

**CASE REPORTS OF DIFFERENT AILMENTS MANAGED BY
VAMANA (EMESIS) THERAPY**

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Article Received on
20 April 2018,

Revised on 11 May 2018,
Accepted on 02 June 2018,

DOI: 10.20959/wjpr201812-12534

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ABSTRACT

The Sanskrit term Panchakarma translates five therapeutic procedures. 'Pancha' refers to the number five, and the karma refers to the therapy that brings about homeostasis by way of evacuation of accumulated morbid dosha and they are Vamana, Virechana, Basti, Raktmokshan and Nasya. These Panchakarma procedures are carried out in three sequential steps. These steps are named as Purvakarma, Pradhanakarma and Paschatakarma meaning preliminary procedures, primary procedures and follow up procedures respectively. 'Vamana' is the unique procedure of eliminating the doshas from body through the oral route by way of inducing vomiting. Kapha dosha, the third among the three doshas is best eliminated by this procedure. The forcible expulsion of undigested Pitta and Kapha through the upper route is known as 'Vamana' by definition¹. Ayurveda believes that

different rutus have a great influence in the aggravation of doshas, eg: Kapha in Vasanta (Spring season), Pitta in Sharada (Autumn season) and Vata in Varsha (Rainy season). Hence one can adopt Vamana therapy in Vasanta rutu as a preventive therapy in order to prevent disorders related to Kapha and Pitta. This study reveals to Vasantik Vamana effect on different ailments in patients at Outdoor patient department of M.A.Podar Hospital (Ayu.), Worli, Mumbai-18, Maharashtra.

KEYWORDS: Panchakarma, Vasantik Vamana, Case reports of Different Ailments,

Symptomatic relief.

INTRODUCTION

During the general study in Medical OPD of the above said Hospital, observed that patients usually get more relief by medication after Vasantik Vamana than without Vamana. So it was a planned study to evaluate the results of Vasantik Vamana in Different ailments.

Advantages of Vamana therapy

Vitiated and aggressive Kapha dosha is expelled out of the body, leading to cure disease. The metabolism power gets enhanced restoring the normal Health; the sense organs, mind, intelligence, and complexion become clear. The person gains strength, nourishment and immunity. It also improves the chances of fertility and rejuvenates the Body and Mind. One can live healthy throughout for long time.

METHODOLOGY

Indications for Vamana (One of the Panchakarmas) treatment

Emesis therapy should be administered in following conditions

- When Kapha dosha is aggravated alone causing a disease.
- When Kapha is associated with Pitta dosha and they together cause a disease, but Kapha is the predominant dosha.
- When person desires to maintain the immunity without disease also.

Persons suitable for Vamana procedure

(According to classical text reference- Charak Samhita Siddhisthan, 2nd Chapter, 10th shlok) People suffering from-(correlation mentioned in brackets below)

- Pinasa (Chronic Rhinitis)
- Kushtha (Various Skin Disorders)
- Kasa (Cough)
- Shwasa (Bronchial Asthma)
- Mandagni (Low digestive fire)
- Galagraha(Difficulty in swallowing)
- Galaganda (Thyroid enlargement)
- Vishuchika (Gastroenteritis)
- Amlapitta (Acid Peptic Disorders)

- Vishapita (Consumption of poison)
- Vishadagha (Person suffering from poisoning)
- Adhoga Raktpitta (Bleeding from rectal or urethral route)
- Mukhapraseka (Excessive salivation)
- Durnama (Hemorrhoids)
- Hrullasa (Nausea)
- Aruchi (Tastelessness)
- Avipaka (Indigestion)
- Apachi (Lymphadinitis)
- Unmada (Psychological Disorders)
- Atisara (Diarrhoea)
- (Ekanga)Shotha (Local Swelling)
- Pandu (General debility)
- Mukhapaka (Stomatitis)
- Stanyadushti (Breast milk disorders)
- Medoroga (Obesity)
- Visarpa (Skin disease)
- Vidradhi (Abscess)
- Putinasa (Atopic Rhinitis)
- Kanthapaka (Pharyngitis)
- Karnastrava (Otitis media)
- Adhijivhika (Epiglottitis)
- Galashundika (Elongated uvula)

Persons not suitable for Vamana (According to classical text reference- Charak Samhita Siddhisthan 2nd Chapter 8th shlok).

