ROLE OF VIRECHANA KARMA IN PAKSHAGHATA: AYURVEDA PERSPECTIVE

Dr. Pankaj Nigam¹, Dr. Jinesh Jain² and Dr. Om Prakash Dwivedi³

¹Lecturer, Dept. of Panchkarma, Veena Vadini Ayurvedic College & Hospital, Bhopal (M.P.), India.
²Reader & Dept. of Panchkarma, Govt. (Auto) Ayurved College, Rewa (M.P.), India.

ABSTRACT

Panchakarma is a vital treatment modalities of Ayurveda which utilizes various Karma such as; Vamana (emesis), Virechana (purgation), Vasti (enema), Nasya (nasal administration) and Rakta Mokshana (blood-letting) for achieving health benefits. Panchakarma not only possess ability to treat disease but also prevent diseases prevalence effectively. Panchakarma through purification of whole body eliminate vitiated dosha. Panchakarma involve Purvakarma and Pradhanakarma which help to acquire maximum therapeutic response. Pakshaghata is a brain injury which associated with motor & cognitive impairments. It is Vataja disorder and ayurveda described a variety of treatment options for the management of Vataja disorder such as; Snehan, Swedan and Basti. Literature also proves that different approaches of Panchakarma offers significant relief in various diseases including Pakshaghata, this article emphasize beneficial effects of Virechana one of modality of Panchakarma in Pakshaghata.

KEY-WORDS: Panchacarma, Ayurveda, Virechana, Pakshaghata.

INTRODUCTION

Ayurveda described Panchakarma as purification process which help to detoxify whole body. Panchakarma therapy act as prophylactic care and boost immunity of body. Ayurveda describe use of Panchakarma to maintain the normal physiological functioning of body. Panchakarma offer beneficial effects in various diseases and act as natural therapy to keep healthy physical and mental status. Panchakarma maintain Tridosha balances, improve digestion and offer calming effect physically as well as mentally. Virechana is one of the important aspects of Panchakarma, Virechana (purgation) eliminate doshas through the adhomarga from body and it is mainly employed for disease where Pitta dosha is predominant. Virechana detoxify body and through intestinal to anal route and offer relief in different pathological conditions.

Ayurveda describe various disease associated with Vata Dosha and Pakshaghata is one of them. Pakshaghata resembles paralysis which is due to the vitiation of vata dosha. Various etiological factors considered responsible for disease such as; hypertension, stress, vascular disorders, infestations of brain tissue, tumours and trauma etc. This article describes role of Virechana in Pakshaghata.¹-³

![Figure 1. Causative factor of Pakshaghata.](image-url)
**Virechana:** Virechan described in ayurveda as important aspect of detoxification. Pitta dushita vyadhî mainly utilizes Virechana as choice of Sodhana Chikitsa; Virechana should be performed after meal and should wear light cloth during treatment. However consideration of other problem is also important before performing Virechana. Study proved efficacy of Vata Shamaka Panchakarma (Virechana) in the management of Pakshaghata. The therapy alleviates Vata and purifies the body by removing toxins.

Pakshaghata involve Suddha vata prakopa, Anyadosha Samsrishta vata prakopa and dhatukshayajanya vata prakopa. As per modern medical science any stroke or shock associated with ischemia and hemorrhage resulting destruction of brain tissue and disturbed blood supply. Shodhana of body by panchakarma such as; Virechana (purgation) pacify vitiates Doshas and eliminate toxins through the adhomarga from body. Virechana karma with castor oil helps to regulate blood supply and control impairment disturbances.\(^\text{[4,5]}\)

**Virechana guideline**

- It is recommended to take rest for a while after completion of treatment.
- The noxious activities such as; smoking and drinking need to be avoided.
- Mental and physical relaxation is required.
- Water intake as per guideline of treatment.
- Warm water recommended for bathing.
- While taking Virechana suggested diet regimen should be followed.

**Precautionary measurement while performing Virechana**

- Heavy, oily and spicy breakfast or lunch should be avoided in morning time.
- Intake of warm water during therapy.
- One should lie on the back for therapy.
- One should not speak too much and loudly during treatment.\(^\text{[10,11]}\)

**DISCUSSION**

The literature suggested that Virechana offer significant relief in disease Pakshaghata, the use of Virechana therapy possesses relief in symptoms of Pakshaghata such as; Achetanta, Ruja, Vivandha, Guruta, Shotha and Doha. Literature proved that Virechana therapy improves Chesta Nivritti of extremities. Virechana offer improvement in toxicity of upper Limb. Therapy control serum cholesterol, LDL & Triglyceride level which may considered responsible for hypertension then Pakshaghata.\(^\text{[12]}\)

**CONCLUSION**

The research investigations performed by various researchers and available text suggest that Virechana provide satisfactory relief in Pakshaghata due to its Vatahara and detoxifying property. Panchakarma (Purvakarma) offer beneficial effects in disease since it relax muscle, boost tonicity and improve circulations. Panchakarma boost motor system and muscle restoration take places; thus overall relief in impairment occurs in patient of Pakshaghata. Therapy also reduces atrophy and hyper tonicity of the muscle along with improvement in mental functioning. The therapy offers relief in disease condition due to its vata shakama and brihmama property.

**REFERENCES**