VIRECHANA (THERAPEUTIC PURGATION): AN UNPARALLEL TREATMENT FOR PITTA VIKARAS

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ABSTRACT
Virechana treatment is targeted to expel increased Pitta Dosha out of the body. When Pitta Dosha gets increased, it causes certain types of diseases – such as abscess, liver disorders, gastritis etc. If the extent of Pitta increase is less, then oral medicines can be given to suppress it. But if it has increased to a large extent and if it has moved from its natural place to other places, then it needs to be expelled out of the body. By expelling it out, the disease gets cured, often completely. Since Pitta is situated at the level of intestines, expelling it from the anal route is very easy. Hence, Virechana treatment is designed. To expel it out, first the Pitta Dosha needs to be forcefully brought from the extremities and different organs into the intestines, and then purgation is induced, to expel it out completely.

Keywords: Virechana, Pitta, Dosha, Virechanopaga, Panchkarma

INTRODUCTION
Virechana is the procedure by which the vitiated Doshas (toxins) are eliminated through the anal route. It is the treatment of choice for Pitta predominant conditions.¹ This process cleans the channels by the removal of accumulated waste products, undigested material and the toxins mainly from the gut (Gastrointestinal tract) ². It enhances the appetite, power of digestion and absorption of food.

Virechana Karma is main Shodhan Karma among the Panchkarma procedures. It has therapeutic effects in Pitta Pradhan conditions and has purification action in healthy individuals to maintain general health. The main aim is to understand the process of Virechana Karma along with its practical utility in day to day life in present era.

AIM AND OBJECTIVES
INDICATION AND CONTRA INDICATION OF VIRECHANA KARMA

INDICATIONS:
Vibandh (Constipation), Krimi (Worm infestation), Kamala (Jaundice) Kushtha (skin disorder), Allergic dermatitis etc. Pakshaghat (Hemiplegia), Jeerna Jwara (Chronic fever), Madhumeha (Diabetes), Arbuda (Tumour), Tamak Shwasa (Bronchial Asthma), Galganda (Goitre), etc.

CONTRAINDICATIONS:
Navajwara, Krisha, Rajayakshma, Garbhini, Hridroga.

VIRECHANOPAGA

The Virechanopaga Gana (group) described has been considered as helping in inducing Virechana. The drugs which help the Virechana drugs in their Virechana action may be known as Virecanopaga. The drugs described are Draksa, Kasmarya, Parusaka, Abhaya, Amalaka, Vibhitaka, Kubala Badara, Karkandhu, and Pilu.

Virechana Karma procedure

Virechana karma is conducting in three steps
1. Poorva karma which includes: Deepana, pachana, snehana, Svedana
2. Pradhan karma: Virechana drug administration
3. Paschat karma it includes Samsarjana Karma as per Suddhi

Dipana - Pachana: which enhances the Agni (digestive fire) and does the digestion of Ama. In the patients with Agnimandya, administration of Dipan Pachana drugs is useful for Amapachana and to increase the Agni of the patient. Thereafter Snehapana is given.

SNEHAPANA:

Prior to purification therapy external and internal oileation is required. For internal oileation 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 and patient is advised to walk slowly. The duration of Sneha Pana should be 3, 5 or maximum 7 days.

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 (testing dose) and gradually may be increased up to 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 Virechana Karam Abhyanga should be conducted for 3 days during gap days (Vishraam kala)

SVEDANA:

After Abhyanga, Baspa sveda (dry fomatation) is generally employed among all types of Svedana. Before Virechana diet which does not increase 'Kapha' is preferred. The Pitta also should not be increased otherwise it may cause 'Ayoga' as the increased Agni may digest Virechana drugs.

PRADHANA KARMA:

This includes administration of Virechana Yoga, observations specially for Ausadha Jirnata (digestion of medicine), observations of Suddhi Laksanas and management of Vyapada (complications) if occurs. Just after administration of Virechana Yoga, cold water is sprinkled on the face to avoid vomiting. The patient is asked to
gargle with hot water and asked to have fragrance of flowers. He should be protected from direct cold wind and should take rest in bed. He is advised not to retain Vegas (bout) as well as do not make Pravahana (forceful elimination). Hot water should be given frequently to the patient to prevent Vibandha (obstruction) and due to its Vatanulomana and Yogavahi actions, Virechana occurs quickly. If Virechana does not occur then hot water should be given and Svedana should be done on the abdomen by the heat produced with friction of both palms. During all the time Vaidya (physician) should concentrate on the symptoms of Jirna Laksanas, Suddhi Laksanas, Vyapada etc.

**OBSERVATION DURING VIRECHANA**

The Virechana is considered as Kaphanta when Vit (waste material), Pitta (bile) and Kapha come out one by one in sequence\(^8\). Gatra Daurbalya (weakness) and Laghuta (feeling of lightness) are the associated symptoms.

