

A STUDY REVIEW OF ABHAYADIMODAK AS VIRECHAN DRAVYA IN KAPHAJ  
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Article Received on 20/09/2024

Article Revised on 10/10/2024

Article Accepted on 30/10/2024

## ABSTRACT

Pandurog is mainly caused by vitiation of pitta dosha, aggravated pitta dosha leads to blood vitiation and affects the quality of blood. According to the dosha involved Acharya Charaka has divided pandurog into 5 types vataj, Pittaj, Kaphaj, Sannipataj and Mridbhakshanjanya. Imbalance of kapha dosha and vata dosha contribute to poor digestion and improper nourishment of tissues, especially Rasa dhatu and Rakta dhatu leading to Kaphaj Pandurog. The treatment approach for the same is divided into Samshodhan and Samshamana along with dietary and lifestyle recommendation. Different virechan yogas like gomutra haritaki, danti yoga are stated by Acharya Charaka which are used as purgative. Abhayadimodak is one such Danti kalpa mentioned in Sharangdhar Samhita, which is beneficial for purgation in kaphaj panduroga because of its jalapritthvi mahabhutpradhanya, Deepan, pachan, vatanulomak, pittarechak and kaphaghna properties. The ushna and tikshna guna causes kledvilayan, swedajanana, lekhan of medhodhatu. Tikta rasa causes raktaprasadan, twakgat kled vilayana. Ashukari and vikasi guna causes tivrarechan and also it has adbhobhaghar prabhav. In this study classical texts have been reviewed and on the basis of ayurvedic principles, Virechan karma (Purgation) is observed to be useful in kaphaj pandurog.

**KEYWORD:** Pandurog, Abhayadimodak, Samshodhan, Samshamana, Kaphadosha, Pittadosha, Tivrarechan, adbhobhaghar.

## INTRODUCTION

Ayurveda is based on identification and removal of the root cause of disease. As a part of its holistic healing approach for this shaman and shodhan chikitsa plays major role. Changing lifestyle, inadequate dietary habits, exertion, over exploitation of resources has lead to the development of various diseases, Pandurog is one of such disease, characterized by pandu varna and concerned with vitiation of pitta dosha. Which in turn vitiates rakta and other dhatus with predominance of tikshna, ushna, ruksha guna. Shodhan of this vitiated doshas is considered to be the prime requisite for all kind of preventive and curative procedures, hence Panchakarma therapy is designed to eradicate the vitiated doshas and to maintain a state of equilibrium.

Kaphaj Pandurog is caused by kaphaprakopak ahar, vihar and manas hetus, by increasing kapha dosha in hridaya, which is forcefully pushed into the dhmanis all over the body and resides in between twak and maamsa dhatu further vitiating other doshas, rakta, twak and maamsa dhatu. Hence shodhan with drugs having katu, tikta, ushna properties is required to eliminate the kapha dosha which will further be beneficial for other doshas and

dhatus. Hence in Pandurog after proper oleation of body either urdhwa or adbhobhag anuloman according to the doshas plays major role. As kapha dosha predominance is observed along with pitta dushti, virechan is useful as it eliminates pitta and kapha dosha followed by vatanuloman. Abhayadimodak is one such drug which contains drug which are ushna, tikshna, sukshma, vyavayi and vikasi by virtue of their own potency reach the heart and circulate through the vessels, because of agneya nature. It liquefy the compact doshas by its tikshna, sara guna and prithvi mahabhut pradhanya, move downward by its adbhobhaghar prabhav. Hence Abhayadimodak is useful in kaphaj pandurog having balwan dosha and rugna bala.

## AIM AND OBJECTIVES

1. Study the efficacy of virechan karma by Abhayadimodak in kaphaj pandurog.
2. To study mode of action of virechana karma and its procedure.
3. To study about Kaphaj Pandurog disease.

## MATERIALS AND METHODS

### Materials

All the references regarding pandurog and virechan karma are compiled from classical texts, Research journals. Abhayadimodak is reviewed from Sharangdhar Samhita.

