



CONCEPTUAL STUDY ON VIRECHANA KARMA

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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 aggravated *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 *Virechanakarma*. 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 dravyas* based on different degrees of *Virechana karmas*.

a) Sukha Virechana A

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 dravyas* according the parts used in the following way.

a) *Mula Virechana* (Among roots) – *Shyama trivruta*

b) *Twaka Virechana* (Among barks) – *Tilvaka*

c) *Phala Virechana* (Among fruits) – *Haritaki*

d) *Taila Virechana* (Among oils) – *Eranda*

e) *Swarasa Virechana* (Among juices) – *Karvellaka*

f) *Paya Virechana* (Among milks) – *Sudha(Snuhi)*

3. Shangdhara Samhita:- Acharya Sharangdhara 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. *Aragvadha*.

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. *Trivruta*.^[4]

Indications of *Virechana*

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

Parshvaruja, Gulma, Vatarakta, Netrasrava, Aasyasrava, Nasasrava, Shwasa, Kasa, Shotha, Visarpa, Hridroga, Pliha, Vyanga, Nilika, Vishphotaka, Unmada, Apasmara, Yoni Dosha, Arbuda, Bhagandara, Arsha, Granthi, Galaganda, Bradhna, Apachi, Timira, Krimi koshtha, Visuchika, Alasaka, Udara roga, Arochaka, Avipaka, Urdhvaga Raktapitta, Udavarta, Chhardi, Reto Dosha, Mutraghata, Pakshaghata and Paittika vyadhi.^{[5],[6],[7]}

Contraindications of Virechana

Virechana is contraindicated in the following conditions: *Langhita, Durbala, Durbalendriya, Subhaga, Alpagni, Kshata, Daruna koshtha, Garbhini, Atisnigdha, Atiruksha, Shalyardita abhithata, Kamadi Vyagra, Nirudha, Nava Jvara, Ajirna, Kshataguda, Muktanala, Madatyaya, Adhmana and Adhoga Raktapitta.*^[8]

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 *snehapana*.

Sarvang Swedana

Abhyantara Snehapana 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 *Srotasa* of the patients, are brought to *Koshtha* from *Shakha*.

Diet during Snehapana

Acharya Sushruta has advised light diet and *Phalamla* juice a day before *Virechana Karma*.^[9] *Acharya Dalhana* has stated that this type of diet will increase *Pitta* and it is favorable for *Virechana*. After the completion of the course of *Abhyantara Snehapana*, *Virechana* should be given after three nights as mentioned in *Charaka Samhita*.^[10] 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 *Snehapana* and *Virechana Karma* (These days are known as *Vishranti Kaala*).

Charaka has advised that *Virechana Karma* should be carried out in patients with *Manda Kapha* i.e. *Hina Kapha* condition.^[11] 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 *Snehapana* 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.^[13] If *Vegas* are not induced then *Swedana* is done over abdomen.^[14]

Assessment of Virechana

Acharya Chakrapani has categorized the *Virechana Karma* assessment based on *Antiki, Vaigiki, Maniki* and *Laingiki* criteria.^[15]

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:

<i>Pravara Shuddhi</i>	→	30 vega
<i>Madhyama Shuddhi</i>	→	20 vega
<i>Avara Shuddhi</i>	→	10 vega

3. Maniki criteria

In *Maniki Shuddhi* the quantity of *Mala* is to be considered as follows:

<i>Pravara Shuddhi</i>	→	4 Prastha
<i>Madhyama Shuddhi</i>	→	3 Prastha
<i>Avara Shuddhi</i>	→	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*, *Parikartika*, *Srava*, *Hridgraha*, *Gasragraha*, *Jivadanam*, *Savibhramsa*, *Stambha*, *Upadrava* and *Klama*.^[16]

2. *Acharya Sushruta* has mentioned total 15 complications. Out of which *Adhmana*, *Parikartika*, *Jivadana*, *Hridayopasaranam* & *Parisrava* are common. *Saavashsha aushadhatvam*, *Jirnaushadhatvam*, *Vatashula*, *Ayoga*, *Atiyoga*, *Vibandha*, *Pravahika*, *Hina Doshapahritatva*, *Virechana* of *vamaka* drug & *Vamana* of *Virechaka* 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 *Vamana* 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 *Koshagni*.^[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 *pakvashya* 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 *Shakhaagata 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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