

UNDERSTANDING AND APPLICATION OF VIRECHANA KARMA

**PRESENTER-
DR.PRASHANTH.A.S**

Professor

**Department of Post Graduate Studies in Kayachikitsa
Ayurveda Maha Vidyalaya
Hubli, Karnataka – 580024**

Telephone: 0836-2335575, Mob: +91-94481-35575

Mail: drprashanthas@gmail.com

INTRODUCTION – AIMS AND OBJECTIVE OF AYURVEDA

1. SWASTHASYA SWASTHYA RAKSHANAM
2. ATURASYA VIKARA PRASHAMANA

WHY KNOWLEDGE OF PANCHAKARMA IS REQUIRED ?

BOTH FOR –

- **MAINTAINENCE OF HEALTH – RITU WISE SHODHANA**
- **AS ATHERAPEUTIC PROCEDURE**

PANCHAKARMA

प्रथमम् वमनं पश्चात् विरेकश्च अनुवासनं ।
एतानि पञ्चकर्मानि निरूहो नावनं तथा ॥

(Ba. Pr. Pu. Ka)

चतुष्प्रकार संशुद्धि ।

चतुष्प्रकार संशुद्धि इति अनुवासनं वर्जयेत्वा तस्य ब्रह्मनात

(Ck. Ca. Su. 22/8)

SUPERIORITY OF SHODHANA OVER SHAMANA

दोषः कदाचित् कुप्यन्ति जित लंघन पाचनैः।

जितःसम्शोधनैः ये तु न तेशम् पुनरुद्भवः ॥

(च.सू. १६/२०)

Definition of (Vamana and Virechana)

दोष हरणं ऊर्ध्वं भागं वमन संग्यकं
अधो भागं विरेचन सन्नयकं ।
उभयं वा शरीर मल विरेचनात् विरेचन सन्नयक् ॥

(Ca. Ka. 1/1)

VIRECHANA YOGYA -

शेषास्तु विरेच्याः विशेषतस्तु कुष्ठज्वरमेहोर्ध्वरक्तपित्तभगन्दरोदराशोब्रध्न-
प्लीहगुल्मार्बुदगलगण्डग्रन्थिविसूचिकालसकमूत्राघातक्रिमिकोष्ठविसर्प-
पाण्डुरोगशिरःपार्श्वशूलोदावर्तनेत्रास्यदाहहृद्रोगव्यङ्गनीलिकानेत्रनासिका-
स्यस्रवणहलीमकश्वासकासकामलापच्यपस्मारोन्मादवातरक्तयोनिरेतोदोष-
तैमिर्यारोचकाविपाकच्छर्दिश्वयथूदरविस्फोटकादयः पित्तव्याधयो विशेषे-
ण महारोगाध्यायोक्ताश्च एतेषु हि विरेचनं प्रधानतममित्युक्तमग्रचुपशमेऽग्नि-
गृहवत् १३

Persons with the following indications may receive Virechana: tumors of the abdomen, hemorrhoids, small pox, skin discoloration, jaundice (liver disorders), chronic fevers, enlargement of the abdomen, poisoning, vomiting, disorders of the spleen, abscesses, blindness, cataract, conjunctivitis, inflammation of the eyes, diabetes, cholera, headache, heart disease, pain in the colon, disorders of the vagina and testicles, intestinal parasites, wounds or ulcers (externally), gout, anemia, anorexia, asthma, cough, epilepsy, insanity, indigestion, edema, bleeding in the upper body, blood diseases, obstruction of urine or feces, burning in the urethra or anus, obstruction in lactation, pitta disorders, and those persons who have received Vamana Karma.

VIRECHANA AYOGYA -

अविरेच्यास्तु सुभगक्षतगुदमुक्तनालाधोभागरक्तपित्तविलङ्घितदुर्बलेन्द्रिया-
ल्याग्निनिरूढकामादिव्यग्राजीर्णवज्वरिमदात्ययिताध्मातशल्यार्दिताभिह-
तातिस्त्रिगधरूक्षदारुणकोष्ठाः क्षतादयश्च गर्भिण्यन्ताः ११

acute fever, having just recovered from fever, injury to anus, weak digestion, while fasting, while sexually stimulated, during pregnancy, internal bleeding, internal wounds or ulcers (stomach, sm. intestine, colon), diarrhea, during or after basti, hard type (Vata feces) constipation, too lubricated (excess internal snehana), excessive internal dryness, obese, the very young and the very old, very weak persons, sexual debility, anxiety, some forms of heart disease, frightened persons and consumptive disorders (degenerative diseases).

