

VIRECHANA –THERAPY WITH SPECIAL REFERENCE TO VISHACHIKITSA

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ABSTRACT

Virechana is a popular method of panchkarma to remove excessive and dushit pitta from the body. As rakta dhatu and pitta are having aashrayaashrayi bhava, they support each other and interdependent also. In poisoning visha spreads throughout the body through rakta, so by virechana therapy that is purgation aggravation of rakta gets controlled through purgation of pitta by virechana therapy. Also it also helps to remove absorbed poison through feaces. According to modern science, line of treatment for absorbed and unabsorbed poison is different which relates to the principals of *Ayurvedic Vishachikitsa*

chaturvinshati upkramas. On the basis of CCIM decision -from 2016, Agadatantra is considered under clinical subjects of third year. Present study is an effort to compile most of the references regarding the virechana therapy directly indicated in vishachikitsa. Different agada Yogas for the treatment of patients, and drug of choice for poisoned patient has been mentioned.

KEYWORDS: Vishachikitsa, poison elimination, virechana, agadas, treatment.

INTRODUCTION

Poisoning cases are the emergency one and one has to manage it as soon as possible. Due to bad food habits and lack of exercise, consumption of artificial flavours, colours, fast food, junk food, cold drinks all this unwholesome practices leads to several lifestyle disorders, metabolic disorders. In ayurveda all such type of cumulative poisons inside the body acts as Dushivisha and that should be removed from the body totally by panchkarma therapy. Virechana is one of the treatment modality of panchkarma therapy. It is highly effective in

diseases related to pitta. In cases of poisoning poison get spread through the rakta. Purgation therapy helps to eliminate poison from the body and saves body systems from further damage. It is the treatment with less complications and drugs are easily available.

Literal meaning of virechan-It means evacuate, remove from, eradicate. Thus, Virechana means Maladeh Nirharanam i.e. removal of Mala from the body. Virechana is also known as Rechana, Rechah & Praskandanam. (shabdakalpadruma).

Definition

The removal of Dosha through the 'Adho bhaga' is symbolized as Virechana. It is one of the Shodhana Karma as mentioned in the Ayurvedic texts.^[1] Regarding this definition, commentator Chakrapani has clarified 'Adho bhaga' means 'Guda' (Anal passage). By this route the Dosha can be eliminated by Niruha Basti also, but Niruha Basti has no power of 'Adho bhaga harana' and so Niruha Basti can not be included under Virechana karma.

Benefits of Virechana.^[2,3] Virechana is a supreme procedure out of all Panchkarma, especially for elimination of Pitta dosha. As there is direct connection between rakta and pitta as of aashraya-ashrayi bhava, for the treatment of dushit rakta, prashanmana is done by virechana to counteract the ushna, tikshna gunaa of visha.

In Astanga Samgraha, commentator said that, Virechana indicated for Shleshma sanshrusta Pitta dosha and Pittasthana gata prakupita Shleshma or Shleshmasthana gata prakupita Pitta, too. Thus it is very effective in aavrutatva of doshas like in dushivisha and garavisha and in the chronicity of cumulative poisons which are hard to remove from the body.^[4]

Virechana cleanses sense organs i.e. improves their function, purifies body tissues, increases digestive power of Agni i.e. Jatharagni, Dhatvagni etc, proper applied Virechana karma acts a key role in the delaying age factors.^[5] In Malbhoota Ashaya (weakened organ) Dosha Dushya Sammurcchana persists. This Sammurcchana eradicated only through means of Virechana (Shodhana). Shamana Chikitsa fails in this matter. As a result it can not treat any disease radically.

Dosha	Dushya	Srotas
Pitta	Rakta	Raktavaha
pittasthanagata alpa kapha	Mamsa	Mamsavaha
kaphasthanagata bahu pitta	Asthi	Asthivaha
pittavrutta vata	Majja	Majjavaha
Sannipata- Bhel	Shukra	Shukravaha

Tiryag Dosha Gati

Acharya Charaka has stated that if the aggravated Doshas tend to gain a 'Tiryag' assess then the patient continues to be afflicted with the disease for a long time. In such conditions, he has advised that Doshas should be canalized back to 'Koshtha', gradually by proper acts and after that elimination should be carried out by the proper Shodhana therapy. The above statement aid us to infer, that Virechana is the treatment of choice in 'Tiryag Dosha Gati', as seen in vishabadha- acute or chronic in both.

