ROLE OF VAMA KARMA IN THE MANAGEMENT OF MEDOJ GRANTHI

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ABSTRACT

Medoj Granthi is comparatively large, fatty swellings associated with itching and slight pain. They usually grow very slowly in proportion to body growth. It splits ghee (clarified butter) like discharge.[1] Aacharya Sushruta has mentioned that in Medoja Granthi, prime vitiation is of Kapha and Meda. As per classics, Vaman is best treatment for Kaphaj Vikara. So it can be conducted for the management of various Kaphaj Vikara in Ayurveda. Here, a single case study of a 26 years old male is being presented, who came with complaints of Swelling around left elbow joint, mild pain and itching. Considering the signs and symptoms, according to Acharya Charak Vaman karma was selected as treatment of Medoj Granthi. Marked improvement in signs and symptoms of Medoj granthi were found.

KEYWORDS: Medoja Granthi, Vamana karma, Kaphaj Vikara.

INTRODUCTION

Vaman Karma

When vitiated Doshas are eliminated or expelled out through the upper channels i.e. through the mouth, it is called as ‘Vamana’. When Apakwa pitta and Kapha are forcibly expelled out
through the upward route, it is called Vamana. As per classics Vaman is best treatment for Kaphaj Vikara. Vamana is the unique procedure of eliminating the dosha from the body through the oral route by way of inducing vomiting. Vamana Karma stands at the peak place among all the elimination therapeutic procedures. According to Acharya Sushruta, the flowers, fruits and branches, which are destroyed at once as soon as the mother tree is rooted out; the diseases originated due to excessive Kapha are subdued after the elimination of Kapha through the process of Vamana.

**Disease review**

The word Granthi is derived from word Grathitha which literally means knotted. The etiological factors constitute the vitiated doshas which in turn affect the blood, muscular tissue and fatty tissue. Kapha slowly accumulates at the site where muscular and fatty tissue are vitiated and gives rise to round, elevated and slightly nodular swelling which is termed as granthi.\(^2\) Granthi undergoes two states.\(^3\)

1. Ama stage. This is unripe stage and
2. Pakwa stage. This is ripe stage.

All Granthis do not become Pakwa. The Granthis takes weeks or months before it becomes pakwa.

**Ama stage** – In the Ama stage, oil or ghee medicated with Prasarini and Dashamula\(^4\) should be given to drink. Later the patient should be given emetics like Madana phala choorna to induce vomiting and give purgative. The physicians should see that the patient does not become weak while carrying out these procedures. Then Granthis should be fomented and massaged.

**Pakwa stage** – when the Granthi is pakwa it should be completely removed by Chhedana. The wound should be washed with decoction of Triphala. After washing the wound, the paste of ghee medicated with Yavakshara and honey should be applied. Many Granthis remain in Ama stage and keep on increasing and never becomes ripe. They should be removed in Ama stage as early as possible. Later til taila medicated with Vidanga, Patha and haridra should be sprinkled on the wound and gauze pieces dipped in the same oil should be applied over the wound and it should be bandaged.\(^5\) Jatyadi oil or ghee is also helpful for healing the wound.
Treatment of Medoja Granthi

According to Aacharyas in Medoja Granthi there is vitiation of Kapha and Meda. Vaman Karma can be conducted for the management of various Kaphaj Vikara in Ayurveda. Considering above facts Vaman Karma was selected for the study.

CASE REPORT

Name: -Vijaybhai patel  
Religion: - Hindu
Age: - 26 yrs  
O.P.D. no: - 1024
Address: - Narol, Ahmedabad  
D.O 1st arrival: - 9 Jan 2017

CHIEF COMPLAINTS

<table>
<thead>
<tr>
<th>Sr. No</th>
<th>Chief complaints (Present history)</th>
<th>Time duration</th>
<th>Severity of symptoms</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Swelling around left elbow joint</td>
<td>2 years</td>
<td>Moderate</td>
</tr>
<tr>
<td>2.</td>
<td>Pain</td>
<td>2 Month</td>
<td>Mild</td>
</tr>
<tr>
<td>3.</td>
<td>Itching</td>
<td>2 Month</td>
<td>Moderate</td>
</tr>
</tbody>
</table>

HISTORY OF PRESENT ILLNESS

Patient was asymptomatic before 2 years. Then gradually he developed Swelling around left elbow joint. He felt Itching and also felt mild pain at site. So for proper treatment he came here in Govt. Akhandanand Ayurved hospital.

PAST HISTORY: - No relevant past history was found.

TREATMENT HISTORY: -Patient had not taken any kind of medication elsewhere.

NIDANA[6] FOUND IN THE PATIENT

Aaharaj Nidana

Most of the Nidans mentioned by Aacharya Charak were found in the dietary history of the patient like excessive consumption of Drava, Snigdha and GuruAhara, Pishtanna, Kshir and occasionally Viruddhaahara.

Viharaj Nidana

Vyayam and Atisantap sevan after consumption of food, Diwa swap, irregular Shitaushna sevan,

ADDITION: Addiction of tobacco, smoking since 3 years.
FAMILY HISTORY: No relevant family history was found.

TREATMENT PROTOCOL

Karma – Vaman karma was selected.

Vaman Karma

Shodhana: Vaman karma is divided into 3 parts.

