A REVIEW OF VAMANA KARMA w.s.r TO VASANTIK VAMANA

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ABSTRACT
Ayurveda describes six Rutus (seasons) in a year namely Shishir, Vasant, Grishma,Varsha, Sharad, Hemant divided in two Kala- Aadankala and Visargakala. The seasonal changes occurring in these seasons greatly influence the biological systems which results into the accumulation and aggravation of doshas in respective seasons. As per Ayurveda, healthy state of human being is maintained by the balanced state of Tridoshas and the imbalance of these doshas caused by the seasonal changes leads to different disorders. Panchkarma is essential part of ayurveda treatment. The ayurveda described the five treatment modalities that eliminate the vitiated doshas aggravating in particular season like Vamana in Vasant rutu eliminates Kapha, Virechana in Sharad rutu eliminates Pitta and Basti in Varsha rutu eliminates Vata dosha. This keeps the balance of doshas in the body. Vasant rutu starts with aggravation of Kapha dosha which has been already accumulated in Shishir rutu. It leads to starting of various Kaphaj disorders like cough, bronchial asthma, cold etc. Vamana karma is mainly indicated in Vasant rutu to prevent Kaphaj Vyadhis. This article enlightens about importance of Vamana karma w.s.r to Vasantik Vamana and its mode of action.

Keywords: Vasant Rutu, Vamana karma, Vasantik Vamana.

INTRODUCTION
Ayurveda is ancient science of life in which the treatise has clearly described the healthy lifestyle and also the management of disorders. Main aim of Ayurveda is to maintain the healthy state of individuals and maintain the health of healthy person. Ancient classics in Ayurveda describe the five fold purification therapies like Vamana, Virechana, Basti, Nasya and Raktamokshan with Poorvkarma and Pashchat karma. These therapies are not only advised for diseased condition but also for healthy person to main-
tain health. Among this Vamana karma is mainly indicated in Vasan trutu prevent Kapah Vyadhis.

Ayurveda describes shad rutus (six seasons) round the year & each season is characterized by Sanchaya, Prakopa and Prasham of tridosha. Shad rutus are divided into two kala - Visargkala and Adankala. Shishir, Vasant, Grishma comes under Adankala and Varsha, Sharad, Hemant are included in Visrgakala.¹

The different seasonal changes occurring in the environment greatly influence the biological system resulting into accumulation and aggravation i.e Sanchaya and Prakopa of particular dosha in respective season. The accumulation & aggravation of kapha dosha in Shishira & Vasant rutu respectively² also Pitta dosha in Varsha & Sharad rutu respectively & of Vata dosha in Grishma & Varsha rutu respectively.

This causes the imbalance of Tridosha leading to diseased condition of an individual. Panchakarma therapies help to eliminate aggravated doshas according to seasonal changes like Vamana karma is beneficial in Vasant rutu. For the prevention of Kapah Vyadhis and promotion of health in healthy individuals³. Panchakarma therapies according to season are advised in Ayurveda to maintain equilibrium of Tridosha. i.e. Healthy state of individual, hence an attempt is made to study the concept of Vamana Karma w.s.r to Vasantik Vamana in detail.

Objectives -
1. To study the details of Vamana Karma and its mode of action
2. To study the details of Vasant Rutucharya and Vasantik Vamana.

Definition –
Vamana is procedure in which the aggravated doshas are eliminated through oral route⁴

In the procedure of Vamana mainly Kapha and Pitta dosha from all over body are brought in Aamashaya i.e. stomach with the help of Poorvakarma and then these doshas are eliminated through mouth by inducing the emesis by giving the Vamak Dravyas.

VASANT RUTUCHARYA –
In Hemant and Shishir rutu there is accumulation of Kapha dosha due to cold environment. In Vasant rutu climate gets warmer & causes liquification of accumulated Kapha dosha that leads to Kapha Prakopa. In this season digestion power gets suppressed due to Kapha Prakopa caused by the heat of sun⁵.

