

THE SIGNIFICANCE OF NITYA VIRECHANA

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ABSTRACT

Ayurveda, the ancient holistic system of medicine, offers a range of therapeutic practices to maintain health and treat diseases by balancing the three doshas: Vata, Pitta, and Kapha. Among these practices, Virechana (therapeutic purgation) is particularly significant for managing Pitta-related disorders also for vata and kaphaja vyadhis. Within the realm of Virechana, there is a specific, gentle, and daily purgation practice known as Nitya Virechana. This procedure helps to remove the aggravated doshas in minute quantity on regular basis and maintains the agni. Nitya virechana doesn't need any protocol like preparation of patients etc. as like in sodhana virechana karma. This article explores the concept, process, and indication of Nitya Virechana in Ayurvedic practice.

KEYWORDS: Nitya virechana, Tridoshas, Virechana, Agni

INTRODUCTION

Panchakarma is a specifically formulated series of five methods for cleansing the body inside via nearest possible route. Such cleansing facilitates the intended pharmacotherapeutic effects of medication and enables the biological system to quickly rejuvenate and return to balance. Shodhana (purification) is the process of getting rid of waste materials from the body. The preparatory, primary procedure and post-operative phases are the three stages in which these are carried out. The clinical effectiveness of these procedures has been demonstrated in numerous clinical studies conducted in Ayurvedic institutions, but despite this, little attention has been paid to their mechanism or contemporary investigations—possibly because of conceptual compatibility issues. It has been made abundantly evident in Ayurvedic literature that these practices can have healing effects.

Among these Virechana karma is one such modality which can be adopted in numerous ill conditions helps to clear srotorodha (obstruction), maintains Agni and balances homeostasis of tridoshas. If a practitioner adopts these procedures in their regular practice can effectively alter the state of disease, body and mind of person.

“Tatra doshaharanam adhobhagam virechana sanjnakam”

The act of expelling the doshas through adhobhaga (Guda marga) is known as virechana.^[1]

AIMS AND OBJECTIVES

- To understand the concept of Nityavirechana
- Its applicability in daily practice in different health conditions
- To explore the benefits of Nityavirechana

MATERIALS AND METHODS

All of the ayurvedic granthas explain the various advantages of virechana karma. Nitya virechana is the name of the normal dosha evacuation therapy that exists under the shadow of virechana karma. It is applicable to and offers a wide variety of benefits for all doshic diseases. References from the Samhitas and firsthand accounts have been used to discuss the application of Nitya virechana and its action in various doshas with corresponding examples.

Understanding Nitya Virechana

Nitya Virechana, translating to "daily purgation," is a mild, non-aggressive form of purgation aimed at maintaining regular detoxification of the body. Unlike the intensive Virechana procedure that is part of Panchakarma, Nitya Virechana is performed daily or regularly to gently expel toxins. It impacts each of the three doshas and maintains the balance.

Nitya virechana which comes under the realm of Virechana karma is advised on daily basis. If a weak person has a high level of morbid dosha, the dosha can be removed by giving modest medications repeatedly.^[2]

This is the condition where nitya virechana can be applied with madhyama matra or hraswa matra dravya.

The Process of Nitya Virechana

The process of Nitya Virechana involves the administration of mild laxatives or herbal formulations on a regular basis. These formulations are carefully chosen to suit the individual's dosha constitution and health needs. The primary goal is to ensure agni which plays a pivotal role in maintaining health. Healthy state of the body and diseased condition depends entirely on Agni. Ayurveda believes Agni is root cause of all the ill-health.^[3] It regulates bowel movements and prevents the accumulation of toxins (ama) in the gastrointestinal tract.

Virechana and Pitta Dosha

Primary Target

Virechana is specifically designed to balance Pitta dosha. Pitta is associated with Agni and Jala elements and governs metabolism, digestion, and transformation processes in the body. When Pitta is in excess, it can lead to conditions such as hyperacidity, inflammation, skin diseases, and liver disorders.

Mechanism

The purgation process directly targets the gastrointestinal tract, particularly the small intestine and liver, where Pitta predominantly resides. By inducing controlled bowel movements using herbal laxatives, Virechana helps to:

- Eliminate excess heat and toxins (ama) from the body.
- Reduce inflammatory conditions.
- Improve liver function and bile secretion.