PROPERTIES DRUGS USED FOR PURGATION –

- USHNA
- TEEKSHNA
- SOOKSHMA
- VYAVAYI
- VIKASI
- JALA , PRITHVI MAHABHOOTA PRADHANA / ADHOBHAGAHARA PRABHAVA

CLASSIFICATION OF VIRECHANA DRAVYA –

- SUKHA VIRECHANA
- MRIDU VIRECHANA
- TEEKSHNA VIRECHANA

–त्रिवृत सुखविरेचनानां , चतुरांगुलो मृदु विरेचनानाम, स्नुक पय
तीक्ष्ण विरेचनानाम् ।

च. सू . २५/४०

ACC. TO SHARANGADHARA –

1. Anulomana - hareetaki
2. Sramsana - kritamalaka
3. Bhedana - katuka
4. Rechana - trivritta



Classification of Laxative :

These drugs are sometimes classified according to the intensity of action as mild, moderate, severe laxative effect suggest the eliminations of soft, formed stool without griping and without much loss of water. In large doses, many laxatives promote catharsis which means purgation and the passage of more fluid stools.

(1) Drugs which accelerates the passage of food.

a. Bulk purgative : These work by one or more of the following actions.

I. Non metabolizing

II. Retaining water

III. Promoting peristalsis e.g. plant gums like sterculina, isabgole, etc.

b. Faecal softners : As dioctyl sodium sulphosuccinate.

c. Osmotic purgatives

- i. Poorly absorbed solutes, which maintains an increased fluid volume.
- ii. Accelerate transfer to gut contents through small intestine to colon.
- iii. Large volume in colon results in purgation.
- iv. Saline purgative e.g. MgSO_4 doubles the volume of faeces.

d. Stimulant purgative

- i. Stimulates the mucosa of gut.
- ii. Irritate local reflexes e.g. castor oil.

Castor oil is hydrolyzed in small intestine by lipase to give ricinoleic acid which irritates and requires bile for hydrolysis.

(2) Drugs which increases GI motility

Local stimulant effect on motility

Acceleration of gastric emptying, but no effect on gastric-secretion.

Thought to activate cholinergic neurons.



they may also be classified according to the pattern of laxative effect following the therapeutic doses into :

(1) **Slow Onset** : Those which produce softening of the stool after one to three days of daily use bulk laxatives, mineral oil, Dioctyl Sodium Sulphosuccinate, lactulose.

(2) **Intermediate Onset** : Those which lead to soft or semisolid stool in 6 - 12 hours of a single dose Saline laxative (low dose), phenolphthalein, bisacodyl (oral) anthraquinone group.

(3) **Rapid Onset** : Those which leads to watery evacuation in 2 -6 hours of a single dose saline laxative (high dose), castor oil, bisacodyl.

Out of these, certain drugs increase the motility of intestine certain modify the fluid dynamics of the mucosal wall and may cause fluid accumulation in lumen.

CHARAKOKTA VIRECHANA DRAVYA –

MOOLINI – 16

PHALINI – 19

SNEHA – 4

LAVANA – 5

MOOTRA – 8

DUGDHA – 8

SHODHANARTHA VRIKSHA – 6

the physician who use these
dravya acc. To patient and disease condition is
wise.

SPECIFIC VIRECHANA DRAVYA

दोष हरणं अधो भागं विरेचन संग्यकं

DRUGS

ट्रिरुत्तम् त्रिफलम् दन्ति नीलिनीम् सप्तलम् वचम्
खम्पिल्लकम् गवक्शम् च क्शीर्नीम् उदकीर्यकम्
फीलु अरग्वधम् द्रक्शम् द्रवन्तिम् निचुलनि च
फक्वशयगते दोशे विरेकर्थम् प्रयोगयेत । - च. सू. २/ ९-१०

Trivritta

Danti

Saptala

Kampillaka

Kshreeni

Peelu

Draksha

nichula

Triphala

Neelini

Vacha

Gavakshi

Udakeerya

Aragvadha

dravanti

Drugs of Kalpasthana:

- Syama – Trivrt
- Sudha
- Caturangula (Aragvadha)
- Saptala
- Shankini
- Tilvaka (Lodhra)
- Danti
- Dravanti

Kumbha [ShyamaTrivrut]



Trivrut

Operculina turpethum (Linn.) Silva Manso

- Botanical name : *Operculina turpethum*
- Family : *Convolvulaceae*
- Rasam : Tikta, Katu
- Gunam : Laghu, Rooksha, Teekshna
- Veeryam : Ushnam
- Vipakam : Katu
- Parts used : Root bark, leaves

Chaturangula-Samyaka



- Botanical name : Cassia fistula
- Family : Leguminosae
- Rasam : Madhura
- Gunam : Guru, Mrudu, Snigdha
- Veeryam : Seetham
- Vipakam : Madhura
- Parts used : Fruit pulp, Root bark, Fruit, Leaf, Flower