### Methods

1. Concept of virechan karma, kaphaj pandurog and abhayadimodak is studied in detail.
2. Collection of all the references and correlation between the data is done logically.

### Review of disease: Pandurog<sup>[1]</sup>

Acharya Charaka has described Pandurog in Sutrasthan "Ashtodariya adhyay" and in Chikitsasthan 16<sup>th</sup> Chapter "Pandurogchikitsaadhyay".

Acharya Sushruta has mentioned Pandurog in Uttartantra Chapter 44.

Acharya Vagbhata has mentioned Pandu in Nidanasthan Chapter 13<sup>th</sup> "Panduroga-Shopha visarpa nidana" and in Chikitsasthan 16<sup>th</sup> Chapter.

In Madhav Nidan, Pandurog is described in 8<sup>th</sup> Chapter

In Sharangdhar Samhita it is described in Pradhan Khanda 7<sup>th</sup> Chapter.

In Bhavprakash, it is described in Madhyam Khanda 8<sup>th</sup> Chapter.

In Ashtang Hridaya, Pandurog is described in Nidanasthan Chapter 13<sup>th</sup>.

### Types of pandurog

Acharya Charaka described Pandurog in 5 types namely Vataj, Pittaj, Kaphaj, Sannipataj and Mridbhakshanjanya Pandurog. Acharya Sushruta mentions only 4 types excluding Mridbhakshanjanya Pandurog.

Acharya Harita mentioned 8 types of Pandurog.

### Nidan<sup>[2]</sup> (Etiology): Kaphaj pandurog

Acharya Charaka has described following etiological factors:

**Aharaj hetu:** Excessive intake of food, Ajeernashan, Vishamashana, Excessive intake of Madhur rasa, Excessive intake of Sheet, Guru, Atisnigdha and Picchila guna dravya.

**Dravya pradhanta:** Mash, Pinnyak, Anupmansa, Guda and its products. Excessive intake of Madya.

**Viharaj hetu:** Excessive Diwaswap, Ayayam, Suppression of natural urges, pratikarma-Snehavibhrama, Ritu vaishmya, Snehatiyoga.

**Mansik hetu:** Anxiety, fear, Anger, grief.

### Purva rupa<sup>[3]</sup> (Prodromal symptoms)

According to Acharya Charaka Palpitation, Dryness of skin, absence of sweating and fatigue.

According to Acharya Sushruta craking of skin, excessive salivation, Gatrastadan, desire to eat mud, swelling over eye socket, yellow colour of stool- urine, indigestion are the prodromal symptoms in Pandurog.<sup>[4]</sup>

### Rupa<sup>[5]</sup> (Symptoms)

Acharya Charaka have mentioned Samanya and Vishesh rupa of Pandurog in 16<sup>th</sup> Chapter Chikitsasthan according to dosha involvement Vishesh symptoms for Kaphaj Pandurog are heaviness in body, Drowsiness, Laziness, Horripilation, Swelling over body, whitish complexion, whitish discolouration of urine, eye and stool, Excessive salivation, fainting, Anorexia, obstruction of speech and voice, Chhardi, mental fatigue, Shwas, Kasa, Desire for katu-ruksha-ushna gunasevan.

### Samprapti<sup>[6]</sup> (Pathogenesis)

Acharya Charaka mention that due to consumption of kaphaprakopak hetu, pitta located in Hridaya gets aggravated and is expelled from hridaya by vata dosha, it enters Dash Dhamanya and circulates all over body. This aggravated pitta along with kapha reaches the space between skin and muscle tissues, leading to vitiation of twak, rakta, mamsa dhatus leading to dhatu and indriya shaithilya. Gaurav, which further results in kshay of varna, sneha, bala and kshay in all the gunas of oja leading to kshay of rakta and medho dhatu.

