

LITRARY OBSERVATION OF VIRECHAN KARMA RELATED WITH DRAVYAGUNA

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ABSTRACT

Panchakarma includes vaman, virechan, basti, raktamokshan & nasya. These are shodhan karma in Ayurveda. The vitiated pitta dosha is expelled out through the mechanism of virechan. There is different type of virechan karma like Anuloman, strstran, virechan, bhedan. The drugs which are ushna, tikshana, sukshma, vyavayi, and vikashi reach to the heart (hridaya) by virchu of their virya and prabhava, circulate through the micro & macro channels due to its sukshma and vyavayi properties and pervade the entire body. Then they liquefy (vishyandana) the dosha samghata by virchu of their ushna guna and flaccid it and break it up (chhedana) by their tikshana and vikashi

guna.

KEYWORDS: Virechan, Chhedana, Anuloman, Bhedana.

INTRODUCTION

Ayurveda is a holistic healing science which comprises of two words, Ayu and veda. Ayu means life and veda means knowledge. So the literal meaning of Ayurveda not only deals with treatment of diseases but is a complete way of life. Ayurveda emphasizes prevention of diseases to avoid the need for cure.

Acharya Charak says, even diseases occurs it can be cure, it has 4 important requirement which is Vaidya (Bhishak), Dravya, Paricharak, Rogi. This 4 are important for curing diseases. Mostly, without Dravya no one can treat any disease permanently.

For cure disease, we can do panchakarma. Panchakarma therapy is a classical form of detoxification. Pancha (five) karma in Ayurveda means five types of therapeutic ways of treatment to eliminate toxins from the body and to replenish the tissues of the treatment. According to Acharya Charak Nasya, Vaman, Virechan, Basti have 2 types Nirooha basti & Sneha basti.

One of that, virechan means administration of purgative drug is one of the karma of panchakarma procedure. For virechan one can use Haritaki, Aaragvadh, Kutaki, Kumari, Trivrutta, Danti, Kumari, Draksha, Saptala, Vacha etc.

AIM

Role of Dravyaguna in virechan Karma.

Objective

- 1) Types of virechan karma.
- 2) Role of drug in virechan karma.

Material

This article is a review of Ayurvedic text materials related to virechan karma & drugs. The main Ayurvedic text used is Charak samhita, Sushrut samhita, Ashtang, Bhavprakash nighantu, Materia medica. We have also referred various net sources & research papers.

urÉÉZrÉÉ

iÉŞÉ SÉâwÉ WûUhÉÇ AkÉÉâpÉÉaÉqÉÇ ìUÉUâcÉIÉ xÉÇ¥|MüÇ | EpÉrÉÇ uÉÉ zÉUÏUqÉsÉ ìUÉUâcÉIÉÉiÉÇ ìUÉUâcÉIÉxÉÇ¥ÉÉ sÉpÉiÉâ | cÉ.Mü.A.1-4

mÉrÉÉirÉ

UâcÉIÉ, AkÉÉâpÉÉaÉWûU, ìÉxxÉUhÉ

aÉÑhÉ

EwhÉ-iÉÏâhÉ-urÉUÉÉrÉÏ-ìUÉMüÉzÉÏ AlrÉ AÉæwÉkÉÉÏIÉ xuÉUÉÏrÉâihÉ Wû±qÉÑmÉâirÉ kÉqÉIÉÏUIÉÑxÉØirÉ xjÉÑsÉÉhÉÑxŞÉÉâiÉÉâprÉ: MáüUésÉÇ zÉUÏUaÉiÉâ SÉâwÉxÉÇbÉÉiÉÇ AÉalÉârÉiuÉÉsÈ ìUÉwrÉÇÇ±ÏÉ iÉæâhrÉÉiÉÇ ìUÉìcNISÏiÉ |

cÉ.Mü.A.1

ρÉÉæliÉMü xÉÇbÉOûlÉ
mÉÇxjuÉİ + eÉsÉ

SiurÉ

İŞÉuÉxˆÉ İŞÉTüsÉÉÇ SliÉİ İÉİIsÉlÉİ xÉmiÉsÉÉÇ uÉcÉÉqÉÇ |
MÇüImÉssÉMÇü aÉuÉÉϣÉİ cÉ ϣÉİËUhÉİqÉÑSMüĐuÉİMüÉqÉÇ ||
mÉİsÉÑİrÉÉUauÉkÉÇ SiÉϣÉÉÇ SiuÉliÉİ İlÉcÉÑsÉÉİlÉ cÉ |
mÉYuÉÉϣÉrÉ ϣÉiÉå SÉåwÉå İuÉUåMüÉjÉİ mÉërÉÉåeÉrÉåiÉÇ ||
cÉ.xÉÑ.2/9,10