Tilwakam- Iodhra



Latin name - *Symplocos racemosa*

Family - Symplocaceae

Rasa - Kashaya

Guna - Laghu, Ruksha

Virya - Sheeta

Vipaka - Katu

Usable part - Twak

Sudha- Snuhi



- Botanical name :
Euphorbia nerifolia
- Family : Euphorbiaceae
- Rasam : Katu
- Gunam : Laghu,
Teekshna, Snigdha
- Veeryam : Ushnam
- Vipakam : Katu
- Parts used : Latex, stem,
leaf & root

Saptala



➤ Botanical name :
Acacia concinna

➤ Rasam : kashaya

Virya : sheeta

Vipaka : Pungent

Guna : guru, ruksha

Sankhini



- Botanical name :
Clitoria ternatea
- Family : Fabaceae
- Rasam : Katu, Tikta, Kashaya
- Gunam : Laghu, Ruksha
- Veeryam : Seetham
- Vipakam : Katu
- Parts used : Root, Root bark & seeds

Danti -Nikumbha



- Botanical name : *Baliospermum montanum*
- Family : Euphorbiaceae
- Rasam : Katu
- Gunam : Guru
Teekshna
- Veeryam : Ushnam
- Vipakam : Katu
- Parts used : Root, leaves,
seeds

dravanti



Botanical name :

Jatropha curcas

Family : Euphorbiaceae

Rasa : Kashaya, Tikta

Guna : Lakhu

Virya : Ushna

SOME OF THE AGRYA DRAVYA -

- YAVA / MASHA – PUREESHA JANANANAM
- त्रिवृत सुखविरेचनानां
- चतुरांगुलो मृदु विरेचनानाम
- स्नुक पय तीक्ष्ण विरेचनानाम् ।

च्. सू. २५/४०

KARMUKATA OF VIRECHANA DRAVYAS

- **Gunās** – ushna, teekshna, sukshma, vyavayi, vikashi.
- By *svarupa*, reach *hrudaya* and then circulate through dhamanis all over the shareera.
- *Ushnata – Vishyandana* of samghata dosha (liquefies dosha)
- *Teekshnata - Vichchindanti* - separates the adhered dosha located in the gross and subtle channels of body.
- Thus the dosha move in the body without adhesion just like honey kept in snehabhavita patra.
- *Sukshmata, Anupravanabhavat* – morbid material reaches amashaya and gets propelled by UDANA VAYU / APANA VAYU resulting in virechana

The medicines which are used for Virechana (purgation) are having Ushna, Tikshna, Sukshma, Vyavayi and Vikashi qualities similar to that of Visha. So it is important to decide the appropriate dosage to prevent complications.

Virechana Dravya, due to its Virya reaches Hrudaya and circulates to all over the body because of the Vyavayi and Vikashi qualities via Dhamani. Due to Ushna, Sukshma and Tikshna Guna, drug penetrates into the Sthula and Sukshma Srotas and Melts out the Dosha.

These Dosha reaches to the Koshta very easily due to the Samyak Snigdhta attained prior to the Virechana procedure. When the Virechana Oushadha is given in Samyak Snigdha Shareera, as if honey is poured in an oleated vessel moves fast to the core of the vessel, like that Virechana Oushadha brings out the Dosha to the Koshta.

Then Vayu expels it out through the Guda Marga. Repeated Use of hot water promotes the elimination of stools and minimizes the dehydration.

MODERN EXPLANTION ON POSSIBLE ACTION OF VIRECHANA KARMA:

From the modern point of view we can say that the Ayurvedic shodhana karma are physician induced mild inflammation mainly vamana and virechana drugs are quite irritant to the stomach and the intestinal mucosa respectively, which cause inflammation. Due to this the permeability of the membrane changes and those substances come out due to the changed permeability which can not come out in normal condition.