- Garbhini (Pregnant woman)
- Chinta-prasakta (Constantly with worry)
- Bala (Children)
- Vriddha (Old person)
- Atikrisha (Emaciated person)
- Prasakta chhardi (Persistent vomiting)
- Pliha (Enlargement of spleen)

- Timir (Progressive Cataract)
- Krumi koshtha (Worm Infestation)
- Urdhwavata (Bloating)
- Urdhwa raktapitta {Hematemesis (blood vomiting), Epistaxis (Nasal bleeding)}
- Swaraopaghata (Hoarseness of voice)
- Udara (Ascites)
- Gulma (Abdominal colicky pain)
- Bhrama (Giddiness / Dizziness)
- Astheela (Enlargement of the Prostate)

Before Vamana therapy

Before Vamana therapy, patient is given a digestive medicine such as Trikatu churna, Chitrakadi Vati, Hingwashtaka Churna etc.

Then, patient is asked to have a specific type of medicated ghee or oil for atleast 3 – 7 days. It is usually increased day by day. This process of taking ghee is called as ‘Snehapanakarma’ or ‘Oleation therapy’.

REQUIREMENTS

A) Emetic drug combination (Semisolid herbal mixture for internal use by following medicines)- (In the beginning or as per requirement during Vamana)

- Vacha churna (Smooth powder of *Acorus calamus*) - 2 parts (2 grams)
- Pippali churna (Smooth powder of *Piper longum*)- 1 part (1 gram)
- Saindhava churna (Smooth powder of Rock salt) -1/2 part (1/2 gram)
- Madhu (Honey) - 5 ml

B) Supported emetics koshna Yashtimadhu Kwath (*Glycyrrhiza glabra* decoction) - Approx. 6-8 lit. (Lukewarm liquid preparation for internal use).

Procedure

Oral administration of Sneha (Internal Oleation by Ghee or Oil generally) for 3, 5 or 7 days period followed by Abhyanga (External Oleation) and Swedana (Fomentation) form the preparation of patient for Vamana Karma. At the end, the patient is advised to follow the Samsarjana Karma for 3, 5 or 7 days so as to regain the Digestive fire.

Preparation of Patient

Patient is initially subjected to Abhyantar Snehapana (Internal Oleation) for 3 to 7 days in accordance with the development of symptoms indicative of 'Proper Snehapana'. Simultaneously he is treated with Abhyanga (External Oleation) and Bashpa Swedana (Fomentation by vapors) from 1st day upto Vamana day. Additionally, he has to take Curd-rice prior night to Vamana for accumulation of liquefied doshas in Koshtha (can be correlated to Alimentary canal) so as to carry out the Vamana easily by Urdhwamarga. In this way, the patient is ready for the Vamana Karma. In early morning, the patient is asked to take bath after evacuation of bowels and bladder and Abhyanga (External Oleation) on Vamana day. Counseling before the said karma gives better results for relief.

Observation of Patient

Patient should be meticulously observed to assess the degree of Shodhan achieved and this may be assessed by different parameters as listed below

- Number of episodes of vomiting (Vaigiki Shuddhi)
- Quantity of vomitus at the end of Vomiting (Maniki Shuddhi)
- Expelled Dosha at the end of vomiting (Antiki Shuddhi)
- Symptoms developed in the patient after completion of Vomiting (Laingiki Shuddhi)

Follow-up procedure

After the Vamana Karma, the patient should be treated with below procedures

- Dhoomapana (Medicinal Smoking)-by Vacha (*Acorus calamus*), Agar (Aquilaria agallocha) and Haridra(*Curcuma longa*) choornas.
- Samsarjana Krama (Since evening of Vamana day and total for 3-7 days to raise Jatharagni i.e, digestive capacity)- following table shows the schedule:

Day	Morning	Evening
1	-	Peya (Rice recipe with less consistency)
2	Peya (Rice recipe with less consistency)	Vilepi (Rice recipe with more consistency)
3	Vilepi (Rice recipe with more consistency)	Akrutayusha (Green gram recipe)
4	Krutayusha (Tampered Green gram recipe)	Akruta recipe (Black gram recipe)
5	Kruta recipe (Tampered Black gram recipe)	Regular Diet

- Restriction (About certain Diet and Exercises) in next week of Vamana Diet should be gradually increased from liquid to solid within Samsarjana krama course. Heavy exertion should be avoided in next week of Vamana.

