

**CLINICAL IMPORTANCE OF VAMANA THERAPY IN DIFFERENT
AILMENTS: A CASE SERIES*****¹Dr. Ajay Marmat, ²Dr. Akanksha Agale and ³Dr. Geeta Parulkar**

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INTRODUCTION

‘Panchakarama’ are the Shodhana procedures, meant to expel the Vikrut Doshas from the body and they are specific like Pitta-Kapha Doshas related to Vamana and Pitta Dosha to Virechana. Acharya Charaka defined Vamana as a process, in which waste products or Toxins (Impurities created by Vikrut Doshas etc.), eliminated through upper channels i.e. mouth. It is the frontline choice in the treatment of the disorders, caused by the elevated Pitta and/or Kapha at its own site. During the Specific study in Medical OPD/IPD of M. A. Podar Hospital (Govt.), Mumbai-18, I observed that patients usually get more relief by medication after Vasantik Vamana than without Vamana. So, it was a planned study to evaluate the results of Vasantik Vamana in Different Ailments.

Advantages of Vamana therapy

Vitiated and aggressive Kapha dosha is expelled out of the body, leading to cure disease. The metabolism power gets enhanced restoring the normal health; the sense organs, mind, intelligence and complexion become clear. The person gains strength, nourishment and immunity. It also improves the chances of fertility and rejuvenates the Body and Mind. One can live healthy throughout for a long period after undergoing Vamana every yearly, especially in Vasant Ritu (Period belonging to March-April).

METHODOLOGY

Indications for Vamana (One of the Panchakarmas) therapy i.e. Emesis therapy should be administered in following conditions as per Ayurvedic Classical Texts.

- When Kapha Dosha is aggravated alone causing a Disease.
- When Kapha is associated with Pitta Dosha and together cause a disease, with predominance of Kapha Dosha.
- When person desires to maintain the Immunity without disease also.

Indications in Person's Diseases suitable for Vamana Procedure (According to Classical Texts reference of Charak Samhita, Siddhithana, Adhyaya No.2, Shlok No.10)

(correlation mentioned below in brackets)

1. Pinasa (Chronic Rhinitis)
2. Twacharoga (Various Skin Disorders)
3. Kasa (Cough)
4. Shwasa (Bronchial Asthma)
5. Mandagni (Low digestive fire)
6. Galagraha (Difficulty in swallowing)
7. Galaganda (Thyroid enlargement)
8. Vishuchika (Gastroenteritis)
9. Amlapitta (Hyperacidity/Mild Gastritis)
10. Vishapita (Consumption of poison)
11. Vishadagha (Person suffering from Poisoning)
12. Swaraopaghata (Hoarseness of voice)
13. Udara (Mild Ascites)
14. Gulma (Mild Abdominal Colicky pain)
15. Bhrama (Mild Giddiness / Dizziness)
16. Astheela (Prostate Enlargement of 1st Degree)

Before Vamana therapy, patient is given a Deepana-Pachana Aushadhis for Agni-vruddhi (To gain a Digestive Capacity) such as Trikatu churna, Chitrakadi Vati, Hingwashtaka Churna etc in sufficient quantity according to Rugnabala and Vyadhibala.

In the next step patient is asked to have a specific type of Plain or Medicated ghee for at least 3 – 5 days according to the Vyadhi such as Goghrita (Cow's Ghee), Yashtimadhu Ghrita,

Triphala Ghrita, Mahatikta Ghrita, this process of Purvakarma i.e. administration of ghee is called as 'Snehapanakarma' or 'Oleation therapy'.

REQUIREMENTS

A) Emetic drug combination (Mixture of Herbal Churnas for internal use by following medicines)-(In the beginning or as per requirement during Vamana)

- Vacha churna (Smooth powder of *Acorus calamus*) - 2 parts (2 grams).
- Pippali churna (Smooth powder of *Piper longum*)- 1 part (1 gram).
- Saindhava churna (Smooth powder of Rock salt) - 1/2 part (1/2 gram).
- Madhu (Honey) - 5 ml or as per requirement.

B) Supported emetics koshna Yashtimadhu Kwath (*Glycyrrhiza glabra* decoction) - Approx. 6-8 lit. (Lukewarm liquid preparation for internal use).