İŞÉuÉxˆÉ xÉÑZÉİuÉUåcÉlÉÉlÉÉÉÇ | cÉ.xÉÑ. 25/40
cÉiÉÑUÇaÉÑsÉÉå qÉxSÒİuÉUåcÉlÉÉlÉÉÉÇ | cÉ.xÉÑ. 25/40
xlÉÑMÇü mÉrÉ: iÉİϣhÉ İuÉUåcÉlÉÉlÉÉÉÇ | cÉ.xÉÑ. 25/40

mÉëMüÉU

- 1.qÉÇxSÒ
- 2.qÉkrÉ
- 3.iÉİϣhÉ

zÉÉUÇaÉkÉUIÉÑxÉÉU

1. AlÉÑsÉÉåqÉlÉ
2. pÉåSIÉ
3. xŞÉÇxÉlÉ
4. UåcÉlÉ

1. AlÉÑsÉÉåqÉlÉ

MxüicÉÉ mÉÉMÇ qÉsÉÉlÉÉÉÇ cÉ İpÉiuÉÉ oÉÇkÉqÉÇ AkÉÉålÉrÉåiÉÇ |
iÉŞÉlÉÑsÉÉåqÉlÉÉÇ ϣååÉrÉÇ rÉjÉÉ mÉëÉå£üÉ WûËUiÉMüĐ ||
zÉÉ.xÉÇ.mÉë.ZÉÇ.4

WûËiÉMüĐ mÉlcÉUxÉÉÅsÉuÉhÉÉ iÉÑuÉUÉ mÉUqÉÇ |
ÂϣÉåwhÉÉ SİmÉlÉİ qÉåkrÉÉ xuÉÉSÒmÉÉMüÉ UxÉÉrÉlÉİ ||

cÉϣÉÑwrÉÉ sÉbÉÑUÉrÉÑwrÉÉ oÉÚÇWûhÉİ cÉÉlÉÑsÉÉåqÉlÉlÉ |
ıuÉÉxÉMüÉxÉmÉëqÉåWûÉzÉİ: MÑü,zÉÉåjÉÉåSUIçüqÉİlÉÇ ||

uÉæxuÉrÉïaÉëWûhÉÏUÉåaÉìuÉoÉIkÉìuÉwÉqÉeuÉUÉÍÉç|
aÉÑsqÉÉkqÉÉÍÉÍÉÚwÉÉNùìSììWûMüÉMühQÒù¼ÒùSÉqÉrÉÉÍÉç ||

MüÉqÉsÉÉÉç zÉÑsÉqÉÉÍÉÉWÇû msÉÏWûÉÍÉÉ¶É rÉMxü"ÉjÉÉ |
AzqÉUÍç qÉÔŞÉMÚücdceÉ IÉÉzÉrÉáiÉç ||
pÉÉ.mÉë. WûUÏiÉYrÉÉìSuÉaÉí^[19,20,21,22]



WûËUiÉMüÐ

UxÉ: qÉKÉÑU, AqsÉ, MüOÒù, ìiÉ£ü, MüwÉÉrÉ

uÉÏrÉï: EwhÉ

ìuÉMÉÉMü: qÉKÉÑU

aÉÑhÉ: sÉbÉÑ, ÅæÉ

SÉåwÉ: ìŞÉSÉåwÉWûU

Latin name – Terminalia chebula

Family – combrataceae

Chemical composition –

Myrobalance contain astringent principle, tannin, large amount of gallic acid, lacilage, chebulinic acid Action – myrobalance are safe and effective purgative, astringent, unripe fruits are purgative and ripe are astringent. Rangari hirade are alternative, stomatic, laxative and tonic. Surwari harade is the purgative. Bala harade is a mild and safe.

