ROLE OF VAMANA IN RASAVAHA AND RAKTAVAHA SROTO VIKARAS - A REVIEW ARTICLE

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ABSTRACT
Srotas is a structure through which Sravana takes place. Due to Nidanas like Ahara and Vihars which have Gunas similar to Dosha Guna they aggravate the Doshas and does Vigunatha of Dhatu causing Srotodusti. Vamana is one among the Shodhana line of treatment indicated in Rasavaha and Raktavaha Srotost Vikaras. The Samanya Chiktsa for Rasavaha Sroto Vikars is Langhana. Vamana is one among Chatusprakar Samshuddhi which is a type of Langhana. Conditions where Pitta is associated with Rakta in such conditions Vamana can be done as a Avasthiki Chiktsa in some of the Rakta Pradoshaja Vikaras. Among Rasavaha Sroto Vikars, Jwara, Pandu, Hredroga, Medoroga, Prameha, Vishama Jwara, Rajayakshma and Raktavaha Sroto Vikaras like Kustha, Visarpa, Rakta pitta, Kamala, Sheetapitta in these Vikaras Vamana is indicated, the study focuses on these condition.

KEYWORDS: Srotas, Rasavaha Sroto Vikaras, Raktavaha Sroto Vikaras, Vamana.

INTRODUCTION
Rasadhi Dhatu are supplied to the cells and tissues by Srotas which does Poshana of the Sharira. The Dhatu which attains Parimana the Abhivahana Karya is carried out by Srotas. Due to intake of Ahara and Vihar having Gunas similar to Dosha Gunas and which does Vigunatha of Dhatu these causes Pradushana in Srotas. The Srotodusti Lakshanas are Atipravarti, Sanga, Siragranthi and Vimaraga Gamana. The Rasavaha Srotas are two in
number, originate from Hridaya and Dasha Dhamanis\textsuperscript{[5]}, due to intake of Guru, Sheeta, Ati Snighdha, Atimatra Ahara and doing Atichintana causes Dushana of Rasavaha Srotas\textsuperscript{[6]}, which causes Shosha, Lakshananas similar to Pranavaha Sroto Vida Lakshana and Marna.\textsuperscript{[7]}

The Rasavaha Srotodusti causes Vikaras like Ashraddha, Aruchi, Hrellasa, Tandra, Angamardha, Jwara, Tama, Pandu, Prameha, Klaibya, Angasada Kresangata, Valya, Palithya.\textsuperscript{[8]}

Raktavaha Srotas are two in number and originate from Ykrut, Pleha and Raktavahini Dhaminis\textsuperscript{.} Due to the the intake of Vidhai Annapana, excessive consumption of Snigdha, Ushna, Drava Ahara, excessive exposure to Atapa and Anila, any injury, all Pitta Prakopaka Nidana, excessive intake of Guru, Drava Snigdha Ahara, Diwaswapana Krodha, Abhigata, Jeerna Viruddha Adhyashana\textsuperscript{[9]} causes Dushana of Raktavaha srotas which cause Shyavangata, Jwara, Pandu, Shonitagamana and Rakta Netrat. The Rakatava-Srotodusti causes Vikaras like Kustha, Visarpa, Pidika, Raktapitta, Asrigdara, Pleeharoga, Vidradhi, , Gulma, Nilika, Kamala, Vyanga, Tilakalka, Dadru, Pama Kota, Raktamandal\textsuperscript{[10]} and Sheetapitta. The Samanya Chiktsa for Rasavaha Sroto Vikars is Langhana.\textsuperscript{[11]} Vamana is one among Chatusprakar Samshuddhi which is a type of Langhana, Raktavaha Srotas Samanaya Chikitsa are Rakta Pittahara Chikitsa, Virechana, Upavasa, Rakta Mokshana.\textsuperscript{[12]} When there is involvement of Dushita Pitta with Rakta in Rakta Praadoshaja Vikaras in such condition, Vamana is indicated. Vamana acts as Avasthiki Chikitsa in some of the Rakta Pradoshaja Vikaras.

