

REVIEW OF IMPORTANCE OF VIRECHANA IN BAAL-ROG

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ABSTRACT

In Ayurveda, Virechana Karma is said to be the best procedure to pacify Pitta Dosha. It is not only good for adults but also for Pediatric age group. There are many references for Virechana karma in Kashyapa Samhita, as in case of eight types of pidika in children, su-snigdha Virechana is mentioned. In fakka roga treatment shodhana (Virechana) with trivrita kshir (milk processed with operculina turpithum) is advised. Many other references are also available that indicated benefits of Virechana karma in children. Main indications of Virechana karma in children are Avipaka, Gulma, Udavarta, Udara roga, pleeha, Pakvashaya Ruja, Alsaka, Vibandha, Mandagni, Vishamagni, Arochaka, Anaha, Chhardi, Krimikostha, Visarpa, Visphotak, Galaganda, Granthi, Apachi, Shwitra, Halimaka, Kamla, Pandu, Shwasa, Kasa etc. The commonly used Virechana drugs and

virechanopaga medicines in children are Draksha, Trivrita, Haritaki, Aragvadhya, Ksheera, Triphala, Gandharva Taila. For the Children; Virechana drugs must be palatable and generally mridu (mild) – Virechana should be preferred.

KEYWORDS: Virechana Karma, Kashyapa Samhita, Virechana in children.

INTRODUCTION

Panchakarma is the process of elimination of excess and vitiated Doshas from the body. Shodhana^[1] is the process of expulsion of the doshas forcefully out from the body and Panchakarma branch fulfils the purpose of same. In Pediatric aspect, Panchakarma carries much importance as Acharya Kashyapa says, shodhana of Dosha is required in infants if the dosha is not eliminated by the shodhana of dhatri (breast feeding woman).^[2] Virechana

Karma is the second procedure in the sequence of Panchakarma that is best to pacify the Pitta dosha and moderately the Kapha dosha. This therapy is also useful in the condition where Pitta is associated with Vata or Kapha.^[3] Adhobhagahara, Samsodhana or Adho-Virechana (meaning purification therapy from lower part of body) are common synonyms of the Virechana. Acharya Vagbhatta advocates performing basti karma in Virechana sadhya (curable by Virechana) diseases of infants.^[4] There are many references that advocates Virechana in paediatric age group for example in case of eight types Pidika in children in Kashyapa samhita, susnigdha Virechana is mentioned⁵. In fakka roga Chikitsa; shodhana (Virechana) with trivrita ksheer is mentioned.^[6] Several other references are available that indicate benefits of Virechana karma in children. In Kashyap Samhita Siddhi Sthana, while describing the method of giving Virechana medicine in children, it is advocated to be given as Leha (lickable form) with Navnita (butter).

BENEFITS OF VIRECHANA KARMA

Virechana is the best therapy to pacify Pitta dosha and its related disorders. It purifies Rasa-Raktadi dhatu, produces alertness in Indriyas.^[7] It also promotes Buddhi, strength of indriya, Dhatu Sthirita, Utsaha, Agni and having rejuvenating effect.^[8] Virechana karma is also beneficial in Garbhakama (who want to become pregnant), Vivarnaksheera (lactating mother who produces discoloured milk) and in Sravatksheera (whose milk is expelling out continuously).^[9]

INDICATIONS OF VIRECHANA KARMA^[9,10]

GIT disorders – • Mandagni (poor digestion), Vishamagni (improper digestive capacity), Arochaka (Anorexia), Avipaka (Indigestion), Gulma, Udavarta (Bloating), Udara (Abdominal diseases), pleeha (Spleenomegaly), Pakvashaya Ruja (Pain in colon), Visuchika (gastroenteritis), Alsaka (retention of stool), Vibandha (constipation), Anaha (abdominal distension), Chhardi (vomiting), Krimikostha (worm infestation).

Rakta and Mamsa dushti– • Visarpa (erysipelas), Vidradhi (boil), Dustavrana (non-healing ulcer), Galaganda (goitre), Granthi (nodule/ lump), Apachi (chronic nodule/ glandular disorder), Arbuda (tumor), Shonitarsh (bleeding piles), Arsho Bhagandara (fistula), Kushtha (skin diseases), Vyanga (wrinkles), Nilika (bluish discoloration of skin), Visphotak (pemphigus), Shwitra (vitiligo), Urdhvaraktapitta (bleeding disorder from upper orifices of

body), Pleeha (splenomegaly), Halimaka (advanced stage of jaundice), Kamla (Jaundice), Pandu (Anemia), Hridroga (Cardiac diseases).