Agraya Dravya in Context of Virechana^[6]

For Purishajanana - Yava

For Mridu Virechana - Aragavadha

For Tikshna Virechana - Snuhi

For Sukha Virechana - Trivritta

For Bhedana and Anulomana - Amlavetasa

Same these types of drugs have been documented in Susruta Samhita.^[7]

Best in Mula Virechana : Shyama Trivrita

Best in Twak Virechana : Tilvaka

Best in Phala Virechana : Haritaki

Best in Taila Virechana : Eranda taila

Best in Swarasa Virechana : Karvellaka

Best in Dugdha Virechana : Snuk payah

Virechana Dravya described by Charaka

(1) Mulini Dravya: e.g. Trivrita, Saptala, Avartaki etc.^[8]

(2) Phalini Dravya: e.g. Vidanga, Yashti madhu, Aragvadha etc.^[9]

(3) Lavana: e.g. Sauvarchala, Saindhava etc.^[10]

(4) Kshira: e.g. Snuhi kshira, Arka kshira etc.^[11]

(5) For Pakvasaya gata Dosha e.g. Trivrita, Triphala, Danti.^[12]

(6) Bhedaniya Dravya e.g. Trivrita, Arka, Langali etc.^[13]

(7) Virechanopaga Dravya e.g. Draksha, Gambhari etc.^[14]

(8) Purisha Viranjaniya Dravya e.g. Jamun, Sallaki etc.^[15]

(9) Agrya Dravya e.g. Yava, Trivrita, Aragvadha etc.^[16]

(10) Virechana Dravya Samgraha e.g. Shyama, Trivrita.^[17]

Virechana Drugs Described by Sushruta.

Trivrita, Shyama, Danti, Dravanti, Saptala, etc.^[18]

Acharya Sushruta has given eight preparations as follows in context of Virechana.

- 1.Ghrita yoga
- 2.Taila yoga
- 3.Kshira yoga
- 4.Madya yoga
- 5.Mutra yoga
- 6.Mamsa rasa yoga
- 7.Bhakshanna yoga
- 8.Avaleha yoga.

Virechana Drugs Described by Vagbhata: Nikumbha (Danti), Kumbha (Nishotha), Triphal, Gawakshi, Snuhi, Shankhini, Nilini, Tilvaka, Ramyaka (Aragvadha), Kampillaka, Swarnakshiri, Kshira, Mutra.^[19]

Classification depending upon intensity of action

Mridu	Madhyam	Tikshna
mandvirya drugs are given to ruksha patient	moderately potent drugs to patient who is not properly snigdha and swinna	highly potent drugs given to patient who is properly snigdha and swinnapatient of alpa dosha
patient of alpa dosha	madhyam bala aatur	pravar bala atur
patient of mridu koshta or unknown koshta	madhyam koshta	Krurkosht

Virechana Vidhi

Purv	Pradhan	Paschaatkarm
Samagree sachaya, Virechana Matra vichara Atura pariksha Deepana Snehana Swedana Bhojana Manasa upachara	Purva kartavya Aushadha pana Aushadha pite kartavyam Vega pravartanopaya Nirikshana Vyapada & chikitsa	Aatur pari palaneeya Peyadi Samsarjana karma Santarpana krama

In general condition, applying Virechana Matra is given in below table

virechana yoga	for mridu koshti	madhyama koshti	krura koshti
Trivrutta	3-6 masha	3-6 masha	Tola
jaypala, snuhi	½ -1 ratti	1-2 ratti	4-6 ratti
triphala draksha	1-3 tola	3-5 tola	5-10 tola
earand sneha	½ - 2 tola	2-5 tola	5-10 tola

➤ 1 Masha = 1 gm * 1 Tola = 12 gm * 1 Rati = 125 mg.

In Agadatantra Virachana is described at eleventh number of twenty four upakramas explained by charaka in vishachikitsa 23 chapter of chikitsasthana. During the second phase

of poisoning where the poison is in pakvashaya, carried out which means Expulsion of ingested poison from intestines through anal route.^[20]

In modern also after the absorption of poison this method is used. Principle: It cleanses the body toxins in the pitta zone by drawing the toxins back to the small intestine through the bodily channels & then eliminating them downwards. In modern science it compares with whole bowl irrigation therapy(WBI). WBI may be advantageous for patients who have ingested toxic foreign bodies (e.g., disc batteries, drug packets), toxic amounts of substances not bound by activated charcoal (eg, iron, arsenic, lithium) and sustained release or enteric-coated pharmaceuticals.

