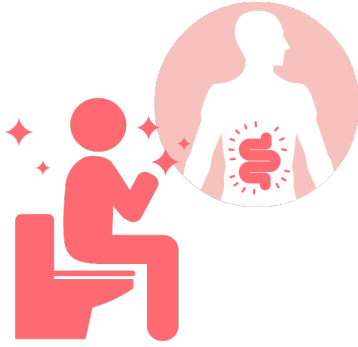


## Chapter 7. Virechana Karma Therapeutic Purgation

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Virechana is a procedure in which *prakupita dosha* (vitiated dosha) are expelled through adhomarga by the administration of medicine through oral route.

Medicines are used in different forms like Choorna, Kwatha, Sneha, Lehya etc., depending on the condition of the patient.

### Indications of Virechana [A.H.Su.18 - 8]

- Jeerna Jwara
- Kushtha
- Prameha
- Urdhwagata Raktapitta
- Bhagandara
- Arsha
- Vriddhi
- Pleeha Roga
- Gulma
- Granthi
- Mootraghata
- Krimikoshtha
- Shiraha Shoola
- Chhardi
- Visuchika
- Alasaka
- pandu
- Netradaha
- Aasyadaha
- Hridroga
- Vyanga
- Aruchi

- Haleemaka
- Swasa
- Kasa
- Kamala
- Apachi
- Unmada
- Parshwashoola
- Udavarta
- Neelika
- Nasika Srava
- Netra Srava
- Udara
- Timira
- Kacha

## Contra-Indications of Virechana [A.H.Su.18 - 11]

- Kshata Guda
- Muktanala (Atonic rectum)
- Adhoga Raktapitta
- Langhana
- Durbalendriya
- Alpagni
- Person who has taken nirroha Vasti
- Ajeerna
- Navajwara
- Madatyaya
- Adhimana
- Abhighata
- Atiruksha
- Atibhuksha
- Daruna Koshtha (Hard bowels)
- Kshata Ksheena
- Bala (children)
- Vriddha (Old aged)
- Sosha
- Atisara

## Infrastructure facilities

- Manpower :1 Attendant, 1 Nurse, 1 Doctor
- Room facilities: Room with attached latrine

### Equipments and materials Bed

- Measuring jar
- Commode with graduated scale
- Virechana oushadha (Virechana medicine) sufficient quantity



## Commonly practising Virechana yogas

Pharmaceutical preparations:

Medicine Name	Recommended Dosage	Indications
Eranda Taila	20- 40 ml	Vata disorders
Trivrit Churna	5-10 gm	Pitta disorders
Hindu Dwiguna Taila	10-20 ml	Vata Kapha disorders
Mishraka Sneha	2-5 ml	Vata Roga, Vriddhi
Gandharva Hasta Eranda Taila	15-30 ml	Vata disorders
Sinduvar Aranda Taila	15-30 ml	Katishoola
Nimbamrutadi errand Taila	15-30 ml	Vata Shonita
Avipattikara Churna	15-20 gm	Pitta disorders
Manibhadra Gulam	20-40 gm	Twaka roga
Ichchhabhedi rasa	125 mg – 250 mg (1-2 tab)	Sthoulya, Twaka roga
Kalyanaka Gulam	10-15 gm	Stri roga
Trivrit Lehyam	5-15 gm	Pitta disorders

## Self prepared formula:

- Add Trivrita Coarse Powder 5gm, Triphala Powder 10 gm, Munakka (black grape raisins) 10 numbers in 400ml water. Boil it in low flame till it gets reduced to 100 ml. Filter it with a sieve.
- Mix Eranda taila 20 ml into this decoction and give it to the patient to drink lukewarm after proper Abhyangam and swedana.

## Poorvakarma of Virechana

- Same as Vamana Karma – Sneha Pana for 3, 5 or 7 days.
- On occurrence of Samyaka Snighdha Lakshana (proper oleation signs), Abhyanga and Washpa Swedana day and Pittotkleshaka Ahara (Pitta vitiating diet) is to be done on 8th day.
- On the 9th day, after local Abhyanga and Nadi Swedan, Virechana medicine should be given on. Recommended time of Virechana medicine administration is 6 am.