Procedure

Oral administration of Sneha (Internal Oleation by Ghee or Oil generally) for 3-5 days period followed by Abhyanga (External Oleation) and Swedana (Fomentation) form the preparation of patient for Vamana Karma. At the end, the patient is advised to follow the Samsarjana Karma for 3, 5 or 7 days so as to regain the Digestive fire.

Purva Karma (Preparation of Patient)

Patient is initially subjected to '**Abhyantar Snehapana**' (Internal Oleation) for 3 to 5 days in subject to the development of symptoms indicative of '**Samyaka Snehapana**'. Simultaneously, he is treated with Abhyanga (External Oleation) followed by '**Bashpa Swedana**' (Fomentation by Vapors) from 1st day up to Vamana day. Additionally, he has to take Curd-rice prior night to Vamana for accumulation of liquefaction doshas in Koshtha (can be correlated to Alimentary canal) so as to carry out the Vamana easily by Urdhwamarga. This is the Preoperative before Pradhan Karma of Vamana; the patient is ready for the Vamana Karma.

In early morning, the patient is asked to take Ushnodaka Snana (lukewarm water) bath after evacuation of bowels and bladder. Abhyanga (External Oleation) is also essential on Vamana day.

Counseling before Pradhan Karma gives better results for Confidence level and ultimately relief.

PRADHANA KARMA

This includes administration of Vamaka Yoga, observations specially for Ausadha Jirnata (digestion of medicine), observations of Suddhi Laksanas and management of Vyapada (complications) if occurs. On the day of Vamana Karma, after Sarvanga Abhyanga followed by Svedana patient is asked to take Milk up to the full stomach. Vamaka Yoga combination of Madanphala, Vacha, Saindhva lavana, Madhu is administered to the patient. After administration of Vamana drug, the patient should be watched carefully for a Muhurta (48 minutes). When salivation starts, the patient is instructed to sit in a comfortable position. The Urge may be excited by opening wide the lips, the palate, the throat & by slightly bowing the upper part of the body. For collection of vomitus, a vessel should be kept ready in front of the patient. Patient is advised to vomit without much straining. Gentle massage of the back from below to upward direction should be given during the act of Vamana karma. Thus, by counting these major Vega only, one can reach nearer to counting set by Acharyas as 4, 6 & 8 Vegas in Hina, Madhyama or Pravara Suddhi respectively.

OBSERVATIONS OF PATIENTS

Patient should be observed to assess the degree of Shodhan achieved and this may be assessed by different parameters as listed below.

- Number of episodes of Vamana (Induced Vomiting) [**Vaigiki Shuddhi**]
- Quantity of vomitus at the end of Vamana (Induced Vomiting) [**Maniki Shuddhi**]
- Expelled Dosha at the end of Vamana (Induced Vomiting) [**Antiki Shuddhi**]
- Symptoms in the patient after completion of Vamana (Induced Vomiting) [**Laingiki Shuddhi**].

Paschat Karma

After the Completion of Vamana, the patient should be treated with the procedures mentioned below.

- Dhoomapana (Medicinal Smoking)-by combination Vacha (Acorus calamus) Churna, Agaru (Aquilaria agallocha) Churna and Haridra (Curcuma longa) Churna.
- Samsarjana Karma (Since evening of Vamana day and total 3-7 days to raise Jatharagni i.e, digestive capacity).

- Following table shows the Post-Vamana diet schedule.

Day	Morning	Evening
1 st	Only a glass of Luke warm milk One hour before Vamana	Manda/Peya (Rice recipe with more water content, but in less quantity every 2 hourly for 3 times)
2 nd	Peya (Rice recipe with more water content, but in less quantity every 2 hourly for 3 times)	Vilepi (Rice recipe with Sufficient water content but in less quantity every 2 hourly for 3-4 times)
3 rd	Vilepi (Rice recipe with Sufficient water content but in less quantity every 2 hourly for 3-4 times)	Akruta Yusha Yusha (Greengram recipe)
4 th	Kruta Yusha Yusha (Green gram recipe made by sufficient water)	Akruta Yusha (Black gram recipe made by Sufficient water)
5 th	Kruta Yusha (Black gram recipe made by sufficient water)	Regular Balanced Diet (with Roti, Vegetable, Curry and Rice in sufficient quantity)

- Restriction (About certain Diet and Exercises) in next week of Vamana Diet should be gradually increased from liquid to solid within Samsarjana krama course. Heavy exertion should be avoided in next week of Vamana.