### Chikitsa<sup>[7]</sup> (Treatment)

According to Acharya Charaka in Sadhya Pandurog, Teekshna Vaman and Virechan should be given.

### Procedure review: Virechan karma

#### Poorvakarma

Diagnosis of kaphaj Pandurog can be done on the basis of above symptoms. Prior to virechan karma abhyantar snehapana is given according to the koshta of patient till all the samyak snehapana lakshnas are seen for 3 to 5 days along with bahya abhyanga and bashpa swed . 1 or 2 days snehaviram is given and patient is advised to take pittotkleshak ahara at night.

Next day, early morning patient is given abhyanga and bashpa swed and prepared for virechan karma only after pulse and blood pressure of the patient is checked and patient is informed about the procedure to be carried further.

#### Pradhankarma

After proper oleation of body, Abhayadimodak is given to patient depending on his doshabala and rugna bala with lukewarm water. Once the vegas start vega are counted and vaigiki, laingiki and antiki examinations are done. During this procedure pulse and blood pressure are monitored regularly.

#### Pashatkarma

Sansarjan kram is advised according to shuddhi and follow up of patient is maintained up to 3 months.

### Mode of action of virechan karma

1. Virechan dravya have the properties like Ushna, Teekshna, Sukshma, Vyavayi and Vikasi.

- By virtue of their penetrative and infiltrative properties they enter 'hrudaya' and reach at the micro and macro channels.
- The drug cleanse the adhesive dosha by their agneya guna and thoroughly disintegrates them by teekshna guna.
- Hence the dosha will move easily from shakha to koshta i.e amashaya. The dosha get into the koshta by two properties 'anu-bhava' i.e the nature of circulating through minute ducts and 'pravaran-bhava' i.e the nature of going into koshta.
- The vitiated dosha will not stick to the strotas in sneha bhavit kaya (snehana is adopted priorly) just as honey will not adhere to vessel coated with oil.
- Adhogamana of dosha from koshta facilitates by the influence of prithvi and jala mahabhuta of virechan dravya.

#### Review of drug: Abhayadimodak

Abhayadimodak reference is from Sharangdhar Samhita,<sup>[8]</sup> it can be used for virechan karma in various diseases like visha, kasa, jangha-parshwa ruja, mutrakruccha, bhagandar, Ashmari, prameha, daha, shosh, Khalitya<sup>[9]</sup> etc., It can also be useful in Kaphaj Pandurog having balwan rugna and dosha bala in form of tikshna virechan as the contents are mostly of ushna, tikshna, ruksha, vyavayi, vikasi guna and having adhobhaghar prabhav.

#### Contents<sup>[10]</sup>

Sr. no.	Dravya	Rasa	Vipak	Virya	Doshaghnata
1.	Abhaya (Terminalia chebula)	Pancharas (lavan varjit)	Madhur	Ushna	Tridoshar
2.	Marich (Piper longum)	Katu	Madhur	Ushna	Kaphavatajit
3.	Shunthi (Zingiber officinalis)	Katu	Madhur	Ushna	Kaphavata vibandhanrut
4.	Vidanga (Embelia ribes)	Katu	Katu	Ushna	Kapha-vata vibandhanrut
5.	Pippali (Piper longum)	Katu	Madhur	Ushna	Vata-Kaphahar
6.	Amalaki (Embelia officinalis)	Pancharas (lavan varjit)	Madhur	Sheeta	Tridoshar
7.	Twak (Cinnamomum zeylanicum)	Tikta	Madhur	Ushna	Rasraktavrudhikar
8.	Mustak (Cyperus rotundus)	Tikta	Katu	Sheeta	Raktaprasadak
9.	Patra (Cinnamomum verum)	Tikta	Katu	Ushna	Vaatkaphaghna
10.	Dantimool (Baliaspermum mantanum)	Katu	Katu	Ushna	Adhobhaghar prabhav, Ashukari, Vikasi, Tivra rechak
11.	Trivrutmool (Operculina turpethum)	Katu	Katu	Ushna	Sukhavirechan
12.	Madhu (Honey)	Madhur	Madhur	Sheeta	Ruksha, Laghu, Shukshma strotogami
13.	Sharkara	Madhur	Madhur	Sheeta	Dahashamak

Abhaya, Marich, Shunthi, Vidanga, Amalaki, Pippali, Twak, Patra, Musta –each **1 part**  
Dantimool – **2 parts** Trivrut – **8 parts** Sharkara – **6 parts** 1 karsha – **10 grams- modak** (ball) are made.