## Preparatory guidelines:

On the day of virechana, the following things should be ensured before administering the medicines. Proper sleep in the previous night, proper digestion of previous day's food, proper elimination of natural urges is to be ensured.

### Examination of the patient before virechana drug administration:

Ashta sthana pareeksha is to be carried out prior to virechana. Physical conditions like hypertension, dehydration, weakness etc. have to be taken into account before administering virechana drugs.

## Season, time of drug administration:

Sharat ritu is the best season for virechana. It is better to perform virechana by all during Sharat ritu. It will keep away from epidemic diseases (Ritujanya rogas). Virechana can be done in any season according to the indications. [A.H.Su.3 – 50]

- In practice usually virechana aushadha is given at 6 am, so that virechana occurs in Pitta kala.



## Pradhana Karma of Virechana

The prescribed quantity of medicine is to be given in prescribed time along with suitable adjuvant. Patient has to take rest and drink hot water to stimulate virechana vega. The patient is advised to drink lukewarm water after each vega to avoid dehydration.

## Criteria to be followed to assess Jaghanya, Madhyama, Pravara suddhi

10, 20, 30 are the desirable number of vegas of virechana for Jaghanya, Madhyama, and Pravara shuddhi. In terms of quantity they are 1, 2 & 4 prasthas respectively. [A.H.Su. 18 – 29]

## Signs & Symptoms of proper virechana:

Purgation may be allowed till kapha is expelled. Purification of Hrit (heart) and Kukshi (epigastrium) will be seen. [A.H.Su.18 – 30]

## Atiyoga, Ayoga Lakshana

### Ayoga:

Hrit kukshi ashuddhi (Impurities of the epigastrium), aruchi (anorexia), dislodgement of Kapha and Pitta, kandu (pruritus), vidaha (Internal burning sensation), Pitaka (skin eruptions), pinasa (rhinitis), flatulence and constipation are the features of ayoga (inadequate purgation therapy), opposite of these are the features of proper therapy. [A.H.Su.18 – 36]

### Atiyoga

In case of atiyoga (excessive purgation), after the elimination of faeces, pitta, kapha and vata in succeeding order, there will be expulsion of watery material which does not contain kapha or pitta which is either colourless, black or blood-stained. There may also be prolapse of the rectum, trishna (thirst), bhrama (giddiness), sunken eyes and the clinical presentation of excess emesis therapy i.e. excessive weakness, burning sensation, dryness of throat, black outs (timira darshana) etc. Powerful diseases of vata origin and even death due to loss of life blood may also occur. [A.H.Su. 18-38]