**SAMYAK VIRECHANA LAKSHANA** –

Dourbalya (Tiredness), slimness, Laghavta (lightness of the body), tiredness of sense organs, regression of diseases, feeling of clarity in heart, feeling of clarity in skin, restoration of normal skin complexion, timely hunger and thirst, Timely initiation of natural urges – like defeation, urination etc. clarity in intellect, sense faculties and mind, movement of Vata in proper direction in the body \(^9\), proper digestion and metabolic activities. At the end of proper purgation Kapha – thick frothy materials will be expelled out. This indicates that the Virechana treatment has been successfully completed.

**VIRECHANA HEENA YOGA LAKSHANA** –

Person starts to spit frequently, chest discomfort, lack of clarity, nausea, feeling of increase (overflowing) of Kapha and Pitta, bloating, feeling of distention, anorexia, lack of taste, vomiting, weakness, lack of lightness, stiffness of hip and thighs, sense organ tiredness, stiffness, itching, rhinitis, obstruction of Vata \(^{10}\) discomfort in the region of the heart and abdomen, anorexia, too much of Kapha and Pitta increase in the intestines (because they are not properly thrown out of the body) or expulsion of Doshas coming out through the mouth, burning sensation, skin eruptions, blocking of flatus and constipation.

**VIRECHANA ATIYOGA LAKSHANA** –

In Virechana Atiyoga condition excessive excretion of Mala, Pitta, Kapha and Vata, and liquid through anus which resembles as mixture of water from blood, fat and muscle tissue. The patient will be afflicted with thirst and he may faint due to vitiated Vata. After the elimination of Mala, Pitta, Kapha and Vata in Succeeding order, there will be elimination of watery material which does not contain Kapha or Pitta, which is white, black or slightly red in color, resembling the water in which meat has been washed or resembling a piece of fat, prolapse of the rectum, thirst, giddiness, sunken eyes.

**POST-OPERATIVE PROCEDURE OR PASCATA 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) \(^{11}\).

In the Peyadi Krama Peya, Vilepi, Aktryusa, Krtayusa, Akrtmamsarasa, Krtmamsarasa should be given for 3, 2 and 1. Annakala (diet schedule) for Pradhana, Madhyama and Avara Suddhi patients respectively. \(^{12}\)
Types of Virechana i.e Anuloman, Sraamsana, Bhedana and Rechana:

Anulomana: The drugs which move the Malas downwards after digesting them and breaking their Bandhas (bonding) are known as Anulomana. e.g. Haritaki (Terminalia chebula). These drugs cause Anulomana (in the same direction) of the pratiloma (opposite) movement of Dosas or Malas.

Sraamsana: The drug which brings the semi-digested and sticky Malas (toxins) without causing their digestion is known as Sraamsana e.g. Aragvadha (Cassia fistula linn.).

Bhedana: The drug which disintegrates the "Abaddha" (unformed), or "Baddha" (formed) or 'Pindita' (dried faecal mass) forms of Malas (toxins) by facilitating penetration in to it and then evacuating through the lower gut, is known as Bhedana e.g. Katuki (Picrorrhiza kurroa).

Rechana: The drug which eliminates digested (Pakvam) and Undigested (Apakvam) Malas or Dosas by making them watery through the lower gut is known as "Recana". e.g. Trivruta (Operculina terpethum). The drug which eliminates undigested or digested Dosas and Malas by making them liquid (Dravabhavam) is known as Rechana. The drug not only liquifies the Mala, but also eliminates it quickly (recayati).

DISCUSSION

Prachi dalvi conducted a study at jamnagar, in 2002 and concluded that Virechana removes the Kapha along with Pitta. As it is also the most suited therapy for the Sthanika Dosa Pitta. Thus, it could have responsible for the Agnivardhana and reduced Ama upto some extent. Virechana is less stressful procedure than Vamana, has less possibility of complications and could be done easily, so it is widely used as Sodhana therapy in routine. It is more acceptable to all classes of patients. In addition to the acceptability and popularity, the Virechana Karma, is considered the best treatment for morbid and increased Pitta Dosha. Pitta is closely related with Agni, which is responsible for the digestive and metabolic processes in the body. It is worth mentioning that Virechana Karma, unlike the modern purgatives, is not merely an act to open the bowel, but is a complete therapeutic measure which has systemic as well as local effects. The Virechana drugs first get absorbed and then reach to heart, Dhamani, macro and micro channels of the body and reach where Doshas are accumulated. They soften the compactness (Sanghata) of the Dosas and break the bigger molecules to smaller ones, so that they may be excreted secreted out in to intestine. The process occurs in a disciplined way by separation (Viyojana) and combination (Samparcana). The action of Virechana up to this stage is known as its systemic effect and it’s obviously governed by Viyojana and Samparcana components of Virechana. When the Doshas or Malas are excreted in to intestine, they are evacuated through the lower portion of the gut by purgation. This may be called as local action of Virechana.

CONCLUSION

Virechana Karma is considered the best treatment for morbid and increased Pitta Dosha. Mainly Vamana and Virechana drugs are quite irritant to the stomach and the intestinal mucosa respectively, to cause inflammation. Due to this, the permeability of the membrane changes and those substances come out due to the changed
permeability which cannot come out in normal condition.

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Source of Support: Nil
Conflict Of Interest: None Declared