

REVIEW ON VAMANA KARMA (THERAPEUTIC EMESIS)

Surya Prakash¹, Ujwala hivale², Gopesh Mangal³

^{1,2}PhD Scholar, ³Assistant Professor and Head (I/C),
Department of Panchkarma, National Institute of Ayurveda, Jaipur, Rajasthan, India

Email: draryabhull@gmail.com

ABSTRACT

Vamana Karma is considered as the first, major *Pradhana Karma* procedure of *Panchkarma* therapy. *Vamana Karma* means to induce therapeutic vomiting or to expel out the vitiated *Doshas* through oral route, which is indicated for the purification of *Urdhwa Bhaga* of the body. *Vamana* is process by which the contents of the stomach including *Kapha* & *Pitta* are expelled out of body through oral route. The main place of *Kapha* is *Urdhwa Bhaga* & *Amasaya*. It is a general principle to expel vitiated *Doshas* from the nearest route, while the oral route is the nearest route for expelling *Kapha Doshas* in the form of *Vamana Karma*. So the removal of vitiated *Kapha Doshas* from *Amasaya* is the best way to cure a disease. Due to the specialty of *Vamana Drugs* (*Agni* and *Vayu Mahabhuta* dominant) these accumulated *Doshas* in the stomach move in the upward direction and gets expelled out, result *Vamana karma*. All the drugs which possess emetic effect cannot be used for *Vamana Karma*. The specialty of *Vamana* drugs is *Anu Pravanabava*, Due to this drugs are not deposited in the cells therefore not causing any complication. The *Vamana* drug goes to minute channels and returns quickly after exerting their effect at the site of action. This is the main difference between poisonous drug and *Vamana* drugs, though they have some similar property.

Keywords: *Kapha Doshas*, *Vamana Karma*, *Panchkarma*, *Mahabhuta*

INTRODUCTION

Panchakarma are the *Sodhana* procedures meant to expel the *Dosha* from the body and they are *Dosha* specific. *Vamana* for *Kapha Doshas* and *Virechana* for *Pitta Doshas*. *Vamana Karma* is indicated for *Kushtha*, *Galganda*, *Sthoulya*, *Slipada*, *Unmad*, *Apasmara*, *Ajirana*, *Avipaka*, etc.⁽¹⁾ conditions. The process which is applied for vomiting is called *Vamana*. Charaka defined *Vamana* as a process in which waste products or Toxins (*Dosha*) are eliminated through upper channels i.e. mouth⁽²⁾. It is the front-

line choice in the treatment of the disorders caused by the aggravation of *Kapha* at its own site, combination of *Kapha* with *Pitta* or the conditions in which *Pitta* or *Vata* invade the site of *Kapha*⁽³⁾.

AIM AND OBJECTIVES:

Vamana Karma is main *Shodhan Karma* among the *Panchkarma* procedures. It has therapeutic effect in *Kapha* as well as *Pitta* dominating conditions and has purification action in disease conditions as well

as in healthy individuals to maintain general health. The main aim is to understand the process of *Vamana Karma* along with its practical utility in present era.

INDICATION AND CONTRAINDICATION OF VAMANA KARMA

INDICATIONS: Indications of *Vamana Karma* can be categorized as per the Dosha dominance and the site in which provocation of Doshas take place such as

Diseases where *Sodhana* (Detoxification) eg. *Unmada* (Psychological disorder), *Apasmara* (Epilepsy) is required, conditions having ‘*Bahudosavastha*’ e.g. *Kustha* (Skin disorders), *Prameha* (Diabetes) etc, in *Kapha* dominant conditions e.g. *Svasa* (Asthma), *Kasa* (Cough), *Agnimandya* (reduced appetite), *Pinasa* (cold), *Ajirna* (Indigestion), *Slipada* (filariasis).etc and where need of *Vamana Karma* is due to ‘*Marga Virodhatva*’ e.g. *AdhogaRaktapitta* (lower tract bleeding disorders).⁽⁴⁾

CONTRAINDICATIONS

Diseases with acute onset eg. *Hrdgraha* (Heart ailments), *Udavarta*, conditions in which body is emaciated eg. *Ksataksina*, where *Doshas* move in upward direction eg. *Urdhwaga Raktapitta* (upper tract bleeding disorders) and in weak, old aged individuals, and diseases involving vital organs⁽⁵⁾.