The procedure by which vitiated Dosha is expelled out from the upper part of the body through oral route is known as Vamana, \textsuperscript{[13]} for Pitta and Kapha Shuddhi Vamana should be done. The Rasavaha Sroto Vikaras in which Vamana is indicated are Jwara Pandu, Hredroga, Medoroga, Prameha, Vishma Jwara and Rajayaksham. The Raktavahasroto Vikaras in which Vamana is incicated are Kusta, Visarpa, Rakta Pitta, Kamala Vatrakta, Sheetapitta.
Vamana in Rasavahasroto Vikaras.

Tabla No. 1: showing involvement of Dosha with Rasavasrotoas and Vyadhis.

<table>
<thead>
<tr>
<th>Dosha involved</th>
<th>Vyadhi</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rasa + Kapha</td>
<td>Sthoulya</td>
</tr>
<tr>
<td></td>
<td>Prameha</td>
</tr>
<tr>
<td></td>
<td>Jwara</td>
</tr>
<tr>
<td></td>
<td>Visarpa</td>
</tr>
<tr>
<td></td>
<td>PCOS</td>
</tr>
<tr>
<td></td>
<td>Hypothyrodism</td>
</tr>
<tr>
<td></td>
<td>Hridroga</td>
</tr>
<tr>
<td></td>
<td>Rajayakshma</td>
</tr>
<tr>
<td>Rasa + Pitta</td>
<td>Pandu</td>
</tr>
<tr>
<td>Rasa + Vata</td>
<td>Kusta</td>
</tr>
</tbody>
</table>

Sthoulya

Sthoulya is one among the Santarpana vyadhi, Apatarpana is one of the line of treatment. Langhana is a type of Apatarpana. Vamana is one among Chatusprakara Samshudhhi which is a type of Langhana. [14]

Action of Vamana

removal of medo avarana

\[ \downarrow \]

sroto vishodhana

\[ \downarrow \]

reduction in weight

PCOS - Polycystic ovarian syndrome: It’s a common reproductive endocrinological disorder. In present era due to sedentary lifestyle and improper diet, increased stress and strain leads to hormonal imbalance and menstrual disorders. Mainly PCOS points out features of Arthava Kshaya (oligomenorrhea) and Kapha-medha Dusthi. As its caused due to Kapha and Medho Dushti Vamana is the line of treatment. It removes the Sanga and Avarna by Kapha in Rasavahasrotas, and leads to proper Utpatti of Rasa and the Upadhatu of Rasa is Arthava. Vamana is the best treatment for Kapha Nirharana. Kapha and Medha are having similar Guna hence Vamana helps in pacifying the condition. In Scanty bleeding for long duration Vamana can be administered. Its indicated in PCOS having Arthava Kshaya and Sthula, contraindicated in Kresha and Arthava Ati Pravratti.
**Hypothyroidism:** It is a metabolic disorder in which thyroid gland is unable to synthesis and secrete sufficient amount of Thyroid hormone to meet the requirement of brain and peripheral tissue. Metabolic disorder mainly occur due to Agnimandya. Shodhana helps in Dhatuvagni Vridhhi so that this metabolic disorder can be improved by Agnivriddhi. Avtuka Granthi (thyroid gland) is situated in Gala Pradesha as its Kapha Sthana, so Vamana can be administered for better management.

