

**AN OBSERVATIONAL AND SCIENTIFIC APPROACHED RESEARCH STUDY OF  
VAMAN KARMA**Vd. Vrushali P. Sali<sup>1</sup> and Dr. Prashant G. Sali\*<sup>2</sup><sup>1</sup>Principal, Professor & HOD (Panchakarma Department) Dr. V.P. Ayurved Medical College Jalna.<sup>2</sup>Assistant Professor Department of Rachana Sharir, Govt. Ayurved College Nanded.**\*Corresponding Author: Dr. Prashant G. Sali**

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**ABSTRACT**

Vaman is treatment in which dosha eliminated from body via emesis. Kaphoutkeshan is prime need of vaman karma. Vaman is three step procedure. Each step is equally important if vaman procedure is done under scientific approach it will be uncomplicated and fearless. In modern age certain modern pre-procedure investigation will bust our vaman procedure confidence as well as minimize unwanted complication.

**KEYWORDS:** Vaman, kaphoutkeshan, Snehan, Swedan, ubhayatobhagahar etc.**INTRODUCTION**

Ayurved is well for known for its unique and holistic approach. Ayurved science has thousands of year's research experience. It has Shaman, Shodan, and Rasayan like three types of medicinal ways to treat each and every disease. Vaman its one type of shodan chikitsa. It is useful in khapa disorder as well as seasonal shodhan i.e. Vasantic vaman. Success of any procedure or medicinal treatment is entirely dependents upon its proper administration. Vaman is also three steps shodhan chikitsa. It affect each and every body cell as well as each molecule of cell. Precaution is essence and back bone of any successful panchakarma procedure.

**AIM**

To make an observational research study on vaman karma.

**OBJECTIVES**

- 1) To note down clinical observation of vaman karma.
- 2) To discuss the clinical observation with the help of modern science.

**MATERIALS AND METHOD**

- 1) Materials will be used for this research topics are all classics of Ayurved and modern Science, Scientific studies carried out in the recent.
- 2) Methodology of this research topic is entirely conceptual type of research.

**REVIEW OF LITERATURE**

As per Ayurved Vaman karma is carried out in following three steps.

- 1) Purva Karma (Pre-Procedure)
- 2) Pradhan Karma (Main-Procedure)

- 3) Pashchat Karma (Post-Procedure)

**1) Purva Karma (Pre-Procedure)**

- a) Snehan i.e. drinking of Sneha dravya for 3 to 7 days. From chatur sneha dravya Snehan dravya will be selected as physician decision.<sup>[1]</sup>
- b) Sarvanga Snehan i.e. whole body snehan (oleation) and massage will be done.<sup>[2]</sup>
- c) Sarvang swedan i.e. whole body swedan (steam bath) by Peti-swedan will be done.<sup>[3]</sup>
- d) Samyak snigdha lakshana i.e.<sup>[4]</sup>
- e) Dosha Utkleshan- Kaphotakleshkar aahar may give on previous day of Vaman karma.<sup>[5]</sup>

**2) Pradhan Karma (Main-Procedure)**

On the day of Pradhan karma (Veg like Pratha malamutra visarjan) in kapha kala after sarving Snehan & Swedan Vamya Patients is sit on Janusam aasan now per oral chatan of vama medicine<sup>[6]</sup> i.e. Madanphal, pipali churna, vekhanda, honey will be given. Then wait for romahrsha, sweating on forehead, nauseate felling and watering of mouth. It may take 45 minutes. Then given vamanopag dravya like Ikshu ras or decoction of Yasthimadhu is given to support the vaman vega. Vaman is completes when the vaman medicine which was given in chatan form expels out and test of mouth become test less.

**3) Pashchat Karma (Post-Procedure)**

- a) Rest – After samyak Vaman Patient is advised to take bed rest at nirvat place (place do not having flowing air) even stop oral intake. If patient have thrust lukewarm water is permissible sip by sip only.<sup>[7]</sup>

- b) Dhumapan – After samyak karma patient will settle down in 45 min during rest. Then give medicated dhumapan.<sup>[8]</sup>
- c) Adhobhag doshnirharan – after 1 prahar i.e. 3 hrs pashchat vaman there is possibility of adhobhag dosha nirharan i.e. 1 or 2 veg of loose motion, that's normal but keep it in mind.<sup>[9]</sup>

## OBSERVATIONS

**1. Purva Karma** – In purva karma we should observe for samyak lakshan of samyak snehan. It's very essential to have samayak snehan before vaman. During snehapan daily normal meal should be taken after pachan of daily dose of sneha and have sense of shkudha prachiti, then and then only meal should be taken as well if having thrust then only warm water sip- sip is permissible. If there is felling of hrulasa after snehapan it's normally possible after 3 day then patient should take some badishop in small quantity. After samak snehan try to understand the utakleshit dosha gati & its praman, to take further decision of doshaukteshan aahar and dosha shodhan karma. It's not necessary that if we are preparing patients for Vaman and patient's dosha gati is of urdhva bhag, sometimes we may have to change shodhan karma as per dosha gati. So it's very essential to find out dosha gati of utkleshit dosha.

Physical fitness prior to vaman is necessary. Vaman causes cardio- respiratory embarrassment, so patient should be physical fit to tolerate the possible physical changes. Above 40yrs in physical fitness of patients ECG, B.P. record, Lipid profile and if possible TMT is must to avoid any further complication. Avoid patients of CCF VHD for vaman because they do not have Cardio-respiratory tolerance.

