



## **Virechana : Short Communication**

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### **Panchakarmas:**

‘Panchakarmas’ literally means ‘Five Methods of Body Purification’, which are employed in healthy person to prevent diseases and improve immunity as also in the sick to treat number of diseases.

There are certain preparatory methods to be done before the actual Panchakarmas performed. They are called as ‘Poorvakarma’ in Ayurveda and involve internal administration of medicated oil or ghee etc. (Abhyantara Snehana), external application of oils (Bahya Snehana) and fomentation (Swedana).<sup>[1]</sup>

Panchakarmas as per Sushruta Samhita are:

- Vamana (Emesis therapy)
- Virechana (Purgation therapy)
- Nasya (Nasal insuffalation)
- Basti (Enema therapy)
- Raktmokshana (Blood-letting therapy)<sup>[2]</sup>

### **Virechana :**

In this particular trial ‘Virechana’ has taken for management.

This involves ‘Purgation’ by Ayurvedic method. In healthy individuals the procedure is done in Sharad rutu (Autumn season) to prevent the diseases arising due to Pitta dosha basically and ‘Virechana’ is indicated in various diseases of Abdomen and Skin etc.<sup>[1]</sup>

### **Defination :**

Evacuation of the fecal matter and other accumulation of doshas in lower gastrointestinal tract through the anal route are known as ‘Virechana karma’. Among three doshas the morbid accumulation of Pitta dosha is best eliminated by this procedure. Abnormal accumulation of Kapha dosha in the gastrointestinal tract, or Pittasthana is also cleared by Virechana karma.

### **Indications of Virechana karma (According to Ayurvedic classical texts)**

- Twakrogas (Skin disorders)
- Prameha (Urinary disorders)
- Urdhvaga Raktapitta ( Bleeding disorders from upper routes like mouth, nostrils etc.)
- Bhagandara (Fistula-in-ano)
- Arshas (Hemorrhoids)
- Pliharoga (Splenic enlargement due to different causes)
- Galaganda (Thyroid swelling)
- Granthi (Cystic swellings)
- Visuchika (Disease characterized by both vomiting and diarrhea)
- Krimikoshtha (Worm infestation)
- Mutraghata (Reduction in the urine)

- Shirrashula (Headache)
- Udavarta (Abnormal upward course of morbid vata dosha in the abdomen)
- Netradaha (Burning eyes)
- Asyadaha (Burning sensation in the mouth)
- Hridroga (Disorders of the heart)
- Vyanga (Pigmented spots on face)
- Nilika (Bluish pigmentation)
- Aruchi (Tastelessness)
- Netrastrava (Watering of the eyes)
- Nasastrava (Nasal discharge)

### Types of Virechana –

A} Depending upon the degree of Shodhana achieved by Virechana karma it is categorized into:

- **Mrudu Shuddhi**- Minimal purification of body
- **Madhyama Shuddhi**- Moderate purification of body
- **Tikshna Shuddhi**– Maximal purification of body

B} In another prospective the Virechana karma is also classified into four as,

- **Anulomana**- Disintegration of fecal matter accumulated in the gastrointestinal tract in formed (Pakva) state. e.g. Haritaki (Terminalia chebula)
- **Stransana**- Evacuation of the waste from the gastrointestinal tract without transforming formed (Pakva) state. e.g. Aaragvadha (Cassia fistula)
- **Bhedana**- Disintegration of hard fecal matter accumulated in the gastrointestinal tract is expelled out. e.g. Katurohini (Picrorrhiza kurroa)
- **Rechana**-The accumulation of fecal matter in the gastrointestinal tract both in formed or unformed state is expelled out after liquification. e.g. Trivrit (Operculina turpenthum)<sup>[3]</sup>

Among above, Anulomana by Triphala (combination of Haritaki) and Stransana by Aaragvadha virechana kalpas used in this particular trial.

### Observations and result:

Total 132 Virechanas conducted in Indoor Patient Department of M.A. Podar (Govt.) Hospital, Worli from Mumbai, Maharashtra after screening the patients suffering from different diseases. The significant results after it shown in tabular form below-

#### 1} Agewise distribution of patients -

Age group	20 – 39 years	40 – 59 years	60 – 80 years
No. of Patients	39	72	21

#### 2} Sexwise distribution of patients -

Sex	No. of Patients	Percentage
Male	75	56.81%
Female	57	43.18%

#### 3} Agni (Digestive intensity) wise distribution of patients –

Type Of Agni	No .of patients (with Percentage)
Mandagni	41 (31.06%)
Tikshnagni	9 (6.81%)

Vishamagni	82 (62.12%)
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**4) Koshtha (Defecation capacity) wise distribution of patients –**

Type of Koshtha	No .of patients (with Percentage)
Mrudu	5 (3.78%)
Madhyama	45 (34.09%)
Krura	82 (62.12%)

**5) Virechana kalpawise distribution of patients -**

Kalpa	No. of Patients (with Percentage)
Abhayadi Modaka	91 (68.93%)
Triphala kwath	14 (10.60%)
Triphala kwath + Eranda taila	20 (15.15%)
Mrudwika	2 (1.51%)
Other (e.g. Aaragwadh majja)	5 (3.78%)

**6)Veg (Virechana episodes) wise distribution of patients (according to this era) -**

Type of Shuddhi	No. of Patients (with Percentage)
Avara shuddhi	2 (1.51%)
Madhyama shuddhi	105 (79.54%)
Pravara shuddhi	25 (18.93%)

**7) Diseasewise distribution of patients with relief -**

Disease	No. of Patients with Percentage	No. of symptomatically relieved Patients with Percentage
Sandhigatavata(Osteoarthritis)	87 (65.90%)	60 (68.96%)
Aamavata (Rheumatoid Arthritis)	13 (9.84%)	7 (53.84%)
Twakrogas (Skin Disorders)	6 (4.54%)	4 (66.66%)
Aamlapitta (Hyperacidity)	4 (3.03%)	2 (50%)
Medoroga (Obesity)	5 (3.78%)	2 (40%)
Sirakoutilya (Vericosity)	3 (2.27%)	1 (33.33%)
Others (e.g. Tamakashwasa i.e. Bronchial Asthma etc.)	14 (10.60%)	10 (71.42%)

Avara shuddhi – 1 to 4 episodess of virechana

Madhyama shuddhi – 5 to 7 episodess of virechana

Pravara shuddhi – Above 7 episodess of virechana

**Conclusion:**

It seems that, Virechana karma among Panchakarmas can give symptomatic relief in different diseases with almost no side effects if given scientifically by an Ayurvedic expert.

**References:**

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3. Dr. G.Shrinivasa Acharya. Panchakarma Illustrated. First edition, Published by Chaukhamba Sanskrit Pratishthan, Delhi,2006, Page 337-361.