**Prameha:** In prameha Vamna helps in removing the Avarna caused by Kapha.Vamana is indicated in Sthula Pramehi if Doshabala is Adhika, (type 2 diabetes), in Kaphaja Prameha, Prabhuta Mutrata, Avila Mutrata, Trishna Dikya, Nisha Mutrata.\(^{[15]}\)

**Jwara:** When the Dosha is Kapha pradhana its in Utliksita Avasthatha, Sthana is Amashaya in Jwara Kara Kala, Vamana should be done\(^{[16]}\), after Jwara Purvaroopa and Rupa Utpati in Kapahaja Jwara Mredu Vamana should be done In Rasagata Jwara Vamana and Langhana should be done\(^{[17]}\) In Vishama Jwara predominant with Kapha should be treated with Vamana, Pachana, Raksha Annapana and Langhana.\(^{[18]}\) Vamana should be administered by giving one Karsha of Kumara Moola with Koshna Jala, cures Vishma Jwara.\(^{[19]}\) According to Desha, Dosha, Kala Prakriti, Vaya proper Matara of Vamana yoga should be given.\(^{[20]}\) Vamana yogas are Madanaphala –Pippali choorana, Pippali Madhuka-Yestimadhu, Kalinga (indrayava) Choorna mixed with Madhu.\(^{[21]}\)

**Contraindiction of Vamana in Jwara:** In Taruna jwara if Vamana is done it causes, Hredroga, Shwasa, Anaha, Murcha. If Dosha is Sarva Deha Chari and with Ama Avastha, if Vamana is induced then it is like extracting the juice from an unrippined fruit, the fruit will be a waste and even the juice is not extracted from fruit.In the same way the person becomes weak, disease is also not pacified.\(^{[22]}\)

**Pandu:** Snidha Aushdha Snehana, Teekshana Vamana and Virechana should be done. During Vamana Bala and Abala of the patient should be considered. In condition of Rasa, Rakta, Mamsa Kshaya Vamana should not be done.\(^{[23]}\)

**Rajayakshma:** In Doshadhika condition in Balavana Rogi Mredu Vamana is indicated.\(^{[24]}\)

**Hridroga:** Kaphaja Hridroga if the Rogi is Balavana, Vamana with Vacha, Nimba Kwatha\(^{[25]}\) Dashoomala kwratha, Saindhava lavana.
**Vamana in Rakatavaha Srotas**

Table 2: Showing relation between *dosha* with *Rakatavasrotas* and the *Vyadhis*.

<table>
<thead>
<tr>
<th>Srotas + Dosha</th>
<th>Vyadhi</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rakta+ Pitta</td>
<td>Rakta pitta</td>
</tr>
<tr>
<td></td>
<td>Kamala</td>
</tr>
<tr>
<td></td>
<td>Shwitra</td>
</tr>
<tr>
<td></td>
<td>Sheeta pitta</td>
</tr>
<tr>
<td>Rakta + Vata</td>
<td>Vata rakta</td>
</tr>
<tr>
<td>Rakta + Kapha</td>
<td>Kusta</td>
</tr>
</tbody>
</table>

**Kusta:** Kusta predominant in Kapha, Twakgata kusta with Vivaraya, Rukstatha, Supti, Lomaharsha, Sweda Atipravriti, Kusta Purva Roopa Avastha Vamana should be done.\(^{[26]}\) The Utklistha Dosha when it reaches the Amashaya Urdhwa Bhaga causes Gaurava and Arati Vaichitiya Vamana is indicated. If the *Dosha Utklista* is in the Urdhwa Bhaga, in Hridaya then Vamana should be administered.\(^{[27]}\) Vamanartha are Madanaphala, Yastimadhu, Patola, Nimbarasa Kwatah, Kutaja Sheeta Rasa (Hima) or Pakwa Rasa (Kwatha) with Madhu.

**Visarpa:** Kapha pradhana Or Ama is in Kaphasthana (Amashaya or Ura Pradesha) Langhana, Ulekhana (Vamana), Tikta Rasa Sevana should be done.\(^{[28]}\) Vamanopagas indicated are Madanaphala, Yestimadhu, Nimba, Indrayava, Choorna or Phanta Patola, Nimba, Pippali, Madanaphala and Indrayava Choorna. The Kalpas explained in Kalpa Sthana Musthdi Kwatha, Nagaramotha, Nimba, Patola Kwatha, Chandana, Neelakamal kwatha. Sariva, Amla, Ushira and Mustha Kwatha, Kirathatiktadi Kwatha, Drakshadi Sheetha Kashaya, Patoladi Sheeta Kashaya+Triphala Kashaya, Yestimadhu, Nimba, Patola, Sariva, Amlaki, Ushira Kwatha.\(^{[29]}\)

