

ROLE OF VIRECHAN IN MANAS VYADHI - A CONCEPTUAL STUDY

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ABSTRACT

Ayurveda is a science of life and *Panchakarma* is playing important role in it. In classic texts *Panchakarma* is described as a five *Shodhan* procedure, which removes the vitiated *Doshas* and *Malas* from the body, *Virechan* is one of them. For maintenance of health both physical and mental factors are important. According to *Ayurveda*, body is a combination of *Sharir* (physical body), *Satwa*(mind), *Atma* (divine power), *Indriya* (sensory functioning). In today's era, due to hectic life style, improper food habits, excessive use of social media affects physical health as well as mental health. Normal functioning of *Mana* is important for healthy life. *Panchakarma* procedures proved their efficacy in various field, *Manas Vyadhi* are one of them. Here is an attempt is made to explain efficacy of *Virechan Karma* in *Manas Vyadhi*.

KEYWORD: *Manas Vyadhi, Virechana, Shodhan, Mana.*

INTRODUCTION

Virechan is one of the important *Shodhan Chikitsa*. *Virechan* pacifies the vitiated *Doshas* from *Adhomarg*.^[1] *Virechan* is not only considered to be most effective procedure in eliminating the increased *Pitta Dosha* but also it is effective upon *Kapha* and *Vata Dosha*.^[2] A person is called *Swastha* if he has balanced state of *Dosha*, *Dhatu*, *Mala*, *Agni* also happy and balanced state of soul, sense organ and mind.^[3] Knowledge perceived by *Dnyanendriya* is received by *Mana* & according to that it controls the action of *Karmendriya*. Mind is considered as dual organ (*Dnyanendriya* and *Karmendriya*), means sensory & motor in nature, hence it called *Ubhayatmak Indriya*. *Manas Roga* can cause vitiation in *Sharirik Dosha* resulting many diseases also *Sharirik Vyadhi* can cause *Manas Lakshan*. Health refers to a harmonious functioning of *Indriya*, *Mana*, *Atma*, *Sharir* and any defect in this leads to *Manas Vyadhi*.

1) *Manas Roga Samprapti*

Satwa, *Raja*, *Tama* are *Guna* of mind. When they are in equilibrium mind remains healthy. When *Raja*, *Tama* *Gun*s increases, *Satwa Guna* decreases, it leads to disequilibrium & leads to *Manas Vikar*. In this somatic *Dosha* viz. *Vata*, *Pitta*, *Kapha* also get involved hence alteration of *Dhi*, *Dhruti*, *Smriti*, *Sheela*, *Chestha* happens.

Nidan sevan (*Aharaj-Viruddha*, *Ashuchi Bhojan* etc.)

(*Manas-Mana Aghata*, *Atibhay* etc.)

Vitiation of *Vatadi Dosha*.
↓
Alpasatwa Vyakti
↓
Hridayadushti
↓
Manovaha Stotasadushti
↓
Manas rog

Modern correlation

In modern, mental illness refers to variety of mental health condition that affect behaviour which Includes depression, anxiety disorder, schizophrenia, addictive behaviour, disturbed eating patterns etc, majorly we can consider *Unmad* & *Apasmar* under *manas rog*.

Chikitsa

Daivavyapashraya chikitsa

Yukiivyarashray chikitsa

Satwavajaya Chikitsa.

In *Unmad*, *Apasmar Chikitsa*, *Acharyas* mentioned *Shodhana Chikitsa* prior to *Shaman Chikitsa*. *Strotoshuddhi* is important before *Shaman Chikitsa*. *Vaman*, *Virehana* is considered to be absolute, *Shodhana* procedure. After *Shodhan* procedure, *Shaman Chikitsa*, *Aachar Rasayan*, *Sadvruttapalan* is used.

Importance of Virechana

1) पुरीष व्युत्पत्ती- पिपतिशरीरमिती । अमरकोष

It means *Puran*, *Rakshana* of *Sharira*. *Purisha* is considered majorly as *Annamal Purisha*, but It also contains some part of *Pitta*, *Snigdha Guna* of *Meda* & *Majja*. If this are not excreted properly it can cause harm to body. This *Mala* has relation up to, *Sukshma Bhav* like the, *Dhi*, *Dhriti*, *Smriti*. Effect of *Virechana* is not only takes place on *Annamala Purish* but above factors also. By *Virechan* this *Mala* separated from *Sukshma Strotas* and excreted through *Purish*. *Virechana* drug has *Gamitwa* up to *Dhi*, *Dhriti*, *Smriti* like *Sukshma Bhava*. Eg.

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In *Bhavaprakash Nighantu*, *Haitaki* is mentioned- as '*Medhya*^[4]', also, it has property of 'उन्मीलिनीबुद्दीबल इंद्रियाणाम्'; *Avarana* on *Buddhi* & *Indriya* is removed by *Haritaki*.

* स्नुही

Snuhi is *Tikshna Dravya*. In the *Phalashruti* of *Snuhi* *Acharya* mentioned *Unmad*.^[5] In *Kalpasthan Vagbhata* described *Snuhi* as – दोषविभ्रान्तचेतसि^[6] Hence it has *Gamitwa* up to *Manovaha Strotas*, It is useful in *Manas* diseases which are caused due to vitiation of *Doshas*.

Hence lots of *Virechan Dravya*, *Virechan Kalpa* has *Gamitwa* up to *Manovaha strotas*.