Eyes disorders – • Netradaha, Akshipaka (panophthalmitis), Netrasrava, Timira, Abhishyanda Kacha (refractive error).

Respiratory disorders- • Shwasa (Bronchial Asthma), Kasa (Cough) Miscellaneous Bradhna (orchitis), Vriddhi (hernia), Shotha (Anasarca), Shleepada (Filariasis), Madhumeha (Diabetes mellitus), Apasmara (Epilepsy), Unmada (Mania), Jwara (Fever), Mukhadaha (burning sensation in mouth), Asyasrava (excessive salivation), Nasasrava (Nasal discharge), Paittika Vyadhi, Sannipatottha, Kaphapattika, Sansrista and Kapha Vyadhi, Vatarakta (gout), Shirahshula (Headache), Parsvashula (pain in sides of chest), Garavisha (poisoning), Retodosha (semen disorders), Yoni Vyapada (female genital disorders), Mutaghata (retention of urine) etc.

CONTRAINDICATIONS OF VIRECHANA KARMA^[11]

Anupsnigdha (who is not snigdha/ oleated properly), Atisnigdha (over oleated), Krishna (emaciated), Durbala (weak), Sthula (obese), Lalit & Sukumara (delicate person), Shree Rahita (Lustureless), Kshata (wounded person), Pakshahat (hemiplegia), Trishna (thirsty), Talushosha (dry palate), Urustambha, Ardita (facial paralysis), Hanugraha (Lock jaw), Vatik Hridroga (cardiac diseases due to vata dosha), Revati balgriha (pernicious anemia), Pure vatik vikar, Langhit (who has taken fast/ emaciating therapy), Durbalendriya (with weak senses), Alpagni (poor digestive power), Kshataksheena (emaciated due to trauma in chest), Shranta (tired), Karma-Bhara-adhwa hata (weak due to excessive work, weight lifting and walking), Kshama (weak), Bhakta (who have taken food), Ratrijagrana (who have not taken sleep at night), Bhayoptapta (feared), Chinta Prasakta (tensed), Adhyayan Prasakta (studying continuously), Vyayam Prasakta (indulged in exercising), Shalyardita (injury by shalya), who have taken Niruha Basti, Navapratishtaya (acute coryza), Navajwara (acute fever), Kshata Guda (anal injury), Muktanala (incontinence of rectum), Adhmana (tympanitis), Rajyakshma (tuberculosis), Adhoga Raktapitta (Bleeding from lower orifices of body), Atisara (diarrhoea) etc.

DRUGS FOR VIRECHANA KARMA

Many purgative drugs and formulations are mentioned in various ayurvedic texts. Some of these are mentioned below which can be used in pediatric practice after assessment of child,

dushya, dosha and other related factors with due caution. Acharya Charaka have mentioned best medicines according to specific type of Virechana karma^[12] – Sukha Virechana (easy/ comfortable purgative) – Trivritta (Operculina turpethum), – Mrudu Virechana (mild purgative) – Aragvadha (Cassia fistula) – Tikshna Virechana (drastic purgative) – Snuhi (Euphorbia nerifolia) – Pureesh janananama (stool forming) – Masha (Vigna mungo/ black gram).

VIRECHANA DRAVYA AND THEIR FORMULATIONS DESCRIBED BY ACHARYA KASHAYAPA^[13]

- Haritaki (Terminalia chebula) and Grahaghi (Gaur Sarsapa /white mustard)
- Haritaki with Pippali (Piper longum) and Saindhava (rock salt)
- Haritaki mixed with Trivrita
- Aragvadha Phala Kwatha (decoction made of fruit pulp of cassia fistula) with Ksheera (milk) or Mamsarasa (meat soup)
- Triphala, Trivritta, Vyosha (Trikatu) with Sandhava and Ghrita,
- Gandharva Taila (castor oil)- It is also called as best Sneha Virechak
- Dashmula Kwatha, Mamsa Rasa of Jangala animals, Draksha Kwatha and dipaneya (digestion improving) water
- Use of Trivrita, Draksha and Haritaki with Gomutra (cow urine)
- Draksha and Trivritta

Others are • Trivrttashtaka Churna^[14] -This powder is used for Jwara, Shrama (tiredness without work), Shwasa, Kasa, Pandu, Kshaya, Krimi, Visha, Arsha and Mutrakriccha (dysuria).