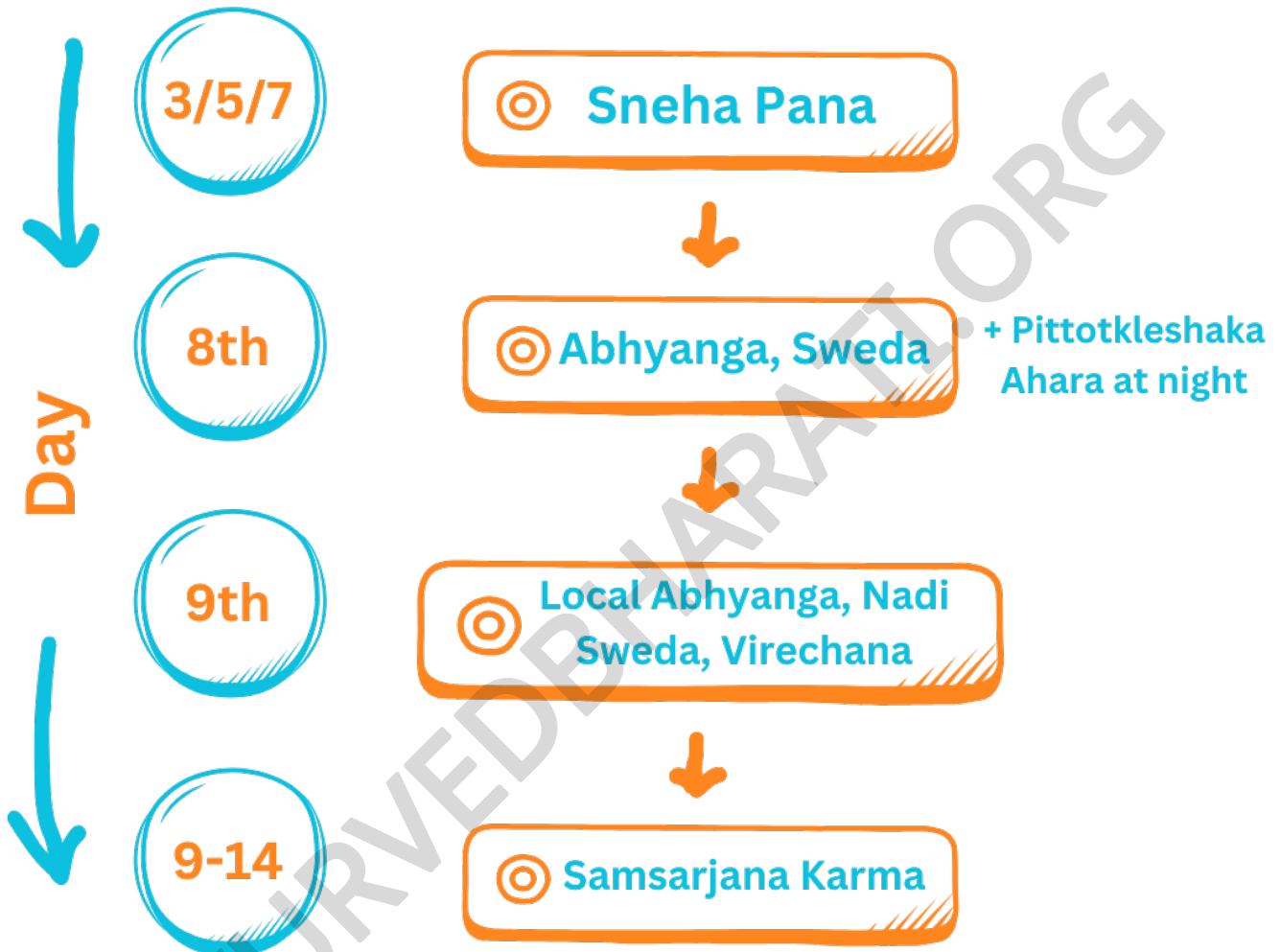
## Pashchat Karma of Virechana

- The person who has undergone proper purgation therapy should be administered all other therapies except dhumapana (inhalation of herbal smoke), which are prescribed in Vamana Karma (emesis therapy). Then the patient should adhere to the special dietary regimen, in the same way as mentioned in Vamana karma and resume their normal diet. [A.H.Su.18 – 41]
- Fasting should be prescribed to a patient who has consumed medicines for purgation, if he/ she has weak digestive power, poor response to purification therapy, if not emaciated, is not weak by vitiated doshas and has not shown features of proper digestion. By this, the patient will not be harmed (by the discomfort caused) by the obstruction due to utkleshita (provoked) doshas, precipitated by the league of unction (snehana) and sudation therapies and medicines for purgation [A.H.Su.18 – 42]. Hence, in the patient, whose digestive power becomes dull by the purification therapies, peyadikrama (Samsarjana karma – special dietary regimen) should be observed. Peya (thin gruel) should not be given when only little quantities of pitta and kapha are expelled out, to persons who are addicted to liquor and in whom vata and pitta are predominant, Tarpanadi krama is suitable for them. [A.H.Su. 18 – 43]

## Samsarjana karma

Same as mentioned in Vamana Karma.

## Virechana Day wise schedule



### Dietary and other lifestyle

Same as mentioned in Vamana Karma.

### Clinical vital data recording

Sodium, Potassium level of the blood of the patient is to be estimated before and after the procedure. General pathological and biochemical investigations are to be carried out during the treatment. It is necessary to check pulse rate, blood pressure etc. frequently during the procedure.

### Follow up therapy

Suitable shamana therapy has to be done according to disease.

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