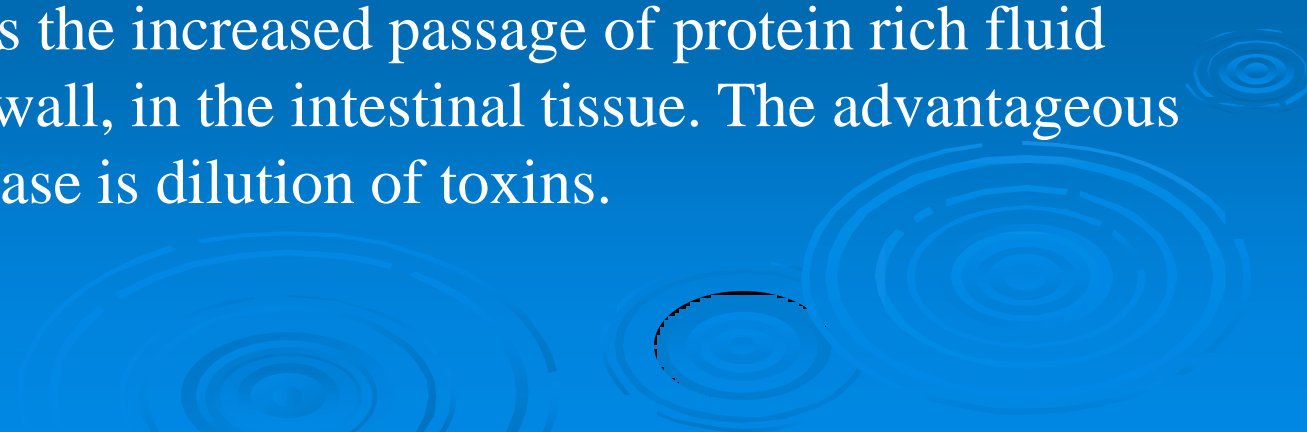
The gross sign of inflammation are redness, heat, swelling and pain and loss of functions. These sign occurs due to the following changes at microscopic level.

Hyperemia:

It occurs due to capillary dilatation and arteriolar dilatation and mechanism.

Exudation:

Exudation is the increased passage of protein rich fluid through the vessel wall, in the intestinal tissue. The advantageous result of fluid increase is dilution of toxins.

The background of the slide features several concentric, light blue circular ripples that resemble water droplets hitting a surface, scattered across the lower half of the page.

Some chemical factors are also responsible which increase the permeability in response to acute inflammation.

Vaso active amines:

Inflammation

Mast-Cells: - Histamine - Increase permeability.
Platelets - Serotonin – Dilatation

Vasoactive Polypeptide:

These causes vasodilatation.

Miscellaneous Agents:

The other agents influencing vascular dilatation and increasing permeability are

- Lysosomal enzymes from polymorphs
 - Prostaglandins.
 - Globulin permeability factor
- Lymphnode permeability factor
- Degradation products of DNA and RNA.
- Antigen antibody complexes.

Some of the above factors may be responsible for the increased permeability of the intestinal mucosal in response to the inflammation caused by irritant Virechana Yoga.

To further understand the action we should go through the mode of action of certain modern purgatives. In the modern medicine, purgatives are classified into the following groups.

NEED
OF
STANDARDIZATION



The dosage of shodhana drugs differs from person to person. So it is difficult to fix the dosage. Even after knowing all causes of variations, they have to be standardized.

Now a days, physicians face difficulty in deciding the proper time, dose and duration of drugs. So, main discussion points in whole concept of virechana are the fixation of drugs, their dosage.

Āchāryas have considered Agni and Koshtha for deciding the dosage etc

In olden days the Vaidyas were more efficient and able to assess the Agni and Koshṭha and decide dose, drug and kala.

Physician can be classified into two categories, i.e.

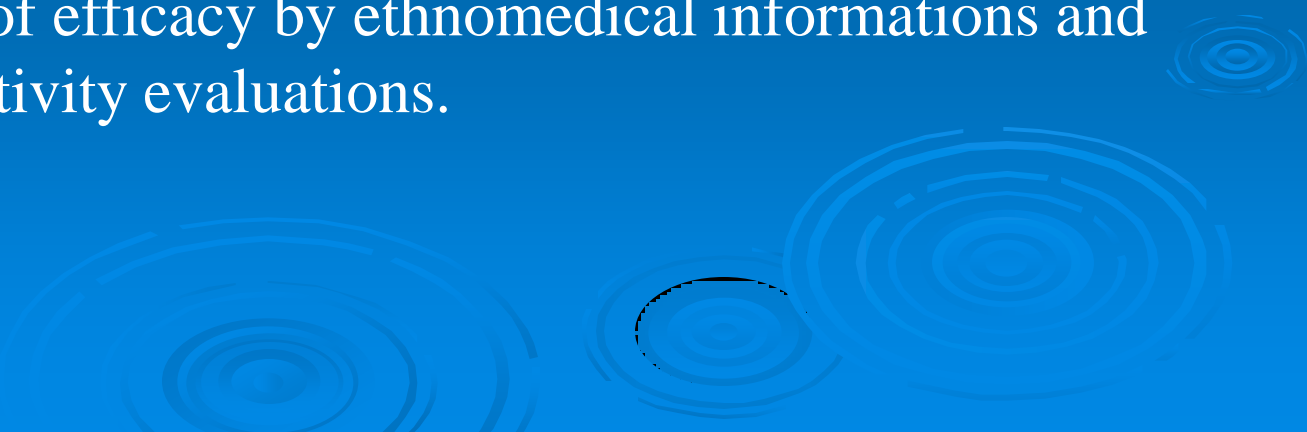
a) Vikalpavid

b) Avikalpavid,

Vikalpavid is one, who is able to assess the Agni, Koshṭha and considering all variations, he fixes the dose and duration. But on the contrary, *Avikalpavid* is not able to do so.

