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Review Article

UTILITY OF VASANTIC VAMAN

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ABSTRACT

VasanticVaman is useful for healthy as well as diseased person for preventive & curative purpose. To validate vamanprocess assessment should be done with subjective & objective parameters. Vaman can be given according to the dosha predominant stage in any season but if it is given in vasantRitu (Kaphaprapakopka) it gives wonderful result as AcharyaCharak has stated that best time to eliminate dosha is “Doshabahulya “ stage. This article deals indication of vaman i.e. mostly given in all kapha predominant disorders, vaman process including pre, main & post procedure. The most important part of this article is utility of vasanticvaman as Ritucharya Adhyaya in ayurvedsamhitas all the Acharya have advised Vaman as samshodhan karma in Vasantritu for healthy & diseased person. Utility of vasanticvaman can be proved by organising vasanticvaman camp.

Keywords: Doshabahulya, Vaman, Poorva Karma, Pradhan Karma, Panchakarma.

INTRODUCTION

The panchakarma therapies are biopurification methods helps in removing doshas, unwanted fat, toxins and calories. As all these unwanted things get removed from all the system (srotasas) of body, it becomes fresh and its efficiency gets increased. There is sense of lightness (laghuta) & person becomes more active in his day to day life.

Vaman karma is one of the major pradhan karma procedures of panchakarma therapy. Vaman is an urdhvabhagashodhana of the body. The word shodhana or samshodhana means to eradicate the doshas either through adbhohaga or urdhvabhaga. Vaman is the type of urdhvabhagashodhana of the body, while virechan is the adbhohagaharasamshodhana.

Ritucharya Adhyaya in ayurvedsamhitas all the Acharya have advisedVaman as samshodhan karma in Vasantritu for healthy & diseased person².

Ideal time period for Vaman is vasantritu i.e. month of February and March. As vaman is remedy for kaphadosha and in vasantritu, kapha is at its maximum level in the body. Environment heat also helps in its easy excretion from the body by melting it. But in diseased condition one can opt Vaman at any time according to the need. Vaman is useful for diseased as well as healthy individuals for preservation of health & prevention of disease.

Vaman can be given according to the dosha predominant stage in any season but if it is given in vasantRitu(Kaphaprapakopka)

it gives wonderful result as AcharyaCharak has stated that best time to eliminate dosha is “Doshabahulya “ stage¹.

Forceful expulsion of apakva vitiated pitta & kapha in upward direction through mouth is known as Vaman. Eg. Madanphal³.

Vaman is indicated in the following conditions -

1. Aggravations of kapha in its own sites.
2. Kapha combined with pitta, which is present in a small proportion .i.e. kaphasamsrishta pitta.
3. Vata or pitta invading the sites of kapha.
4. Vaman is given for healthy person during vasantritu .
5. As a purvakarma of rasayana

Vaman is indicated in all kaphaj or kaphapredominant disorders as said by acharya vagbhatta⁴. Acharya Charak has also described indication of vaman in Peenus (sinusitis), Dushta Pratishyay (chronic cold), Putinasa, Karnakandu, Galgrah, Allergic & inflammatory conditions of E.N.T.& skin disorders all these conditions are kapha predominant vatapittaj & krichhasadhya vyadhi⁵.

Vaman procedure includes -

A. Poorva karma (Preprocedure)

1. Sambharsamgrah
2. Aturpariksha
3. Vaman yoga matranirnaya
4. Atursiddhata (deepan, pachansnehan, swedan, manasupchar dietary regimen).

B. Pradhankarma (Main Procedure)

1. Swastika vachan & madanphala yoga sevan

2. Aturaparicharya
3. Vamanveganirnaya
4. Observation of symptom of samyak/ ati/ heena yoga.
5. Vaman complication & its management.

C. Paschatkarma (Post Procedure)

1. Dhumapaan
2. AturpariharyaVishaya
3. Samsarjanakrama

A. Preprocedure of Vaman includes -

1. SambharSamgrah : it is necessary to have the proper availability of substances needed in performing the vaman. Material such as measuring glass, jug, jar, big steel vessels for storing kawath / phant ,nepkins, vaman chair with besin etc.. Medicines such as vamakyoga i.e.madanaphala yoga (madanaphala , vacha&sandhav), yastimadhu, phant, pippali churn, sunthi churn ekshuras or milk. Besides these the medicine which are used in the condition of complications that also available in vamanroom that includes sutshekharras, prawalpisthi, shankhvati, saline (DNS), I.V. stand, kutajghanvati, antiemetic drugs. Electoral powder etc.

