



VAMANA KARMA: AN IMPORTANT PANCHAKARMA PROCEDURE IN PEDIATRIC PRACTICE

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ABSTRACT

Vamana Karma is the process in which the vitiated *dosha* is expelled out through the mouth, also called as therapeutic emesis. It expells out *Apakva Kapha* and *Pitta* via the upper route forcibly. and helps to remove all derangement related to vitiated *Kapha*. That's why called as best therapy for *Kapha Dosha*. *Vamana* is indicated in child just after birth as *Garbhodaka Vamana*. Acharya Kashyapa advocates *Vamana* therapy suitable to the children only after age of 6 years. The indications of *vamana* are *Shleshma Pradhana* diseases, *Kaphaj Jwara*, *Aruchi*, *Mukhavairasya*, *Kaphaprasheka*, *Kaphaj Hriroga*, *Kasa*, *Shwasa*, *Vishuchika*, *Galagriha*, *Galshundik*, *Galaganda*, *Gandamala*, *Rohinika*, *Vidarika*, *Adhograktapitta*, *Hrillasa*, *Prameha*, *Haleemaka*, *Skanda*, *Skandapasmar*, *Skandapita*, *Naigmesha*, *Ajeerna*, *Parikartika*, *Shula*, *Atopa*, who has taken poisonous material, who have taken large amount of feed etc. Drugs for *Vamana Karma* may be differ person to person and should be taken according to *Dosh Bala*. *Vamana* can be done by administering *Acorus calamus* and *Saindhava lavana*. in milk dependent child and also be done with *Madanaphala* by applying it on areola of the mother's breast. Drugs useful for the *Vamana karma* in children may be *Ushnambu* (luke warm water), *Sukhoshna Dugdha* (warm milk), *Ikshurasa* (juice of sugar cane), *Madhudaka*, *Madanaphala* etc. It should be done in paediatric age group when indicated, after collection of all measures required with management of complications and proper examination of *roga*, *rogi*, *kala* etc..

KEYWORDS: *Vamana*, *Vamana Karma*, Children.

INTRODUCTION

Vamana Karma is the process in which the vitiated *dosha* is expelled out through the mouth^[1], also called as therapeutic emesis. It expells out *Apakva Kapha* and *Pitta* via the upper route forcibly.^[2] and helps to remove all derangement related to vitiated *Kapha*. That's why it is called as best therapy for *Kapha Dosha*.^[3] It removes *Kapha* & *Pitta* and helps to cure disease of *Amashyaya*⁴. On elimination of *amashayastha Kapha*, *Kapha* situated in other sites of the body also gets pacified as rice dry up in the paddy field on breaking the boarder due to lack of water.^[5] In Kashyapa Samhita, it is mentioned that *Vamana* may be beneficial for the infant who vomits frequently after feeding milk automatically. They don't get affected by any *Daivik* or *Manshika Vyadhis*.^[6] Paediatric age group is vulnerable for *kaphaj* disorder. Paediatric age is *kapha* predominant so that

vamana can be induced very easily in this age group. Some times there is no need of *purvakarma* and aggravation of *kapha* in infant and children.

APPROPRIATE AGE FOR VAMANA KARMA IN CHILDREN

Vamana is indicated in child just after birth as *Garbhodaka Vamana*. According to Kashyapa Samhita performing *Vamana Karma* in the age of *Atibala* can cause *Kustha*, *Hrillasa*, *Jwara*, *Aruchi*, *Nidra*, *Tandra*. Acharya Kashyapa advocates *Vamana* therapy suitable to the children only after age of 6 years. He describes it to be best to use the milder potency drugs in small quantity for the same. Vaideha Janaka advocates to use of *Vamana* in the age of *Atibala* also and indicated to use of two or three *Nistusha Apamarga* seeds with *Madhu* and *Sharkara*. Vriddha Kashyapa advocates *Vamanopaga*

and *Virechanopaga* drugs with *Sharkara* in 4th or 8th months⁶. Acharya *Sharangadhara* mentioned that *Vamana* can be used from beginning of the life.^[7]

