

**SURVEY ON CURRENT TREND OF VAMANA PROCEDURE AND DRUG OF CHOICE
FOR VAMANA IN VIEWS OF AYURVEDIC PRACTITIONERS***¹Dr. Chincholkar P. and ²Dr. Nawkar M.¹PG Scholar, Department of Samhita & Siddhant, Radhakishan Toshniwal Ayurved Mahavidyalay Akola.²H.O.D. Department of Samhita & Siddhant, Radhakishan Toshniwal Ayurved Mahavidyalay, Akola.

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ABSTRACT

Introduction:- Vamana karma (process of emesis) is considered as pradhan karma (prime procedure) meant of inducing therapeutic vomiting indicated for the purification of urdhwabhaga (upper part of the body). Acharya charak has given huge number of drugs for vamana procedure. In ayurveda, said that accumulation and aggregation of particular dosha in a particular season like accumulation and aggregation of kapha in Hemant and vasant rutu respectively. So to eliminate kapha, vamana is a powerful tool. So this paper is a result of survey of some ayurved practioners by which we will come to know their approach towards the drug of choice and many other things related to vamana procedure. **Materials and Method:-** A survey study of 30 ayurved practioners by using a special questionnaire developed on Vamana procedure to collect their experiences. The method adopted was cross sectional observational with the help of google form. **Observations and Results:-** As the survey done, shows vamana is mostly advices for kaphaj diseases and mostly for diseases from upper part of the body. As Acharya charak gives huge number of drugs for vamana, Madanpahala is most common drug in all ayurved practioners. The most used vamanopag drvaya is dugdha, followed by yastimadhuphanta. As dugdha is easily palatable and induces smooth vamana. Vamana kalpana other than madanpahala like gheyayoga are unlikely to be used. Vamana with madanpahala gives satisfactory results with minimal side-effects like kalma (fatigue). **Discussion and Conclusion:-** As above said, madanpahala is a drug of choice while dugdha is a drug of choice for Vamanopagdraya. Vamana is mostly advices for kaphaj diseases by ayurved practioners.

INTRODUCTION

Panchkarma focuses on the purification of the body at various level in different stages, it eliminates the toxins and increases agni (digestive fire).^[1] Significant benefits of Panchakarma are –

1. Detoxing the body.
2. Rejuvenating the mind.

The umbrella of panchkarma include five major therapeutic procedures:-

1. Vamana (therapeutic Emesis)
2. Virechana(therapeutic Purgation)
3. Niruha Basti (therapeutic decoction Enema)
4. Anuvasna Basti (therapeutic oily enema)
5. Nasya (therapeutic Errhine).

Vamana involves controlled medically induced vomiting. It is a process by which contents of stomach, including kapha and pitta are expelled out of the body through oral route.^[2] Vamana is considered as difficult procedure and few practitioners prefer Vamana procedures.

The whole of Kalpasthana from charak samhita is dedicated for stating various Permutations and combinations of sodhana dravya's can be used for vamana. 6 chapters are explained for 6^[3] namely

Madanpahala, jimtuka, Eshvaku, Vatsaka, Dhamargava and krutvedana and in these 6 chapters 355 combinations are mentioned for Vamana. Every Vamaka drug has his own benefits. But the dominance of Madanpahala is seen by having Maximum combinations. i.e. 133.

Among emetic drug's, madanphala is considered to be best because it doesn't cause any adverse effects.

The vamana is an important panchkarma procedure which has utility in various kind of diseases and lot's of drug are mentioned for this procedure. In order to find the current trend of vamana procedure the present study was planned.

AIMS AND OBJECTIVES

To study the approach of Ayurveda practitioners towards Vamana process by using Madanpahala or other drugs in their practice.

MATERIALS AND METHODS

The survey was conducted on 30 ayurvedic practioners who are practicing panchkarma in their clinic.

The special questionnaire was developed for the collection of experiences about vamana procedure and

drug of choice for vomiting during Vamanakriya based on verses given in Kalpasthanas of Charaka Samhita.

The method adopted in the study was cross-sectional observational with the help of Google Form in form of questionnaire.

REVIEW

Vamana is a therapeutic procedure which expels vitiated dosha by administration of medicine to induce vomiting. Therapeutic emesis is indicated in excess aggravation of Kapha dosha.