For paschat karma dhoomavarti, dhoomnasyadravya i.e. vacha, harida, etc. should be available in the vaman room. B.P. instrument, stethoscope, vaman. Procedure chart, sansarjana karma chart, panchakarma therapist, vaidya& attendant should be present. Trained attended must be present who will help in performing the procedure. He should be expert in helping in the physician for carrying out the procedure & should follow instruction given by the doctor carefully.

2. **AturPariksha** : for successful process of vaman patient should be examined from 1st day to final day of vaman. First we have to decide whether person is fit for vaman or not. After then we have to do ashatvidhapriksha. Acharyacharak has described sukshmaparikshan of the atur that include dosha, bhashaj, desha, bal, kala, sharira, ahar, satmya, satva, prakruti, vaya etc.

It is very important to examine the patient thoroughly & then the procedure should be preceded.

3. Vaman Yoga matraNirnaya –

To observe Agnibala, Vyadhibala&doshaawasthavaidya has to decide the dose of vama yoga.

AcharyaCharak has describe about the dose of vaman which is given in minimum amount & excrete Maximum doshas are the best dose of vama yoga. If madanphala yoga is used for vaman, in that case madanphala 4 parts, vacha 2 parts, saindhalavan 1 part are mixed with honey to make it uniform powder.Dosage Should be ½ - 1 tola + Honey. Main ingredient for vama yoga is Madanphala as Charak has stated Madanphal is the best drug for the emesis as it doesn't create any complication⁶.

4. AturSiddhata (Preparation of the patient)

1. **Diet of the patient:** Patient has to undergo Snehakarma along with proper diet.

a) During Snehakala: Diet Should be Laghu, usna, Anabhi Shyandi & na-atisnigdha.

b) During Snehanta Kala or 1 day before in the evening patient may take Anup, oudakMansarasa if he is Non vegetarian & for vegetarian patient can take milk, Curd, Rice, Icecream,

Dahivada, etc. the diet which may aggravate kapha to easy facilitate the procedure next day.

c) At vaman day: Patient can take milk or Ekshuras in the early Morning.

2. **Snehan, Swedan:** These are the Pre procedure of vaman. Vaman is indicated after samyak Snigdha, Swinnam according to Acharyacharak, Sushrut&vagabatta .AbhyantarSnehan is given For 3-7 days, after Samyaksnigdhalakshan one day bahyasnehan, swedan is given.

B. Pradhankarma (Main Procedure) of Vaman includes -

1. **Manasopachara & Madanaphala yoga sevana–**
Procedure Should be explained properly so that Patient has no doubts or fear about it .Ask the patient to sit comfortably on arm chair, note Pulse Rate/ Temp./ B.P. Give milk, Or Ikshurasa to drink aakantapaana. Use Measurement glass for giving the material & note the input chart after Swastivanchan (mantra japa) Madanaphala yoga is given. After Consuming the vama yoga, one should wait for one muhurt (45 min) during this period person should feel following features⁷-

A. Perspiration (SwedaPravritti) is indicative of Liqification of doshas.

B. Horripilation (Lomaharsh) _ Signifies movement of doshas from their place of stagnation. (Dislodgement)

C. Abdominal distention (Adhaman)_ this Symptom that doshas are reached to the stomach.

D. Nausea & salivation - Hrilas & asyatrava are Indicative of its upward movement for being expelled, after appering these Symptoms Pt. is asked to take vamanopag drug as yastimadhuphant. Calculate the given amount of yastimadhuphant and Vomit output material for the Calculation of output doshas.

2. **Atura Paricharya and Nirikshan** - Physian should watch the pulse rate, B.P & and count rate of respiration of the patient from time to time .At the time of vaman yoga (bout) one attendant should do pratilomasparsha on back of the patient & other attendant should lightly press the parietal part (shank pradesha) of the head .

Vaidya should note the no. of vegas& observe the vomitus if necessary send the vomitus to laboratory for analysis of liquid, aushadha & bile.

Minute observation of patient to judge whether the purification done has shown optimum sign or it is in excess or inadequate should be made.



3. Vaman Vega Vinirnaya

At a time patient does 2-3 times vomiting then takes yastimadhuphant till the second vega occurs. This 2-3 times vomiting at a time is considered as one vega.

Uttam, Madhyam&AvarShuddhicane known by given basis⁸

UttamShuddhiMadhyamaAvaraShuddhi

Vegiki	8	6	4
Maniki	2 Prastha	1 ½ prastha	1 Prastha
Aantiki	Vata	Pitta	Kapha

Note: Vegiki means No. of bouts. Maanikee means total Volume of vomited matter. Antiki pitta should be last to be vomited in visible form but vata is also, however said to be the last or concluding dosh.Langiki (Symptoms of person) is the most important features to be noted down.

SamyakYogaLakshan -

Due to expulsion of khapha& other doshas body becomes light & happy. Agni gets intensify & channels get clear⁹.

