

GHREYA VAMANA: A CLASSICAL OLFACTORY ROUTE OF THERAPEUTIC EMESIS IN AYURVEDA – A SYSTEMATIC TEXTUAL REVIEW

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ABSTRACT

Background: Vamana Karma is a principal Shodhana procedure of Ayurveda. Ghreya Vamana is a classical olfactory method of inducing therapeutic emesis described in the Brihatrayi but rarely explored in modern practice. **Objective:** To critically review the classical textual evidence, pharmaceutical principles, indications and contemporary relevance of Ghreya Vamana. **Methods:** Narrative textual review of Charaka Samhita, Sushruta Samhita and Ashtanga Hridaya with authoritative commentaries and relevant contemporary literature. **Results:** Six principal references describe Madanaphala, Ikshvaku, Dhamargava and Kritavedhana based Ghreya formulations. The therapy is particularly indicated in Sukumara, Aushadha-dveshin and appropriately Utklista Kapha conditions. **Conclusion:** Ghreya Vamana represents a sophisticated route-specific pharmaceutical intervention deserving rigorous clinical investigation.

KEYWORDS: Ghreya Vamana; Vamana Karma; Panchakarma; Madanaphala; Ikshvaku; Olfactory route; Ayurveda.

1. INTRODUCTION

Vamana Karma is one of the five principal bio-purificatory procedures of Panchakarma.

While oral administration of Vamaka Dravyas is well established, classical Ayurvedic texts describe Ghreya Vamana—therapeutic emesis initiated through olfactory exposure to specially processed Vamaka formulations. This review reorganizes the classical evidence into a WJPR-compatible scientific format.

2. AIM AND OBJECTIVES

- To compile classical references of Ghreya Vamana.
- To analyse its pharmaceutical principles and indications.
- To discuss its probable Ayurvedic and contemporary interpretation.
- To identify future research opportunities.

3. MATERIALS AND METHODS

A narrative review was performed using primary Ayurvedic texts including Charaka Samhita (Kalpasthana), Sushruta Samhita (Sutrasthana 43) and Ashtanga Hridaya (Kalpasiddhisthana). Standard commentaries and contemporary peer-reviewed publications on Ghreya Yogas and Vamaka formulations were critically analysed.

4. REVIEW OF LITERATURE

Classical evidence identifies six explicit references to Ghreya Vamana. Charaka describes Madanaphala, Ikshvaku and Dhamargava Ghreya formulations; Sushruta describes Kritavedhana; and Ashtanga Hridaya preserves Madanaphala and Ikshvaku formulations.

Text	Reference	Drug	Medium
Charaka	Ca.Ka.1/19	Madanaphala	Lotus
Charaka	3/11	Ikshvaku	Garland
Charaka	4/10	Dhamargava	Utpala
Sushruta	Su.Su.43/9	Kritavedhana	Utpala
A.H.	Ka.Si.1/18	Madanaphala	Garland
A.H.	1/34	Ikshvaku	Garland

5. DISCUSSION

The reviewed literature demonstrates that Ghreya Vamana is not merely smelling an emetic drug. It combines Bhavana, Sukshmikarana, Gandha-Samskara and route-specific delivery after appropriate Purvakarma. Its indication in Sukumara and Aushadha-dveshin patients reflects the individualized Yukti Chikitsa approach of Ayurveda. Contemporary neurophysiology provides plausible hypotheses through olfactory-autonomic pathways, although definitive clinical evidence remains insufficient.

6. FUTURE SCOPE

Standardization of Bhavana cycles, particle size analysis, volatile phytochemical profiling, randomized clinical trials, HRV-based physiological studies and comparative evaluation with conventional oral Vamana are recommended.

7. CONCLUSION

Ghreyā Vamana is a distinct classical modality of therapeutic emesis employing olfactory administration of processed Vamaka Dravyas. The concept is well documented in classical literature but remains under-investigated scientifically, making it a promising area for future Panchakarma research.

CONFLICT OF INTEREST

The author declares no conflict of interest.

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