



APPLIED APPROACH OF VIRECHAN KARMA IN TAMAK SHWASA

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ABSTRACT

Virechana is one of the *Panchakarma* by the virtue of which *Doshas* are expelled through *Adhobhaga* i.e. *Guda*. It helps in alleviating three *Doshas*, specifically aims at the elimination of excessive *Pitta Dosh* not only *Aamashya* and *Pakwashaya* but from the whole body. It is regarded as the best one among all the therapeutic measure for *Pitta*. It is the process of elimination of *Mala* either in *Pakwa* or in *Apakwa Avastha* but along with excess fluid portions. It is widely used as *Shodhana* therapy in practice. It is less stressful procedure, less possibility of complications and more acceptable to all classes of patients. It is indicated for multiple conditions like *Pitta Pradhana Vyadhi's* (*Pandu, Kamala*), *Rakta Pradoshaja Vyadhi* (*Kustha, Visarpa, Raktapitta, Gudapaka*), *Amlapitta, Meha, Amavata, Hridayaroga, Tamak Shwasa, Pakshaghata, Sthaulya, Apasmara, Urdhwaga Raktapitta, Chardi*. *Virechana* is very useful in *Tamaka Shwasa*, particularly when it is combined with *Vatahara* and *Kaphahara* drugs. *Virechana* drugs have the quality of *Kaphaghna* and *Vatanulomana* proves beneficial in the condition of *Shwasa* and also corrects the direction of *Vata* to set it on normal course.

Key words – Panchakarma, Shodhan therapy, Tamak Shwasa, Virechan Karma.

INTRODUCTION

Virechana Karma is the act of expelling *Doshas* through *Adhobhaga* i.e. *Guda*.^[1] The *Doshas* even from the *Amashaya* are taken to the *Pakwashaya* and they are removed through *Gudamarga*. It is the process of elimination of *Mala* either in *Pakwa* or in *Apakwa Avastha* but along with excess fluid portions. It is widely used as *Shodhana* therapy in practice. It is less stressful procedure, less possibility of complications

and more acceptable to all classes of patients. It is considered the best treatment for morbid and increased *Pitta Doshas*.^[2-3]

Virechana is even a treatment for *Pitta Samsargaja Doshas, Kapha Samsrista Doshas* and also for *Pitta Sthanagata Kapha*. It is worth mentioning that *Virechana*, unlike the modern purgatives, is not merely an act to open the bowel, but is a complete therapeutic measure which has systemic as well as local effects. *Virechana*, removes aggravated *Pitta* and clears all channels of body, *Jatharagni* gets kindled and lightness sets in.^[4]

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Virechana drugs are having *Ushna*, *Sukshma*, *Vikashi*, *Teekshna*, *Vyavayi* and *Adhobhag Prabhava* properties. These drugs consist of *Prithvi* and *Jala Mahabhootas* which are heavy in nature and thus help in expulsion of *Dosha* from *Adhobhaga*. They get absorbed and due to *Virya*. It reaches to the *Hridaya* then the *Dhamanies* and thereafter it reaches to macro and micro-channels of the body. *Ushna Guna* has *Agneya* property and hence *Vishyandana* occurs. Hence it facilitates movement of morbid *Doshas* towards *Kostha*. Due to *Tikshna Guna*, *Doshas* are broken up in larger to smaller molecules that help in quick excretion. *Sukshma Guna* due to its *Anupravanabhava* will open micro channels and makes the *Doshas* to move towards *Kostha*. Due to *Vyavayi Guna* this drug spreads quickly throughout the body and starts their action before its digestion. *Vikasi Guna* of drugs loosens the *Dhatu Bandhana*. It creates the *Dhatu Shaithilyata*. Hence drugs initiate their action without being digested. From all these properties *Doshas* are driven to *Kostha*.^[5]

Tamaka Shwasa is considered as *Aamashaya Samudbhava Vyadhi*. *Vamana* and *Virechana* have been advised to remove the obstruction of *Kapha*, which hampers normal *Gati* of *Prana Vayu*. If *Shwasa* is associated with cough, vomiting and hoarseness of voice, *Vamana* is advised.^[6] If

Shwasa is associated with *Aadhmana*, *Udavarta*, *Virechana* is indicated. Drugs having *Vatakaphahar* properties were advised for *Virechana*.

General management includes-

1. *Nidana parivarjan*
2. *Kapha-Vataghan, Ushna, Vatanuloman* drugs
3. *Shamana & Brighana Chikitsa*
4. *Samshodhan (by Vamana, Virechana, Dhoompana and Nasya karma)*
5. *Rasayana Chikitsa*

MODE OF ACTION OF VIRECHAN DRUGS^[7]

Local action: Locally mild inflammation occurs which is transient due to *Ushna* and *Tikshna* properties of drugs which irritate the intestinal mucosa. Hence hyperaemia results due to arteriolar and capillary dilatation and also exudation of protein substances which helps in dilution of toxins.