INDICATION OF VAMANA KARMA

Vamana pacifies *Medodosh* and *Kapha*, eliminates *Daurgandhya* from the body.^[8] It relieves *Kasa, uplepa, Swarbheda, Nidra, Mukhadurgandhi, Visha Updrava, Kapha Praseka*^[9], improve *Agni* and help in *dosha Shamana*.^[10]

According to *Kashyapa samhita* the indications of *vamana* are *Shleshma Pradhana* diseases, *Kaphaj Jwara, Aruchi, Mukhavairasya, Kaphaprasheka, Kaphaj Hriroga, Kasa, Shwasa, Vishuchika, Galagriha, Galshundik, Galaganda, Gandamala, Rohinika, Vidarika, Adhograktapitta, Hrilasa, Prameha, Haleemaka, Skanda, Skandapasmar, Skandapita, Naigmesha, Ajeerna, Parikartika, Shula, Atopa, Ativirichyamana* (who suffered with more *Virechana*), *Gara & Visha peeta* (who has taken poisonous material), *Atyashitama* (who have taken large amount of feed)^[11]

Some other conditions mentioned by Acharya *Charaka*^[12] are *Peenasa, Kushtha, Raajyakshma, Shleepada, Alsaka, Apasmara, Unmada, Atisara, Shosha, Pandu, Dustartava*

CONTRAINDICATION OF VAMANA KARMA

Generally *Vamana* should not be done mainly in *Vata* predominancy, ematiation or in very weak, old age and diseases in which *dosha* are moving upward and involving vital organs.^[13]

Broadly it should not be done in following conditions-

- *Vatikjwara, Udarrogi, Sthula, Atikrishna, Akshiroga, Trishnal, Moha, Niruh-Anuvasita, Kshata-Ksheena, Urdhwa-Raktapitta, Lomvyapata, Karnaroga, Shirahkampa, Ardita, Ardhavbhedaka, Suryavarta, Revati, Pundareeka, Shakuni, Putna, Mukhmandika, Arsha*^[14]
- *Udavarta, Urdhva Vata Roga, Hridya Roga, Gulma, Pleeha, Murchha*^[15]
- *Vatavyadhi*^[16]
- *Durbala Krimi Koshtha, Parshwashula, Akshepaka, Bhaya, Shoka, Krodha, Mada, Bhrama, Netra Shula*, person taking *ruksha ahara, Timira, Swara Bheda, Duschhardanama* (very tough to induce vomiting), *Ashthila, Mutraghata, Ati Chhardi*, hunger, fast tired due to over work, weight lifting, and by over walking, who indulge in more exercise, coitus and study.^[17]

DRUGS USEFUL FOR THE PURPOSE OF VAMANA KARMA

- Various drugs and formulations are described in various *Ayurvedic* texts. In *Charaka Samhita Kalpasthana* 355 formulations are described for *Vamana karma*.^[18]

- The initiating factors of *chhardi* are also be the factor to induce vomiting such as excessive liquid, oily, salty, *ahridya* food items.^[19]
- *Vamana* can be done by administrating *Acorus calamus* and *Saindhava lavana*. in milk dependent child and also be done with *Madanaphala* by applying it on areola of the mother's breast.^[20]

According to Acharya Kashyapa^[21]

- Drugs for *Vamana Karma* may be differ person to person and should be taken according to *Dosh Bala*.
- Add *Madhu* and *Saindhava* in *Madana Phala Kwatha* then mix the *Kalka* of *Pippali, Sarshapa* or *Grahaghi* or *Patola, Aristaka* and *Vatsaka* or *Priyangu* and *Madhuka*.
- In the condition of *Ajirna* (indigestion), *Vamana* should be performed with *Ushna Jala* (luke warm water) and *Sandhava lavana*^[22]
- When the expulsion of *dosha* is difficult due to excessive *Kapha*, the drugs *Vacha, Ajagandha, Madan Pippali* are helpful.^[23]
- Touching the finger or *Kamalanala* into oral cavity and putting little pressure over the *Parshva, Udara*, and *Prishtha* along with this methods the retrograde massage can also induce vomiting.^[24]
- *Ushnambu* (luke warm water), *Sukhoshna Dugdha* (warm milk), *Ekshurasa* (juice of cane suger), *Madhu Udaka*.^[25]

