



## THERAPEUTIC EMESIS AND PURGATION: MANAGING SAMYAK, AYOGA AND ATIYOGA IN VAMANA AND VIRECHANA KARMA

Dr. Ashwini Sachin Kamat\*<sup>1</sup>, Dr. Reeha R. Bagwe<sup>2</sup> and Dr. Tilottama Arunrao Satpute<sup>3</sup>

<sup>1</sup>Professor, Panchakatma Department, Ideal College of Ayurved, Village-Posheri, Tal. Wada, Dist. Palghar, Maharashtra, India.

<sup>2</sup>Professor, Samhita Siddhant Department, Ideal College of Ayurved, Village-Posheri, Tal. Wada, Dist. Palghar, Maharashtra, India

<sup>3</sup>Professor, Shalya-Tantra Department, Ideal College of Ayurved, Village-Posheri, Tal. Wada, Dist. Palghar, Maharashtra, India.

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\*Corresponding Author: Dr. Ashwini Sachin Kamat

Professor, Panchakatma Department, Ideal College of Ayurved, Village-Posheri, Tal. Wada, Dist. Palghar, Maharashtra, India.

### ABSTRACT

Ayurveda is considered as a reliable medical system for the prevention and treatment of various diseases. It emphasizes natural therapies with minimal side effects and focuses not only physical and mental health but also works for spiritual and moral value. *Panchakarma* is one of the therapeutic modalities in Ayurveda which includes many therapeutic procedures; *Vamana* and *Virechana Karma* are amongst them. These therapies are designed to promote health by detoxifying body. Proper implementation of *Panchakarma* procedures is very crucial to achieving its therapeutic potential and avoiding complications. *Vamana* and *Virechana* when performed excessively (*Atiyoga*) or insufficiently (*Ayoga*) then it can lead to adverse effects. On other hand when conducted optimally (*Samyak Yoga*) these therapies yield desirable results. Ayurveda has mentioned detailed information on the proper execution of procedures like *Vamana* and *Virechana*. This article explains Ayurvedic aspects of therapeutic emesis and purgation along with the management of *Ayoga* and *Atiyoga* of *Vamana* and *Virechana Karma*.

**KEYWORDS:** *Ayurveda, Emesis, Purgation, Ayoga, Atiyoga.*

### INTRODUCTION

The Ayurvedic detoxification techniques, *Vamana* and *Virechana* play a crucial role in maintaining the balance of *Doshas*. *Vamana* and *Virechana* expel accumulated toxins and restore optimal health. Proper execution of these therapies ensures their effectiveness, while *Atiyoga* or *Ayoga* of *Vamana* and *Virechana* causes adverse outcomes.<sup>[1-3]</sup>

*Vamana Karma* is a therapeutic procedure designed to balance *Kapha Dosha* by expelling excess mucus, metabolic toxins, and obstructions from the upper gastrointestinal and respiratory tracts. It is particularly indicated for chronic respiratory conditions like bronchitis, asthma, persistent cough and skin disorders. Additionally, it is beneficial for managing hyperlipidemia, indigestion, psychological imbalances and obesity, etc. The therapy offers significant benefits, including the cleansing of toxins from the upper digestive tract, improved metabolic function and

digestion, enhanced respiratory health and emotional stability. The entire process, encompassing preparation and recovery, generally takes about 7–10 days.<sup>[3-5]</sup>

Similarly, *Virechana Karma* target *Pitta Dosha* focusing on the liver, gallbladder and intestines to eliminate toxins from digestive system. It is recommended for conditions like psoriasis, hyperacidity, eczema, gastritis, chronic headaches, migraines, liver disorders and hormonal imbalances, etc. The benefits of *Virechana Karma* include detoxification of the gastrointestinal tract, balancing *Pitta Dosha*, enhancing nutrient absorption, boosting immunity and revitalizing digestion, etc. This procedure also typically spans 7–10 days, including preparatory and recovery phases.

