



## ASSESSMENT OF DEGREE OF VAMANA SHUDDHIS IN VARIOUS KOSTHA CONDITIONS IN VASANTA RUTU

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**ABSTRACT** *Vamana karma* is one among the *Panchakarma* therapy which is more beneficial when done in *vasanta rutu*. The accumulated *kapha dosha* in *vasanta rutu* is easily expelled out of the whole body by adopting *vamana karma* in diseased as well as healthy individuals. This helps to prevent the forthcoming *kaphaja* disorders and also helps in promoting the health. The assessment of *shuddhis* is necessary in any *shodhana* therapy to plan *samsarjana karma* and to plan for further treatment. Thus an attempt was made by conducting *rutu vamana* for 45 individuals for assessment of *vamana shuddhis* in various *kostha* conditions. Both diseased and healthy individuals fit for *vamana karma* are selected from OPD and IPD of SJIIM hospital, Bengaluru.

**KEYWORDS :** Vamana Karma, Vasanta Rutu, Vamana Shuddhis, Kostha.

**INTRODUCTION:**

*Panchakarma* therapy is an integral part of ayurveda treatment and has its therapeutic role. *Vamana karma* is the first and *pradhana karma* among *panchakarma* therapy meant for inducing therapeutic vomiting indicated for purification of *urdhwabhaga*<sup>1</sup>. It is the only procedure by which contents of stomach including morbid *kapha* and *pitta* are expelled out of the whole body through oral route<sup>2</sup>. In any *shodhana* therapy assessment of *shuddhi* is essential to plan for proper *samsarjana karma* and to plan for further treatment. Assessment of *vamana shuddhis* was done on the basis of *vegaiki*, *maniki*, *antiki* and *laingiki* criterias, whether to know *avara*, *madyama* and *pravara shuddhis*. In classics, it is mentioned that for *vamana karma*, in *vegaiki* is 4, 6 and 8 *vegas* for *avara*, *madyama* and *pravara shuddhis* respectively. In *maniki* is 1, 1<sup>1/2</sup> and 2 *prastas* for *avara*, *madyama* and *pravara shuddhis* respectively. In *antiki shuddhi pittanta* is considered. In *laingiki* criteria by *karmat kapha, pitta, anila pratyagamana* (orderly passage of *kapha*, *pitta* and *anila*), *hrudaya*, *parshva*, *moordha* and *indriya shuddhis* and *laghuta* (lightness of body) are considered<sup>3</sup>.

Assessment of degree of *vamana shuddhi* depends on various factors such as vitiation of *doshas*, *prakriti*, *kostha*, *bala* and *kala*. The assessment criteria differs or varies in depending on different types of *kostha* i.e is *mrudu, madyama* and *krura kosthas*. In department of Panchakarma, SJIIM, Bengaluru, *vasantika vamana* was conducted in both diseased and healthy individuals of different *kostha* conditions. The study was done on this *vasantika vamana* to assess the degree of *vamana shuddhis* in various *kostha* conditions.

**DETERMINATION OF KOSTHA<sup>4</sup>:**

The term *kostha* refers to the state of the abdomen or alimentary tract. It is usually determined by the behavior of the bowel habits, which originates as an entity of *prakriti* at the time of conception.

**Features of individual Kostha :****Mrudu kostha :**

Passes stools daily once or twice regularly, semi formed or formed stools, easy defecation, less time required for defecation, *kritasangnya* (satisfactory) after defecation, previous history shows often loose stools due to intake *ksheera, ikshu rasa* etc, minor laxatives often encounters diarrhea and after the 30 ml test dose of *sneha* passes stools slightly loose and frequency may be more by 1-2 *vegas*.

**Madyama kostha :**

Passes stools daily once and formed stools, requires minimum stress, little long time in comparing to *mrudu kostha*, *kritasangnya* after defecation, doesn't often encounter diarrhea or constipation, requires medium dose of purgatives and laxatives, doesn't purgates by milk or by minor laxatives and after the intake of test dose of *sneha* passes semi formed or formed stools once or twice.

**Krura kostha :**

Doesn't pass stools regularly, *kathina* and *shushka mala pravritti*, requires straining, requires long time for defecation, *krite api*

*akritisangnya* (unsatisfactory bowel clearance), more frequently constipation, requires drastic purgatives and no changes in the bowels by test dose of *sneha*.

**MATERIALS AND METHODS:**

45 subjects who are both diseased and healthy individuals fit for *vamana karma* were selected from OPD and IPD of SJIIM hospital, Bengaluru who are registered for administration of *vamana karma* in *vasantika rutu* between 17/4/17 to 05/5/17.

**INCLUSION CRITERIA:**

- Volunteers aged between 16 to 60 years.
- Persons with *kapha pradhana prakriti*, suffering from *kapha pradhana vyadhi* and persons who are indicated for *vamana karma*

**EXCLUSION CRITERIA:**

- Patients with lactose intolerance.
- Patients with tuberculosis, IHD, carcinoma, chronic illness, life threatening diseases, *vata pradhana avasta* and who are unfit for *vamana karma*.