**2. Pradhan Karma** – As par dosh utklesh & prakruti the Vamanopag and vamak dravya or both of them will be used. Some times in spite of Vamanopag & vamak dravya used but the veg of Vaman do not starts in optimal time period, in such situation physical induction of emesis will be tried by using patients own finger or Kamal nal. Prushta sanvahan means massage over back in upward direction, which facilitates ease in Vaman vegas.

Content of vaman may be red. It is due to acid-alkali reaction. Sometime lavanjal will be used as vamanopag dravya that might be the cause of red color of vaman content. But if the patients is of peptic ulcer or if the patient is having severe abdominal pain after vaman and low B.P. then keep in mind that red color could be due to hematemesis, so in suspected patient of peptic ulcer the microscopic study of vomit content should be carried out to avoid & treat any complications of asamayak snehan & gati viparita dosha shodhan, might be the possible reasons for hematemesis during vaman.

**3. Pashchat Karama** – in pashchat karma after samayak vaman keep the patients in nirvat room ask to take rest

and nil by mouth up to one prahar means up to 3hrs. If thrust persists then advice to take warm water only sip by sip.

## DISCUSSION

**Snehan** – Its nothing but whole body oleation, externally as well as internally. Lipid molecule is back bone of each and every cell membrane.<sup>[10]</sup> As well body derives many more compound lipid molecules like phospholipids, sterols etc.<sup>[11]</sup> From simple lipids. In short lipid is essential molecule from each human cell. Although the quality for snehapan is large, even the lipid level if increase during snehapan its temporary and comes to normal after samyak vaman karma.<sup>[12]</sup>

**Swedan** – The whole body swadan i.e. steam bath, improves 'ushna' guna i.e. increased body temperature. It causes swedan i.e. sweating due to peripheral vasodilatation.<sup>[13]</sup> The purpose of swedan is to improve sroto vivaran i.e. cellular permeability. Its means that swedan karma (sweating) improves blood circulation of entire body and finally results into sweating.<sup>[14]</sup>

**Dosha utkeshan** – The main purpose of it is to improve or to increase the mahakosthagat gati of shodhaniya dosha. Dosha utkeshan aahar provides pathway to Shodhaniya and kleena i.e. liquefied (after samyak snehan)<sup>[15]</sup> dosha towards Aamashaya i.e. stomach. By means of improving the secretion at stomach, physiologically.

## Vamak dravya

Vamak dravya madanphal pipalli has following guna i.e. properties.

- Ushna – Swadane ushna i.e. formation of sweat.<sup>[16]</sup>
- Tikshna – Shodane tiksha i.e. To expel dosha by virtue
- Sukshma – Vivarane sukshma i.e. Trans membrane exchange improve.
- Vyavayi - Rapid in spreading.<sup>[17]</sup>
- Vikasi – Sandhibandh shaithilya i.e. create dilatation.<sup>[17]</sup>

The Vamak dravya make effect on hridaya i.e. Brain.<sup>[18]</sup> The Vamak dravya rapidly get absorbed by its guna and spread all over the body, via various dhamani's i.e. vessels. By the Prabhav i.e. virtue of urdhvabhag – har effect of vamak drava i.e. madanphal pipalli. It directly stimulates CTZ Chemo-receptor trigger Zone. Which ultimately stimulates.<sup>[19]</sup> Vagus nerve result in to emesis reflex i.e. Vaman. Mechanical stimulation by patients finger or Kamalnal at pharynx<sup>[20]</sup> also result into vegal stimulation to cause emesis i.e. Vaman. The cumulative urges of vomiting reflex is due to distention of stomach by using vamanopag dravya,<sup>[21]</sup> which facilitates samyak vaman karma.

Prushta sanvahan – Massage over the back means Prushta sanvahan facilitates pain less vaman by stimulating the release of endorphin from pituitary which

block the pain signal. The release of endorphin is based on gate control theory.<sup>[22]</sup>

Rest – Post Vaman, rest is necessary to settle down the entire system. During rest all the secretion, all the nervous reflexes, all the muscular workout settles down to the normal degree of proportion which was acted vigorously during Pradhan karma of vaman.<sup>[23]</sup>

Dhumapan – Medicated dhumpan after vaman is necessary to stop kaphotklesh and secretion of saptapath. It also reduces possible secondary complications like Rhinitis, sinusitis, pharyngitis and otitis.<sup>[24]</sup>

Adhobhag dosha nirharan – Madanphal is the ubhayatobhaghar dravya means is elements dosha urdha margi by vaman & Adhomargi by Virechan. That's why there are chances of 1 to 2 veg of loose motion.<sup>[25]</sup>

Sansarjan karma after vaman pt should not be given normal diet because due to sanshodhan, agni becomes kshin if normal diet is given to patients food cannot be digested properly. Due to this reason we should follow the payadi sansarjan karma.<sup>[26]</sup>

Santarpan Chikitsa in some patient's kapha vardhan and abhishandya is devepoled due to payadi sanasrjan karma due to this reason Acharya recommends to give tarpan.<sup>[27]</sup>

## CONCLUSION

This observation and scientific approached research of vaman karma concludes

- 1) Vaman is entirely scientific procedure.
- 2) Vaman Karma has deep impact on all over the body.
- 3) In Vaman Karma each and every cell metabolism and body molecules get involved.
- 4) Observation and its discussion suggests that stepwise pre cautious procedure of vaman relives fear and complication of Vaman Karma.

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