

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 Rasayanthery 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 multidimensional 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

- Gulma
- Urdhwag Raktpitta,
- Kamla
- Udara
- Vatrakta
- Unmad
- Pakshaghat
- Tamakshwas
- Kushtha
- Krimi

Contraindication

- Garbhini
- Madypit
- Trushna
- Adhog Raktpit
- krush
- Sukumar
- Durbala
- Navjwara
- Atisara
- Gudpak

Types of Virechan

1) According to Drug

- 1) Mrudu Virechan - Aargwadh
- 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 Aargwadh

Bhedan:-

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

Rechan:- Expelling the Mala in watery form trough anal route is known as Rechan e:g Trivrutta

3) According to Guna Property

Snigdha Virechan

Sneha used as Virechan is called Snigdha Virechan

Ruksha Virechan

If body is over oiled then Ruksha Virechan used.

4) According to Part used

- 1) Mula Virechan:- Shyama Trivrutta
- 2) Phala Virechan:- 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, Panchtikta 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 Abhyntar Snehan decided according to the Patient Agni and Koshta. The duration of Snehan is generally 3 to 7 days or still the samyaksnigdhalakshan like Twak, Snigdha, Indriyaprasnata, Adhstahat Sneha Darshan to get. Adhstahat Snehadarshan is the main symptom of Abyntar Sneha Samyak Snigdhalakshan. After that 3day gap given before doing Virechan.

In between this 3 days Bahya Abhyng, Swedan done according to Patient Condition .In this 3 days diet should be given to the Patient Pittakar like Snigdha, Drava, ushna, etc.. Diet should not given on the day of Virechan Pradhan karma.

Doses of Virechan drug decided according to Patients Agni, kosht, Bal, Kala, Vaya, Satmya for the Samyak Yoga of Virechan.

Pradhan Karma

The Virechan Medicine Administration during Pitta kala Morning i:e between 9 to 10 am.

Observation

If Nausea, Vomiting Sensation occurred ask the Patient to Gargle with hot water and clean the mouth. Advised for to take the fragrance of Rose, Jasmin or take Jeerawater, Lemonewater. If Vegas do not start along with repetitive administration of hot water then Sweadan with the warm palm done on Udara (Abdomen). The Appearance of kapha is the ideal indication of Samyak Shuddhi of Virechan.

The following clinical symptoms will assessed as Samyak Virechan.

Type of Shuddhi	Maniki	Vaigiki
Pravara	4 Prasuta	30
Madhyam	3 Prasuta	20
Avara	2 Prasuta	10

Samyak Virechan Lakshan According to Vegas

- Lightness of Body
- Indriyaprasnnta
- Increase Apetite
- feeling Happy

Paschat 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 brodly Peya and Tarpanadi
- 2) Rasatmak Sansarjan- Madhur, Amla, lavan, katu, Tikt, 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 Rugn (Patients)

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

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

Samanyabhojan of Rogi after Virechankram will be followed according to Shadrasatmak Ahar with the order of

- | | | |
|-------------------|---|---------------------|
| Amla- Madhur Ras | - | Pakwashaysthit Vata |
| Amla- Lavan Ras | - | Agni Sthandushti |
| Madhur- Tikta Ras | - | Pitta Prakruti |
| Kashay – Katu Ras | - | Kapha Prakruti |

Mode of Action of Virechan Kram

Virechan drug having the Pruthvi and Jala Mahabhuta Adhikya, which cause heavyness. Due to heaviness in Pachyamanashaya 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 Intenstinal Mucosal secretion. Brain in Gut area are found new research in recent days.This Gut Brain controlles 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 Dosha 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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