Vaman Dravya described in k.vamana virechaneeya siddhi addhyaya^[26]

- *Kwatha* made by *Katphala, Shirish* etc.
- *Kalka* made by- *Grahagni (Gaur Sarsapa), Kritvedhana, Vacha, Saindhava, Pippali, Indrayava, Trapusha* and *Madanaphala seeds*.

HOW VAMAN DRAVYA WORKS

- *Vaman Dravya* are *Laghu* in nature, having predominancy of *Vayu* and *Agni Mahabhuta* so that due to their physical nature these *Dravya* tends to move upward resulting into *Vamana*.^[27]
- *Vamana Dravya* contains *Ushna* (Hot), *Tikshna* (Intense), *Sukshma* (Minute), *Vyavayi* (easily spread after administration) and *Vikasi* guna (Able to expand after ingestion). The *Ushna* guna helps to liquify vitiated *Dosha*. *Tikshna Guna* break them into small size after that they turn into mobile form. Then these *Dosha* after gliding into various *Srotas* enter into *Amashaya* from where *Udana Vayu* expel out these liquified *Dosha* though the mouth.^[28]
- Drugs used for *Vamana* should be *Asatmya, Vibhatsa, Durdashita* and *Durgandhita*.^[29]

VAMAN DRAVYA MATRA

- It should be according the quality of drug, and the condition of *roga, rogi, kala* etc.
- The amount of *Samshodhana Dravya* in children are^[30]
 - *Churna* ½ finger pinch
 - *Kwatha* 1 *Prasruta*

➤ *Kalka 1/2 Karsha***PROCEDURE OF VAMANA**

It should be performed who have already taken *Snehana* and *Swedana*. Patient has proper sleep in night and diet taken in the night should be digested. Patient face should be in east direction and in sitting position. It should be done with contraction of *Parshwa* and in forward bending position. *Vamana Dravya* should not be excessive concentrate or excessive hot or excessive cold. 'Na Vegantare *Vishramayet*' means there should be no rest between *Vegas*. It is important to give medicine to infant by *Stanlepa*^[31]

Events during the process of Vamana^[32]

1. Sweating liquefy the dosha due to heat and penetrating properties of *Vamana Dravya*. By *Swedana dosha* get fragmented and circulate through major and minor channels.
2. *Romancha* (Pilling of hairs) indicates the movable condition of *dosha* towards *Amashaya*. These *Dosha* move through *srotas* just like water, which flows through vessels, polished by oily material without sticking to it.
3. *Adhamana* (fullness or distention in abdomen) indicates the entry and placing of *dosha* into the *Amashaya*. These *dosha* enter the *Amashaya* by *Anupravana bhava*.
4. When the *Dosha* get extremely aggravated then nausea, salivation, pain in chest region arise. At this time *Urdhvagamana* of *Dosha* towards the mouth from stomach occur. The *dosha* start to move in upward direction after excited by *Udana Vayu*, due to *Agni* and *Vata* predominance of *Vamana Dravya* and self tendency to move upwards.

FEATURES OF PROPER VAMANA KARMA

The features of proper *Vamana* are described under following three types

1. **Vagiki- Vaman Vega** which stop automatically without creating any problem

Type	No. of Vega ^[31]	No. of Vega ^[33]
Uttama	6 or 7	8
Madhyam	4 or 5	6
Heen	2 or 3	4

2. **Langiki**

When presence of *Pitta* (bile) in vomits material occurs then it indicate *Samyaga Vamana*.

