

A CLINICAL STUDY OF VAMAN KARMA FOLLOWED BY VIRECHANA KARMA W.S.R. TO VASANT RITU ON BAHUDOSHAVASTHA

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ABSTRACT

Panchakarma therapy is the most essential part of *Ayurveda*, having preventive, promotive, and curative aspects. As per *Ayurveda* healthy, state of a human being is maintained by the balanced state of *Tridosha*, and imbalance of these *Dosha* leads to different diseases. In the present scenario, it is very difficult to maintain our health and lifestyle balance, but ayurvedic science has a solution for this situation in the form of *Panchakarma*. *Ayurveda* describes six *Ritu* (Seasons) in a year namely *Varsha*, *Sharad*, *Hemant*, *Shishir*, *Vasant*, and *Grishma* divided into two *Kala-Aadankala* and *Visargakala*. The *Ayurveda* described the five treatment modalities that eliminate the vitiated *Doshas* aggravated in a particular season like *Kapha* in *Vasant Ritu* (Spring Season), *Pitta* in *Sharad Ritu* (Autumn season), and *Vayu* in *Varsha Ritu*. *Vasantik Vamana* is followed by *Virechana* in the form of preventive *Panchakarma* done in March and April for the elimination of vitiated *Kapha Dosha* which in turn helps to prevent the *Kapha* associated with *Pitta* disorders or diseases settled in the place of *Kapha* like bronchial asthma, allergic bronchitis, rhinitis, migraine, hyperacidity, indigestion, anorexia, obesity, overweight, dyslipidemia, diabetes mellitus, acne vulgaris, psoriasis, eczema, urticaria, etc. the objective of this study was to determine how *Vamana Karma* Followed by *Virechana Karma* helpful on *Bahudoshavastha* in *Vasant Ritu*. The results were encouraging, hence further studies may be conducted followed by other *Panchakarma* including a large population in this direction.

Keywords: *Kala, Vamana, Virechana, Snehapana, Basant Ritu, Tridoshas, Doshas, Pitta, Kapha, Madanphala, Vamnopaga.*

INTRODUCTION

Ayurveda describes two Ayana i.e., *Uttrayana* and *Dakshinayana* consisting of three *Ritu* so in a year six *Ritu* namely *Varsha*, *Sharad*, *Hemant*, *Shishir*, *Vasant*, and *Ghrisma*. The seasonal changes occurring in these *Ritu* influence the biological system of the body. During the *Vasant Ritu*, the *Kapha Dosha* which undergoes increases in previous *Ritu* i.e., *Shishir* became liquified by the heat of the sun, diminished the digestive fire leading to different diseases.^[1] *Panchakarma* is one of the unique branches of *Ayurveda* specially deals with the purification of the body, so many different procedures are mentioned in our classics that eliminate the toxins from the body. *Acharaya Chakarapani* has said in a *Charaka Samhita Sutra Sthana Ritu Charya Adhyaya* that not only *Vamana Karma* but also *Virechana Karma* should be performed for the elimination of vitiated *Kapha Dosha* in *Vasanta Ritu*. *Vamana* and *Virechana* are two *Shodhana* procedures that are helpful to move the morbid *Kapha Dosha* associated with *Pitta Dosha*, Either permanently or for a longer period.

During the practice of *Ayurveda*, it was noticed that before visiting the Ayurvedic OPD patients try to most of the modern medicine for their ailments, hence the ailments become chronic. This pilot research study was carried out to see the effect of *Vamana Karma* followed by *Virechana Karma* especially in *Vasant Ritu* in *Bahudoshawastha*.

SYMPTOMS OF BAHUDOSHAWASTHA ^[2]

In the spring season, deranged *Kapha* creating obstruction is the *Srotas*, which is the father of various *Kapha-Pitta* diseases in the coming season. In this season, so many symptoms of *Bahudoshawastha* as *Amlodgar*, *Avipaka*, *Aruchi*, *Sthaulya*, *Panduta*, *Gaurav*, *Klama*, *Pidika*, *Koth*, *Kandu*, *Arti*, *Alasya*, *Shram*, *Daurbalya*, *Dorgandya*, *Avsada*, *Pitta-Kapha Prakopa*, *Nidranash*, *Atinidrata*, *Tandra*, *Klaibya*, *Buddhi Moh*, *Bala-Varna Nash*, *Trishna*, *Bahumutrata*, *Jeerna Pratisyay*, *Khalitya*, *Twak Vivarna*, etc. which is the ideal conditions for *Samshodhana*. These symptoms are found in abundance even in the people who look completely healthy from the outside.