VAMANOPAGA:

The *Vamanopaga Gana* (group) described has been considered as helping in inducing *Vamana Karma*. The drugs which help the *Vamana* drugs in their *Vamana* action may be known as *Vamanopaga*. The drugs are *Madhu* (honey) *Madhuka* (*Glycerrhiza variagata*), *Kovidara*(), *Karbudara* (White variety of *Bauhinia variagata*), *Nipa* (*Anthocephalus indicus*), *Vidual* (*Selix caprea*), *Bimbi* (*Coccina indica*), *Shanapuspi* (*Crotalared rerrucosa*), *Sadapuspi* (*Alotropis Gigantrica*) and *Pratyakpuspi* (*Acyranthus aspera*)⁽⁶⁾. The function of *Vamanopaga Gana* can be judged by the properties which they possess. Most of the drugs having *Madhura* (Sweet) taste, cold potency and *Madhura Vipaka*. These drugs are used for *Akanthapana*. They remain in the body for long time

and help to reduce the irritative property of *Vamana* drugs.

VAMANA KARMA PROCEDURE:

Vamana Karma is conducting in three steps-

1. *Poorva karma* which includes: *Deepana*, *pachana*, *snehana*, *Svedana*
2. *Pradhan karma*: *Vamana* drug administration
3. *Paschat karma* it includes *Samsarjana Karma* as per *Suddhi*

DIPANA - PACANA:

Which enhances the *Agni* (digestive fire) and does the digestion of *ama*. In the patients with *Agnimandya*, administration of *DipanPacana* drugs are useful for *Amapacana* and to increase the *Agni* of the patient. Thereafter *Snehapana* is given.

SNEHAPANA:

Prior to purification therapy external and internal oilation is required. For internal oilation *Sneha* (fatty product) is to be administered in morning when the food is well digested of the previous evening. The *Sneha* should be administered with hot water. The duration of *Sneha Pana* should be 3, 5 or maximum 7 days⁽⁷⁾.

The dose of *Sneha* should be according to *Agnibala* and *Kostha*, in such a quantity, that the desired symptoms of *Snehapana* are obtained within 7 days. During these days *Drava* (liquid), *Usna* (warm), *Pramanayukta* (in suitable quantity), diet should be given. Generally the dose of *Snehapana* is started from *Hrsiyasi Matra* ⁽⁸⁾ (testing dose) and gradually may be increased upto *Uttama Matra* (which is digested in 24 hours).

After proper *Snehana*, *Abhyanga* (whole body massage) and *Svedana* (sudation) are done at least once daily.

ABHYANGA:

Application of medicated oil which is prescribed by the physician on the whole body is known as *Abhyanga*. For *Vamana Karma* *Abhyanga* should be conducted for 1 day during *Vishraam kala* (gap day) and on the day prior to *Vamana Karma*.

SVEDANA:

After *Abhyanga*, *Baspa sveda* (dry fomatation) is generally employed among all types of *Svedana*. Before *Vamana Karma* diet which does increase 'Kapha' is preferred.