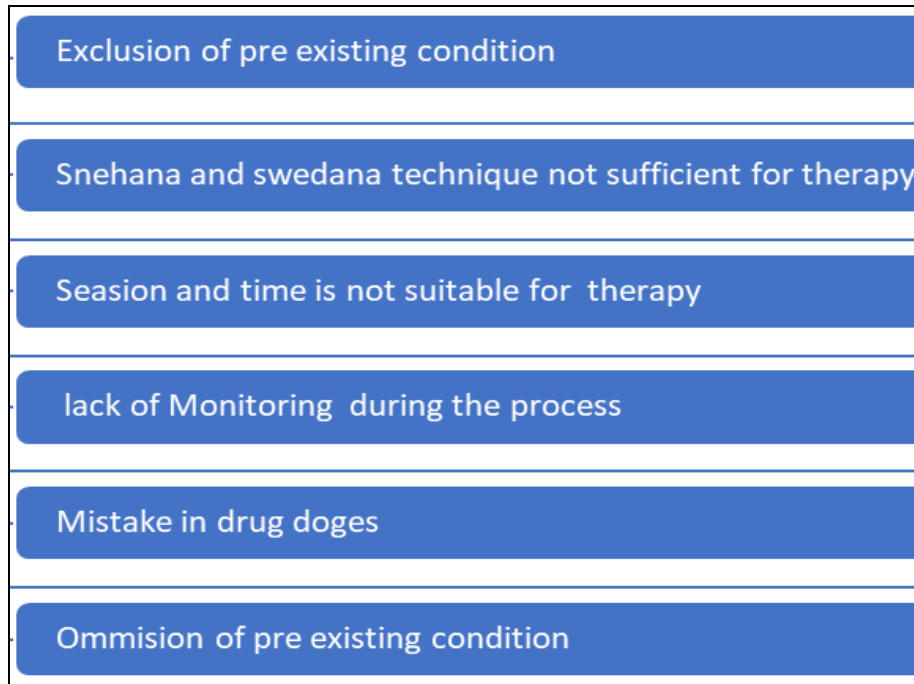
Proper execution of *Vamana* and *Virechana Karma* includes both preparatory and post-therapy procedures to maximize therapeutic benefits and prepare the body for rejuvenation. However, inadequate implementation can

lead to adverse effects that must be addressed promptly.<sup>[4-6]</sup>

**Samyak Yoga, Ayoga and Atiyoga of Vamana and Virechana Karma**

When these therapeutic procedures are performed correctly, they play a vital role in enhancing emotional,

mental and physical well-being by eliminating impurities and restoring balance. However, improper adherence to procedural protocols can lead to imbalances, resulting in Ayoga (insufficient therapy) or Atiyoga (excessive therapy). The factors contributing to Ayoga and Atiyoga are outlined in **Figure 1**.



**Figure 1: Causes of Ayoga and Atiyoga of Panchakarma therapies (Vamana and Virechana Karma).**

Ayurveda experts emphasize adhering to proper guidelines for performing Vamana and Virechana to achieve Samyak Yoga, which effectively eliminates impurities and maximizes health benefits. Properly administered (Samyak Yoga) therapy provides significant relief from symptoms like congestion and heaviness while effectively alleviating fatigue and preventing dehydration. In this regard **Table 1** depicted symptoms

of Samyak Yoga of Vamana and Virechana Karma. Inappropriate/lesser (Ayoga) implementation of Vamana and Virechana Karma leads health issues and few complications as mentioned in **Table 2**. Similarly excessive uses of therapeutic vomiting and purgative measures may also results physiological abnormalities as mentioned in **Table 3**.<sup>[4-8]</sup>

**Table 1: Symptoms of Samyak Yoga of Vamana and Virechana Karma.**

<i>Samyak Yoga of Vamana Karma</i>	<i>Samyak Yoga of Virechana Karma</i>
Proper elimination of Kapha and accumulated Doshas through controlled vomiting.	Controlled purgation with 10–30 bowel movements, based on individual Prakriti and Dosha imbalance.
Relief and lightness in the chest, head, and body.	Noticeable relief and lightness in the abdomen and body.
Enhanced mental clarity and focus.	Visible improvement in skin conditions due to reduced Pitta toxins.
Restoration of Agni.	Improved nutrient assimilation.
Reduction in heaviness, congestion and lethargy.	Improvement in conditions like hyperacidity and skin disorders.