2) Manas Roga Chikitsa

शुद्ध देहस्य प्रसादं लभते मनः । वा

मानसानां च रोगणां कुर्यात् शरीरवत् क्रियाम् । का.सं२७/५

Detoxified body contains healthy mind. In this *Acharya* explain that for *Manas Vyadhi Chikitsa* should be same as *Sharirik Roga*. *Shodhan* does detoxification of body, hence *Virechan* will be helpful.

3) Virechan Phalshruti

Virechan does *Buddhiprasad Karma*, gives strength to *Indriya*, *Strotoshuddhi karma* hence along with other *Strotas Manovaha Strotas Shuddhi* also happens.

4) *Vaman*, *Virechan* are called absolute *Shodhan Chikitsa*, but *Virechan* has less complication than *Vaman*, also in *Vata Pradhan* condition *Virechan* will be more helpful.

5) '*Shir*' is the main *Sthan* of all *Indriyas*. *Mastishkya* is referred as *Mastulung* as *Ghridakaram* and *Mastishkamajja*. He further described *Mastishkya Majja* as *Majjadhara Kala* and again says that *Majjadhara* and *Pittadhara Kala* are one and the same.^[7] In *Vyadhi* related to *Pittadhara Kala*, *Virechan* is the best *Shodhan Chikitsa*. Hence *Virechan* acts on *Majjadhara Kala*.

6) Raktadhatu

Raktashuddhi Lakshan mentioned by *Acharya Vagbhat* are- *Prassana Indriyaarth-* means *Indriyas* are able to perceived their *Artha*, *Avyahatpaktruvegam* means effortlessly passing of *Purishadi Vegas*. *Acharya Charak* mentioned *Buddhiindriya Uparodh Lakshan* due to *Dushit Rakta Anavasechan* (च चि ४/२७) Hence *Shuddha Raktadhatu* is also important for balanced mental state. *Virechan* is also useful in *Raktadhatu Dushti*.

7) *Sthan of Pranavayu* is *Murdha*. *Shirastha Indriyas* are closely related to *Pranavayu*. It maintains the proper functioning of *Buddhi*, *Hrudaya*, *Chitta* and *Indriyas*^[8], any defect in it can leads *Manas lakshan*. *Virechan* helps to restore normal *Gati of Pranavayu*.

MODERN VIEW

The enteric microbiota is distributed in the human GI track. The two prominent phyla are *fermicutes* and *bacteroides* accounting for at least ¾ of microbiome.^[9] Studies conducted on GF animal have also demonstrated that microbiota influence stress activity and anxiety like behaviour and regulates the set point for HPA activity. The presence of the microbiota results also to modulation of serotonergic system since an increase in serotonin turnover of altered level of related metabolic have been reported in the limbic system of GF animal.^[10]

Serotonin is a primary treatment target for many psychiatric and neurological disorders associated with decreased CNS and plasma serotonin concentration, such as major depressive disorder, post-traumatic stress disorder, obsessive-compulsive disorder, and anxiety disorders.^[11]

Gut brain axis monitors and integrate gut function also links emotional and cognitive centres of the brain. The interaction between microbiota and GBA is bidirectional by means of neural, endocrine, immune and humoral links. Imbalances in gut microbiota composition, known as dysbiosis, have been associated with various health Conditions, including gastrointestinal disorders (e.g. Inflammatory bowel disease, irritable bowel syndrome), metabolic disorders (e.g., obesity, diabetes), autoimmune Diseases, and mental health disorders.^[12]

Ayurvedic principles attribute the efficacy of *Virechan* therapy to its ability to expel *Ama* (toxins) accumulated. In the gastrointestinal tract, restoring *Agni* (digestive fire) And metabolic balance. Modern research corroborates these notions, suggesting that *Virechan* therapy induces Shifts in gut microbial composition, characterized by increased diversity and abundance of beneficial bacteria Such as *lactobacillus* and *Bifidobacterium*, and a reduction in pathogenic species. These alterations in gut microbiota have been associated with improved gastrointestinal function, enhanced immune response, And metabolic regulation. Researches showing effect *Virechana* is effective over the gut flora

dysbiosis.^[13] Hence *Virechan* has effect on microbiota which are related to mental health.

CONCLUSION

In today's era there are increasing no. of mental disorders. According to *Ayurveda* mental health is depends upon multiple factors eg. Diet, behaviour etc. Management of *Manasrog* revolves around the concept of mutual interrelationship between psyche and soma.

Its treatment includes *Atmadnyan*, *Dhairya*, *Dhi* to increase mind focus but along with that *Sharir Shodhan* is also important, it will lead to *Indriya*, *Strotoshuddhi* etc. and after that *Shaman Chikitsa*, *Sadvrutta palan*, *Achar*, *Rasayan* will be more helpful. *Vaman* and *Virechan* are absolute *Shodhan*. *Virechan Karma* does *Strotoshodhan* hence *Avarana* on *Manovaha strotas* also get removed. According to *Avastha*, *Bala* of patient *Virechan* can be perform in *Manas vyadhi*. Thought from above information, acknowledging from *Vyutpatti* of *Purish* and *Virechan Dravya* has the *Gamitwa* up to *Sukshma Bhav* like *Mana*; also *Virechan* has effect on *Rakta Dhatu*, *Pranvayu*, *Shirasthaindriya*. Hence from all above *Virechan* suggest effectiveness in *Manasvyadhi*.

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