

SCHOLARLY EXPLORATION OF VAMAN KARMA DESCRIBED IN BRIHATTRAYI OF AYURVED

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ABSTRACT

In Ayurveda, *Shodhana* and *Shamana* are two types of treatment to cure various diseases. *Shodhana* is considered better treatment than *Shamana* as it permanently cures the disease with its roots and recurrence of the disease avoided. *Vamana* is a type of *shodhana*. In the text of Ayurveda *Vamana* is best for *Kaphaj Vikara* i.e. diseases caused by *Kapha*. If the *Vikrut* (abnormal) *Kapha* is cleared from its *mul sthana* (origin) *Amashaya*, Whole *Kapha* situated in all over body is controlled. Though *Vaman* karma has great advantages, it is difficult process and should be performed carefully with all precautions.

Otherwise complications may occur.

KEYWORDS: *Vamana*, *Shodhana*, *Kaphaj vikara*.

INTRODUCTION

The process in which the extremely increased *Doshas* are expelled out from mouth is called *Vamana*. This is therapeutic process in Ayurveda. *Vamana* is process of *shodhana* from upper part of body.^[1] The *Doshas* are removed from mouth by *Vamana*.^[2] *Vamana* is best *Shodhana* for excessive *Kapha Dosh*.^[3] Thus, the elimination of harmful *Dosha* from body through mouth is called *Vamana*.^[4]

Acharya Sushrut also told that the *Doshas* in decreased quantity should be increased, *Doshas* which are increased should be suppressed and if *Doshas* are increased excessively then these *Doshas* should remove from body, and normal status of *doshas* should be maintained.^[5]

The removal of *doshas* from the body mainly from upper part is *Vamana*, and from lower part is *Virechana*.^[6]

There are some *Vaman dravyas* described in *Charak Samhita*, *Sushrut Samhita* and *Ashtang sangraha* text books of Ayurveda, The best *dravya* (Drugs) for *Vamana* according to all Samhita is *Madanphala*^[7] (Emetic Nut)

Chemical composition of madanphala^[8] (Emetic Nut)

The active principal of *Madanphala* is Saponin. It is 2-3% in fresh fruit and 1% in dry fruit. It also contains Triarpin light yellow oil in very small quantity.

Fruit contain 5% Tanin and also Protein, Sugar, Carbohydrates and acids. *Randia* oil the oil derived from *Madanphala* is yellowish green. Flowers also contain oil having fragrance.

Collection and Preservation of madanphala

Madanphala fruits are collected in summer when the active ingredients and potency of this drug is high. The ripened fruits having proper size and good condition are collected.

These fruits are then wrapped in dry grass, covered with cow dungs, and then kept in grains for eight days. After that, the fruits become soft and gets honey like smell. The seeds of that fruits are then removed and preserved in cruds, honey or ghee.

These seeds are further used for *Vamana* karma.^[9]

Properties of Vaman dravyas (Emetic drugs)

Vaman dravyas are of following qualities,^[10]

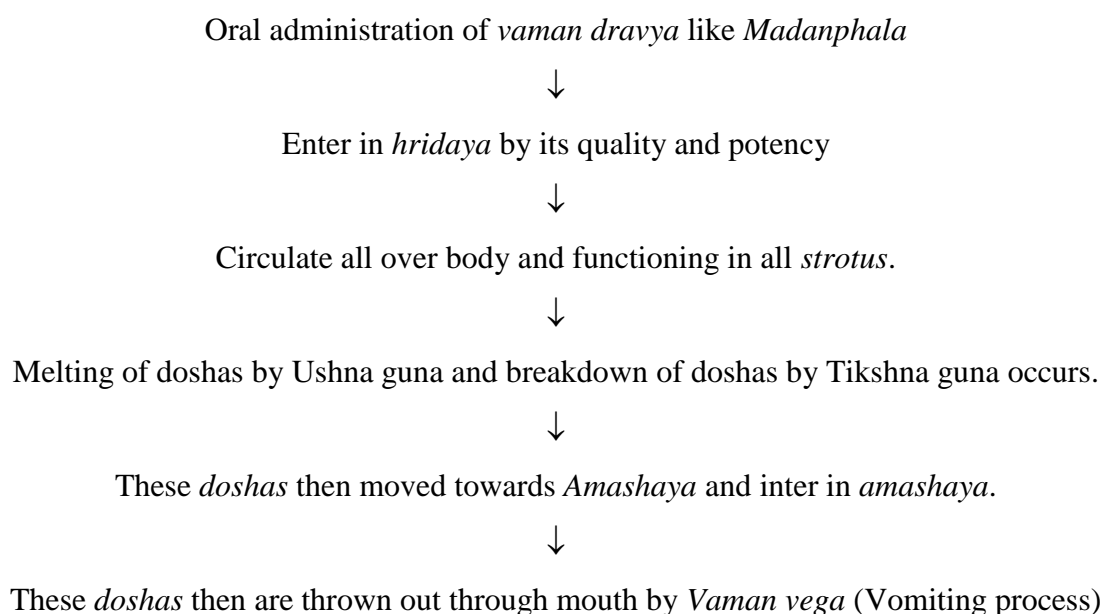
- 1) *Ushna* (hot)
- 2) *Tikshna* (Sharply acting)
- 3) *Sukshma* (Micro form)
- 4) *Vyavayi* (Fast absorb and circulate in the body)
- 5) *Vikasi* (Destructing the joints and connected components)
- 6) *Urdhvabhagahar* prabhav (special power of removing the substance of body from upper part)

