ASSESSMENT OF VASANTIKA VAMANA – IN VARIOUS KOSHTA CONDITIONS

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ABSTRACT

Vamana karma is placed first among the panchakarma owing to its ability to eliminate vitiated kapha dosha. For the purpose of maintenance of health, vamana is advisable for healthy individuals in vasanta rutu which is kapha prakopa kala. Thus an attempt was made by conducting rutu vamana for 30 individuals and a study was done on analysing, it in various koshta conditions. The kosta is assessed with Ksheera Pana 500ml, on empty stomach.

Keywords: Vasntika Vamana, Various Koshta Conditions, Koshta pareeksha.

INTRODUCTION

Panchakarma is an integral branch of ayurvedic science which deals with the biological imbalance of the Doshas in healthy as well as diseased condition of a human body. In physiological and pathological imbalances of the doshas that affect the body, a fine balance should be maintained through a natural and holistic treatment which is delivered from the nearest root of the body. Thus vamana karma occupies the top place among the five karmas and needs extra care during the procedure. A vaidya before conducting vamana karma should be well versed with thorough knowledge of koshta depending upon the Rogi and Roga bala.

Determination of Koshta:

The term Koshta refers to the state of the Abdomen or Alimentary tract, and usually is determined by the behaviour of the bowel habits. In any given Client the habit of passing the loose stools is characterized of Mridu Koshta. And is due to the influence of Predominant of Pitta dosha in his Prakruti, Such persons having Mridu Koshta tend to pass watery stools on consuming foods like Ksheera, Ikshu rasa, Triphala kashaya, etc habit of Passing stools with easily which is neither loose or nor hard is characteristic of persons having Madhyama Koshta. In contrast to this habit of passing hard stools is observed in persons having Krura Koshta, and is due to the influence of predominant Vata Dosha in the Prakruti People having Krura Koshta pass stools only on administration of Teekshna Rechaka Dravyas.

Table No. 1:

<table>
<thead>
<tr>
<th>Koshtas</th>
<th>Individual Koshta features</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mridu Koshta</td>
<td>Passes Stools daily once or twice regularly, Semi formed or formed stools, Easy defecation, Less time required for defecation, Krita Samgnya after defecation, Previous encounters shows often Drava mala pravritti due to hot drinks, tea etc, Minor laxatives often encounters diarrhoea, &amp; After the 30 ml test dose of Gritha passes stools slightly loose and frequency may be more by 1-2 vegas.</td>
</tr>
</tbody>
</table>
Materials and methods: Healthy volunteers and patients indicated for vamana karma were selected from the OPD and IPD of SJIIM, Bengaluru. 30 individuals were registered for the administration of vamana in vasanta rutu between 25/3/2015 and 12/4/2015.

Inclusion criteria: a) Voluntees aged between 16 and 60 years. b) Persons with kapha pradhana prakruti & Suffering from kapha pradhana vyadhi.

Exclusion criteria: Patients suffering from tuberculosis, ischemic heart disease, hypertension, carcinoma and other life threatening and complicated diseases.

Table no. 3: Methodology

Deepana pachana  Panchakola churna  3-5gms thrice daily 1hr before food with hot water

Koshta Pareeksha  Ksheera pana 500ml, empty stomach at 8am

Snehapana  Guggulu tiktaka ghrita : 30-60-90-120-150-180-210ml
Till the observation of samyak snigdha lakshana

Akantapana  Ksheera : 1-2 lt

Vamaka yoga  Madanaphala churna : 5-8gms
vacha churna : 2-3gms
yashti churna : 6-8gms
saindhava lavana : 1-2gms

Vamanopaga  Yashthi phanta : 1-2 lt

Quantity of the above drugs were given according to the condition.

Observations:

<table>
<thead>
<tr>
<th>Koshta</th>
<th>Volunteers</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mridu Koshta</td>
<td>05</td>
</tr>
<tr>
<td>Madhyama Koshta</td>
<td>19</td>
</tr>
<tr>
<td>Krura Koshta</td>
<td>06</td>
</tr>
</tbody>
</table>

Table no. 4: Koshta Assessment in Voluntees.

Table no. 5: Observation of Shuddhi lakshana in relation to koshta.
**DISCUSSION**

- Here we observed 5 volunteers under *Mridu koshta*, 6 volunteers under *Krura koshta* and 19 volunteers under *Madhyama koshta*.
- 9 volunteers of *Mridu koshta*, took 2 yama (6hrs) to digest the sneha, 16 volunteers of *Madhyama koshta*, took 4 (12hrs) yama to digest the sneha, and 5 volunteers of *Krura koshta*, took 8 (24hrs) yama to digest the sneha.
- 8 volunteers of *Mridu koshta*, had *pravara Suddhi* was observed (totally 4 vegas) & 15 volunteers of *Madhyama koshta* had *Madhyama Suddhi* was observed (6 vegas) In 5 volunteers of *Krura koshta*, *Avara Suddhi* was observed. (3 vegas)
- One individual had *adhopravritti*. He had *mrudu koshta*. During *vishrama kala*, *kapha utleshakara ahara* was advised in which milk products were also included. Thus the person had taken *ksheera payasa* for the whole day and had loose stools for 2 times on the previous night of *vamana*. During administration of *vamana karma*, the individual was in a state of *manda kapha* and *mrudu koshta*. Thus *akantapana* of *ksheera* which is a *virechaka dravya* had led to loose stools for 3-4 times.
- So Here in *Mridu koshta* Conditions milk should have been avoided. Instead of milk, *Madhuyashti phanta* can be given for *Kaphotkleshana* and *Akantapana*.

**CONCLUSION**

- Before conducting the *Vamana* procedure, one should strictly follow the proper procedure and proper analysis of the individuals *koshta*, along with *Kala*, *Rogi bala*, *Agni bala*, and *doshashastra* etc. It plays an important role in the success of the treatment. Thus only when the Assessment of *Koshta* is properly done, *pradhana karma* becomes successful.
- Understanding of *koshta* individuals in various conditions, is essential to decide the Dosage of *Snehapana*, *vamana Dravya*, and *Suddhis of Vamana*, before conducting the *Vamana Karma*.

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