Standardization is the need of the hour for second category physician, to prevent Atiyoga or Ayoga and to get Samyak yoga in a systematic manner within proper time.

WHO Guidelines for Quality Standardized Herbal Formulations

- a. Quality control of crude drugs material, plant preparations and finished products.
 - b. Stability assessment and shelf life.
 - c. Safety assessment; documentation of safety based on experience or toxicological studies.
 - d. Assessment of efficacy by ethnomedical informations and biological activity evaluations.
- 
- The bottom right corner of the slide features a decorative graphic of several concentric, light blue circles that resemble ripples on water, set against the dark blue background.

VIRECHANA KARMA –

AIMS -

Virechana is a process, which is helpful to remove the vikruta Dosha from the pittsthana situated in the koshta through Adhobhaga. So by the shodhana of udbhava sthana, the disease which originates from that region can be eliminated.

OBJECTIVES –

Virechana is given in the bahudosha avastha. Where as Langhana is given in the AlpaDosha, Langhan-pachan in the madyama Dosha. If we give shodhan in the Alpa Dosha it causes harm to the rogi.

MATRA

Depending upon requirement.

ANUPANA

Sheeta jala, ushna jala, ksheera, triphala

KALA

Ratri / prataha kala ????

AVASTHA

Rikata koshta

VIRECHANA SHUDDHI LAKSHANA

These are opposite to that of ama / sama lakshana /
bahu dosha laxana.



Bahu dosha lakshana -

अविपको अरुचिः स्थौल्यं पाण्डुता गौरवं क्लमः
पिडिका कोठ कण्डूनां सम्बवो अरति रेव च
आलस्यं श्रम दौर्बल्यम दौर्गन्ध्यम अवसादकः
श्लेष्म पित्त समुत्क्लेशो निद्रानाशो अतिनिद्रता
तन्द्रा क्लैब्यम बुद्धित्वम अशस्त स्वप्न दर्शनम
बल वर्ण प्रणशश्च त्रुप्यते बृहणरैपि

बहुदोषस्य लिंगानि तस्मै संशोधनं हितम् । (च. सू. 16/13-16)

All these above lakshana are seen due to the presence of ama, when the Dosha and Dushya get mixed with the ama, they are designated as sama dosha or Dushya.

The sama features are –

स्रोतोअवरोधः बल भ्रंशः गौरवं अनिलमूढता
आलस्यं अजिर्णं निष्टीवनं मल संग अरुचि क्लमः

(अ. ह. सू. १३)

To remove all these symptoms virechana is needed. Treatment of ama by shamanoushadhi is antagonistic to the chikitsa siddhanta.

For Ama pachana, Katu, Ushna, Deepan, Pachan dravya are essential. For prakupita pitta, sheeta, madhura, Tikta-kashaya dravyas are essential. hence shamanoushadhi becomes viruddhopakrma. So virechana is essential to eliminate the Dosha.

- The assessment of samyak virechana karma is based on the chaturvidha shuddhi which are vaigiki, manaki, Antaki, laingaki, Lakshnas.

	Pravara	Madhyama	Jaghanya
Vaigika	30 vega	20 vega	10 vega
Manaki	4 prastha	2 prastha	1 prastha
Antaki	Kaphanta	Kaphanta	Kaphanta
Laingaki	All the nirama lakshana are seen		

In the manaki shuddhi 1,2,4 prastha for pravara, madhyama and avara suddhi is given.

1 prastha = is about 750ml

4 prastha = is about $750 \times 4 = 3000$ ml.

Even enormous amount of fluid is lost, there are no signs of dehydration if samyak shuddhi is there.

this can be attributed to snehana given as poorvakarma.

moreover fluid which is driven out is intrastitial fluid (present in between the cells). It is nothing but the shareera gata kleda. So all the pitta is not eliminated only vikruta pitta is eliminated.

If we give virechana at prathaha kala samyaka virechana laxana are seen in the after noon or before evening.

III. Antaki :

Kaphanta is the objective criteria for the end point. Physiologically anatomically the sequence is mutra-mala-pitta-kapha-anilanam, kaphanta indicates Koshtsta pitta is completely eliminated.

IV. Laingaki shuddhi :

are the just opposite to the ama laxanas . These appear only when ama is eliminated from the shareera.