Process of vaman karma according to ayurveda

Vamana dravya (emetic drug) by their quality and potency enter in *hridaya* (heart) and circulated all over body through *Dhamani* (arteries and veins) to all *sthool* and *sukshma strotasa* (center to peripheral system of body).

Where the *doshas* are melted by *Ushna guna* of *Vamana dravya*. They are broken in smaller fraction by *Tikshna guna*. These fractioned doshas moves towards *Amashaya* without sticking anywhere. From this place the *doshas* are removed from upper part with the help of *Udan Vayu*, Dominance of *Agni* and *Vayu* and *Urdhvabhagahar prabhava*. Then the process of *vamana* takes place.^[11]

The Vaman karma (Emetic process) has following steps



Vaman vidhi (Vomiting process) is performed in three stages

- 1) *Purva karma* (Pre procedure)
- 2) *Pradhan karma* (Main procedure)
- 3) *Pashchat karma* (Post procedure)

1. *Purva karma* (Pre procedure)

This includes following

- 1) Collections of necessary equipment's and medicines required for *Vamana*
- 2) Examination of patients, whether fit or unfit for *vamana* (emesis)
- 3) Preparation of body for *Vaman* (emesis) with *Snehan* (oilation) and *Swedan* (Hot fomentation of body)

- a) *Snehan* (oilation) is done internally and externally by ghee or oil for minimum 3 to maximum 7 days as per requirement until proper symptoms appear.^[12]
- b) *Swedan* (Hot fomentation of body) is done by steam of herbal medicine with all precautions as per described in Ayurveda.^[13]

2. Pradhan karma (Main procedure)

This includes following

- 1) Administration of *Vaman dravya* (emetic drug) likes *Madanphala* yoga orally.
- 2) Observation of patient
- 3) Observation of complications and their treatments.

3. Pashchat karma (Post procedure)

This includes following

- 1) *Dhumpana* (Herbal smoke inhalation)^[14]
- 2) *Samsarjan krama* (Schedule of proper diet regime). In this schedule, initially light diet is given and then gradually heavy diet is advised.^[15]

DISCUSSION AND CONCLUSION

In the present era, due to busy schedule various, life style disorders are seen among people. There is progressive increase in *Kaphaj* diseases. *Vaman* (emesis) is the best treatment for excessive *Kapha* and diseases caused by *Kapha*. *Vaman karma* (Emesis process) is tough process to perform for both patient and doctor. But if it is performed properly as per described in text of Ayurveda, definitely it will undergo without any complications.

The *Purva karma* (Pre procedure) of *Vaman* (emesis) especially *Snehan* (oilation) is done as per the rule of *samhita* internally and externally by ghee or oil for minimum 3 to maximum 7 days, and *Swedan* (Hot fomentation of body) is done by steam of herbal medicine with all precautions as per described in *Ayurveda* until proper symptoms appear, Then there are very rare chances of complication of *Vaman karma* (emesis process). The fear of patient should be removed by mental support and counselling.

Strictly follow-ups observations of patient after emesis procedure are essential to avoid complications. Dos and don'ts must be explained and followed. *Samsarjan krama* (Schedule of proper diet regime) in which initially light diet is given and then gradually heavy diet is

advised should be followed. These all things make the person healthy and free from diseases caused by *Kapha* for long time.

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