Review of Virechan Karma And It’s Mode of Action

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Abstract

Panchakarma is unique and specialized branch of Ayurveda. Out of Shodhan Modality Virechan is the Important Shodhan Karma after the Vaman Karma. Virechan is therapeutic Purgation. It is easy Procedure than Vaman Karmahence used widely in day today practice. it help not only eliminate doshas but also improve overall health of human body. Before the administration of Rasayantherpy Virechan karma done.

Virechandone in Sharadrutu, Indiseased, In healthy Individualas a Shodhankriya. The action of Virechan karma on Pittadosha adjoin kapha, Vata also hence it is important procedure.

Key Words- Virechan Karma, Ayurveda, Pancha karma

Introduction

Ayurveda is a Science of Life .The Aim of Ayurveda is nothing but the establishment of true health.According to WHO Health is the Physical, Mental, Social,well being not meraly absence of Diseases.Ayurveda also believe as health is the balance of dosha, Dhatu , Mala and Satmytva of Prasanna Indriya.

Shodhan and Shaman are the two modalities Chikitsakriya of Ayurveda.Shodhana include Vaman, Virechan, Basti, Nasya, Shirodhara. Individual Karma have his own Importance.Shaman is mainly form Pallitive to suppress the Dosha. Dosha Remain in the body, till the hetu provakated them they create the Diseases.hence the Shaman treatment has limitation. but Shodhan has multidimentional action,to remove the complete doha from the body & gaining complete health.

Virechan is important shodhankriya to eliminate the thedosha and bring back the disease to undiseased condition. it is common in day today practice can be in opd basis.

Defination

According to Charak, the Action expelling through Adhobhaga is known as Virechan.Virechan is Vishesh Rechana..Pakwa Pitta is eliminate through Pachymanshay is the Virechan.

Indication

<table>
<thead>
<tr>
<th>Indication</th>
<th>Contraindication</th>
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<tr>
<td>Gulma</td>
<td>Garbhini</td>
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<tr>
<td>Urdhwa Raktpitta,</td>
<td>Madypit</td>
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<td>Kamla</td>
<td>Trushna</td>
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<td>Udara</td>
<td>Adhog Raktpit</td>
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<td>Vatrakta</td>
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<td>Pakshaghat</td>
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<td>Tamakshwas</td>
<td>Navjwara</td>
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<td>Kushtha</td>
<td>Atisara</td>
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<td>Krimi</td>
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Types of Virechan

1) According to Drug

1) Mrudu Virechan  - Aargwad
2) Tikshna Virechan - Snuhi
3) Sukh Virechan   - Trivrutta
4) Mrudu Virechan  - Erand

2) According to Mala Property

Anulomana:-

Expelling the Malas after their digestion and breaking thebandha is called Anuloman.e:g Haritaki Stransan:-

Expelling the half digested and sticky Mala without it’s digestion is known as Stransan e:g Aargwad

Bhedan:-

Expelling Mala abdha and badhaPindit mala known as Bhedan e:g Katuki

Rechan:- Expelling the Mala in watery form through anal route is known as Rechan e:g Trivrutta
3) According to Guna Property
Snigdha Virechan
Sneha used as Virechan is called SnigdhVirechan
Ruksha Virechan
If body is over oleated then Ruksha Virechan used.

4) According to Part used
1) Mula Virechan: Shyama Trivrutta
2) Phala Virechana: Haritaki
3) Twak Virechan: Tilwak
4) Swaras Virechan: karvellk
5) Dugdha Virechan: Snuhi

Material and Method

Material
1) Deepan and Pachan Drug: Chitrakadi Vati, Aampachak Vati can be used
2) Ghruta Medicated: Mahatikta Ghrut, Panchtikt Ghrut can be used
3) Virechan Drug: Erand Tail, Trivrutta can be used
4) Bahyasnehan oil: Tiltail, Balaashwagandhadi Tail can be used
5) Swedan Drug: Nadiswed, Pottali Swed can be used

These are all used according to Rugn Agni, Bala, Koshta, Vaya, Satmya etc.

