

**CRITICAL REVIEW OF ROLE OF VAMANA IN DIFFERENT DISEASE
CONDITIONS WITH SPECIAL REFERENCE TO ASHTANGA
HRIDAYA CHIKITSASTHANA**

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ABSTRACT

Panchakarma embodies Ayurveda's distinctive approach, comprising five procedures aimed at internally purifying the body through the nearest possible route. Vamana Karma is the first measure amongst Panchakarma, mainly indicated in the Kaphaja disorders. Vamana aims to expel excess and vitiated Kapha, thereby also assisting in balancing Pitta Dosha. As per Charaka Samhita, Vamana helps to cure Amashaygat Vikara by removing Utklishta Kapha & Pitta Dosha from Amashaya. When we give Langan & Pachan Chikitsa, there is a possibility of Dosha getting vitiated again but Shodhana is such kind of treatment that helps to irradiate the disease from its root by expelling the Doshas out of the body. In this article we emphasized on Vaman Chikitsa in various conditions in the Vyadhi from Ashtang Hridaya Chikitsasthan by using different Vamak & Vamanopaga Dravayas.

INTRODUCTION

In Ayurveda, there are 5 types of Shodhana Chikitsa namely Niruha Basti, Vamana, Virechana, Shirovirechana & Raktamokshana.^[1]

Vamana is the major Pradhana karma procedure of Panchakarma therapy. Literally Vamana means to expel out the vitiated Doshas through the oral route. The expelled material may

consist of indigested food, Kapha and Pitta, Vamana is the principal property of Prthvi and Jala Mahabhutas.

An extensive discussion is available on Vamana and Vamaka drugs in Ayurvedic classics. There is also evidence to suggest both these terms, the Vamana and the Virechana in a similar meaning. In fact Vamana and Virechana both are Samshodhana procedures and both may be called Virechana as they expel Doshas from the body. However, Vamana is the urdha Bhagahara Samshodhana while Virechana is the Adhobhagahara Samshodhana^[2] and thus both are allied processes.

Thus Samshodhana means to eradicate the Doshas either through Adhobhaga or Urdhwabhaga. Vamana can also be named Urdha Virechana. In certain contexts of Vedic literature following terms are used for Vamana e.g. Vamana, Vami, Chardana, Chardi etc.

Vamana vyakhya

According to Sharangdhara and Bhava Prakasha Vamana is the process which expels Apakwa Pitta and Kapha forcibly through the Urdha Bhaga³. In this reference Apakwa generally means vitiated or Dushita Pitta and Kapha. The area of Kapha is the Urdha Bhaga of the body. And Amashaya is its specific seat. Thus the above statements regarding the effect of Vamana are consistent.

On the above principle Vamana is indicated for elimination of Doshas not only in disease states but also in healthy persons in different states where Kapha is aggravated within normal limits such as in Vasanta Ritu etc. for preservation of health and prevention of disease.

Specific avastha of vamana

Ideally Vamana should be given in Kapha & Kapha predominant Sansarga & Sannipata Avastha.^[4]

According to Charaka Samhita, Vamana helps to cure Amashaygat Vikara by removing Utklishta Kapha & Pitta Dosha from Amashaya.^[5]

Indications of vamana^[6]

Navajwara, Atisara, Adhoga Raktapitta, Rajayakshma, Kushtha, Prameha, Apachi, Granthi, Shlipada, Unmada, Kasa, Shwas, Hrullasa, Visarapa, Stanyadosha, Urdhwarogi.

Contraindications of vamana^[7]

Garbhini, (Ruksha, Kshudhit, Child, Aged, Krisha, Sthoola, Durbala) Runga, Hridroga, Urakshata, Prasakta Vamathu, Pleeharoga, Timira, Krumikoshtha, Urdhwaga Raktapitta, Mutraghata, Udara, Gulama, Atyagni, Arsha, Udavarta, Bhrama, Ashthila, Vatarogi.

Vamaka gana^[8]

Madanphala, Yashtimadhu, Lamba, Nimba, Bimbi, Vishala, Trapusa, Kutaja, Moorva, Devdali, Vidanga, Vetas, Chitraka, Chitra, Koshvati, Karanja, Pippali, Lavana, Vacha, Ela, Sarshapa.