Nitya virechana in Kamala – “*Samshodhye mrudubhistiktai kamale tu virechanam*” ||

In Kamala chikitsa Charaka advised tikta rasa dravya and mridu virechana as pitta was being affected.^[4] It is also a therapeutic principle for yakritdalyudara and rakatavaha srotas mula vyadhi. It even removes margavarodha.

This treatment modality helps to get rid of superfluous bile. As a result of these bile gets excreted in the form of urobilinogen and stercobilinogen. Once the pitta gets stabilized it brings luster to the body and agni to swa sthana.

Taking these into consideration, the ideal medication for practice can be.

- Trivrit churna
- Triphala kashaya
- Katuki churna

Virechana and Kapha Dosha

Secondary Target

Although Virechana primarily focuses on Pitta, it also benefits Kapha dosha. Kapha, composed of Prithvi and Jala elements, is responsible for structure, lubrication, and stability in the body. Excess Kapha can lead to conditions such as obesity, respiratory issues, and sluggish metabolism.

Mechanism

By stimulating the digestive fire (Agni) and promoting regular elimination of toxins, Virechana aids in:

- Reducing excess mucus and phlegm.
- Enhancing metabolic rate and digestion.
- Managing weight and reducing fat accumulation.
- Alleviating symptoms of Kapha-related disorders such as bronchitis, sinusitis, and lethargy.

Nitya virechana in Sthoulya –The primary factors responsible for the pathogenesis of Sthoulya are Medha as Dushya, Kapha as Dosha, and Medodhatvagnimandya. It was discovered that Virechana Karma works well to lower weight and relieve signs and symptoms. Since it functions as both Kaphahara and Strotoshodhana, Nitya Virechana is effective. The largest amount of Katu Rasa, Laghu, Ruksha Guna, Ushna Virya, and Katu Vipaka, Vatakapha Shamaka, Karshana, Lekhaniya, Medorogahara, Amapachana, and Dhatu-Shoshana qualities which aids in Sneha-Meda-Kleda Soshana are to be advised as nitya virechana dravyas. These attributes normalize the Agni state. As a result, controlled Jatharagni prevents Medo-Dhatu from growing and accumulating excessively, which would otherwise cause Lakshana Upashamana of Sthaulya.

By considering these concepts the ideal drugs in practice can be

- Ichabedhiya rasa
- Gomutra haritaki
- Aragwadha

Virechana and Vata Dosha

Tertiary Impact

Virechana's effect on Vata dosha, composed of Vayu and Akasha elements, is more indirect. Vata governs movement, circulation, and nervous system functions. While purgation is generally more suited for Pitta and Kapha imbalances, it can still positively impact Vata when managed carefully.

Mechanism

Vata imbalances often manifest as constipation, anxiety, and neurological issues. Virechana can help Vata dosha by

- Removing toxins that could aggravate Vata.
- Regulating bowel movements, which is essential for Vata-dominant individuals who often experience constipation.
- Balancing Vata when it is associated with Pitta or Kapha imbalances.

Nitya virechana in Amavata

When vitiated vata dosha and ama combine, they circulate throughout the body and subsequently become localized in the various kapha dosha regions, with a tendency toward the joints, resulting in joint pain, swelling, and stiffness.

The cornerstone of treating amavata is pacifying the vata dosha i.e., vatanulomana and clearing the ama. Nitya virechana can be used to treat individuals whose doshas are extremely inflamed and rogi bala is low.

With this understanding the best drug of choice in daily practice should possess Vatanulomana, Dipana, Pachana, Amahara properties. They can be.

- Eranda taila, Eranda paka
- Eranda taila with Sunthi kashaya
- Avipattikara churna
- Haritaki churna

Benefits of Nitya Virechana

Detoxification and Health Maintenance

Regular purgation helps in the continuous removal of toxins from the body, preventing their buildup and ensuring a clean and healthy gastrointestinal tract. This detoxification process supports overall health and enhances the body's natural healing mechanisms.

Balancing Pitta and Kapha

Nitya Virechana is particularly beneficial for individuals with dominant Pitta or Kapha doshas. For Pitta types, it helps in cooling the body, reducing acidity, and managing inflammatory conditions. For Kapha types, it aids in reducing excess mucus, managing weight, and stimulating metabolism.