Method
Virechan Procedure
Purvakarma
Deepan, Pachan is done before doing Virechankarma, then Abhyantar Sneharpan decided according to the Patient Agni and Koshta. The duration of Sneharpan is generally 3 to 7 days or still the samyaksnigdhalakshan like Twak Snigdhta, Indriyaprasmnata, Adhstahat Sneha Darshan to get. Adhstahat Snehadarshan is the main symptom of Abyantar Sneha Samyak Snigdhalakshan. After that 3 day gap given before doing Virechan.

<table>
<thead>
<tr>
<th>Type of Shuddhi</th>
<th>Maniki</th>
<th>Vaigiki</th>
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</thead>
<tbody>
<tr>
<td>Pravara</td>
<td>4 Prasuta</td>
<td>30</td>
</tr>
<tr>
<td>Madhyam</td>
<td>3 Prasuta</td>
<td>20</td>
</tr>
<tr>
<td>Avara</td>
<td>2 Prasita</td>
<td>10</td>
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</tbody>
</table>
Samyak Virechan Lakshana According to Vegas
- Lightness of Body
- Indriyaprasnna
- Increase Apetite
- feeling Happy

Pachat karma

After the Virechan karma Kayagni, Bala of Rogi become weak, to bring back normal Agni Sansarjan Kram has to be followed in the form of

Type of Sansarjan Kram
1) Annasansarjan – Which is divided in to broadly Peya and Tarpanadi
2) Rasatmak Sansarjan- Madhur, Amla, lavan, katu, Tikta, Kashay Rasa used for Prakrut Bhojan.

Significance of Sansarjan Kram

Small dry grass or fuel act as a fuel for fire as that in order to Peyadikram, Shadrasatmak Ahar stimulate the digestion.
1) To bring back Manda Agni
2) To Bruhan of Rugh (Patients)

Charak has mentioned Peya, vilepi, Akruta Yusha, Kruta Yush, Akruta Mamsrasa, Kruta Mamsrasa, Samanya Bhojan Administred having Pravar, Madhyam, Avara Shuddhi.

Tarpanadikram followed in Alpashudhi of Kapha, Madypit, Vata Pitta Prakruti, because in this condition if regime not followed Abhisheyan happened.

Samanyabhojan of Rogi after Virechankram will be followed according to Shadrasatmak Ahar with the order of
Amla- Madhur Ras - Pakwashayshth Vata
Amla- Lavan Ras - Agni Sthandushthi
Madhur- Tikta Ras - Pitta Prakrutthi
Kashay – Katu Ras - Kapha Prakrutthi

Mode of Action of Virechan Kram

Virechan drug having the Pruthvi and Jala Mahabhuta Adhikya, which cause heavyness. Due to heaviness in Pachyamashaya the virechan medicine act on lower direction.
The properties of Virechan Medicine Saratva, Sukshmatv, Ushna, Tikshna Causing Prabhav of Virechan karma.Virechan karma has 3 fold actions with
Regulate Vata by causing Movement regulation of Intenstine
Regulate Pitta by causing Chemoenzymytic Secreation
Regulate Kapha by causing Intestinal Mucosal secretion. Brain in Gut area are found new research in recent days.This Gut Brain controls the the Brain in skull area.This Gut Brain Contained ENS i.e Enteric Nervous System .This ENS has multipale neuron in it which control the CNS and ANS.Hence In Pakshaghata Virechan is advised. Virechan eliminate the Dosa from the Liver, Intenstine through the anal route.Through the process of virechan all the GIT secretion drained into the illium is safely brought out of the body which is ultimate aim of shodhantherpy. (DOSHA MALA NIRHARANAM).

Conclusion

Panchakarma is ultimate truth for the better health in prevention and In Diseased Condition. Rightfull Application of Panchakarma is the key success in the Chikitsa Modality for Patients and Practitioner also.Acute and chronic condition of disease can be treated with Panchakarma.

Virechan is the karma is less stressfull procedure can be done at OPD and IPD section of Hospital, if an if all the instruction of Shastrasare strictly followed.

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