CONCEPTUAL STUDY ON VIRECHANA KARMA

Dr. Ankur Sinha¹ and Dr. Kapil Kumar¹

¹Associate Professor, Dept. of Samhita Siddhanta, Devbhoomi Medical College of Ayurveda, Dehradun, Uttarakhand, India.

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ABSTRACT

Panchakarma plays a very important role in the management of diseases in Ayurveda. Among the five procedures described in Panchakarma, Virechana Karma is one of them. Virechana plays a major and significant role for balancing the aggreagated Pitta in the body. It also plays a very important role for conditions in which Pitta is associated with Vaata or Kapha or Rakta. Virechana is also indicated even in healthy individuals for maintaining a good health, specially in Sharada Ritu. So, it is very important for any Ayurvedic practitioner to have a sound knowledge of Virechana Karma, both for treating the patients as well as to maintain the good health of the healthy individual.

KEYWORDS; Panchakarma, Virechana, Kapha, Rakta, Ayurveda.

DEFINITION

The process of expelling through the upward tract (mouth) is called Vamanakarma. The process of expelling toxins from the body through the downward tract is called Virechana. Since they expel out the toxins from the body so, both these processes are also called by the common term Virechana.[1]

The process of elimination of Mala either in pakva or in apakva avastha but alongwith excess fluid portions is called as Virechana.[2]

Classification of Virechana Dravya

1. Acharya Charaka:- Acharya Charaka has mentioned Virechana dryvas based on different degrees of Virechana karmas.
    a) Sukha Virechana
       Trivruta root is considered best as Sukha Virechana dravya.
    b) Mridu Virechana
       Aragvadha is considered best as Mridu Virechana dravya.
    c) Tikshna Virechana
       Snuhi milk is considered best as Tikshna Virechana dravya.[3]

2. Acharya Sushruta - Acharya Sushruta describes the Virechana dryvas according the parts used in the following way.
   a) Mala Virechana (Among roots) – Shyama trivruta
   b) Twaka Virechana (Among barks) – Tilvaka
   c) Phala Virechana (Among fruits) – Haritaki
   d) Taila Virechana (Among oils) – Eranda
   e) Swaras Virechana (Among juices) – Karvellaka
   f) Paya Virechana (Among milks) – Sudha(Snuhi)

3. Shangdhara Samhita: - Acharya Sharanadaga has classified the Virechana drugs according to their mode of action.
   a) Anulomana
      The drug that expels out the Malas (toxins) from the Guda after the proper digestion of Mala in Kostha is known as Anulomana. e.g. Haritaki.
   b) Stransana
      The drug, which expels the half-digested and sticky Mala without its prior digestion, is known as Stransana. e.g. Aravyadha.
   c) Bhedana
      The drug, which breaks all types of Mala like Abaddha, Baddha, Pindita and throws them from anal route are called as Bhedana. e.g. Kutaki.
   d) Rechana
      The drugs, which eliminate digested as well as undigested Mala by making them watery through anal route, are known as Rechana. e.g. Trivritta.[4]

Indications of Virechana

Virechana is indicated in the following diseases / conditions - Kushtha, Jvara, Prameha, Pandu, Kamala, Halimaka, Netradaha, Aasyadaha, Shirah shula,

Contraindications of Virechana
Virechana is contraindicated in the following conditions: Langhita, Durbala, Durbalendriya, Subhanga, Alpagni, Kshata, Daruna koshtha, Garbhini, Atisnigdh, Atruksha, Shalyardita abhihata, Kamadi Vyagra, Nirudha, Nava Jvara, Ajirna, Kshataguda, Muktanala, Madatayya, Adhmana and Adhoga Raktapitta.

Virechana Karma procedure
Snehapan - The patient should be given Snehapana early in the morning within 15 to 30 min after the sunrise. Snehapana should be started according to Agni and Koshtha of the patient selected for Virechana and the quantity of Snehapana should be increased as per the observations. The Shodhana matra of Snehana always produce intolerance, still to achieve desired effects we should encourage the patient to take the dose.

Sarvang Abhyanga
Abhyanga is done on whole body by medicated oil preferably during morning and evening for two days following snehapan.

Sarvang Swedana
Abhyanta Snehpaha and Sarvang Abhyanga are followed by Swedana karma. By the application of all these treatment procedures, the vitiated Doshas, which are stuck up in the minute Srotas of the patients, are brought to Koshtha from Shakha.

Diet during Snehpaha
Acharya Sushruta has advised light diet and Phalamla juice a day before Virechana Karma. Acharya Dhalhna has stated that this type of diet will increase Pitta and it is favorable for Virechana. After the completion of the course of Abhyanta Snehpaha, Virechana should be given after three nights as mentioned in Charaka Samhita. During these three days, Abhyanga and Swedana should be carried out and Snigdha, Drava, Ushna Ahara should be given to the patient.