2.pÉåSIÉ

qÉsÉÉìSMüqÉoÉkSÇ rÉ²®Ç uÉÉ ìmÉQûliÉÇ qÉsÉæ:|

ÍpÉiuÉÉKÉ: mÉÉiÉrÉìiÉ iÉSè pÉåSIÉÇ MüOÒùMüÐ rÉjÉÉ ||

zÉÉ.xÉÇ.mÉë.ZÉÇ 4/5



MüOÒûMüĐ

MüOèuÉĬ iÉÑ MüOÒûMüÉ İiÉŁüÉ MÜüwhÉpÉåSÉ MüOÇûpÉUÉ |
 AzÉÉâMüÉ qÉixrÉzÉMüsÉÉ cÉøüÉÇaÉĬ zÉMÑüsÉÉSIÉĬ ||
 qÉixrÉĬmÉiÉÉ MüÉhQûÂWûÉ UÉàĬWûhÉĬ MüÉOÒûUÉàĬWûhÉĬ |
 MüOèuÉĬ iÉÑ MüOÒûMüÉ mÉÉMâü İiÉŁüÉ ÂpÉÉ ĬWûqÉÉ sÉbÉÑ: ||
 pÉÉ.mÉë.WûUĬiÉYrÉÉĬSuÉaÉĬ 151,152

UxÉ: İiÉŁü

uÉĬrÉĬ: zÉĬiÉ

İuÉmÉÉMü: MüOÒû

aÉÑhÉ: sÉbÉÑ, ÂpÉÉ

SÉâwÉ: MüTüĬmÉĬÉWûUÇ

Latin name – Picrorhiza kuroo

Family – scrophularaceae

Chemical composition –

Root contains a glucoside called picrorhizin. The drug also contains other sustances such as glucose, wax, cathartic acid

Action – In small doses; it is a bitter stamachic and laxative, and in large doses, a cathartic, it is reputed as an antiperiodic and cholagogue.

3.xÉëÇxÉIÉ

mÉŁüurÉÇ rÉSè mÉŁæüuÉ İzsÉĬÇ MüÉâ,â qÉsÉÉĬSMÇü |

İÉiÉirÉkÉ: xÉëÇxÉIÉ İÉiÉÇ rÉjÉÉ mÉëÉâŁüÉ cÉiÉÑUÇaÉÑsÉÉâ ||

zÉÉ.xÉÇ.mÉë.ZÉÇ 4/4



AÉUauÉkÉ

AÉUauÉkÉÉå UÉeÉUÉxåÉ: zÉqmÉÉMçü cÉiÉÑUÇaÉÑsÉ:|

AÉUåuÉiÉÉå urÉÉÍkÉbÉÉiÉ: MxüiÉqÉÉsÉ: xÉÑuÉhÉiMü: ||

MüíhÉiMüÉUÉå SïbÉiTüsÉ: xuÉhÉÉiÇaÉ: xuÉhÉipÉÑwÉhÉ: |

AÉUauÉkÉÉåaÉÑÂ: xuÉÉSÒ: zÉliÉsÉ: xŞÉÇxÉlÉÉåÉqÉ: ||

.....euÉUå iÉÑ xÉiÉiÉÇ mÉjrÉÇ MüÉå¹zÉÑi®MüUÇ mÉUqÉÇ ||

pÉÉ.mÉë. WüËUiÉYrÉÉiSuÉaÉi 148,149

UxÉ: qÉkÉÑU

uÉirÉi: zÉliÉ

ìuÉmÉÉMü: qÉkÉÑU

aÉÑhÉ: aÉÑÂ, qÉxSÒ, íxlÉakÉ

SÉåwÉ: ìmÉÉWûUqÉÇ

Latin name –Cassia fistula

Family – caesalpioideae

Chemical composition

Dark yellow volatile oil with honey like odor is obtained, water which distils over with the oil contains normal butyric acid, and pulp consists of sugar, gum, astringent matter, gluten.