3. **Maniki**

Type	Pramana (Other than taken Vamaka dravya)
Uttama	2 Prastha
Madhyam	1.5 Prastha
Heen	1 Prastha

ORDER OF EXPELLING DOSHA DURING VAMAN KARMA

'*Kramatkaphah Pittamtha Anilashcha Yasyaiti Samyag Vamitah Sa Ishtah*'

According to *Acharya Charaka* first *Kapha* then *Pitta* after that *Vata* comes.^[34]

CAUSES OF AYOGA AND ATIYOGA OF VAMANA AND VIRECHANA^[31]

Regarding condition of patient - *Atibramhan*, *Atiruksha*, *Atikrishna*, excess of *Mansa* and *Meda*. *Anmanaska Diwaswapa* (Day sleep) Use of cold air, water, cloths and residence Not using shoes / sleeper Prevention of natural urges or try to relieve forcefully of unprovoked urges.

Regarding medications-*Atyant Drava*, *Atyant Ushna*, *Atyalpa*, *Atighana*, *Atyanta Sheeta*, *Atyanta Madhura*, *Atyanta Katu*, *Atyanta Lavana*, *Atyanta Kashaya*, *Atyanta Amla* and *Atyanta Kshara*. *Vibhatsa Rupa*, *Rasa*, and *Gandha* of the *Aushadha*. *Swasthana Prachlana* of *Peetaushadha*. (Taken medication)

DURVANTA LAKSHANA^[8]

Fullness in the stomach, *Hrida Gaurava*, *Sheeta*, *Jwara*, *Raga*, *Addhmana* and Recurrent *Stheevana*,

POOR PROGNOSIS IN VAMANA KARMA

If expulsive material in *Vamana* is *Virasa* mixed with *Pitta*, *Rakta* and *Pureesha*, having pain denotes poor prognosis.^[8]

Acharya Charaka has contraindicated *Vamana* for children^[35] but *Acharya Kashyapa* mentioned appropriate age for *Vamana* is beyond six year, because in very young child vomiting may induce *Kushtha*, *Hrillasa* (nausea), *Aruchi*, *Nidra*, *Tandra* and *Chakshu roga* (disorders of eye) due to inability and weakness during childhood.^[31]

VAMAN VIRECHANA AYOGA LAKSHANA^[31]

Adhyaman, *Pratishyaya*, *Vivandha*, *Hridyopgriha*, *Shula*, *Parikartika*, *Chhardi*, *Shirogriha*, *Pravahika*, *HiccaShwas*, *Kasa*, *Talushosha*, *Kanthasya Vairasya*, *Nisthevika*, *Uroghata*, *Jwara*, *Vishada*, *Sroto mal pradurbhava*

MANAGEMENT OF VAMAN AYOGA^[32]

In *Snigdha*, *Balwana* and *Bahudosha* whose *Agni Bala* is good *Vamana* should be performed on next day but in case of *Durbala* the *Vamana* drugs should not be given in next day. In These (*Durbala*) cases *vamana* should be performed after re- *Snehana* and *Swedana*.

VAMANA- VIRECHANA ATIYOGA LAKSHANA^[31]

Bhrama *Daurbalya* *Vishad* *Moha* *Smritibhrimsha* *Jeevan* *Pakvashaya* *shula* *Aaplavan* *Mukhshosha* *Hridaya shosha* *Manyaparshwa* *akshepa* *Hridkampa* *Keshmukhangrungskhta* *Kati vasti* *vankshana*

*shula Medravaah GudshulaGudpaka
GudbhrimshaAtisara Urukampa Janughata*

TREATMENT OF VAMANA ATIYOGA VIPARYAYA (if Virechana occurs inspite of Vamana)^[31]

The peel of citrus fruits, *Rasanjana* and *Lodhra* should be given mixing with *Tandulodaka*.

CONCLUSION

Vamana karma is an important panchakarma procedure not only for adult but also in paediatric cases. It is best therapy to eliminate *kapha dosha* from the body. Children are more prone to get affected with *kapha vikara* due to having Kapha predominancy in this age group but it should be done when indicated after proper assessment of *roga rogi bala* etc. with arrangement of all essential including management of complications.

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