Importance of purvakarma in vamana

Vamana should always be preceded by suitable Purva Karmas in order to mobilize the Doshas from the discrete parts of the body (Shakha). It is believed that imbalanced Doshas spread from the Koshtha to the Shakha and thus be able to produce various types of diseases depending upon the Dosa-Dusya-Adhisthana pattern.

To irradiate the imbalanced Doshas, it is essential to mobilize the vitiated Doshas in the Shakha and to bring them back from Shakha to the Koshtha so that they may be easily expelled out by Vamanadi Samshodhana Karmas. It is believed that Snehana makes these Doshas softer and Swedana helps in mobilization and liquification, of these Doshas making them to flow back to the Koshtha. Therefore appropriate Purva Karma in the form of Snehana and Swedana is always essential.

In Self Utklishta avastha of Doshas Purvakarma i.e. Snehana & Swedana is not required.^[9] Here directly Vamana medicines are given.

OBJECTIVES

- 1) To compile the Vamana chikitsa in Ashtanga Hridaya Chikitsasthana.
- 2) To study the role of Vamana in chikitsa.

MATERIALS AND METHODS

Ayurvedic information about all articles gathered from important literature, including the Charaka Samhita, Sushruta Samhita and Ashtanga Hridaya. Research journals and other related Ayurvedic texts.

Review of literature

1. Jwara

If there is a Jwara after eating, and especially if it is Samajwara, and if there are symptoms of Hrullasa, Praseka (watery mouth), aversion to food, cough and Visuchika suggesting an increase in the quantity of Doshas, their movement out of position and Kaphadhikya, then, if the patient is Vamanarha, Vamana is ideal.

Vamana is given with the help of following Dravya as per the bala & kala - Madanphala with (Pippali / Indrayava / Yashtimadhu/ Ushnodaka+ Honey / Ushnodaka+ Lavana / Patol, Nimba, karkota, Vetra, Patrodaka / Saktutarpan / Ikshurasa / Madya).^[10]

2. Raktapitta

If the Raktapitta is caused due to Santarpanottha Hetu then in Adhoga Raktapitta Vaman is given.^[11]

Madanphala with (Saktu Tarpana + honey & sugar/ Sharkarodaka/ Madhudaka/ Madhukodaka/ Godugdha/ Ikshurasa) is used for Vamana.^[12]

3. Kaasa

A) In sakapha pittaja kaasa vaman is given with

- a) Ghruta
- b) Madanphala, Kashmarya, Madhuka Kwatha
- c) Madanphala & Yashtimadhu Kalka mixed with Vidari & Ikshu Rasa.^[13]

B) Kaphaja kaasa

At first Sneha is collected by burning Devdar Kashtha. Add Trikatu & Yavakshar in that. This combination is given to patient for Snehapana. After Samyaka snighdha lakshanas are seen, Vamana is given followed by Virechana & Shirovirechana.^[14]

4. Shwasa hiddhma

Snehan Swedana is performed.

After that Rice is given with Snigdha Mansarasa. Then Vaman is given with Pippali, Saindhava, Honey & Dadhimanda.^[15]

Since these (Shwasa and Hidhma) are born from the obstruction of the passage of prana vayu by kapha, it is beneficial to clear the passage by administration of purifactory therapy of both the upper and lower parts of the body.^[16]

5. Rajayakshma

The patient of Yakshma who is strong, who has great increase of Doshas, who has been administered oleation and sudation therapies should be given both Vamana & Virechana using slightly Snigdha dravya without causing debility.

He should be made to vomit using Madanphala mixed either with milk, sweet syrups, or soup of meat, with the use of Yavagu processed with emetic Drugs & Added with ghee.^[17]

- **Vataja aruchi**

Vamana with Vacha Kwatha.^[18]

- **Pittaja aruchi**

Vamana with Gudodaka or by licking sugar, Ghruta, Saindhava & honey.^[18]

- **Kaphaja aruchi**

Vamana with Nimba Kwatha.^[19]

6. Chardi hrudroga trushna

- **Chardi**

For those who are strong, have great increase of Doshas and who continue to vomit large quantities repeatedly, a vamana should be administered.^[20]

- **Kaphaja chardi**

In vomiting arising from kapha, Vamana should be induced again by administering warm water mixed with the powder of Nimba, Pippali, Madanphala & Sarshapa.^[21]

- **Kaphaja hrudroga**

First Swedana is done & then Vamana is given with decoction of Nimba & Vacha.^[22]