Indications of Vamana Karma can be categorized as per the dosha dominance and the site in which provocation of doshas take place such as-

Diseases where Sodhana (Detoxification) eg. Unmada (Psychological disorder), Apsarmara (Epilepsy) is required, conditions having Bahudosavasatha e.g. Kustha (skin disorders), Prameha (Diabetes), etc. in Kapha dominant conditions e.g. Swasa (Asthma), Kasa (cough), Agnimandya (reduced appetite), Pinasa (cold), Ajirna (indigestion), Slipada (filaria), etc. and where need of Vamana Karma is due to Marga Virodhata e.g. Adhog Raktapitta (lower tract bleeding disorders).^[4]

The Vamana is Contra-indicated in diseases like Kshata (chest injury), Hrudayarog (heart diseases), Atistula (obese), Atikarsha (karsha), Urdvata (one suffering from upward movement of vata), Pleeha Roga (splenic disorder), Udar (ascitis), Timira (cataract), Gulma (Abdominal lump), Garbhini (pregnant women), etc. and with physiological conditions like Vrudha (old age above 60 years) and Bala (children below 10 years), Prashant (excessive vomiting) etc. And other consequent Panchkarma procedures which one has been treated with decoction or with oil.^[5]

The patient, the subject of emesis, having been administered with unctio and sudation for two or three days, should be fed with meat soups of domestic, marshy and aquatic animals, milk, curd, black gram, sesamum, vegetable etc. in the night prior to emesis, in order to excite Kapha. Next day when the previous food is digested, in the forenoon, after performing offering,

Vamana Vega Vinganayam.^[9]

	Uttama (Proper)	Madhyama	Avara (lesser maction) i.e. Improper
Vegiki (No of vomitus)	8 vega	6vega	4 vega
Maniki (Quantity of vomitus)	2 prastha	1 ½ prastha	1prastha
Antiki(features of last vomitus)	Vataj	Pittaj	Kaphaj

The complications (Vyapada's) may occur in therapeutic emesis due to incompetency of attendant, medicine, physician or patients. The cardinal complications arising due to improper administration of emesis are –

1. Aadhmata (distension of abdomen)
2. Parikartika (fissure in ano)
3. Srava (excess discharge)
4. Hrid-graha (congestion in cardiac region)

oblations, auspicious and expiatory rites, he should take a dose of ghee along with gruel (on an empty stomach) that may not be very smooth or greasy. The physician should take one closed fist sized (Antarnakhmusti) dosage of seeds of *Madanaphala*, pound them and impregnate them with a decoction of *Yastimadhu* or one of these- *Kovidara*, *Karbudara*, *Nipa*, *Vidula*, *Bimbi*, *Sanapuspi* and *Prayakpuspi*-for the whole (previous) night. In the morning, this mix should be pressed and filtered, added with honey and rock salt and heated slightly. The cup filled with the drug should be enchanted with the hymn.

After enchanting thus, the physician should administer the drug to the patient facing northward or eastward particularly. Thus he vomits well. If the urges are deficient, they should be moved by administering paste of *Pippali*, *Amalaka*, *Sarsapa*, *Vacha* and salt dissolved in hot water frequently till bile is seen. This is the entire method of administration of emetic drugs.^[6] The emetic medicines remove toxins from the whole body by their properties and predominance of agni and vayu – mahabhuta.^[7]

Beginning of vomiting after a specific time gap after the intake of Vamana medication following clinical features are observed-

1. Sequential expulsion of kapha, pitta and vata without any obstruction.
2. Feeling of clarity with lightedness in head, chest, sense organ and flank.
3. Feeling of lightness (laghuta) all over body.
4. feeling of only a minimal exertion.
5. Natural stoppage of vomiting is a cardinal feature.^[8]

The feature of proper emesis as appearance of pitta in vomitus and expulsion of medicine and reduction in amount of kapha (lingiki).

The specific feature of vamana is calculated in three ways which are dependent on following types-

- a. Quantity of vomitus (Maniki)
- b. Number of boats of vomitus (Vaigiki)
- c. Features of dosha in last vomitus (Antiki).

