ROLE OF VAMANA KARMA FOR THE MANAGEMENT OF VICHARCHIKA: AN AYURVEDA PERSPECTIVE

Dr. Pankaj Nigam1, Dr. Om Prakash Dwivedi2 and Dr. Jinesh Jain3

1Lecturer, Dept. of Panchkarma, Veena Vadini Ayurvedic College & Hospital, Bhopal (M.P.)
2Professor & HOD, Research Guide, Dept. of Rachana Sharir, Govt. (Auto) Ayurved College, Rewa, (M.P.)
3Reader & Dept. of Panchkarma, Govt. (Auto) Ayurved College, Rewa (M.P.)

*Corresponding Author: Dr. Pankaj Nigam
Lecturer, Dept. of Panchkarma, Veena Vadini Ayurvedic College & Hospital, Bhopal (M.P.)

Article Received on 14/04/2017  Article Revised on 05/04/2017  Article Accepted on 26/05/2017

ABSTRACT

Ayurveda mentioned importance of Shodhana procedure which not only detoxify body but also play significant role in Bahudosa Avastha; Prameha, Kushthha and other skin disease. Panchakarma is applied for the Shodhana which contributes greatly towards the treatment and prevention of various diseases. Panchakarma offer various Shodhana procedure; Vamana is one of them. Vamana help to eliminate Kapha Dosha and Dushti Ama. The literature suggests potency of Vamana in Vicharchika which is a Kaphha Vikara and possesses symptoms similar to the Eczema as mentioned in modern science. Amashaya is considered as Udbhavasthana of Vicharchika since all toxic materials along with Kapha Shthana is collected in Amashaya, the Vamana Karma expelled out these materials from Amashaya thus relief disease symptoms. Article describes clinical significance of Vamana in Vicharchika as per ayurveda literature study.

KEY WORDS: Ayurveda, Panchakarma, Vamana, Vicharchika, Eczema.

INTRODUCTION

Eczema described as Vicharchika in Ayurveda science which is one of the Kshudra Kushthas. Rakta Pradoshaja Vikaras (vitiation of blood) considered as main cause of disease. The disease is chronic and possesses nature of recurrences. Vicharchika involve symptoms like; skin rashes, redness, edema, itching, flaking, blistering, dryness and bleeding. Vicharchika predominantly involve Kapha Doshha and inflammation on upper skin layers. Sometimes it possesses skin discoloration, thickened rashes, skin scaling, hyper pigmentation and cross-markings. Ayurveda described Shodhana as treatment option for Kushtha Vyadhithi and it is believed that proper utilization of bio-purification process along with drugs may eradicate disease effectively.[1-3]

Role of Panchakarma

Panchakarma modalities help to eliminates vitiated exaggerated doshas which are the main causes of disease; the various approaches of Panchakarma not only detoxify body but also boost immunity, circulation and opens shrotas thus offer relief in disease prognosis.

Vamana

Vamana eliminate vitiated kapha dosha. It eliminates vitiated doshas; kapha from whole body but especially act on amasaya and urasa. Vamana eliminates accumulated secretion along with kapha thus opens srotas and improve better circulation and detoxification. Literature confirm efficacy of Vamana in Vicharchika used as Poorv karma & Pradhankarma. Investigational study confirms that Deepana Pachana, Abhyantara Snehana and Abhyanga Swedana should be performed as Poorv karma for beneficial effect of Vamana in Vicharchika. Trikatu Churna may be given as Deepana Pachana till the appearance of Samyaka Siddhi Lakshana. Abhyantara Snehana may be done with Navaka Kashaya Siddha Ghrita till the appearance of Samyaka Siddhi Lakshana. Sarvanga Abhyanga with Til Taila Abhyanga followed by Sarvanga Mrudu Swedana by Nadi Sweda Swedana may be performed as Poorv karma. The Pradhankarma (Vamana) for Vicharchika may be done using Vamana Yoga & Vamanopaga Dravya. Vamana Yoga may comprise of Madanphala Pippali, Vachha Churna, Saindhava and Madhu, while Yashtimadhu Phanta may be utilized for Akanthapana (Vamanopaga Dravya). The literature data also suggest Pashchakarma after Vamana for better relief in Vicharchika. Sansarjana Krama may be employed as Pashchakarma.[4] The Vamana significantly reduces symptoms like; Kandu, Bahuhrava, Pidaka, Shyavavarnyata, Shotha, Daha and Vedana in Vicharchika thus may be recommended for the management of skin disease like; Vicharchika.
DISCUSSION

The literature study suggests that Vamana may offer relief in Vicharchika. Investigational study performed by researchers confirm that Deepana-Pachana, Snehana and Swedana as Poorvakarma offer Samshodhana effect. Deepana-Pachana drug ingredients of Trikatu possess Kushthagyna, Deepana, Amapachana, Kaphagna and Krimignhna properties, while Navaka Kushaya Siddha Ghrita ingredients offer Kandughna, Kushthagyna, Kaphagyna, Krimignhna and Raktadoshahara properties. Therefore these drugs may helps in Sampraptri Vighatana. The literature also revealed that Madanaphaladi Vamana Yoga acts as the emetic and help to eliminate Kapha Dosha which is responsible for pathogenesis of Vicharchika. The Vamana drugs (Madanaphala and Yasthimadhu) possess Kushthagyna, Kandughna, Krimignhna, Varnya and Raktshodhaka properties which offer relief in disease symptoms. Vamana Karma help to expel out noxious materials present in the Rasadi Dhatu from Koshtha then purified Koshtha leads formation of Prakruta Rasadi Dhadu. Vamana Karma not only purifies all Dushya of Vicharchika but also control pathological progression of disease.

Vamana eliminate Sanga in the Rasavaha, Mamsavaha, Raktavaha, Svedavaha and Udakavaha Srotasa thus all paths gets cleared, which offer nourishment to the body. Vamana Karma cleared Bahyaroga Marga and Khavaigunya present in the Twacha thus gets removed. Vamana Karma increase Indriya Bala of Twacha this improves resistance power towards the disease and possibility of recurrence of Vicharchika decreases.[5-8]

CONCLUSION

The literature study suggests that Vamana Karma relief signs and symptoms of Vicharchika. Vamana Karma should be repeated appropriately depending upon severity on proper time to get optimum result of treatment. Vamana offer relief in Kanda, Pitaka and others skin manifestations of disease. The literature suggests that Vamana Karma also relief Shyavavarnyata and Bahaasrava. In Vicharchika Vamana Karma may offer reduction in symptoms like; Shotha, Daha and Vedana.

Precautionary approached while performing Vamana Karma

- Massage and steam recommended before starting Vamana in morning time.
- One should remain calm and seat appropriately while taking therapy.
- Milk or sugarcane juice may be recommended.
- Palpitation and discomfort may arises one should take care of that.
- The support for patient by other person is very essential to retain Vamana position.
- Massage from back side required during therapy.
- Exposure to the vitiated environmental condition must be avoided.
- After Vaman patient should take rest.

REFERENCES
