



Full Length Research Article

RATIONALITY IN SELECTION OF PARTICULAR QUANTITY OF VAMANA YOGA DURING VAMANA IN VASANTA RTU – A CRITICAL ANALYSIS

Dr. Usha, C. and *Dr. Shridhara. B. S.

Department of Panchakarma, GAMC, Bengaluru, India

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ABSTRACT

The *Panchakarma* therapy is not merely a therapeutic regime but also health promotive and preventive measure to protect from the diseases. *Panchakarma* therapy has a direct impact over both the healthy as well as in the ailing. *Vamana Karma* is considered as the first, major and arduous procedure of *Panchakarma* therapy. Literally, *Vamana Karma* means to induce therapeutic vomiting in order to expel out vitiated *Doshas* through oral route. It is a general principle to expel vitiated *Doshas* from the nearest route, while the oral route is the nearest route for expelling *KaphaDosh* in the form of *Vamana Karma*. So the removal of accumulated *kaphaDosh* from *Amashaya* is the best way to prevent the *kaphajavikaras*. It is important to understand that the *Vamana Karma* is not only indicated in diseased conditions but also in healthy individuals during *VasantaRitu* (Spring season) for preservation of health and prevention of *kaphaja vikaras*.²The clinical trial was conducted in a randomized sample of 40 individuals with *Madanaphala* (*Randiadumetorum*) is mainly used for *Vamana Karma*. Apart from *Madanaphala*, three other drugs are also given in the present study. From the observations and results obtained in the present clinical study, it can be concluded that the *matra* (dosage) of *Madanaphala* and other *vamakadravyas* are varies according to *bala*, *agni* and *vaya* of the individuals.

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INTRODUCTION

In today's world, more and more people fall in victim to the adverse effects of modern civilization leading to diseases caused mainly due to deeply seated metabolic toxins. *Panchakarma* procedures are unique internal purificatory methods which allow healing of tissues and channels (*srotas*) by eliminating the metabolic toxins from the body. Thus *Ayurveda* advises *Rtu Shodhana Karmas* in order to treat and to prevent the diseases to preserve and to promote a better health. In order to keep *kaphajavikaras* at bay, removal of *apakwakaphadosha* in *vasantartu* will be beneficial. According to *Acharya Sharangadhara* and *Bhavaprakasha*, *Vamana* is considered to be *Shreshta* for the removal of *apakwakapha* and *pitta*, wherein *apakwakapha* can be considered as *sanchitakaphadosha* which tends to cause *kaphajavikara* in future. For the administration of *vamana karma*, there are several *vamakayogas* mentioned in our classics but, more importance is given to *Madhanaphala* because of its *anapayitwa* quality.

*Corresponding author: Dr. Shridhara. B. S.,
Department of Panchakarma, GAMC, Bengaluru, India.

Thus, an attempt is made by conducting *vasantikavamana* in 40 individuals and study was taken up on various *vamakadravyas* and the variation in its dose fixation which varies widely on *agni*, *kosta*, *prakrut* etc.,

MATERIALS AND METHODS

Healthy volunteers and certain patients who are indicated for *Vamana Karma* were selected from the OPD and IPD of Shree Jayachamarajendra Institute of Medical Sciences, Bengaluru. 40 individuals were registered for the administration of *vamanaivvasantartu* between 25/3/2015 and 12/4 2015.

Inclusion criteria

- Age between 16 and 60 years.
- Patients suffering from *Kapha* or *Kapha* associated with *Pitta* disorders.
- Apparently healthy individuals who used to get *kaphajavyadhis* in the later part of the year i.e., *Tamakashwasa*, *Skin disorders*, *over weight* etc.,

Exclusion criteria

- Patients suffering from tuberculosis, ischemic heart disease, hypertension, carcinoma, chronic diabetes and other life threatening and complicated diseases.

Methodology

Table 1.

| | |
|----------------|--|
| Deepanapachana | Trikatuchurna : 2-5gm thrice daily ½ hr before food with hot water |
| Snehapana | Guggulutiktakagritha: 30- 60- 90- 120- 150- 180- 210ml Till the observation of <i>samyaksnidghalakshana</i> |
| Akantapana | Ksheera 1-2ltrs |
| Vamaka yoga | Madhanaphalachurna : 4-8g Vachachurna : 1-2g Yashtichurna : 2 -6g Saindhavalavana : 1- 2g |
| vamanopaga | Yastiphanta : 1-2ltr |

Observations in the present study

Table 2.

| Vamakadra vyamatra | Madhana phala | Yashti | Vachachurna | Saindhava | Madhu |
|--------------------|---------------|--------|-------------|-----------|-------|
| 7-8g | 4gm | 2gm | 1gm | 1gm | Q.s |
| 10- 12g | 6gm | 4gm | 1gm | 1.5gm | Q .s |
| 16 - 18g | 8gm | 6gm | 2gm | 2gm | Q .s |

Table 3.

| Vamakadravyamatra | Number of individuals |
|-------------------|-----------------------|
| 7-8g | 6 |
| 10- 12g | 20 |
| 16 - 18g | 4 |

In the present study, 7-8 gms of *Vamaka yogawas* given to 6 patients, 10-12 gms of *Vamaka yogawas* given to 20 patients, and 13-14 gms of *Vamaka yogawas* given to 4 patients.

Table 4.

| Vamakadravyamatra | No of individuals | Reasons |
|-------------------|-------------------|---|
| 7-8 gms | 6 | The volunteers were <i>sukumara</i> , <i>mrudukosti</i> and <i>pitta prakruti</i> persons. |
| 10-12gms | 20 | The volunteers were <i>remadyamakosti</i> , <i>kaphaprakruti</i> person and it is <i>samyakrtu(Vasanta)</i> . |
| 16- 18gms | 4 | The volunteers who are obese and having flabby abdomen. |

DISCUSSION

According to the classics, quantity of *madhanaphalapippali* is said to be *antarnakhamustipramana* of that particular individual which when calculated according to modern norms will come an average 6 – 12gms, however properly collected, processed and preserved *madhanaphalapippali* is more potent and thus its quantity can be prescribed in a smaller dosage.

Apart from this, even the *rogibala* is decreased in the present era when compared to that of Samhita period due to which individual will be unable to tolerate. Hence, by considering *rogibala*, *agni*, *doshavasta*, *prakruti* etc., dose of the individual *vamakadravya* is decided and administered. In present study average dose, number of individuals and the reason behind it is mentioned in the following table. Thus in present study an attempt was made to draw a rationality in the selection of *vamakadravya* and its dosage paying due consideration to *rogibala*, *agni*, *prakruti*, *doshavasta* etc.,

Conclusion

- *Panchakarma* is the most essential part of *Ayurveda* treatments, which can be practiced as preventive, preservative, promotive, curative and rehabilitative therapy as per the need.
- *Ayurveda* emphasized to practice *Vamana* in *Vasant Rutu*, *Virechana* in *SharadRutu*, *Basti* in *VarshaRutu* for preservation and promotion of health and prevention of disease.
- *VasantikaVamana* is highly beneficial for volunteers of *Kapha* and *Kapha-Pitta* constitution and patients suffering from *Kaphadisorders* and associated *Pitta* disorders or diseases originating or settled in the place of *Kapha*.
- *Vamana* should be practiced as per the classical guidelines to avoid complications.
- Average minimum, maximum, total dose of *vamaka yoga* were 10-12gm, 7-8gm& 16-18gm respectively.
- With the above study, one can conclude that the *vamakadravya* and its dosage vary widely on *kosta*, *prakruti*, *doshavasta* etc., which has to be assessed and decided in each individuals.

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