Improves Agni

By maintaining regular bowel movements, Nitya Virechana enhances digestive health. It prevents constipation, improves appetite, and ensures the proper assimilation of nutrients. This is crucial for maintaining the digestive fire (Agni), which is central to good health in Ayurveda.

Skin Health

Many skin conditions, especially those related to Pitta imbalance such as acne, rashes, and eczema, can be alleviated through regular detoxification. Nitya Virechana helps in clearing these skin issues by removing internal toxins.

Mental Clarity and Emotional Balance

A clean and toxin-free body contributes to mental clarity and emotional stability. Regular detoxification through Nitya Virechana can help reduce stress, anxiety, and irritability, promoting a calm and balanced mind.

DISCUSSION

Agnimandya, Ama dosha, and Pratilomaka gati of Vayu have a larger role in producing the illness. Nitya

virechana is one such therapy that can assist you to resolve the concerns listed above. It clears the ama and performs srotosodhana, resulting in anulomaka gati of vayu, hence maintaining harmony among doshas.

Virechana & Agni

- **Cleansing of Digestive Tract** Virechana helps to remove accumulated toxins (Ama) from the digestive tract, which can block the normal functioning of Agni. By clearing these toxins, Virechana enhances the digestive fire, leading to better digestion and metabolism.
- **Balancing Pitta Dosha** Since Virechana primarily targets Pitta dosha, which is responsible for the metabolic processes in the body, it helps in maintaining the balance of Agni. Proper functioning of Agni depends on the balance of Pitta, and Virechana helps in keeping this equilibrium.
- **Improving Digestion and Assimilation** A balanced Agni ensures proper digestion, absorption, and assimilation of nutrients. Virechana rejuvenates the digestive system, leading to more efficient digestion and better overall health.
- **Prevention of Digestive Disorders** Regular practice of Virechana, as advised by an Ayurvedic practitioner, can help prevent digestive disorders such as hyperacidity, indigestion, and other Pitta-related conditions by keeping Agni in a balanced state.
- **Enhancing Overall Health & Strength.**^[5] A balanced Agni is crucial for maintaining good health. It influences not just digestion but also the production of energy and the body's immunity. Virechana contributes to the overall wellness of the individual by ensuring that Agni is functioning optimally.

Vatanulomana and Virechana

- **Anulonama**^[6] The process which eliminates the flatus and faeces after proper digestion. It also removes the obstruction which helps in maintaining in normal gati of vayu.
- **Vatanulomana in Virechana** Virechana not only targets the elimination of excess Pitta but also indirectly aids in Vatanulomana by ensuring that Vata moves in its natural downward direction. Proper elimination during Virechana requires Vata to function correctly, making Vatanulomana an essential aspect of the process.
- **Complementary Role** While Virechana focuses more on purging excess Pitta and toxins, Vatanulomana ensures that the process occurs smoothly without causing disturbances in Vata. Together, they work to maintain the balance of doshas, promoting overall health and well-being.

Thus Virechana plays a significant role in maintaining and regulating Agni, thereby supporting digestion, metabolism, and overall health. It is an essential part of Ayurvedic cleansing therapies, particularly for

individuals with Pitta imbalances. Vatanulomana ensures the proper movement and function of Vata dosha, while Virechana focuses on cleansing and balancing Pitta dosha. Both are integral to maintain the body's homeostasis and are often used in conjunction with each other in Ayurvedic practice.

CONCLUSION

Virechana plays a crucial role in balancing the tridoshas in Ayurvedic practice. While its primary aim is to pacify excess Pitta dosha by cleansing the gastrointestinal tract and liver, it also provides significant benefits for Kapha dosha by enhancing metabolism and reducing mucus and fat accumulation. Though its direct impact on Vata dosha is minimal, careful administration can help alleviate certain Vata-related conditions without causing aggravation.

Under the realm of Virechana, Nitya Virechana is one such valuable practice in Ayurveda for maintaining regular detoxification and dosha balance. By gently purging toxins from the body, it supports overall health, enhances digestion, and promotes mental and emotional well-being. As a preventive and health-maintenance measure, Nitya Virechana underscores the Ayurvedic principle of sustained balance and natural healing, contributing to a healthier and more harmonious life.

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