Hence, Abhayadimodak can be beneficial for virechan karma in Kaphaj Pandurog. As virechana is a specific

process for elimination of pitta dosha associated with kapha dosha and vata and kapha dosha situated in pitta sthan, also rakta have ashray-ashrayi bhav with pitta hence virechana is also effective in rakta dushti avastha. According to Charaka Samhita,<sup>[12]</sup> Virechan karma also increases bala of indriyas and buddhi prasadena takes place thus it has wider scope in Panchakarma therapies.

#### Samprapti of kaphaj pandurog: Nidana

##### Aharaj

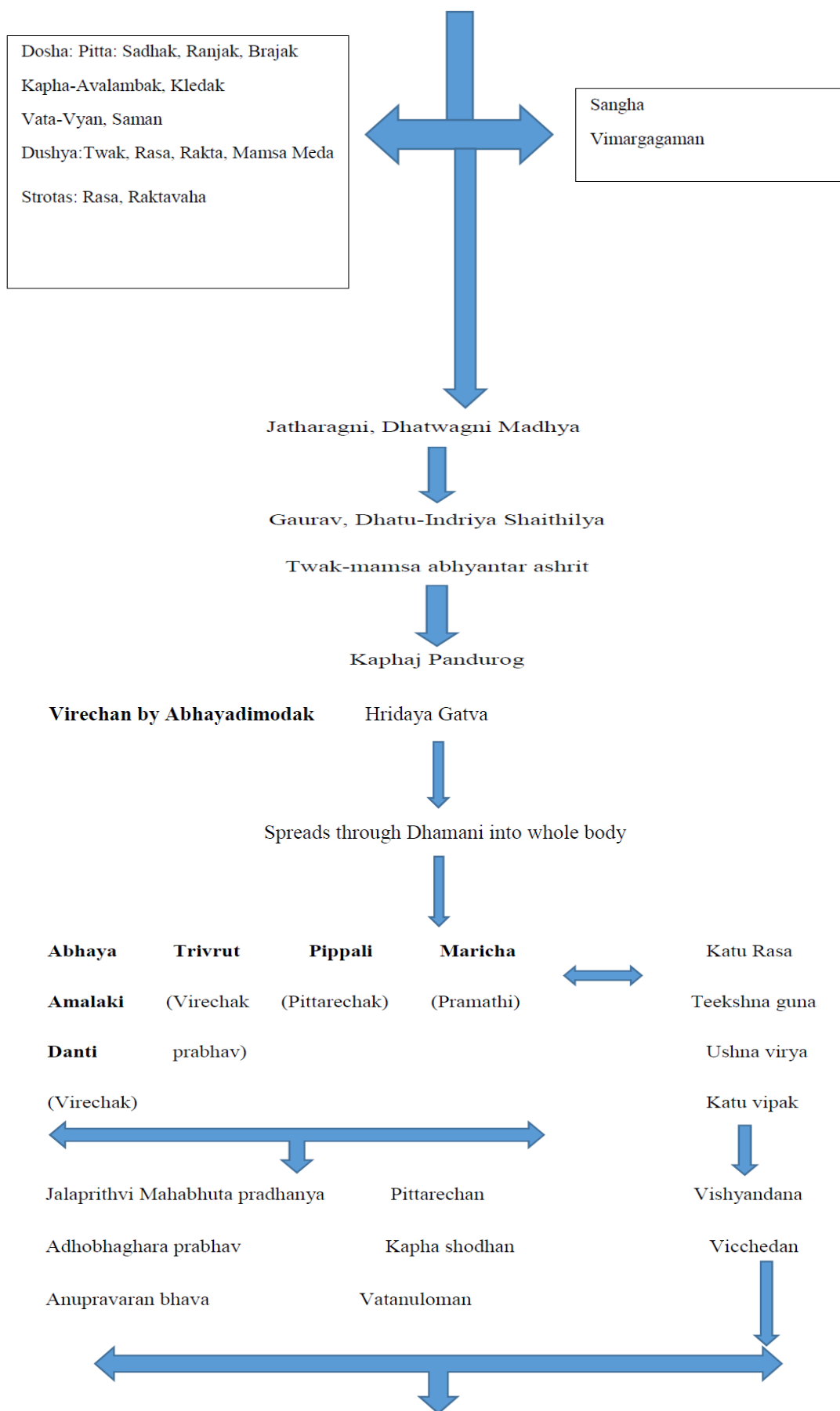
Excessive intake of food, Ajeemashan, Vishamashan, Excessive intake of Madhur ras, Excessive intake of Sheet, guru, Atisnigdha, Picchila guna, Mash, Pinnyak, Anupmansa, Guda and its product, Excessive intake of Madhya.