5. Gaatra-graha (body stiffness)
6. Jeevaadana (bleeding)
7. Vibhramsha (prolapse of rectum)
8. Stambha (body stiffness)
9. Upadrava (complications)
10. Klama (fatigue without exertion)^[10]

As Acharya Charaka describes all Vamana process in detailed with these they are also describes the six main types of Vamana dravya's which are listed as below:-

Dravya kalpana	Yogas
1.Madanphala	133
2.Jeemutaka	39
3.Ishvaku	45
4.Dhamargava	60
5.Vatsaka	18
6.Krutvedan	60

Total-355

In kalpa sthana of charak samhita 355 types of vaman kalpana are given, which gives vaidya a free hand to select his drug of choice.

OBSERVATIONS

Though so much abundance is seen in Auashadha sakandha. What is trend of drug of choice for Vamana was the question behind this survey and the observations are as follows: -

1. Frequency of Vamana performed.

Only in vasant Rutu	1-2 times in a week	1-2 times in a month	Very rarely
50%	13.3%	26.7%	10%

2. Drug of choice for Vamana procedure.

Madanphala	93.3%
Krutvedana	3.3%
Kutaja	3.3%

3. Conduction of Vasantic Vaman Shibir.

Yes	46.7%
No	53.3%

4. Diseases in which Vamana are advised.

36.7%	Kaphaj diseases
33.3%	Skin diseases
33.3%	Mental illness like Unmada, Apasrmar.
16.7%	Digestive system diseases
13.3%	Respiratory diseases

5. Type of combination and dose advices for Vamana.

- 60% - Madanphala + Vacha
- 30% - Madanphala+ Yasthi
- 6% - Madanpahala + Pimpli
- 4%- Varies according to patients and dosha.

6. Vamankalpana used other than Churna for ex-Gheyyoga (घेययोग).

Not used	86.7%
Used-1. Gheyyoga	6.6%
2.Madanphala fanta	6.6%

7. Most preferred Vamanaopaga Dravya's used during Vamana

Dugdha	43.3%
Yasthiphanta, yasthikwath	33.3%
Koshnalavanjala	16.7%
Ekshurasa	6.7%

8. Mostly seen Vamanvyapada by Vamana.

a. 40%	No Vamanvyapada seen.
b. 60%	Sometimes Vamanvyapada are seen as mild symptoms like Kal ma(fatigue).

9. Satisfactory results (8-10 vega) pitantavamana after Vamana with Madanphala.

Yes	83.3%
Not always	16.7%

DISCUSSION

The above survey indicates that most of the practioners prefer Vaman Karma in Vasant Rutu. It is important because there is kapha prakopa observed in vasant Rutu. 26.7% practioners were frequently using vamana as a therapeutic procedure. i.e. 1-2 patients per week.

Regarding the drug of choice though there are huge options from kalpsthana, vadiya's prefer their own combinations and use of Madanphala was observed more popular. 7% practioners have tried using other Vamak dravya's such as kutaja, Eshvaku but still the drug of choice is Madanphala.

The combinations along with Madanphala churna is use different by different practioners. Mostly used drug is vacha. Some practioners share their experience as combinations of drugs highly depends on prakopitt dosha avastha, nature of vamak dravya's. The most preferred Vamanopaga dravya used for Aakanthapana, easily available and also kapha prakopak is Dugdha so this induces smooth vamana followed by yasthiphanta, yasthikwath, koshnalavanjala, etc.

Regarding the diseases in which Vamana are advice, the practioners prefer Vamana in kaphaj diseases (36.7%) as we know that vamana is param-ausdha(supreme medicine) for expulsion of kapha, the other diseases were vamana prefer are skin diseases with diseases of mental illness like unmada, apsamara; in these diseases cleaning of channels is an important step, so vamana is preferred. 16.7% practioners prefer vamana in digestive system diseases as these process acts on stomach directly which is main integral part of digestive system for 13.3% practioners prefer Vamana for respiratory diseases as we know that the dominant place for kaphaj i.e ura (chest). Most of the practioners i.e. 76.6% gets satisfactory results i.e. PitantatVamana while using Vamana Vaidya's observe few symptoms due to improper Vamana process i.e. Vamanvyapada's but they are mildly seen and easily manageable by symptomatic treatment.

So, it is rightly said that, correct application of process as told by Acharya's gives very good results.

• **CONCLUSIONS**

1. The drug of choice for Vamana by practioners is madanphala.
2. Practioners uses various combinations according to the need and Madanphala Vaccha is mostly used combinations.
3. The drug of choice for Aakanthapana is Dugdha.
4. The diseases for which Vamana is indicated are mostly chronic diseases and Kapha pradhan diseases

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