4. Vamanvyapath& treatment

Various complications can occur due to improper assessment by the physician or if the patient has not followed the instructions given by the physician or the emetic substances are not potent.Acharyacharak mentioned 10 vyapath.

C. Paschat karma of vaman

Patient is asked to rinse mouth & wash hands & feet. After 48 minutes (1 muhurt) of rest dhumpaana is given. Then the patient continues to take rest wherein he should stay aloof from the astamahadoshkarbhava.

The whole day thereafter he allowed to consume only leukwarm water, he starts with food consumption in the evening according to samsarjana karma.

Samsarjana Karma

After the sodhan therapy body becomes weak, system becomes delicate and the digestive power also gets diminished. The process of restoration of digestive power, by means of advocating specific regime of diet is known as samsarjanakrama¹⁰.

It stabilizes agni that is diminished due to doshashodhan, gradually.

1. Peyadikrama – is given in following order.

a) Peya – easily digestive carbohydrate in (thin gruel) liquid form is given.

b) Vilepi – easily digestive carbohydrate in (thick gruel) semi solid form is given.

c) Akrityush – easily digestive plant protein in semisolid form is given.

d) Kritayusha - easily digestive plant protein with saturated fat in semisolid form is given. If person is nonvegetarian then-
*Akritmansarasa – animal protein is given.

* Kritmansarasa – animal protein with saturated fatty acid is given.

For vegetarians instead of mansa rasa palakswaras can be added in diet.

Main aim of samsarjanakrama is to habituates the three important nutrients viz. carbohydrates, protein and fats in an order for restoration of physiology of digestion. It restores mucosal barrier.

krita means processed with salt, oil & pungent substances e.g.sunthi,pepper etc. akrita means without processing.

Peyadikrama (peya, vilepi, akrit / kritiyush&akrit / kritmansarasa) can be given to the person who had pravarsuddhi for 3 – 3 Annakalas. For the person who had madhyamsuddhi for 2 – 2 Annakala, while it should be given for 1 – 1 Annakala to those person who had avarasuddhi.

Normal diet can be given on the:-

2. 7th day evening in pravarsuddhi

3. 5th day evening in madhyamsuddhi

4. 3rd day evening in avarasuddhi

krama according to prakruti, metabolic state, vital state (i.e. – B.P.) & work schedule.

CONCLUSION

As objective parameters are very less advanced in field of ayurvedic science due to lack of advancement of modern physics and chemistry in vedic science. The effects of panchkarma are seen through subjective parameters (samyaklakshan). So today in modern era to test the efficacy and effects of panchkarma bioclinical parameters such as various tests are seen.

- Ayurveda didn't have any objective parameters it had to depend totally on subjective parameters.
- VAIGIKI-it's the number of bouts of emesis upon which we can decide the shudhi of patient is pravara (best), madhyam (moderate) or avara (low).
- MANAKI- it's the amount or quantity of the bout.
- ANTAKI- krama (series) mentioned in texts that during vaman following doshar are expelled in order of kapha first, pitta second and vatathird. This krama is important because during pittant the procedure of vaman should stop.
- Laingiki that is signs of samyakvaman is the most important parameter they are,

This basically means it can be called samyakvaman if patient feels that the pathway heart, head and sense organs are cleared. Feels lightness in the chest region.

Clinical parameters

Clinically vaman is noted by following parameters

- Blood pressure –taken after each successive bout.
- Pulse
- Respiratory rate
- Weight

Modern parameters

As we know vaman works on various kapha predominance diseases such as

- Prameha (diabetes)
- Sthoulya (obesity)
- Tamakshwas (asthma)
- Kushta (skin disease)
- Pratishtay (rhinitis)etc and many more.

So to prove the efficacy of vaman in these diseases certain bioclinical tests are done before and after the procedure.

- The pH of the vomitus can be tested using a litmus paper, which turns blue prior to the procedure due to the acidic content of stomach.(HCl) then turns red at the end of the

procedure due to the alkaline state of bile .this proves that vaman is pittant.

• HISTAMINE LEVEL

As we know vaman acts on urdhwajatrugatrogas which are kapha predominate diseases, such as tamakshwas(asthma),pratishyay so to check the efficacy of vaman in such diseases histamine level and oesinophillia count can be done prior and after the procedure. It has been observed that blood histaman levels are reduced significantly both immediately after vaman& remain low even after one month of vaman therapy suggesting an elimination of histamine in the vomitus through gut dialysis of histamine as well as an influence on the histamine releasing mechanism in the body.

• Lipid profile changes

Hyperlipidaemia forms one of the important indications of vaman therapy. In certain recent studies positive changes are observed in lipid profile.

Utility of vasanticvaman can be proved by organising vasanticvaman camp. To validate vamanprocess assessment should be done with subjective &objective parameters.

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