

IMPORTANCE OF VAMAN KARMA IN KAPHAJ DISORDER: AYURVEDA**Dr. Shailendra Kumar Janghel*¹, Dr. L.C. Harjpal² and Dr. Deepika Dhimar³**^{1,3}PG Scholar, Department of Ayurveda Samhita evam Siddhant, Shri N.P.A Government Ayurved College, Raipur, Chhattisgarh, India.²Professor, Department of Ayurveda Samhita evam Siddhant, Shri N.P.A Government Ayurved College, Raipur, Chhattisgarh, India.***Corresponding Author: Dr. Shailendra Kumar Janghel**

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ABSTRACT

Vaman is one at the five therapies of Ayurvedic Panchakarma. Vaman is a therapeutic procedure to eliminate the vitiated Kapha dosha through vomiting. Kapha is the main target in vaman. Increased Kapha always leads to slowness in the body. Because this dosha is slow, unctuous and sticky. So are the diseases caused by this. Aggravated Kapha can cause simple problems like- cough and cold. And can be complicated like asthma, allergies and obesity. When aggravated is of small scale, prescription is oral medicine. But vaman (vomiting) deeds in critical conditions. So anyone should adopt vaman karma in Ayurveda for the spring seasons as it works as a preventive therapy to cure the disorders related to kapha.

KEYWORDS: Vaman, kaphaj dosha, cough, cold, panchakarma.**INTRODUCTION**

Vaman is unique procedure of eliminating the dosha from the body through the oral route by way of inducing vomiting. Vaman karma is better in removing kapha dosha out of the three doshas.^[1] Emetic therapy should be done in kaphaja diseases or kapha predominant diseases. Ayurveda practice on the theory of Tridosha (vata,pitta, kapha). Panchakarma is professed for eliminating the vitiated doshas from the body. Specific therapy such as vaman for kapha dosha and virechana for pitta dosha.^[2] It is front line choice in the treatment of the disorders caused by the aggravation at in one side.^[3]

DEFINITION

तत्र दोषहरणं उर्ध्वभागात् वमनसंज्ञकम्^[4]
(p.d 1/4)

Vitiated doshas through the upper channel is known as vama (emesis).

(p.d 1/4)

PROCEDURE

Oral administration of sneha for a stipulated period followed by abhyanga and svedana forms the preparation of the client for vaman karma^[5].

MODE OF ACTION OF VAMAN DRAVYAS

Vaman dravyas are having Agni and Vayu mahabhuta dominancy. The urdhwa gati of a vaman dravyas is because of Agneya and Vayu mahabhuta.^[6]

INDICATIONS OF VAMAN^[7]

1. Nava jawar (acute fever)
2. Atisar
3. Rajyayakshama
4. Kusth
5. Apachi rog
6. Granthi rog
7. Unnmad
8. Kash
9. Visharp (As.hri.su1/2)

CONTRAINDICATION OF VAMANA^[8]

1. Garbhani (pregnant)
2. Ruksha
3. Timir
4. Krimi
5. Mutraghat
6. Udavarta
7. Vatrogini

Complication of Vaman Karma^[9]

1. Adhmana (bloating)
2. Jeevadana
3. Srava
4. Sthambha
5. Hrithgraha
6. Gatragraha
7. Upadrava
8. Klama
9. Vibhramsam
10. Parikartika

Advantage of Vaman Karma

The person who properly vama therapy will not be affected from condition like voice destruction, sleep, foul smell from mouth, blockage in channels, saliva secretions, grahani dosh, complication due to visha.^[10]

AIMS AND OBJECTIVE

1. To assess the role of vaman karma in kaphaja disorders.
2. To evaluate the efficacy of vaman in healthy individuals.

MATERIALS AND METHODS

1. Ayurveda samhita
2. Purv karma
3. Pradhan karma
4. Paschata karma

Criteria of Vaman Vega^[11]

Sr. NO	Assessment	Uttama Suddhi	Madhyama Suddhi	Hina Suddhi
1	VEGIKI	8 vega	6 vega	4 vega
2	MANIKI	2 prastha	1.5 prastha	1 prastha
3	ANTI KI	pittanta	Pittanta	pittanta
4	LAINGIKI	Samyak lakshana	Samyak lakshana	Samyak Lakshana

DISCUSSION

Dravyas which produce vama (vomiting) are called as vaamaka dravyas. They have the following properties:

1. Ushna (HOT)

If agneya gun is there and it produces pachna (digestion), dhanana (burning), swedana and vivarana (spreading). The agneya dravyas produce vishyandana (to dissolve) in the body.

2. Teekshna

Teekshna gun in the vama dravyas, they will out quickly. This also belong to agneya gun and produces sodhana (purification) in the body. Pachan, chhedna and sraava (exudation) of doshas in their own places.

3. SOOKSHMA

The vaamaka dravyas will enter into either , the sthoola or sookshma srotases.

4. Vyavaayi

Vyavaayi dravyas need not be digest and then reach the dhaatus, is Vikaasi. Vikaasi guna in the vaamaka dravyas the doshas will be made to separate.

Prabhav of Urdhwabhaga: Vaman occurs due to the urdhwabhaga prabhav.

CONCLUSION

Vomiting therapy should be administrated in two kapha condition-

1. When kapha dosha is increased aggressively causing disease. Kapha is associated with pitt dosh and they together cause disease, but kapha is the dominant dosha.

PURVA KARMA

1. Snehapana
2. Dipan-pachan
3. Swedana

PRADHAN KARMA- Vamand drug administration**PASCHAT KARMA**

1. It includes samsarjan karma as per suddhi.
2. After samyak yoga, clean the limbs and face.
3. Rest for 1 muhurta kala
4. Suitable dhuppan
5. Tambul sevana
6. Nivatagrih sayan
7. Snehokta aacharavidhi
8. Samsarjan karma

2. Best result from vaman karma may be achieved if administered during the spring.

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