PRADHANA KARMA:

This includes administration of *Vamaka Yoga*, observations specially for *Ausadha Jirnata* (digestion of medicine), observations of *Suddhi Laksanas* and management of *Vyapada* (complications) if occurs. On the day of *Vamana Karma*, after *Sarvanga Abhyanga* followed by *Svedana* patient is asked to take *Yavagu* or milk up to the full stomach. *Vamaka Yoga* combination of *Madanphala*, *Vacha*, *Saindhva lavana*, *Madhu* is administered to the patient. After administration of *Vamana* drug, the patient should be watched carefully for a *Muhurta* (48 minutes). When salivation starts, the patient is instructed to sit in a comfortable position.⁽⁹⁾ The Urge may be excited by opening wide the lips, the palate, the throat & by slightly bowing the upper part of the body. For collection of vomitus, a vessel should be kept ready in front of the patient. Patient is advised to vomit without much straining. Gentle massage of the back from below to upward direction should be given during the act of *Vamana karma*⁽¹⁰⁾. Thus, by counting these major *Vega* only, one can reach nearer to counting set by *Acaryas* as 4, 6 & 8 *Vegas* in *Hina*, *Madhyama* or *Pravara Suddhi* respectively.

ASSESSMENT OF VAMANA:

To assess the quantity and effects achieved after *Samshodhana*, *Chakrapani* categorized them by naming as:

- 1. Aantiki criteria:** *Pittanta Vamana* is one of the criteria of proper *Shuddhi*. "Appearance of Pitta" can be perceived directly by the greenish yellow coloured vomitus and indirectly by *Tikta* or *Katu Asyata*, *Urodaha*, *Kanthadaha*, *Netradaha* etc.
- 2. Vaigiki criteria:** Three types of *Shuddhi Hina*, *Madhyama*, and *Pravara* are described based on number of *Vega* like 4, 6 and 8 respectively.

3. Maniki criteria: This is the quantitative measurement of the vomitus. It is defined as *Hina*, *Madhyama* and *Uttama Shuddhi* for 1, 1 ½ and 2 *Prastha* respectively.

4. Laingiki criteria: The signs and symptoms of *Vamana Karma* can be considered under "Laingiki Criteria" *Chakrapani* declares that "Laingiki *Shuddhi*" is the best among all the criteria.

POST-OPERATIVE PROCEDURE OR PAS-CATA KARMA:

Samsarjana Krama: After *Samsodhana* (bio purification), *Agnimandya* (reduced digestive fire) occurs because the *Dosas* (toxins) come to *Amasaya* (stomach), so *peyadi Krama* is recommended to increase the *Agni* (digestive fire) gradually up to the normal level, and make *Tivra* (great) to digest *Guru Anna* (heavy diet) too⁽¹¹⁾ In the *Peyadi Krama Peya*, *Vilepi*, *Akrtyusa*, *Krtayusa*, *Akrtmamsarasa*, *Krtmamsarasa* should be given for 3, 2 and 1. *Anna-kala* (diet schedule) for *Pradhana*, *Madhyama* and *Avara Suddhi* patients respectively⁽¹²⁾.

DISCUSSION

The *Vamaka Yoga* having the properties like *Ushna Tiksna*, *Suksma*, *Vyavayi*, *Vikasi*, get absorbed & reach to heart due to their *Swavirya* (Potency). *Suksma* & *Vyavayi* properties they move into *Dhamani* to reach *Shrotas* (micro channels) throughout the body. Due to above said qualities they liquefy (*visyandanti*) the *Doshas* by their "Usna Guna". Increased liquidity will further help to flow through circulation. Afterwards these complexes are fragmented into smaller molecules due to "Tiksna Guna" which will help them to extricate (*Vicchindanti*) from the micro channels. These liquefied & fragmented molecules are leading eloquently to *Amasaya*, flowing through "Anu Shrotas" (*Anu Pravara bhava*) without adhering to them. This advancement takes place in the similar manner in which the water floats through the pot layered by unctuous material without sticking to the same. Then

they encouraged by “*Udana Vayu*” & owning the ‘*Agni and VayuMahabhautika Constitution*’, they march in upward direction to expel the vitiated dosas, brought along with them.

CONCLUSION

In *Panchkarma*, *Vamana Karma* is the best treatment modality for morbid and increased *Kapha* as well as for *Apakva Pitta*. Mainly *Vamana* drugs are quite irritant to the stomach which cause inflammation, due to this the permeability of the membrane changes and those substances came out due to the changed permeability which cannot come out in normal condition.

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