(A) Purva Karma

1) Deepana and Pachana

- Drug – Trikatu Churna
- Dose: 6 gm. per day
- Duration: 3 days (As per Aatur Agni)

2) Aabhyantar Snehan

Pure Goghrita (Ghee)

- Dose: 40 ml starting dose, in Vardhmana Krama (As per Aatur-Koshtha and Agni).
- Duration: 7 days (Depending upon the Samyak-Snidhata Lakshana)
- Anupan: Ushna Jal

3) Abhyanga and Swedana: After obtaining Samyak Snigdha Lakshanas, Abhyanga with Nirgundi Taila was done followed by Sarvanga Swedana (BashpaSweda) in Vishram Kal (For 1 day) and on the day of Vaman Karma, prior to Vamana procedure.

(B) Pradhana Karma

Aakanthpan - By Dugdha

VAMAN DRAVYA: Madanphali Yoga (MadanPhala, Vacha, Saindhav).[^7]

<table>
<thead>
<tr>
<th>NO.</th>
<th>DRUGS</th>
<th>LATIN NAME</th>
<th>PARTS USED</th>
<th>PARTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Madan Phala</td>
<td>Randia dumetorum</td>
<td>Pippali</td>
<td>4 gm.</td>
</tr>
<tr>
<td>2</td>
<td>Vacha</td>
<td>Acorus calamus</td>
<td>Mula</td>
<td>2 gm.</td>
</tr>
<tr>
<td>3</td>
<td>Saindhav</td>
<td>Rock salt</td>
<td>Churna</td>
<td>1 gm.</td>
</tr>
<tr>
<td>4</td>
<td>Madhu</td>
<td>Mal depuratum</td>
<td>Itself</td>
<td>30 ml</td>
</tr>
</tbody>
</table>

Vamanopaga Dravya: Yastimadhu Phanta.

Time of procedure: early morning.
(C) Paschata Karma

SAMSARJANA KRAMA

As per the observations during the Vamana process, Pravra Shuddhi was and the Samsarjana Krama of 7 days was decided according to the Pravara Shuddhi. The sequence of Peya, Vilepi, Akrita Mudga Yusha, Krita Mudga Yusha, Peya etc. was served for 2 Aahar Kala.

ASSESSMENT CRITERIA

Assessment was done on the basis of the criterias like size of Granthi, pain, and itching.

1. Size

<table>
<thead>
<tr>
<th>Size</th>
<th>Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>0-1cm</td>
<td>0</td>
</tr>
<tr>
<td>1.5-2cm</td>
<td>1</td>
</tr>
<tr>
<td>2.5-3cm</td>
<td>2</td>
</tr>
<tr>
<td>&gt;3cm</td>
<td>3</td>
</tr>
</tbody>
</table>

2. Itching

<table>
<thead>
<tr>
<th>Itching</th>
<th>Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>No Itching</td>
<td>0</td>
</tr>
<tr>
<td>Mild(Bearable)</td>
<td>1</td>
</tr>
<tr>
<td>Moderate (moderate and irregular)</td>
<td>2</td>
</tr>
<tr>
<td>Severe (severe and continuous)</td>
<td>3</td>
</tr>
</tbody>
</table>

3. Pain

<table>
<thead>
<tr>
<th>Pain</th>
<th>Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>No Pain</td>
<td>0</td>
</tr>
<tr>
<td>Mild pain(Bearable pain)</td>
<td>1</td>
</tr>
<tr>
<td>Moderate pain(moderate and irregular pain)</td>
<td>2</td>
</tr>
<tr>
<td>Severe pain(severe and continuous pain)</td>
<td>3</td>
</tr>
</tbody>
</table>

ASSESSMENT

<table>
<thead>
<tr>
<th>Sr. No</th>
<th>Chief complaints (Present history)</th>
<th>B.T. Score</th>
<th>A.T. Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Swelling around left elbow joint</td>
<td>2.5cm</td>
<td>2 cm</td>
</tr>
<tr>
<td>2.</td>
<td>Pain</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>3.</td>
<td>Itching</td>
<td>2</td>
<td>0</td>
</tr>
</tbody>
</table>
DISCUSSION

- Medoj Granthi is described by all 3 major classics (Bruhattrayi) of Ayurved-Charak Samhita, Sushrut samhita and Astang hridaya.
- According to Acharya Sushrut it occurs in the 6th layer of the skin which is Rohini.[8]
- Granthi in abdomen, neck and vital areas are difficult to cure. Big and rough Granthi are also difficult to cure. Granthi in children, old and weak people prove to be difficult to cure. Painless, immobile and Granthi affecting vital areas are incurable.[9]
- Aacharyas has described 2 types of Chikitsa for Treatment of Disease, i.e. Shodhan and Shamam.
- According to Aacharya Charak when Disease having Bahudosha the treatment should be Shodhana.[10]
- Many Acharyas have described Vaman karma for the treatment of Kaphaj Vikar. Medoj Granthi is one type of Kaphaj vikar,[11] hence Vaman Karma was selected for the eliminations of Doshas.
- In this case the Chronicity was found so Vamana karma was preferred. Total treatment schedule was of two and half months. Proper follow up of the patient was taken for 1 month after completion of the treatment.
- Marked improvement in disease was found in the patient as he followed the Pathya Apthya also very strictly.
- Patient got completely relief in symptoms like pain and itching.
- There was decrease in size of Granthi was found.

CONCLUSION

- In this case Kapha Dushti was predominant in comparison to other Doshas.
- Hence Vaman Karma was preferred and Marked Improvement was obtained.

REFERENCES

7. Ayurvediya Panchkarma Vigyanaby Shreedhara Kasture, published by baidhnath ayurved bhan pg. 244.