



## REVIEW ON VAMANA KARMA FOR HIS PHYSIOLOGY AND HERAPEUTIC ACTION

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### ABSTRACT

Panchakarma is a process that cleans the body of residual toxic materials left by disease and compounded by lack of proper nutrition, and builds immunity against infections. The digestive enzymes, metabolic co-factors, hormones, and agnis which regulate the body's internal homeostasis become disorganized due to one's repeated dietary indiscretions, poor exercise patterns, lifestyle, and genetic predisposition. This leads to the accumulation and spread of toxins throughout the physiology resulting in disease. This waste matter is called ama in Ayurveda. Ama is a foul-smelling, sticky, harmful substance that needs to be completely removed from the body. Panchakarma removes excess doshas, corrects imbalances and eliminate the harmful ama out of your system through the body's own organs and pores of elimination (colon, sweat glands, lungs, bladder, urinary tract, stomach, intestines, etc.). Panchakarma purifies the tissues at a very deep level. The emesis and purgation defined as Vamana in ayurveda Vamana helps to treat disorders related to Kapha Dosha and eliminates morbid contents through oral emesis. Vamana play important role in Ayurveda Shodhana Chikitsa, considering this present article elaborates the physiological role of these therapies of Panchakarma.

**KEYWORDS:** Ayurveda, Panchakarma, Shodhana Chikitsa, Vamana.

### INTRODUCTION

The Detoxification therapy in Ayurveda is described as Shodhana therapy and Panchakarma is one of the important Detoxification remedies of Ayurveda. Panchakarma Pradhana karma and Paschat karma. The Poorvakarma includes Snehana and Swedana to soften and liquefy morbid Doshas. The Pradhana karma includes major Purificatory measures which include Vamana, Virechana, Basthi, Nasya and Rakta Moksha. The Paschat karma includes rest and dietary guideline along with therapies like Dhumapana. Panchakarma prevents disease, maintains health, Promotes strength, maintains hormonal balance and Reduces stress etc. Panchakarma removes disease Doshas which are thus responsible for diseases Panchakarma slows down the progression of the disease. Panchakarma offers therapeutic benefits in case of many pathological conditions including Malavridhi, Svarabheda, Tandra, Vishajanya, Upadrava, Mukha Durgandhata, Grahani and Kapha Srava, etc. are conditions that can be managed using Panchakarma therapy. Vamana important procedures of Panchakarma therapy, Vamana relieves Kapha These therapies provide therapeutic benefits in sinusitis, allergic bronchitis, diabetes and obesity, etc. Vamana normalize functioning of Hridya and Shirah and body.

### AIM AND OBJECTIVES

Vamana karma is the main purification karma in the Panchakarma procedures. It has therapeutic effect in Kapha as well as Pitta predominant conditions and has a purifying action in pathological conditions also. And Vamana helps in reducing the irritating properties of medicines.

### VAMANA KARMA

Vamana expelled toxins from body especially excessive Kapha and Pitta dosha. Vamana opens Srotas and facilitate removal of toxins through vomiting. These all Process clears obstruction therefore overall circulatory process gets enhanced. Therapeutically Vamana reduces swelling and edema from body, moreover Vamana helps to treat pathological conditions like Swasa, Hikka, Gulma, Kaphavruttavata and Vatarakta. Vamana if performed with potent drug then it can relieve Murchchha, Pidika and Prameha. Vamana can help in skin diseases since this therapy cures itching and inflammatory symptoms in such conditions. Vamana Karma helps to treat Kushta, Raktapitta and Pratishyaya. Vamana eliminates Kleda thus provide relief in obesity and diabetes. The removal of Ama by Vamana process helps to cure digestive abnormalities. The action on Upper body part provides therapeutic benefits in respiratory problems.

**MODE OF ACTION VAMANA KARMA**

Vamaka drugs possessing the properties like Usna, Tikсна, Suksma, Vyavayi, Vikasi

↓  
And with their 'Swavirya'

↓  
Move to Hridaya

↓  
From there, through various 'Dhamanis' lead to micro and macro channels in the body

↓  
Act over the vitiated complexes in the body

(i) With 'Agneya guna' – liquify the complexes

(ii) With 'Tiksna guna' – Break them down into several particles

↓  
Liquefied matter then glides through various unctuous or smooth channels to wards Kostha

↓  
Enter 'Amasaya' and then stimulated by 'Udana Vayu'

↓  
Having the dominance of 'Agni' and 'Vayu' elements in the constitution along with self nature

↓  
Move in upward direction towards oral cavity(due to urdhaga prabhava

↓  
Expelled to outside through it

↓  
Vamana

**BENEFITS OF VAMANA TEATMENT**

1. Vitiated Kapha dosha is expelled out of the body.
2. Treats gastric problems.
3. Enhances digestion and metabolism.
4. Boosts immunity.
5. Beneficial in managing Asthma and Cough.
6. Flushes out toxins.
7. Slows down ageing.
8. Cleanses stomach.
9. Boosts skin health.
10. Provides mental and physical relaxation.
11. Vamana therapy reduces weight, cholesterol and triglycerides. As a part of Kapha Hara action, it lowers CDL and serum cholesterol levels. This pitta also gives relief in diseases like headache, dizziness, chronic cold, bronchitis etc.

**INDICATIONS OF VAMANA KARMA**

Indications of Vamana Karma can be categorized as per the Dosha dominance and the site in which provocation of Doshas take place such as Diseases where Sodhana (Detoxification) eg. Un-mada (Psychological disorder), Apasmara (Epilepsy) is required, conditions having 'Bahudosavastha' e.g. Kustha (Skin disorders), Prameha (Diabetes) etc, in Kapha dominant conditions e.g. Svasa (Asthma), Kasa (Cough), Agnimandya (reduced appetite), Pi-nasa (cold), Ajirna (Indigestion), Slipada (filaria-sis).etc and where need of Vamana Karma is due

to "Marga Virodhatva" e.g. Adhogat Raktapitta (lower tract bleeding disorders).

**CONTRAINDICATIONS**

Diseases with acute onset eg. Hrdgraha (Heart ailments), Udavarta, conditions in which body is emaciated eg. Ksataksina, where Doshas move in up-ward direction eg. Urdhwaga Raktapitta (upper tract bleeding disorders) and in weak, old aged individuals, and diseases involving vital organs.

**CONCLUSION**

Panchakarma is detoxification measure of Ayurveda involves many therapies including Vamana which eliminate morbid Doshas, clears Srotas, cure digestive and skin ailments. Vamana biologically imparts many beneficial effects inside the body reliving gastric distress and clearing obstruction of micro channels. Vamana procedures can be advised for treating many.

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