Approximate time of this Rutu is from mid-march to mid may. Predominant Rasa and Mahabhuta in this season are Kashaya Rasa and Pruthvi and Vayu Mahabhuta respectively.

Kaphaj Vyadhis like Pinasa, Navajwara, Shwasa, cough-cold, allergies, Shitpitta aggrivated in this seasons due to Kapha prakopa.

DIET⁶ - In daily diet food like Yava, one year old grains, rice, honey, and seasonal fresh fruit should include. Drink warm water, medicated water. Use of herbs like Ginger, Trumeric, Cumin and Coriander.
Avoid sweet, sour, oily, spicy, cold food stuffs, bakery-products, fermented-foods, ice-creams.

LIFESTYLE\(^7\): Do regular exercise, walking, swimming, yoga, Udvartana, Lepa of Sheet Dravyas like sandalwood. Spend time in cool places, gardens near rivers having cool breeze, chirping birds, blossomed flowers for relaxation with friends. Avoid Diwaswap i.e sleeping in daytime, because this will aggravate Kapha dosha.

VAMAN IN VASANT RUTU –
Ayurveda has indicated Vaman Karma for elimination of aggravated Kapha dosha from body. Most common Kaphaj Vyadhis are aggravated in Vasant Rutu. In Sushruta Chikitsasthana Acharya Sushruta has explained that when root of the tree is cut then flowers, fruits and branches are destroyed in the same manner diseases caused due to excessive Kapha-dosha are pacified after its elimination from the body by Vamana Karma\(^8\).

VAMANA KARMA (PROCEDURE) –
Procedure of Vamana Karma is carried out in three stages –
- Poorvakarma
- Pradhanakarma
- Pashchatkarma

Poorvakarma -
Poorvakarma includes –
- Examination of patient.
- Selection of drug for Vamana.
- Preparation of patient and preparation of drug.

Poorvakarma procedure of Vamana includes Abhyantar Snehapana (Internal oleation) for three, five or seven days as per Agni and Koshta of patient till the appearance of Samyak Snigdha Lakshana before Abhyantar Snehapana Deepan Pachana is done. After Appearance of Samyak Snigdha Lakshana patient should be asked to take Kaphotkleshaka Aahar on the day before Vamana. Sarvang Snehana and Swedana is done on 2 days prior to Vaman Karma and on the day of Vaman Karma.

Pradhanakarma –
Actual procedure of Vamana includes administration of Vamana Yoga.

Table 1: Average quantity of drugs used in Vaman Karma\(^9\) -

<table>
<thead>
<tr>
<th>Drugs</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Milk</td>
<td>1 lit.</td>
</tr>
<tr>
<td>Yashtimadhu Kwath</td>
<td>1 lit.</td>
</tr>
<tr>
<td>Madanphala + Pippalikwath</td>
<td>50 ml</td>
</tr>
<tr>
<td>Salt water</td>
<td>1 lit</td>
</tr>
</tbody>
</table>

In the procedure of Vamana Akanth Dugdhpana or decoction is given to patient and then Vamak Yoga is given.

Observations during the procedure Vamana –
- Record the output and input of Vaman dravya taken by the patient.
- Observation of patient\(^10\) -
  - Swedpradurbhava (Perspiration) – Indicates that doshas have started melting in body due to Ushna guna.
  - Lomaharsha (Horrification) – Indicates that doshas have been detached from the cells and tissues.
Aadhmana (Fullness of stomach) – Indicates that doshas have been shifted to stomach.

Hrullas (Nausea) – Indicates the Urdhavagamitwa of doshas to mouth

Assessment of Vaman karma was done on the basis of following 4 criteria (Pariksha)

- Antiki Pariksha
- Vaigiki Pariksha
- Maniki Pariksha
- Laingiki Pariksha

Antiki pariksha – Pittant Vamana is Samyak Vamana Lakshana. Pitta dosha should be expelling out at last.