But in the laingaki shuddhi all the laxana mentioned by the different Acharya may not be seen in the same person and in the same condition. Hence the laxana which are essential for the immediate assessment for samyaka virechana are as follows

Symptoms	Charaka	Sushruta	Astanga H	Astanga S	Sharangadhar	Bhela
Srotovishuddhi	+	-	-	-	-	-
Indriya prasada	+	+	-	-	+	-
Laghutvama	+	+	-	-	+	+
Agni pradipta	+	-	-	+	-	-
Dourbalyam	+	-	-	-	-	-
Vit-pitta-kapha-anila	+	Mutra-purisha-pitta - aoushadha-kapha	Kaphanta	Kaphanta	Mala-pitta-beshaja-kapha	Shleshama
Glani	+	-	-	-	-	-
Vyadhiupashamana	+	-	-	+	-	+
Kshudha	+	-	+	-	-	+
Trushna	+	-	-	-	-	-
Hrudaya shuddhi	+	-	+	+	-	-
Kukshishuddhi	-	-	+	+	-	-
Mukhavishadata	-	-	-	+	-	-
Varnashuddhi	+	-	-	-	-	+
Kale vegapravarthanam	+	-	-	+	-	Mutranam shuddhi
Vayuanuloman	+	+	-	-	-	+
Asnigdham	-	-	-	-	-	+
Araktaanganam	-	-	-	-	-	+
Gatramardhvam	-	-	-	-	-	+
Hrudayaudgara	-	-	-	-	-	+
Prasannaswara	-	-	-	-	-	+

- ✿ By seeing the above laxana we understand nirama avastha
- ✿ **Srotoshuddhi-** when vikruta pitta, kapha, mala etc. which are causing marga avarodha are expelled out through virechana hence vyadhi shamana occurs.
- ✿ **Indriya prasadata:** Gyanendriya and Karmendriya prasannata occurs.
- ✿ **Dalhana** has told that kaya mana prasadata occurs from this manashuddhi

Agni pradipta: after samyaka virechana agni will be little bit increased as all the Dosha and fluid contents are eliminated, hence the person feels Kshudha and Trushna.

Hrudaya shuddhi: hrudaya is the seat of manas. After samyaka virechana buddhi prasadata is produced and a person becomes capable to decide hita and ahita.

Laghutvam : after samyaka virechana person feels laghutvam because vikruta Dosha, dushya and Ama etc. are eliminated. And for every 500ml of fluid elimination, one pound of weight will be decreased. Hence person feels lightness in the body.

- In clinical practice to claim virechana is successful laingaki shuddhi is mandatory, where other shuddhi helps in supporting laingaki shuddhi.
- collectively all the four types of shuddhi has to be given importance as they have their role in assessing the procedure.

Indications of correct Virechana - (CS. SS. 2.17)

The following indications are present if Virechana is appropriately administered:

- pitta dosha is alleviated
- srotas are clean and circulation is improved
- clarity of the five senses
- lightness in the body
- improved agni,
- freedom from diseases caused by the doshas
- expulsion of pitta, kapha and vata in this order from the anus.

Indications of incorrect Virechana - (AH. SU. 18.40-42)

INADEQUATE

Virechana gives the following indications: discomfort in the heart abdomen, bloating, anorexia, Kapha or Pitta coming out through the mouth, itching, burning sensations, skin eruptions, rhinitis, and constipation.

EXCESSIVE

Virechana gives the following indications: watery discharge (without kapha or pitta) from anus after purgation, if this watery discharge is white, black or reddish in color, prolapse of the rectum, excessive thirst, dizziness, sunken eyes and disorders of excess vomiting (i.e., emaciation, bulimia, etc.)

IMPROPER VIRECHANA AND UPADRAVA DUE TO IT -

आध्मानं परिकर्तिश्च स्त्रावो हृद्गात्रयोर्ग्रहः
जीवादानं सविभ्रंशः स्तम्भः सोपद्रवः क्लमः २६

अयोगादतियोगाच्च दशैता व्यापदो मताः
प्रेष्यभैषज्यवैद्यानां वैगुरयादातुरस्य च ३०

Paschatkarma.

Paschatkarma consists of samsarjanakrama.

After performing the procedure Kayagni becomes weak. For performing normal routine of the body Agni should be in normal condition. Hence to increase the Agni and Bala Samsarjana krama is given.

संसर्जन

सम्यक् सर्जन संसर्जन ।



Indications of Samsarjana

वमितश्च विरिक्तश्च मन्दाग्निश्च विलंघितः।
अग्निप्राणविवृद्धर्थं क्रमं पेयादिकं भजेत् ॥

च.सि.६/५७

After Vamana, Virechana, in mandagni to increase agni and prana samsrjana is given.

स्नेहपीतस्य वान्तस्य विरिक्तस्य स्रुतासृजः।
निरुढस्य च कायाग्निर्मन्दो भवति देहिनः॥

सु.चि.३९/३

संशोधनास्त्रविस्त्रावस्नेहयोजनलंघनैः।
यात्यग्निर्मन्दतां तस्मात् क्रमं पेयादिमाचरेत्॥

अ.सं.सू.२७/३९

After snehapana, vamana, virechana, rakta mokshana, nirooha kayaagni becomes weak.