- In Charaka Samhita Kalpasthana, 245 Virechana Kalpa (formulations) are described.
- Acharya Vagbhata has mentioned Triphala, Gavakshi (Citrullus colocynthis), Tilvakka (symplocos recemosa), Kamppilaka (mallotus philippinensis), Dugdha (milk), Mutra (urine) etc. for Virechana karma^[15]

PROPERTIES AND MODE OF ACTION OF VIRECHANA DRAVYA

Virechana dravya are Prithavi and Jala Mahabhuta predominant^[16], Sara, Ushna Sukshma, Vikasi, Tikshna, Vyavayi and hriydy. It should not be vibhatsa (gruesome) and Ahridya (unpleasant) otherwise produces vomiting inspite of Virechana.^[17]

PROCEDURE OF VIRECHANA KARMA

Virechana should be performed according to condition of Koshta. In unknown Koshta, Mrudu Virechana is preferred. Before performing Virechana Karma, Srotas (body channels) should be cleaned by Snehana (oleation), Swedana (sudation) and Vamana (therapeutic

emesis) because Kapha Dosha covers the Grahani causing guruta (heaviness on the body) and Pravahika (dysentery). On Previous day of Virechana, Snigdha, Ushna, Vishada, liquid and Laghu Ahara should be given.^[18] Those having Manda (low) Kapha, Virechana occurs properly.^[19] For Virechana, the digestion of Virechana drug is necessary which occurs better in low Kapha and empty stomach. Acharya Sushruta advocates to take light meal in morning and Anupana of Phalamla (citrus fruits) and Ushnodaka (luke warm water) and in afternoon in the condition of Vigatashlema (low kapha), Virechana drug should be given.^[20] Provocation of the feces by Jangala Mamsa Rasa and Snigdha Yusha (lentil soup with fat) should be done but not Kapha Dosha vitiating.

If Virechana occurred in optimum amount and there is Aushadha Udgar (Patient feels eructation of Virechaka medicine) then extra medicine should be expelled out by vomiting instantly otherwise excessive Virechana occurs. In such case Stambhana (stopping/restraining) should be done after digestion of medicine.^[21] In Deeptagni (excessive digestive power), Krurakostha (not easily evacuating) and Bahudosa (excessive dosha condition), patient suffering with Udavarta (abdominal distension) the stool should be expelled out with Phalavarti and after that Virechana should be performed after doing Snehana and Swedana.^[22] During shodhana if pain occurs then hasta sveda (sudation with warm hands) in small children and patta sveda (sudation with cloth) in children older than 6 years can be used.^[23]

PASHCHATA KARMA (POST PROCEDURE MANAGEMENT) IN VIRECHANA KARMA^[24]

As advocated by all of Acharyas after performing Virechana Karma, Samsarjan krama should be followed so that proper strength develops in the body. After that light food items, relaxation and items laghu in nature should be taken. Avoidance of excessive dry (ruksha) food, travelling and dhumpana (smoking) should be avoided.

PRECAUTIONS DURING PERFORMING PANCHAKARMA IN CHILDREN

- In younger age there may be more chances of occurrence of complication of Virechana karma especially dehydration and electrolyte imbalance.
- In pediatric age group there is predominance of Kapha in body. Virechana karma occurs properly in the condition of low kapha so there is need to treat kapha before performing Virechana in children.
- Generally,

mild Virechana should be preferred. • Virechana Medicine should be Hridya (palatable) otherwise inspite of Virechana, vomiting may occur.

CONCLUSION

Virechana karma is also beneficial in Pediatric age group like adult if done properly after evaluating the condition of disease and patient. It is the best procedure to pacify pitta disorders and also beneficial in diseases due to vitiated rakta (blood). The medicines like haritaki, trivrita, triphla, eranda taila, draksha, amaltasa, sugarcane, aragvadha, milk etc. can be used commonly for Virechana karma in children. Main indications of Virechana karma in children are Mandagni, Vishamagni, Arochaka, Avipaka, Gulma, Udavarta, Udara, pleeha, Pakvashaya Ruja, Alsaka, Vibandha, Anaha, Chhardi, Krimikostha, Visarpa, Galaganda, Granthi, Apachi, Visphotak, Shwitra, Halimaka, Kamla, Pandu, Shwasa, Kasa etc. In pediatric age group there is predominance of Kapha in the body. Virechana karma occurs properly in the condition of low kapha so there is need to pacify kapha before performing Virechana in children. Virechana Medicine in children should be palatable and pleasant. Generally, mild virechana should be preferred. It is very essential to observe any complication of Virechana like dehydration and electrolyte imbalance and their early and fast management.

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