**Rakta pitta:** In Adhoga Raktapitta first Peya should be administered, then according to Bala Vamana can be indicated.\(^{[30]}\) In Rakta pitta –Pitta is Amashyastha Pitta so Vamana is indicated Aksheena Bala Mamsa Vyadhi is because of Santarpanojanya Hetu, Bahudosha, Balavana, Adhoga Rakta pitta Vamana should be done.\(^{[31]}\) Ikshu rasa, Madanaphala, Yestimadhu Nagaramotha Kwataha, Madanaphala Mishritha Yoga (Madanaphala, Vacha, Saindhava Choorna), Madanaphala Mantha with Madhu and Sharkara are used as Vamanopagas.

**Sheeta pitta:** Patolapatra Kwatha, Nimba Kwatha, Vasa Kwataha used as Vamanopaga in Sheeta pitta.\(^{[32]}\)
**Kamala:** According to Ritu, Desha, Prakriti, Kala, Shareera Apeksha Mredu Vamana is indicted.\[^{33}\]

**Mode of action of vamana:** It has *Ushana Guna* which does *Deepana, Pachana, Tikshana Guna* does *Chhina, Sukshama Guna* spreads at *Sukshma Srotas*, *Vyavayi Guna* reaches at cellular levels, *Vikasi Guna* it reaches at cellular level and its *Urdhwa Bhagahara* because of these *Gunas* it clears the *Srotas* from *Sanga* created by vitiated *Kapaha, Meda* and *Ama*.

**DISCUSSION**

*Rasa* is *Aadya Dhatu* which is responsible for nourishment of *Uttarottara Dhatu*. Due to *Sroto Dusti* of *Rasavha Srotas* it leads to *Uttarottara Dhatu Kshaya*. *Vamana* is the choice of treatment in treating the *Kaphaja Vikars*, as *Kapaha* is the *Mala* of *Rasa*, it helps in treating *Rasa Pradoshaja Vikara*. *Shodhana* plays an important role in preventing and treating the lifestyle disorders. As *Prathimarga Harana* is the line of treatment in *Rakta Pitta*, *Vamana* helps in treating *Adhoga Raktapitta*. Eventhough *Urdhwaga Raktapitta* is caused due to *Kapha* and *Pitta*, if *Vamana* is given then it may increase the bleeding as the drugs used in *Vamana* are *Katu, Teekshna, Kashaya Rasa* and they cause *Karshana* and increase the bleeding.

In *Rajayakshma Vamana* is indicted but as the patient will be having *Rasavaha Sroto Avarodha* which causes *Shosha* so *Vamana* is contraincicated. In *Kapha Pradhana Kusta* like *Twakgata kusta, Kaphaja Kusta* in such condition *Vamana* can be advised. Eventhough the predominant *Dosha in Kamala is Pitta*, any obstruction due to *Kapha*(*Shaka Ashritha Kamala*) *Vamana* is the choice of treatment. In *Rakta Pradoshaja Vikaras* if the *Utklista Dosha* is *Kapha* and if its in *Amashaya* in those condition *Vamana* should be administered.

**CONSLUSION**

Doshas which are treated with *Langhana* and *Pachana* there are chances of re-occurrence, but the *Doshas* treated with *Samshodhana* do not re occur. *Vamana* should be administered when *Kapha* is the *Pradhana Dosha* or in association with *Pitta* or when *Pitta* and *Vata* have got localised in the seats of *Kapha* or when all the *Tri Dosha* increase with predominance of *Kapha*. *Vamana* act as *Avasthiki chikitsa* in some conditions of *Rasavaha* and *Raktavaha Sroto Vikaras*. 
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