To bring it back to normalcy, samsarjana is given.

Purpose of Samsarjana

संशोधनाभ्यां शुद्धस्य हृतदोषस्य देहिनः ।
यात्यग्निर्मन्दतां तस्मात् क्रमं पेयादिमाचरेत् ॥
च. सि. ६/२४

1 - Bringing back manda agni to normalcy

भेषजक्षपिते पथ्यमाहारैरेव बृंहणम् ।
घृतमांसरसक्षीरहृद्ययूषोपसंहितैः ॥
च. सू. १६/२२

2 – Doing bruhmana of rogi

The medicines used for shodhana karma cause krushata of patient, hence to do his bruhmana, pathya should be followed considering the agni

स्नेहपीतस्य वान्तस्य विरिक्तस्य स्रुतासृजः।
निरुढस्य च कायाग्निर्मन्दो भवति देहिनः॥
सोऽन्नैरत्यर्थगुरुभिरुपयुक्तैः प्रशाम्यति।
अल्पो महद्भिर्बहुभिश्छादितोऽग्निरिवेन्धनैः॥

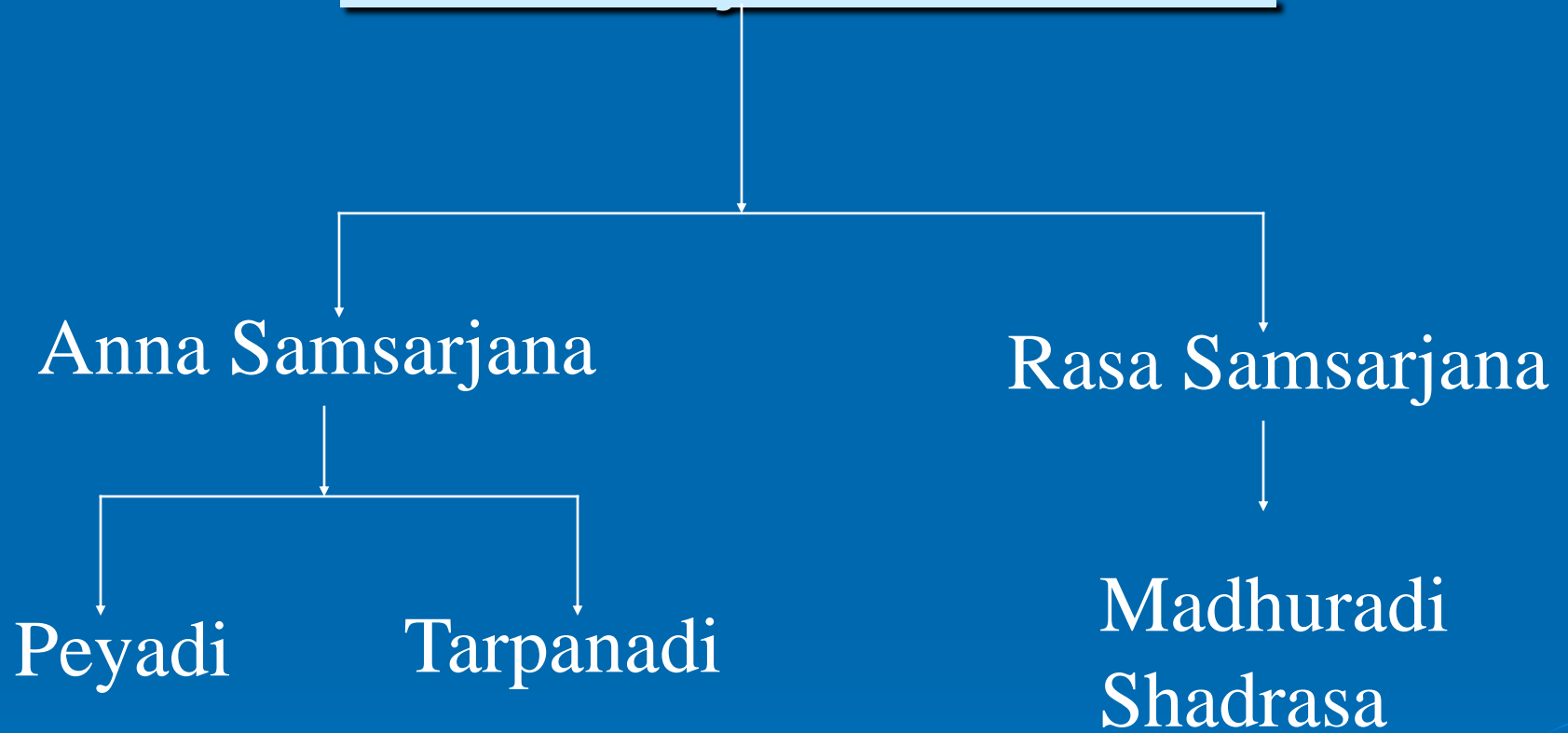
सु.चि.३९/३,४

if too much of fuel is poured over small flame, it will extinguish. Similarly if guru ahara is taken just after shodhana, when Agni is manda, it lead to agni shamana