**Table 2: Symptoms of Ayoga of Vamana and Virechana Karma.**

<i>Ayoga of Vamana Karma</i>	<i>Ayoga of Virechana Karma</i>
Gurutva in the chest and throat.	Constipation or incomplete stool evacuation.
Fatigue or mental exhaustion.	Heaviness in the abdomen.
General weakness and lack of energy.	Loss of appetite.

Persistent aversion to food.	Weakness following the procedure.
Heaviness in the head caused by retained toxins.	Body aches or discomfort.

### Management of Ayoga of Vamana and Virechana Karma

When *Vamana Karma* is incomplete or insufficient specific corrective measures are employed to achieve optimal results. First, a fresh dose of emetic substances like *Vacha*, *Yashtimadhu* and *Madana Phala* may be administered. If required, the dosage of emetic drugs may increase to ensure proper stimulation of vomiting. In cases where mild drugs prove ineffective, stronger emetic formulations are used. If these interventions are

insufficient pre-operative measures like *Snehana* and *Swedana* advocated followed by main procedure.

*Ayoga* in *Virechana Karma* can be managed using herbs such as *Trivrit*, *Aragvadha* and *Eranda Taila*, etc. The dosage of purgative drugs can also be increased if earlier dose remain insufficient. Stimulating measures (drinking hot water and local massage) can be used to stimulate bowel activity.<sup>[7-9]</sup>

**Table 3: Symptoms of Atiyoga of Vamana and Virechana Karma.**

<i>Atiyoga of Vamana Karma</i>	<i>Atiyoga of Virechana Karma</i>
Severe fatigue due to excessive expulsion.	Loss of fluids causing dryness.
Dehydration resulting from fluid loss.	Cramps or discomfort in the abdomen.
Persistent hiccups caused by irritation.	Pain or irritation in the anal region.
Loss of consciousness due to extreme.	Severe weakness.
<i>Raktasrava</i> .	<i>Bhrama</i> .

### Management of Atiyoga of Vamana and Virechana Karma

Rehydration therapy is administered to restore hydration and replenish electrolytes lost. Medicated decoctions particularly those containing rejuvenating herbs (*Yashtimadhu*, *Shatavari* and *Madhuka*) are considered beneficial. These herbs soothe the body and impart nourishing effects. Light diet (easily digestible foods), rice water, barley water support the digestive system and provide nourishment, helps to regain strength. Herbs rich in vitamin C offer rejuvenating qualities; help to restore vitality and bolster the immune system. Adequate rest is advised to regain strength and ensures recovery process.<sup>[8-10]</sup>

### CONCLUSION

The successful administration and careful monitoring of *Panchakarma* therapies are essential for achieving optimal therapeutic results. Avoidance of *Ayoga* and *Atiyoga* of *Panchakarma* therapies is essential to prevent any complications associated with inappropriate implementation of these therapies. When the therapy is insufficient it leads persistent imbalances. Therefore, it is important to apply corrective measures, such as digestive stimulants to ensure desired effects of therapy. *Atiyoga* of *Vamana* and *Virechana Karma* causes dehydration, discomfort and weakness. These all conditions can be managed by using rehydration and *Vata*-pacifying therapies. Balanced diet and *Rasayana* therapies are considered crucial to regain strength. Proper procedural protocols of *Panchakarma* therapies offer effective detoxification and safety benefits.

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