Importance of keeping three nights gap between Snehpaha and Virechana Karma (These days are known as Vishrant Ki Kaala).

Charaka has advised that Virechana Karma should be carried out in patients with Manda Kapha i.e. Hina Kapha condition. As it is a well known fact that Sneha and Kapha are having same properties; So, the Sneha administered during Purva Karma increases the Kapha. After the Snehpaha there is increase in Kapha; so it is difficult to carry out Virechana in such a state. Hence, for Kapha Shamana we have to wait for some period.

Matra Vinischaya
Matra is a very important factor for carrying out Samyaka Virechana. The dose of Virechana drug should be determined according to Koshtha, Agni, Bala etc.

Atura Paricharya
As soon as the drug is administered in some sensitive patients; there may be chances of nausea or vomiting due to bad taste and irritating nature of Virechana drugs. So these patients are advised to sprinkle hot water over the face, or to do gargle by hot water and have a fragrance of flowers. Patient should be given hot water repeatedly in little quantities. If Vegas are not induced then Swedana is done over abdomen.

Assessment of Virechana
Acharya Chakrapani has categorized the Virechana Karma assessment based on Antiki, Vaigiki, Maniki and Laingiki criteria.

1. Antiki criteria
Antiki criteria can be considered as the end point mentioned by Acharyas where the process of Virechana should be finally stopped. Kaphanta is considered as that end point.

2. Vaigiki criteria
Virechana Karma is influenced by number of factors like body consistency, age, strength, vitiated Doshas of an individual, the drug used for Virechana. Vega according to different type of shuddhi mentioned in the text is as follows:

Pravara Suddhi → 30 vega
Madhyaama Suddhi → 20 vega
Avara Suddhi → 10 vega

3. Maniki criteria
In Maniki Shuddhi the quantity of Mala is to be considered as follows:

Pravara Suddhi → 4 Prastha
Madhyaama Suddhi → 3 Prastha
Avara Suddhi → 2 Prastha

4. Laingiki criteria
The signs and symptoms described under Samyaka Lakshana can be considered as Laingiki criteria. Chakrapani has described Jaghanya, Madhyama and Pravara Shuddhi to understand the proportion of Dosha vitiated inside the body which is eliminated out.

Virechana Vyapadas “Vyapada” are those produced symptoms which are other than the “Samyaka Virechana Lakshana”. These Vyapadas cause adverse effect to the patients & thus increases the symptoms of the disease.
1. Acharya Charaka explained them as Adhmana, Parikaritaka, Srava, Hridograha, Gatragraha, Jivadanam, Savibhramsma, Stambha, Upadrava and Krama.[16]
2. Acharya Sushruta has mentioned total 15 complications. Out of which Adhmana, Parikaritaka, Jivadana, Hridayopasaranam & Parirasta are common. Saavasheshna aushadhatvam, Jirnaushadhatvam, Vatashula, Ayoga, Atiyoga, Vibhandha, Pravahika, Hina Dosha apahritatva, Virechana of vanaka drug & Yamana of Virechana drugs are different in Sushruta which are included in the causes of complication by Charaka.[17]

Samsarjana Krama
After the completion of Shodhana procedures like Yamana and Virechana; normal diet should not be given immediately as the Agni is impaired due to the Shodhana procedures and vulnerable to more impairment, if diet used is beyond its capacity to digest. Hence the intention of Samsarjana Krama is to bring recovery to impaired Koshthagni.[18]

CONCLUSION
The Virechana dravyas are having the properties like Ushna, Tikshna, Sukshma, Vyavayi & Vikasi. Due to its Vyavayi and Vikasi properties they get quickly circulated in to large and small channels of the body. They pervades all over the body. By virtue of their ushna and tikshna qualities, the accumulated doshas in the body gets liquefied and breakup in to small pieces at cellular level. Because of their Vikasi guna they detach malas from dhatus. Owing to the presence of sukshma guna and anupravana bhava; the detached malas or doshas reaches pakhvastha after passing through smallest channels. Detached malas cannot stuck up in the Srotasa where a prior Snehana is done; just as Honey cannot adhere itself to a vessel coated with oil. In this way, Virechana Karma brings Shakhagata Mala to Koshtha and consequently expels it out from the body.

From the Koshtha, downward passage is facilitated by the influence of Jala and Prithvi Mahabhutas due to gravitational force and thus they can assist in induction of Virechana. Virechaka drugs carry out the Virechana due to the Prabhava (potency) of drug rather than its above properties. No doubt these properties help to do so but even then the Virechana drug should have that Prabhava also.

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