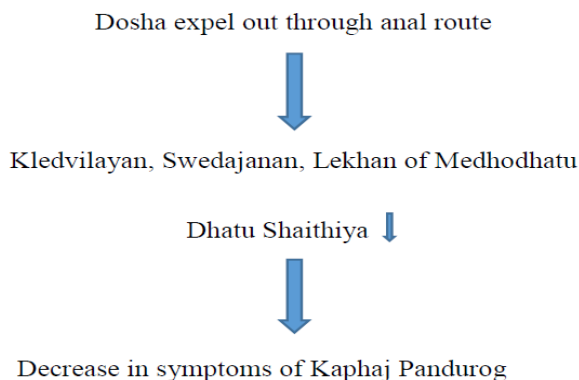
##### Viharaj

Excessive Diwaswap, Ayayam, Suppression of natural urges, Pratikarma, Snehavibrama, Snehatiyoga

##### Mansik

Anxiety, Fear, Anger, Grief.





## DISCUSSION

After all the detailed study of the nidan of Kaphaj Pandurog and the properties of the contents of Abhayadimodak, inference can be drawn that Kaphaj Pandurog is caused by kaphaprakopak ahara, vihar and mansik hetus which causes disturbance in pitta leading to dhatu and indriya shaithilya, heaviness, discolouration, paleness, loss of sensory functions and weakness, Sartarpana increases the production of kapha and ama, leading to sluggish digestion and change in complexion. The vitiation of kapha is responsible for heaviness, excessive sleep, lethargy and reduced appetite. The treatment for the above includes tiksha urdhwa-adho anuloman only after proper oleation of body is done.

In Abhayadimodak, Abhaya, Amalaki, Danti and Trivrut have virechak prabhav. Pippali is pittarechak and marich is pramathi dravya. Sharkara is pacify daha in rakta and vata-pittahar. Thus all the contents have deepan, pachan, vatanulomak, pittarechak and kaphaghna properties. The ushna and tikshna guna causes kledvilayan, swedajanan, lekhan of medhodhatu. Tikta rasa causes raktaprasadan, twakgat kled vilayana. Ashukari and vikasi guna causes tivrarechan and also it has adbhoghar prabhav.

Hence Abhayadimodak can be used as Virechak dravya in present study, which is mentioned in Sharangdhar Samhita for kaphaj Pandurog having Balwan rugna and dosha bala.

## CONCLUSION

1. Virechan karma (purgation) can definitely be used in kaphaj pandurog having **balwan dosh and rugna bala**.
2. The reduction in cardinal signs of kaphaj pandurog can be effectively seen.

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