- **Kaphaja trushna**

In Trushna caused by Kapha, Vamana should be done with decoction of tender leaves of Nimba.^[23]

- **Tridoshaja & Aamaja trushna**

Vamana with Trikatu, Bhallataka, Vacha, Matulunga, Mastu & warm water.^[24]

- **Guru aaharjanya trushna**

He who is thirsty by consuming foods which are hard to digest should drink hot water and vomit it.^[25]

7. Madatyaya

- **Pittaja madatyaya**

When the patient has thirst and burning sensation, the kapha and pitta which have increased should be expelled out (by vomiting) with plenty of cold water, or Madya mixed with sugar-cane juice or juice of Draksha.^[26]

- **Kaphaja madatyaya**

Vamana is indicated.^[27]

- **Sannyasa**

Vamana is given.^[28]

8. Atisara

The patient of diarrhoea, who is suffering from pain in the abdomen, flatulence and excess of salivation should be made to vomit.^[29]

9. Grahani

- **Pittaja grahani**

Pitta that is disturbing the action of Jatharagni is removed either by Virechana or Vamana.^[30]

- **Kaphaja grahani**

Tikshna Vamana is indicated.^[31]

- **Tridoshaja grahani**

As per the strength of the patient all Panchkarma procedures are advised.^[32]

10. Mutraghata

- **Kaphaja mutrakrucho**

Vamana along with Swedana, Tikshna- Ushna- Katu diet is advised.^[33]

11. Prameha

If the patient is having good strength, then first Snehan is done with given oil and then Vamana & Virechana is given.^[34]

12. Gulma

- **Vataja gulma**

During course of Vatagulma, kapha getting increased, destroys the digestive fire leading to nausea, feeling of heaviness of the body and stupor, it (Kapha) should be expelled out by Vamana.^[35]

- **Kaphaja gulma**

In Kaphaja gulma the patient should be made to vomit (by administering Vamana therapy) in the beginning itself; those who are unfit for emesis should be made to fast.^[36]

13. Pandu

After giving oleation therapy, patient should be administered strong Vamana therapy, followed once again by oleation therapy administered by strong Virechana therapy.^[37]

14. Visarpa

Vamana with Madanphala, Yashti & Indrayava or Madanphala, Patola, Pippali, Nimba patra.^[38]

15. Kushtha

Vamana is given in Kapha predominant Kushtha.^[39]

As Kushtha is caused by long standing vitiation of Doshas, Vamana is given in every 15 days, Virechana in every month, Shirovirechana in every 3 days & Raktamokshana in every 6 months.^[40]

16. Krumi

Urdhwa and Adho Shodhana is done at a time in Krumi Chikitsa by Trivrut Kalka & Madanphala, Pippali Kwatha.^[41]

17. Vaatvyadhi

- **Amashaygata Vata-**

Vamana is advised.^[42]

- **Ardita**

In Ardita when swelling is present, Vamana is given.^[43]

18. Vaatrakta

- **Kaphaja vaatrakta**

After administering the appropriate sneha to drink, patient should be given mild Vamana drugs and then Rukshana.^[44]

- **Kaphavruta vaata**

Swedana, Tikshna Niruha, Vamana & Virechana are suitable.^[45]

- **Annavruta vaata**

In this case Pachana, Vamana & Dipana Chikitsa is ideal.^[46]

DISCUSSION

Vamana chikitsa, or therapeutic emesis, is a significant treatment modality in Ayurvedic medicine. It involves inducing vomiting to eliminate accumulated toxins from the body and restore Dosha balance. This technique is particularly effective in managing conditions associated with excess kapha Dosha.

In the benefits of Shodhana Chikitsa, it is mentioned that Shodhana helps to clarify the intellect, strengthens the power of Indriyas, gives stability to all Dhatus, ignites the Jatharagni & delays the ageing process.

Thus, Kaalashodhan is also told in our ancient literature, which helps to prevent the occurrence of the disease & maintaining the health of healthy individual.

CONCLUSION

From all the information gathered in the article it is confirmed that Vamana has a wide range of action in different diseases.

Vamana is told as a treatment in almost every vyadhi from Ashtanga Hridaya Chikitsasthana except Arsha, Vidradhi-Vruddhi, Udara, Shvayathu.

Infact, if we can identify the specific condition of the disease, which is suitable for Vamana, then it can give wonderful results.

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