Action on nerves: Here the defecation centre is irritated in Medulla oblongata. The vagus nerve stimulates pancreas, liver to produce secretions. Bile is secreted due to contraction of gall bladder and also due to irritant and vagal stimulation, Brunner's glands are stimulated which secrete mucus. Due to increased peristalsis, lumbo-sacral lumbar plexus are irritated, ileo-caecal and anal sphincters are relaxed & these secretions are excreted out.

Faecal matter, when it reaches the intestine, stimulates local nerve plexuses and then enforced peristalsis further helps in expelling contents of intestines towards rectum & finally to anal canal. When these voluntary or involuntary act of defaecation starts, finally results in evacuation of bowels.

Elimination of Pitta: Potent stimulus for causing the gall bladder contraction is from cholecystikinin hormone. This causes increased secretion of digestive enzymes from pancreas. The stimulation for this hormone is the presence of fatty food in duodenum and gall bladder is also stimulated by acetylcholine secreting nerve fibres from both vagi & intestinal enteric nervous system. Due to the relaxant action of sphincter of oddi, bile enters into duodenum. This bile contains bile acids, bile pigments, cholesterol, lecithin, water, sodium, potassium, bicarbonate ions which are eliminated out can be called as *Pitta*.

MECHANISM OF ACTION OF VIRECHAN KARMA ^[8]

All the purgatives increase the water content of faeces by:

1. A hydrophilic or osmotic action, retaining water & electrolytes in the intestinal lumen – increase volume of colonic content and make it easily propelled.
2. Acting on intestinal mucosa to decrease net absorption of water and electrolyte, intestinal transit is enhanced indirectly by the fluid bulk.
3. Increasing propulsive activity as primary action- allowing less time for absorption of salt and water as a secondary effect.

The irritant action of the drugs causes inflammation in the small & large intestine and since the mucosa is extensively irritated, secretion rate is enhanced & motility of the intestinal wall usually increases. As a result, large quantities of fluid are propelled by propulsive movements and results in formation of loose stools.

INDICATION OF VIRECHAN KARMA ^[9]

1. *Pitta Pradhana Vyadhi's* - *Pandu, Kamala*.
2. *Rakta Pradoshaja Vyadhi* - *Kustha, Visarpa, Raktapitta, Gudapaka*.
3. Diseases in extreme need to eliminate doshas - *Gara Visha, Krimi Kostha and Udavarta*.
4. Diseases having *Viparita Gati* like *Urdhwaga Raktapitta* and *Chardi*
5. Diseases in which there will be excessive vitiation of *Doshas, Tridosha Prakopa* and also those diseases requiring *Ubhaya Bhaga Shodhana* - *Kustha*.
6. Diseases wherein *Pitta* has its location - *Hridroga Sadhaka Pitta, Jwara- Pachaka Pitta, Kamala- Ranjaka pitta*.

CONTRAINDICATIONS OF**VIRECHANA KARMA** ^[10]

1. Incapable of tolerating the stress produced during *Virechana* - *Langhita*, *Durbalendriya*.
2. *Ashukari Roga* - *Hridroga*, *Kshata Ksheena*.
3. *Sama Avasthas* – *Alpagni*, *Ajeerna*, *Navajwara*, *Madya Atiyoga*
4. Local problem - *Kshata Guda*.
5. Altered or disturbed mental conditions - *Bhayabheeta*, *Kamadi*, *Vyaghra*, *Chinta Prasakta*.
6. Certain altered physiques - *Atisthula*, *Atikrisha*.
7. Weak physical conditions - *Bala*, *Vridhdha*, *Garbhini*.
8. *Adhomarga* Pathology - *Atisara*, *Adhoga Raktapitta*.

**MECHANISM OF VIRECHANA KARMA
IN TAMAK SHWASA**

Virechana is very useful in *Tamaka Shwasa*, particularly when it is combined with *Vatahara* and *Kaphahara* drugs. In *Tamaka Shwasa* *Kapha* obstructs the passage of *Vata* and the obstructed *Vata* traverses in reverse direction. In such condition drugs which possess *Kapha* and *Vata* alleviating property and which are having *Ushna* and *Vatanulomana* property are helpful in relieving the *Shwasa*. *Virechana* drugs have the quality of *Kaphaghna* and *Vatanulomana*

proves beneficial in the condition of *Shwasa* and also corrects the direction of *Vata* to set it on normal course.^[11]

Patient having good strength with predominance of *Kapha*, acute stage of disease, young age, *Samshodhan Chikitsa* should be given. The *Udbhava Sthana* of *Shwasa Roga* is *Adho Aamashaya* considered as *Pittasthana*. *Virechana* is advocated in *Pitta* dominant disease as well as disease originating from *Pittasthana*.

CONCLUSION

Virechana Karma is safe and effective treatment modality for *Pitta* disorders and can be effectively used among all classes of patients. It pacifies *Tridosha* specially *Pitta Dosha* and thus effective in multiple conditions. It is an attempt to make a concept regarding mechanism of *Virechana Karma* in *Tamak Shwasa*.

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