

ROLE OF VIRECHAN KARMA IN AMAVATA (RHEUMATOID ARTHRITIS)**Dr. Mayank bhatkoti*¹ and Prof. Swapnil singhai²**¹Associate Professor, Department of Panchakarma Uttarakhand Ayurved University, Gurukul Campus, Haridwar, India.²Professor, Department of Kayachikitsa Uttarakhand Ayurved University, Gurukul Campus, Haridwar, India.***Corresponding Author: Dr. Mayank bhatkoti**

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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 is considered the prime treatment modality for Pitta Dosha, it is used in the conditions involving the disorders in which the Pitta is associated with Kapha or Vata. It is the process of elimination of excessive Pitta Dosha not only from Aamashya and Pakwashaya but from the whole body in the form of Mala either in Pakwa or in Apakwa Avastha 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. Virechaka drugs are having Ushna, Tikshna, Sukshma, Vyavayi and Vikasi property, they reaches Hridaya by virtue of its Virya and then following the Dhamani it pervades the whole body through large and small Srotasa. The Panchabhautika combination of Virechaka drugs i.e. Prithvi, Jala and by the virtue of their properties helps in eliminating the morbid humor from Shakha to Kostha and then out of the body. Virecana has an important role in Amavata. The action of Virecana is not only limited to particular site but has effects on the whole body. It has direct effect on Agnisthana and hampered Agni is one of the initiating factors in Amavata. It is also to be taken into consideration that symptoms of Amavata viz. Anaha, Vibandha, Antrakujana, Kukshishula etc. are indicative of Pratiloma Gati of Vata. This can be best treated by Virechana.

KEYWORDS: Amavata, Panchakarma, Rheumatoid Arthritis, Shodhan therapy, 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 Virecana, 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]

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 gets 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 breaks 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 drugs 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]

Amavata is most common debilitating joint disorder which makes the life of patient almost crippled. It is seen most commonly in the patients due to their changing dietetic habits, social structure, environment and mental stress and strain. Derangement of Agni that is Agnimandya (hypo-functioning of Agni) is a chief factor

responsible for the formation of Ama, which is main pathological entity of the disease. The etiological factor for both vitiation of Vata and formation of Ama are responsible for the manifestation of the disease.

It is mostly the disease of Madhyama Roga Marga with Chirakari Swabhava.^[6]

Due to their similar mode of presentation the term rheumatoid arthritis can be broadly grouped under heading of Amavata. The disease rheumatoid arthritis is chronic in nature and affects mostly the middle aged group. It is one of the common debilitating diseases by the virtue of its chronicity and implications. The onset of disease is frequent during 4th and 5th decade of life with 80% of patients developing the disease between 35 -50 years of age. Community prevalence study shows that female are more sufferers than male and the ratio of occurrence between them is 3:1.

General management includes - Langhana, Swedana, drugs having Tikta, Katu Rasa and Deepana action, Virechana, Snehapana and Anuvasana as well as Kshara Basti.

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 secretes mucus. Due to increased peristalsis, lumbosacral 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 cholecystokin 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 Virechan 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, Atikrishna.
7. Weak physical conditions - Bala, Vriddha, Garbhini.
8. Adhomarga Pathology - Atisara, Adhoga Raktapitta.

Mechanism of Virechana Karma In Amavata

After Langhana, Swedana and Tikta, Katu, Deepana Dravyas, Doshas attain Niramavastha and may require elimination from the body by Shodhana. Generally Vamana precedes Virechana but in Amavata, the patients should be subjected to Virechana therapy because of the following possible reasons -

a) Production of Ama is the result of Avarana of Pitta Sthana by Kledaka Kapha, thus hampering the digestive activity of the Pachaka Pitta. Virechana helps in this condition through two ways:

1. It removes the Avarana produced by Kledaka Kapha.
2. It is the most suited therapy for the Sthanika Dosh Pitta.

b) Symptoms of Amavata like Anaha, Vibandha, Antrakujana, Kukshishula etc. are indicative of Pratiloma Gati of Vata. This is best conquered by Virechana, while Vamana is likely to aggravate these features:

1. Virechana therapy has been given as one of the measures for combating the disease Amavata by Acharya Chakradatta.^[11]
2. Virechana has direct effect on Agnisthana and hampered Agni (Mandagni) is one of the initiating factors in Amavata. It pacifies the vitiated kapha and vata dosha and has the quality of srotovishodhana.
3. According to Acharya Bhela, Virechana should be used in Sannipatika condition of morbidity.^[12]
4. Sandhi pradeshas (Madhyama Rogmarga) are the specific site of dosha avasthana and Virechana is useful measure for such type of condition i.e. morbid doshas turn and adhere to Bahya and Madhayama Rogamarga with tiryak gamana.
5. Virechana helps to normalize the pratiloma gati of Vata, which produces symptoms like Anaha, Antrakujana, Vibandha, Kukshikathinya, Kukshi shoala etc. in Amavata.

Thus Virechana should be preferable in the Chikitsa of Amavata.

Eranda Taila: All Acharyas have advocated Eranda Taila as a Virechana drug in Amavata. It is also having specific Amavatahara action. Bhava Mishra has compared the Eranda Taila with a "Lion" as the lion can govern an Elephant in the same way "Eranda Taila" can govern the disease Amavata (B.P. 26/50). Bhedaniya, Vatahara, root of Eranda is Vrishya, Dahashamaka, Stanyajana, especially used as mild laxative and for painful conditions like Sciatica, Rheumatic Arthritis, Arthritis and Backache.^[13]

Action of Eranda Taila: It is a well-known drug for purgation, when administered orally. After oral administration, it is converted into ricinoleic acid by the pancreatic juice (Lipase), which irritates the bowel, stimulates the intestinal glands and muscular coat to cause purgation. It acts in 4 to 5 hours causing liquid stools without gripping pain.

It is Vatakapha shamaka due to Snigdha, Tikshna, Sukshma guna Mahdura and Katu Rasa, Kashaya anurasa, Madhura vipaka and Ushna virya. Eranda Taila is both Snigdha and Ushna, thus has Pachana and Snehana Karma. It is seen that most of the substances, which perform the Pachana Karma are not Snigdha but

Eranda Sneha is utilized, both for Virechana and Amapachana property.

Eranda Taila is a logical choice in the treatment of Amavata as it does Shodhana alleviates Vata and Kapha and stimulates the Agni.

Trivrita: Trivrita is having glycoside, Turpethene, which causes purgation and is also Vatakaphashamaka, which acts as anti-dosha for the disease Amavata.

The Virechan drugs reach to the heart by virtue of their potency and circulate through the large and small srotasa and pervade the entire body. Then they liquefy the morbid elements by virtue of its Agneya guna and disjoin them by its Tikshna guna. Then this liquefied morbid mass floating like honey in uncted vessels through the virtue of Anu pravambhava of the drug and ultimately reaches Amashaya. From here it forces the morbid factors through the anal canal root due to the Bhautika predominancy of the Jala and Prithvi and Adhobhagahara prabhava leading to Virechana.^[14]

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 Dosh and thus effective in multiple conditions. It is an attempt to make a concept regarding mechanism of Virechana Karma in Amavata. In Amavata, Srotorodha is present which is clear due to the property of Srotovishyandana of Virechana drugs. Virechana also helps in normalizing the Pratiloma Gati of Vata and has direct effect on Agnisthana.

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