MODE OF ACTION VAMANA KARMA AND VIRECHANA KARMA ^[3]

Vamaka and *Virechaka Dravya* having the properties of *Ushna*, *Tikshana*, *Sukshma*, *Vyavayi* & *Vikasi* get absorbed, due to *Virya* it reaches *Hridaya*, followed by *Dhamani* and macro, microchannels of the body. These *Dravyas* act on the sites where the complex of the vitiated *Doshas* is built. These complexes are fragmented into smaller molecules, which will help them to extricate from the microchannels, wherefrom it stimulated by the *Udan-Vayu* and due to the *Agni* & *Vayu Mahabhoota* constitution and *Prabhava*, they march in an upward direction. Another side mainly due to *Prabhava*, *Prathavi* & *Jala Mahabhoota* constitution, and the presence of *Sar-Guna*, they march in the downward direction to expel the vitiated *Doshas*.

CLINICAL STUDY

Aim and Objective: To observe the effect of *Vamana Karma* followed by *Virechana Karma* done in *Vasant Ritu* in *Bahudoshawastha*.

Material & Methods:

10 patients were selected in our study who attended OPD and IPD of the Pt KLS Government (Autonomous) Ayurveda College and Institute, Bhopal (MP) is full filling the criteria between the period of 15 February to 15 April 2019, irrespective of their caste, religion, sex, etc. Written consent was taken from each patient.

Investigation: Was done to rule out the other pathology

- CBC with ESR.
- Lipid Profile.
- USG abdomen.
- ECG.
- Chest X-Ray.

Inclusion Criteria:

- Patients who were fit for *Vamana Karma* and *Virechana Karma*.
- Age between 18 to 55 years.
- Patients who are having *Bahudoshavastha* symptoms (Frequently every year in this season)

Exclusion Criteria:

- Age Below 18 years and above 55 years.
- Patients suffering from other systemic diseases i.e., Tuberculosis, Cancer, and other life-threatening and complicated diseases.
- Patients having congenital deformity of the gastrointestinal tract.
- Pregnant and lactating women.

Criteria for Assessment:

- Relief in Signs and Symptoms of Bahudoshavastha
- Relief in Disease Episodes.
- Based on the overall improvement of well-being during Follow up Period

PROCEDURE

Patients who were fit for Vamana and Virechana Karma, examine the Dosh, Dushya, Bala, and Kaal; Dipana-Pachana Aushad, Trikatu Churna, and Panchakol Phant had given till to achieve Nirama Awastha. For Abhyantra Snehapan, Shudhha

Goghrita was given as per the requirement till achieving the Samyaka Snighdha Lakshana, then patients were subjected to Shodhanang Abhayanga (Til Taila), Sweda in the resting day, and on the day of Vamana. After the Manglacharan Patient was asked to drink milk for Akanthapan then Vamana Yoga was given. Observation of the patient was done on Sweda Pradhurarbhav, Romharsh, Adhman, Hrillas. During the Vamana Karma, Vamanopag Kashaya i.e., Yasthimadhu Phant is given after each Vega to support the act of vomiting till the appearance of Pittant. After each Vegas, vitals i.e., Blood Pressure, Pulse, Temperature, etc. were recorded. Assessment of Vamana Karma was done based on Antiki, Vaigiki, Maniki, and Laigainki Shuddhi. After the successful completion of Vamana Karma, Dhumrapana with Haridra-Vaccha Dhumvarti was done then the patient was subjectively planned for Samsarjan Karma based on their Shuddhi. Generally, in all the patients Peyadi Samsarjan is advised.

TREATMENT PLAN

Vamana Karma:

1. Poorva Karma:

S. No.	Procedure	Aushad	Duration	Time
1.	Langhana, Deepana and Pachana	Trikatu Churna (5gm) + Panchakol Phant (30 ml)	3 to 5 Days	
2.	Abhyantra Snehapana ^[4]	Shuddha Goghrita (Arohan Krama)	3 to 7 Days	Morning, empty stomach
3.	Shodhmarth Abhyanga, Sweda (Vashpa Sweda)	Tila Taila	2 Sitting	

2. Pradhan Karma:

S. No.	Procedure	Aushad
1.	Akanthpana	Godughdha 1.5 to 2 liters
2.	Vamak Yoga Pana	Madanphala- 6gm Vacha- 3gm Saindhava Lavana- 1.5gm Madhu- Q.S.
3.	Vamanopaga	Yasthimadhu Phant- 3 to 4 liters

3. Pashchat Karma:

S. No.	Procedure	Aushad	Duration	Time
1.	Dhumrapana	Dhumvarti (Haridra, Vacha)		
2.	Samsarjana Karma ^[5]		3 to 7 Days	

Virechana Karma:

1. Poorva Karma:

S. No.	Procedure	Aushad	Duration
1.	Snehapana	Shuddha Goghrita	3 to 5 Days
2.	Vishram Kaal		3 Days
3.	Shodhanarth Abhanga (Tila Taila) and Vashpa Sweda		4 Days

2. Pradhan Karma:

S. No.	Procedure	Aushad	Time
1.	Virechana Yoga Pana	Katuki- 10gm Haritaki- 10gm Araghvadh- 10gm Draksha- 10gm 40 ml Kwatha with 100 ml Eranda Taila	10 AM to 11 AM
2.	Virechanopaga	Triphala Kwatha- 50 ml (If needed)	

3. Pashchat Karma:

S. No.	Procedure	Aushad	Duration
1.	Samsarjana Karma ^[6]	According to the type of Shuddhi	3 to 7 Days

➤ Follow up Period- 1 Month

OBSERVATION AND RESULT

S. No.	Symptoms	Grade	Symbol
1.	Mild	1	+
2.	Moderate	2	++
3.	Severe	3	+++
4.	Very severe	4	++++

Total no. of patients 10, male-7, female-3. The effect of the treatment was evaluated as per the above gradation, based on symptomatic improvement.

AGE-WISE DISTRIBUTION

S. No.	Age (in a year)	No. of Patients	Percentage
1.	18-26	3	30%
2.	27-34	2	20%
3.	35-42	4	40%
4.	43-53	1	10%

SEX WISE DISTRIBUTION

S. No.	Sex	No. of Patients	Percentage
1.	Male	7	70%
2.	Female	3	30%

PRAKRITI WISE DISTRIBUTION

S. No.	Prakriti	Average
1.	Vata	-
2.	Pitta	-
3.	Kapha	-
4.	Vata-Pitta	1
5.	Vata-Kapha	2
6.	Pitta-Kapha	6
7.	Vata-Pitta-Kapha	1

BAHUDOSHAVASTHA WISE DISTRIBUTION

S. No.	Bahudoshavastha	Average
1.	Amlodgar	60%
2.	Avipaka	40%
3.	Aruchi	20%
4.	Pidika	30%
5.	Kandu	60%
6.	Koth	30%
7.	Sthaulaya	30%
8.	Gaurav	20%
9.	Klama	10%
10.	Arti	20%
11.	Alasya	40%
12.	Shram	10%
13.	Daurbalya	20%
14.	Dorgandya	50%
15.	Avsad	60%
16.	Pitta-Kapha Prakopa	40%
17.	Nidranash	20%
18.	Atinidrata	50%
19.	Tandra	10%
20.	Klaibya	20%
21.	Buddhi Moh	-
22.	Bala-Varna Nash	-
23.	Trishna	20%
24.	Bahumutrata	-
25.	Jeerna Pratisyay	30%
26.	Khalitya	10%
27.	Twak Vivarna	30%
28.	Kandu	20%

DISCUSSION

According to Acharya Chakrapani, not only the Vamana, Virechana but also other Panchakarma like Basti, Nasya, Raktamokshana have been mentioned in this season. But in a hectic life, it is very difficult to do

all the Karmas one after the other, if a person gets two Karmas Vamana and Virechana once a year, he will become healthy for the whole year. After the completion of therapy, patients were advised to visit the OPD every week for follow up till one month.

During the follow up it was noticed that *Vibanda*, *Amlodgar*, *Agnimandya*, etc. symptoms were relieved after *Samsarjana Karma*. Skin-related symptoms i.e., *Pidika*, *Koth*, *Kandu*, *Twak Vivarna*, and Gastric related symptoms i.e., *Amlodgar*, *Avipaka*, *Aruchi* were relieved in a very short period. Constipation was relieved after *Virechana Karma*. Ruchi was increased after *Vamana Karma*. It was seen that after getting *Vamana* followed by *Virechana* in bronchial asthma, urticaria, rhinitis, etc. patients, episodes of the disease did not occur throughout the follow-up. The recovery was fast, got a good response from the medicine, and for those who were not sick his immunity became better than before. The maximum no of patients was 35 to 42 years. The region for getting more in this age is the hectic, altered lifestyle, more concern of job profession and indulgence in junk food. This study observes that *Pitta-Kapha Prakriti* patients get more due to the *Dosha* and *Ritu* analogy in the spring season by which they quickly achieve the symptoms of *Bahudoshavastha*.

CONCLUSION

We have concluded that if we break the *Sanga* pathology of Vitiated *Kapha Doasha*, we will be able to completely win over the *Samsargaja* and *Sannipataja Rogas*, which will happen in the future. This type of treatment plan should be promoted more to increase the immunity of the people and for them to live a healthy quality of life in the coming times, it should be adopted globally

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