Total 30 patients screened physically (by Ayurvedic Ashtavidha, as well as Modern Systemic examination) and Laboratory investigations before Samyak Vasantik Vamana. Vamanarhata (Fitness for Vamana as per Ayurvedic Classical Texts) was also checked with 'Prior Counseling' to patient before his written consent.

Following are Details showing related description.

Sr.No.	Ailments In Which Vamana Conducted	No. of Patients
1.	Kilas (can be Correlated with Psoriasis)	5
2.	Vicharchika (can be Correlated with Eczema)	4
3.	Shitpitta (can be Correlated with Urticaria)	4
4.	Katigata and Manyagata Vata (can be Correlated with Lumbar and Cervical Spondylosis)	3
5.	Pinasa (can be Correlated with Allergic Rhinitis)	2
6.	Urdhwaga Amlapitta (can be Correlated with Hyperacidity/ Mild Gastritis without Haemorrhage)	4
7.	Kaphaj Kasa (can be Correlated with Cough)	2
8.	Indralupta (can be Correlated with Alopecia/Hairfall)	3
9.	Dadru (can be Correlated with Fungal Infection)	3

OBSERVATIONS WITH RESULTS

It has observed that, Most of them (22) showed Dehalaghavta with Indriyaprassanata (Feeling of well-being) within 3-4 hours after Vamana. Also, they relieved symptomatically 60-75%

after completion of Samsarjana krama (Specific Ayurvedic Post-Vamana Diet Therapy) within 1 week to 1 month, among which were 3 of Kilas, 3 of Vicharchika and 3 of Shitapitta showed 60% results; 3 of Katigata and Manyagata Vata Showed 65% results; 2 of Pinasa showed 70% results; 3 of Urdhwaga Amlapitta 60% results; 2 of Kaphaj Kasa showed 65% results; 3 of Indralupta showed 75% results and 2 of Dadru showed 65% results.



Fig no. 1: Dr. Geeta Parulkar while conducting Vamana of Kilas Twacha Roga (Psoriasis) Case.



Fig no. 2: Dr. Ajay Marmat while conducting Vamana of Dr. Ajay Marmat Conducting Vamana in Indralupta (Alopecia Areata) Case.



Fig No. 3: Dr. Akanksha Agale While conducting Vamana in Obesity patient.



Vacha Churna
(*Acorus calamus* Linn.)



Pimpali Churna
(*Piper Longum* Linn.)



Madhu (Honey)

Fig no. 4: Pics of medicines used in Vamana.



Fig No. 5: Aushadhi Dhoomapana (Smoking with Medicated Cigar) after Vamana in.



Fig No. 6: Pittanta Vamana Pic.

DISCUSSION

Vamana, especially Vasantik prevents the ailments and improves the resistance power so as to maintain the best Health. As per Ayurvedic Classical Texts, it is a "Shodhan Chikitsa" (Body Purification Method) for 'Rasayana Tatwa' (Rejuvenation Purpose). This is an attempt to see the efficacy of Vasantik Vamana at OPD/IPD levels in M.A.Podar Hospital (Govt.), at Metropolitan City like Mumbai.

CONCLUSION

- Urdhavaga Amlapitta (can be correlated to Hyperacidity/Gastritis without Haemorrhage), Twakrogas (can be correlated to Skin disorders like Shwitra (can be correlated to Vitiligo), Vicharchika (can be correlated to Eczema) Sandhigatavata (can be correlated to Osteoarthritis) and Tamakashwasa (can be correlated to Bronchitis with good pulmonary capacity) can be relieved by Vamana karma.
- Ayurvedic Vaidyas can achieve more results in different ailments by medicines after Body purification method like Vasantik Vamana.
- As per Ayurvedic Classical Texts, one can undergo Vamana Procedure to maintain the Resistance Power besides healthy and without any diseased condition also. This is the special feature by Ayurveda to Public.

ORIGINALITY OF RESEARCH WORK AND CONFLICT OF INTEREST.

I declare that, this is my original research and I don't have any other interest except Public Awareness for Health.

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