**Table No: 1 : Methodology**

<b>Pachana Deepana</b>	<i>Panchakola churna</i> 3-6 gms thrice daily 1hr before food with hot water.
<b>Kostha pareeksha</b>	<i>Ksheerapana</i> 500ml on empty stomach between 7 am – 8am after evacuation of bowel.
<b>Snehapana</b>	Indicated <i>sneha</i> (depending on patients), till <i>samyak snigdha lakshana</i> .
<b>Akantapana</b>	<i>Ksheera</i> : 1-2 litres.
<b>Vamaka yoga</b>	<i>Madanaphala pippali churna</i> : 5-8 gms <i>Vacha churna</i> : 1-2 gms <i>Yasthimadhu churna</i> : 6-8 gms <i>Saindava lavana</i> : 1-2gms <i>Madhu</i> : QS
<b>Vamanopaga</b>	<i>Yasthimadhu phanta</i> : 1-2 litres.

**ASSESSMENT OF VAMANASHUDDHIS<sup>5</sup>:****Assessment of Vegas :**

The projectile vomiting dragging much more *doshas* with it and quantity should be more than the quantity ingested in single glass at a time was taken as *vega*. The vomiting without projectile nature and with minimum quantity was considered as *upavega*. Number of *vega* and *upavega* are noted. 4, 6 and 8 *vegas* are taken as *avara*, *madyama* and *pravara shuddhis* respectively.

**Assessment of Maana :**

The intake and output of each bout were measured in both volume and weight, differences in intake and output were calculated to assess *maana of dosha*.

**Assessment of Antiki :**

To assess the end point of *vamana karma*, grading was done. *Pittanta* was observed assessed by yellowish green vomitus.

**Grading of *Antiki shuddhi* -**

- Grade 0 - No *antiki shuddhi* appeared.
- Grade 1 - *Aushadhanta*.
- Grade 2 - *Kaphanta*.
- Grade 3 - *Pittanta*.

**Assessment of *Laingiki shuddhi* :**

Signs and Symptoms of purification produced by the therapy assessed by *kramat kapha, pitta, anila pratyagamana* (orderly passage of *kapha, pitta and anila*), *hrudaya, parshva, moordha and indriya shuddhis* and *laghuta* (lightness of body). Scoring was done. Total score is 6.

**Scoring of *Laingiki shuddhi* -**

- 1 - *Kramat kapha, pitta, anila pratyagamana*.
- 2 - *Hrudaya shuddhi*.
- 3 - *Parshva shuddhi*.
- 4 - *Moordha shuddhi*.
- 5 - *Indriya shuddhi*.
- 6 - *Shareera Laghuta*.

**OVERALLASSESSMENT OF SHUDDHI :** Grading was done.

**Table No: 2 : Grading of overall *Shuddhi***

Grade 0	No <i>shuddhi</i> appeared.
Grade 1	<i>Avara shuddhi</i> .
Grade 2	<i>Madhyama shuddhi</i> .
Grade 3	<i>Pravara shuddhi</i> .

**OBSERVATIONS:**

**Table No: 3 : *Kostha* assessment in volunteers**

<i>Mrudu kostha</i>	13 volunteers
<i>Madyama kostha</i>	24 volunteers
<i>Krura kostha</i>	08 volunteers

**Table No: 4 : *Shuddhi lakshana* in relation to *kostha***

<i>Kosthas</i>	<i>Shuddhis</i>
<i>Mrudu</i>	<i>Madyama</i>
<i>Madyama</i>	<i>Pravara</i>
<i>Krura</i>	<i>Avara</i>

**DISCUSSION:**

- In this study we have observed 13 volunteers under *mrudu kostha*, 24 volunteers under *madyama kostha* and 8 volunteers under *krura kostha*.
- In *mrudu kostha* individuals, *mrudu veerya* and *alpamatra aushadha* was given, where *madyama shuddhi* was observed also with 3-5 loose stools.
- In *madyama kostha* individuals, *madyama veerya* and *madyama matra aushadha* was given where *pravara shuddhi* was observed and no loose stools.
- In *krura kostha* individuals, *tikshna* and *uttama matra aushadha* was given where *avara shuddhi* was observed.
- By analysing the procedure, conclusion regarding the grade of purification was deduced. It was judged whether the purification was *pravara, madhyama* or *avara*, and accordingly the sequence of *samsarjana krama* was planned. For the respective three grades of the purification, the regimen of 7, 5 and 3 days were opted. In case of *avara, madhyama* or *pravara* purification *peya-vilepi-mudga yusa* and rice with *mudga yusa* were served for one meal time, two meals time and three meals time respectively starting from the evening of the *vamana day*<sup>6</sup>.

**CONCLUSION:**

- Before adopting *vamana karma*, one should do proper analysis of the individuals *kostha* along with *doshavastha* (i.e number of *dosahs, pramana* and *guma* of vitiated *doshas*), *agnibala, rogibala* and *kala*, this helps for the proper *shuddhi*.
- The *vamana shuddhi* criterias as *vegaki, maniki, antiki* and *laingiki* determines to know which degree of purification like *avara, madyama* and *pravara* was done.
- The assessment of degree of *shuddhis* helps to plan for proper *samsarjana krama*, to plan for further treatment and to get success in the treatment.

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