Virechana Drugs According to Seasons.^[21]

	varsha	Sharad	hemant	shishir, varsha	Grishma	all seasons
preparation	Trivrita Kutaja Bija Pippali Shunthi	Trivrita Duralabha Musta Sharkara Bala Chandana	trivritt chitraka Patha Jivaka Sarala Vacha, Hemakshiri	Trivrita Pippali Nagara Saindhav Shyama	Trivritt	rivrita Danti Hapusha Saptala Katuki Svarnakshiri
anupana	Draksha Swarasa & Honey	Yashti in Draksha decoction	Warm water	Honey	Sugar	bhavana with cow's urine

Seasonal choice of drugs are very important in context of vishasankat and the season in which one is going to treat the patient.

Virechana drugs to be preferred as per the Dosha and Prakriti

1. Persons of Pitta prakriti: Kashaya and Madhura rasa Aushadhi.
2. Persons of Kapha prakriti : Katu rasa Aushadhi.
3. Persons of Vata prakriti : Snigdha, Ushna and Lavanayukta Aushadhi
4. In dominancy of Pitta : Trivrita Churna along with Kwatha of Draksha is advisable.
5. In dominancy of Kapha: Trikatu Churna along with Triphala Kwatha and Gomutra should be given.
6. In Kaphaja Vyadhi: Pippali, Shunthi, Yavakshara and Trivrita along with honey are the best combination.

Generally Virechana should be given with Saindhava, Shunthi and Kanji or it should be administered with Mamsa rasa of Harina or Batera.

In Agadatantra, Vamana is expelling the poison, toxin & vitiated dosha from stomach through anal route.

INDICATIONS – It is used in.

1) *Sthavar visha* (2nd Vega).^[22]

2) *Jangam visha*.

A. *Darveekar sarpadamsha* (5th & 6th vega).^[23]

Darveekar sarpadamsha (2nd, 4th & 5th vega).^[24] for women

Darveekar sarpadamsha (2nd, 4th 5th & 6th).^[25]

B. *Mandali* (3rd & 5th visha vega).^[26]

Mandali (3rd vega).^[27]

Mandali (2nd, 3rd 4th 5th & 6th vega).^[28]

C. *Rajiman sarpadamsha* (3rd & 5th visha vega).^[29]

Rajiman sarpadamsha(2nd, 4th & 5th vega).^[30]

Rajiman sarpadamsha(2nd, 4th & 5th vega).^[31]

3) *Dushivisha*.^[32]

4) It is indicated in person of *pittaj* constitution, bitten by snake of predominant pitta, bite site below umbilicus, poison present at seat of *pitta*.^[33]

5) Poison of predominant of *vata*.^[34]

6) *Luta* poisoning – in exaggerated stage of *Dosha*.^[35,36,37]

7) *Mushak* poisoning – *Virechana* by *Trivrutta*, *Nilini* & *Triphala*.^[38,39,40]

8) Insect poisoning.^[41]

9) *Alarka visha* (dog bite) – *Virechana* by *Arka* juice.^[42,43,44]

10) *Savishanna Pakwashayagat* (whenpoisoned food is present in intestine) -*Virechana* by *Niliniphal*.^[45]

Though all the drugs may not be available as indicated in classics, it is the skill of vaidya to make a choice of reasonable drug from enlisted drug as mentioned above.

CONTRAINDICATION

It is contraindicated in intestinal obstruction, perforation, severe dehydration, Shock etc.

DISCUSSION AND CONCLUSION

From the above descriptions, it is clear that there are ample examples of virechana dravya to be used in the vishachikitsa. All the major classics of Ayurveda has elaborately gives references and use of this treatment modality in poisoning cases. As Agadatantra is a part of Ashtang Ayurved, it is the fully clinical subject at that time and also relevant in new modernize era having wrong daily, seasonal regimen. In ancient age poisoning happens due to animate poisons as people resides in the jungle hence vishachikitsa is well flourished at that time but now is the condition insted of animate poison, inanimate poisons like bad food, minerals, metals, cumulative poisons are the main challenges before the health community. And to remove this deep rooted poison panchkarma therapy with use of Agadas is the only remedy. PKT with agada not only remove the poisons but also counteract the residuel poison and help to eliminate it.virechana therapy is beneficial to all types of people and of all ages.

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