Action – Pulp, root bark, seeds and leaves possess purgative properties. Roots act as purgative, tonic and febrifuge. Fruit cathartic

4.UåcÉlÉ

ìuÉmÉYuÉÇ rÉSèmÉYuÉÇ uÉÉ qÉsÉÉiS SiuÉiÉÉ lÉrÉaiÉÇ |

UåcÉrÉirÉlímÉ iÉ¥ÉárÉ UåcÉlÉÇ ìŞÉuÉxiÉÉ rÉjÉÉ ||

zÉÉ.xÉÇ.mÉë. ZÉÇ 4/6

´uÉáiÉÉ ì§ÉuÉxiÉç ì§ÉpÉhQûĩ xrÉÉiÉç ì§ÉuÉxiÉÉ ì§ÉMÉÑOûÉÌmÉ cÉ |

xÉuÉÉïlÉÑpÉÑliÉ: xÉUsÉÉ ìlÉzÉÉâ§ÉÉ UâcÉlÉlìiÉ cÉ ||

´uÉáiÉÉ ì§ÉuÉxSìâcÉlÉlì xrÉÉixuÉSÒÂwhÉÉ xÉqÉÏU¼èiÉç |

ÂðÉÉ ìmÉ“ÉeuÉU´sÉâwqÉÌmÉ“ÉzÉÉâjÉÉâSUÉmÉWûÉ ||

pÉÉ.mÉë. aÉÑQOûcrÉÉÌSuÉaÉi 193,194



ì§ÉuÉx“É

UxÉ: ìiÉ£ü, MüOÒû

uÉlÉrÉi: EwhÉ

ìuÉMÉÉMü: MüOÒû

aÉÑhÉ: ÂðÉ, sÉbÉÑ, iÉlÉhÉ

SÉâwÉ: MüTü-ÌmÉ“É xÉÇzÉÉâkÉlÉ

Latin name - Operculina terpepethum

Family – Convolvulaceae

Chemical composition

Turpeth resin consisting of 10 p.c. resin known as Turpethin yielded by the root –bark, which is a glucoside analous to jalapine and convolvulin and insoluble in ether, benzene, carbon sulphide and essential oils; some ether soluble resin, a volatile oil, a yellow colouring matter, albumin, starch, lignin. Roots alone are rich in the purgative principle.

Action – Root and root-bark of white turpeth which are in common use are cathartic and laxative. The bark variety black turpeth is drastic in action like hellebore black and therefore it is not in use

OBSERVATION**1) Anuloman**

Anuloman mostly acts on pakvashaya i.e. on apan vayu deu to Haritaki which contains chebulic acid. Haritaki called as pancharasa, lavan ras is not present in haritaki. Haritaki has madhur vipak and ushna virya. it is ruksha and laghu deu to this ras virya vipak and guna haritaki acts like anulomak and tridoshar.

2) Stransan

Stranstan mostly acts on mrudukoshti people, this type of virechan acts on pachak pitta. Aaragvadh has madhur ras madhur vipak and sheet virya. Guru, snigdha and pittaharan is the property of aaragvadh, deu to this property aaragvadh acts as stranstran.it is used in all ages because it has no side effects.

3) Rechan

Rachan acts on madhyamkoshti people. Ruksha, laghu, tikshana is the property of trivruta. Tikta –katu ras, katu vipak and ushana virya deu to this property it acts as rechan dravya.

4) Bhedan

Kutaki has tikta ras, katu vipak and sheet virya, laghu and ruksha property deu to this property it acts as bhedan. Mostly acts on krurkoshti people.

CONCLUSION

Virechan dravya has laghu, ruksha and tikshana guna, tikta-katu rasa, katu vipaka, ushana virya and mostly kaphapitta sanshodhan.

In bhedan, some dravya has laghu and ruksha guna e.g. kutaki and some dravya has snigdha and pishchil guna e.g. kumari. Mostly bedhan dravya have tikta rasa katu vipaki and sheet virya and kaphapittahar.

Stranstran dravya has guru/ laghu, mrudu, snigdha guna, madhur rasa madhur vipaka and sheet virya. This dravya are mostly pittaharan dravya.

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