Table 2: Vaigiki Pariksha –

<table>
<thead>
<tr>
<th>Pravarvega</th>
<th>8 Vega</th>
</tr>
</thead>
<tbody>
<tr>
<td>Madhyamvega</td>
<td>6 Vega</td>
</tr>
<tr>
<td>Avara Vega</td>
<td>4 Vega</td>
</tr>
</tbody>
</table>

Table 3: Maniki Pariksha –

<table>
<thead>
<tr>
<th>Pravar</th>
<th>2 prastha</th>
</tr>
</thead>
<tbody>
<tr>
<td>Madhyam</td>
<td>1.5 prastha</td>
</tr>
<tr>
<td>Avara</td>
<td>1 prastha</td>
</tr>
</tbody>
</table>

Laingiki Pariksha – Lightness of body, Indriyaprasannata, Feeling Happy etc. These are the Vamana samyak siddhi lakshna observed.

Paschtakarma -:

Dhumpana is done after Vamana.

After Samyak Vamana patient is advised to take complete rest.

Loud speaking, over eating, too much walking, sitting, anger etc. should be avoided.

Sansarjana Krama should be followed after the procedure of Vamana because Agni is diminished temporarily after Vamana and it has to be ignited with the help of proper diet schedule.

Properties and Action of Emetic Drugs –

Drugs which are helpful in process of Vaman karma are called as Vamak Dravyas.

Vamak drugs have following properties – Ushna, Teekshna, Vyavayi, Urdhavabhaga-prabhava.

Ushna – Agneya dravyas produces Vishyandana in body.

Teekshana – Teekshana Gunatmaka Vamak Dravyas will act quickly. This also belongs to Agneya Guna and it produces Shodhana in body.

Sukshma – Due to Sukshma Guna drug is able to enter Sthoola and Sukhma Strotasa and induces Pachana and Vishyandana of doshas that leads to migration of doshas towards Koshta.

Vyavayi – This helps the drug to spread through out the body and reach to cellular level without being digested.

Vikasi – Induces Sandhi Shaithilya.

Prabhava of Urdhavbhaga – Vamak dravyas have predominance of Agni and Vayu mahabhoota and they are Urdhavagamana in their action, but Acharya Chakrpani contradicts the above statement and says that it is due to the Urdhavbhaghara Prabhava.
MODE OF ACTION

Drugs of Vamana given to patient, which are Ushna, Teekshna, Sukshma and Vikasi.

By virtue of their own potency it reaches to heart and circulate through vessels.

Because of their Agneya nature, they liquefy the compact doshas

Teekshana Guna separate the adhered doshas located in gross and subtle channels of body (Sthula and Sukshma Strotasa)

These separated doshas are brought to Aamashaya due to Anuprabha.

Doshas get stimulated by Udan Vayu as Vamak drugs have Urdhavbhaghara Prabhava due to Agni and Vayu predominance which ultimately leads to migration of doshas towards mouth from Aamashaya.

DISCUSSION

Ayurveda gives prime importance to prevention of disease. Vaman karma also known as medical emesis or medical vomiting. Vamana karma is one of the important karma among five pradhan karmas of panchakarma which is used to treat for kaphaj vyadhis. It is done in Vasant rutu as there is prakopa of kapha dosha. Vamana is highly beneficial for Kaphaja Vyadhis and associated Pittaja Vyadhis originating in place of Kapha dosha. It eliminates aggravated Kapha dosha, once the provoked Kapha dosha is eliminated from body, the Tridosha can achieve the balanced state and ultimately healthy state of the individuals can be regained. Hence Vasantik Vamana should be done by healthy people to maintain their healthy state and by patient to get rid of diseased condition.

CONCLUSION

Panchkarma is most essential Ayurvedic treatment, which can be practiced as preventive, curative, & fruitful therapy. Ayurveda emphasized to practice Vamana therapy in Vasant rutu.

Vasantika vaman is highly beneficial & fruitful for volunteers of Kapha & Kapha –Pitta constitution.

It is also useful for healthy people to maintain their health.

Vamana should be practiced as per classical guidelines to avoid complication.

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