Matra according to Kostha⁹:

1, 2 and 3 *Tolas matra* is mentioned for, *Mridu, Madhyama* and *Krura Kostha*. respectively.

Acharya Sarangdhara opines that – for the person *Mridu Kostha, Virecana* drugs must be mild and their dose should be minimum; for the *Madhyama*-medium dose and for *Krura Kostha* persons, the *Virecana* drugs should be *Tikta* and its dose is maximum

Table-2**DOSAGES FORMS AND DOSE OF VIRECANA ACCORDING TO SARANGDHARA¹⁰:**

<i>Kalpana</i>	<i>Hina for</i>	<i>Madhyama</i>	<i>Uttama</i>
	<i>Mridu Kosta</i>	<i>Madhyama Kosta</i>	<i>Krura Kosta</i>
<i>Kvatha</i>	2 tolas (24.96gm)	4 tolas (49.92gm)	8 tolas(99.84gm)
<i>Kalka, Curna</i>	1 tolas(12.48 gm)	2 tolas (24.96gm)	4 tolas (49.92gm)
<i>Svarasa</i>	1 tolas(12.48 gm)	2 tolas (24.96gm)	4 tolas (49.92gm)
<i>Usnodaka</i>	4 tolas(49.92 gm)	8 tolas (99.84gm)	12 tolas(149.76gm)

(As Anupana) It is better to add honey/Ghrita in preparation.

Table-3 SPECIFIC DRUGS FOR VIRECANA¹¹:

Among all these <i>Virecana</i> drugs following drugs have been placed at top most position Susruta Samhita
Root - <i>Trivrit</i>
Fruit - <i>Haritaki</i>
Bark - <i>Tilavaka</i>
Juice- <i>Karavellika</i>
Oil-<i>Eranda</i>
Latex- <i>Snuhi</i>

DISCUSSION AND CONCLUSION

Action of *Virecana Karma* can be divided in the following two ways.

Systemic - by which it brings down the morbid *Dosas*, particularly *Pitta* from the body to *Amasaya* or *Pakvasaya* i.e. GIT.

Local evacuator: It is concerned with the evacuation of these *Dosas* in form of *Mala* from the gut by Purgation. Both the actions and related factors are being described here in detail. (Ca.ka1/5).

Snehana and *Svedana* performed before the *Virecana* helps to liquefy and fragment molecules (*Dosa*) and bring them fluently to *Kosta* flowing through '*Anusrotasa*'

without sticking to them, where from they are expelled out of body through *Adhomarga* (anal route) due to *Prithvi* & *Jala Mahabhuta Prabhava*.

Virecana Drugs carry out the *Virecana* due to the *Prabhava* (potency) of drug rather than its above properties. The drugs which are having *Jala* and *Prithvi Mahabhutas* dominancy have a natural tendency to go downwards and thus they can help in induction of *Virecana*. If drugs are having all above said properties but if it is not having *Virecana Prabhava* then it will not induce the *Virecana*. Hence it can be said that drugs act by their active principle

which can be said as *Prabhava* & the properties assist in carrying the function of drug.

REFERENCES

1. Charaka Samhita, Vol I , Sutra sthana adhaya1/75-85, translated by Prof. P. V. Sharma, Chaukambha Orientalia Varanasi, 6th Edition, Volume 1, 2010
2. Susruta Samhita, with English translation of text and Dalhana commentary along with critical notes , Part-1 Sutra sthana sansodhanasamsamana adha ya 39/4 by P.V.Sharma;
3. Chaukambha Bharathi Academy, Varanasi, 1st Edition, 2001. Astanga Sangraha of Vagbha, Sutra sthana adhaya114/3, by Dr. B rama rao, Chaukambha Visvabharti, Varanasi, 1th Edition, 2006
4. Sarangadhara Samhita, with Dipika of Aadhamalla and Gudarthadipika of Kasiramavaidya; Prathama khanda adhaya 4/3-6, by Pandit Parsuram Sastri, Chaukambha Orientalia, Varanasi, 7th Edition, 2008.
5. Sarangadhara Samhita, with Dipika of Aadhamalla and Gudarthadipika of Kasiramavaidya; Utara khanda adhaya 4/21-24, by Pandit Parsuram Sastri, Chaukambha Orientalia, Varanasi, 7th Edition, 2008.
6. Susruta Samhita, with English translation of text and Dalhana commentary along with critical notes , Part-1 Sutra sthana sansodhanasamsamana adha ya 44/90-91, by P.V.Sharma; Chaukambha Bharathi Academy, Varanasi, 1st Edition, 2001
7. Caraka Samhita, Vol I , Sutra sthana adhaya25/40, translated by Prof. P. V. Sharma, Chaukambha Orientalia Varanasi, 6th Edition, Volume 1, 2010
8. Caraka Samhita, Vol I , Sutra sthana adhaya16, translated by Prof. P. V. Sharma, Chaukambha Orientalia Varanasi, 6th Edition, Volume 1, 2010
9. Sarangadhara Samhita, with Dipika of Aadhamalla and Gudarthadipika of Kasiramavaidya; Utara khanda adhaya 4/13, by Pandit Parsuram Sastri, Chaukambha Orientalia, Varanasi, 7th Edition, 2008
10. Sarangadhara Samhita, with Dipika of Aadhamalla and Gudarthadipika of Kasiramavaidya; Utara khanda adhaya 4/16-17, by Pandit Parsuram Sastri, Chaukambha Orientalia, Varanasi, 7th Edition, 2008
11. Susruta Samhita, with English translation of text and Dalhana commentary along with critical notes , Part-1 Sutra sthana sansodhanasamsamana adha ya 44/3-4, by P.V.Sharma; Chaukambha Bharathi Academy, Varanasi, 1st Edition, 2001

CORRESPONDING AUTHOR

DR Kanhaiya Agrawal

Departments of Dravyaguna,

Faculty of Ayurveda,

Institute of Medical Sciences,

BHU, Varanasi, Uttar Pradesh, India

Email: drkanahiyaagrwal@gmail.com