Description about the said case reports

Dr. Geeta, main and corresponding author trained her Post-Graduate students for conduction of Vamana, conducted under her guidance. Total 10 patients screened physically (by Ayurvedic Ashtavidha as well as Modern examination) and Laboratory investigations before Samyak Vasantik Vamana 2018. Vamanarhata (Fitness for Vamana as per classical text) was also judged and with prior information before written consent. Following table shows the related information about this report.

Sr. No	Reg. No	Patient's Name	Age(Yrs)/ Gender	Diagnosis	Vamana Date	Occupation	No. of Vegas	Snehapanartha	Symptomatic Relief
1	14432A		30/Male	OAwith Lumbar Spondylosis	17/3/2018	Navyman	9	Panchatikta gugguluyukta Ghruta	70%
2	14476B		37/Male	Cervical with Lumbar Spondylosis	17/3/2018	Policeman	8	Panchatikta gugguluyukta Ghruta	60%
3	3186 C		57/Male	Psoriatic Arthritis with Bronchial Asthma	19/3/2018	Retired person	7	Panchatikta gugguluyukta Ghruta	65%
4	748 D		36/Male	Vitiligo	26/3/2018	Servicein private company	8	Mahatikta Ghruta	60%
5	6517 E		33/Male	Diabetic Neuropathy	02/4/2018	Servicein private company	7	Panchatikta gugguluyukta Ghruta	60%
6	3400 F		50/Female	Obesity with Photophobia	02/4/2018	Housewife	4	Panchatikta gugguluyukta Ghruta	75%
7	19908G		50/Male	Obesity with Gastritis	04/4/2018	Auto Rickshaw Driver	9	Panchatikta gugguluyukta Ghruta	65%
8	7620 H		51/Female	Eczema with Gastritis	09/4/2018	Housewife	9	Mahatikta Ghruta	60%
9	12323I		27/Male	Allergic Rhinitis with Bronchitis	17/4/2018	Servicein private company	9	Kantakari Ghruta	70%
10	30605J		33/Male	Skin disease	14/5/2018	Servicein private company	8	Mahatiktaka Ghruta	65%

Observations with Result

Most of them show Dehalaghavta with Indriyaprasanna (Feeling of well-being) immediately after Vamana and relieved symptomatically 60-75% after completion of Samsarjana krama.

Antiki Parikshan Distribution Table.

Antiki Parikshan	No. of Patients	Percentage
Kaphanta	9	90%
Pittanta	1	10%

Vaigiki Parikshan Distribution Table.

Vaigiki	No. of Patients	Percentage
4-5 vegas	1	10%
6-7vegas	2	20%
8-9vegas	7	70%



Semisolid herbal mixture for internal use.



Vomitus among whole procedure of Vamana.



Vamana in skin disease case



Vamana in Eczema with Gastritis case



Vamana in Vitiligo case



Vamana in Obesity with Gastritis case



Typical Pittanta Vamana



Dhoomapana after Vamana

DISCUSSION

Vamana, especially Vasantik prevents the ailments and improves the resistance power so as to maintain the best Health. As per Ayurvedic classical text, it is a "Shodhan Chikitsa" (Body purification method) for 'Rejuvenation'. This is an attempt to see the efficacy of Vasantik Vamana at outdoor patient level in Metropolitan City like Mumbai.

CONCLUSION

- Amlapitta(Gastritis without Haemorrhage), Twakrogas (Skin diseases like Vitiligo, Eczema etc), Sandhigatavata (Osteoarthritis) and Shwasa (Bronchitis with good pulmonary capacity) can be relieved by Vamana karma.
- Ayurvedic Vaidyas can achieve more results in different ailments by medicines after Body purification method like Vasantik Vamana.

ACKNOWLEDGEMENT

We are thankful to Podar Institution Management for providing Infrastructure of Medical OPD and General Panchakarma for conduction of Vamana and futher management.

Precaution

The person should take the benefit of Vamana therapy under the supervision of Ayurvedic expert only.

REFERENCE

1. Illustrated Panchakarma by Dr. G. Srinivasa Acharya, Chaukhamba Sanskrit Pratisthan, Edition – 2006; 315-336.