CLASSIFICATION OF SAMSARJANAKRAMA



Samsarjana Krama



Anna Samsarjana

अन्नसंसर्जनं कर्तव्यं, तदा यवाग्वादिक्रमेणेत्युक्तस्यार्थस्य
प्रत्यवस्थापनं क्रियत इत्यर्थः ।

यूषेण पयसा वेति विकल्पोऽग्निबलापेक्षया ॥

चक्रपाणि चि. १-१/७५

Peyadi Samsarjana

पेयां विलेपीमकृतं कृतं च यूषं रसं त्रिद्विरथैकशश्च ।
क्रमेण सेवेत विशुद्धकायः प्रधानमध्यावरशुद्धिशुद्धः ॥

च.सि.१/११

पेयां विलेपीमकृतं कृतं च यूषं रसं त्रीनुभयं तथैकम् ।
क्रमेण सेवेत नरोऽन्नकालान् प्रधानमध्यावरशुद्धिशुद्धः ॥

अ.ह.सू.१८/२९

दिन	काल	अन्नकाल	प्रधान शुद्धी	मध्यम शुद्धी	हिन शुद्धी
प्रथम	प्रातः		-	-	-
	सायं	१	पेया	पेया	पेया
द्वितीय	प्रातः	२	पया	पेया	विलेपी
	सायं	३	पेया	विलेपी	कृताकृत यूष
तृतीय	प्रातः	४	विलेपी	विलेपी	कृताकृत मांसरस
	सायं	५	विलेपी	अकृत यूष	सामान्य भोजन
चतुर्थ	प्रातः	६	विलेपी	कृत यूष	-
	सायं	७	अकृत यूष	अकृत मांसरस	-
पंचम	प्रातः	८	कृत यूष	कृत मांसरस	-
	सायं	९	कृत यूष	सामान्य भोजन	-
षष्ठ	प्रातः	१०	अकृत मांसरस	-	-
	सायं	११	कृत मांसरस	-	-
सप्तम्	प्रातः	१२	कृत मांसरस	-	-
	सायं	१३	सामान्य भोजन	-	-

Tarpanadi Krama

कफपित्ते विशुद्धेऽल्पं मद्यपे वातपैत्तिके ।
तर्पणादिक्रमं कुर्यात् पेयाऽभिष्यन्दयेद्धि तान् ॥

च. सि. ६/२५

कफपित्ताधिकान्मद्यनित्यान् हीनविशोधितान् ।
पेयाऽभिष्यन्दयेत्तेषां तर्पणादिक्रमो हितः ॥

सु.चि.३९/१३

स्रुताल्पपित्तश्लेष्माणं मद्यपं वातपैत्तिकम् ।
पेयां न पाययेत्तेषां तर्पणादिक्रमो हितः ॥

अ.सं.सू.२७/४०

- It should be followed if there is Alpa shodhana of kapha and pitta, madya sevi purusha, vata – pitta prakruti purusha.
- If peyadi karma is followed it causes abhishyanda

Swacha & Ghana Tarpana

स्वच्छ – तर्पणादिक्रमे च पेयायाः स्थाने स्वच्छतर्पणं
देयम् ।

चक्रपाणी सि. ६/२५

For tarpanadi krama Instead of peya, swacha tarpana should be
given

घन – तर्पणादिक्रमे च विलेप्याः स्थाने च घनतर्पणं देयम् ।
चक्रपाणी सि. ६/२५

Instead of vilepi, ghana tarpana should be given

Etymology of Rasa Samsarjana

There are two words in the Rasasamsarjana

1. Rasa
2. Samsarjana

रस :

१ रसस्तु रसनाग्राह्यो मधुरादिरनेकधा ।
कारिकावली

२ रसास्तावत् षट्- मधुराम्ललवणकटुतिक्तकषायाः।
च. वि. १/४

Rasa Samsarjana

स्निग्धाम्लस्वादुहृद्यानि ततोऽम्ललवणौ रसौ ।

स्वादुतिक्तौ ततो भूयः कषायकटुकौ ततः ॥

च. सि. १२/७

स्निग्ध, अम्ल, स्वादु → पक्वाशय स्थित वातप्रशमनार्थ

अम्ल, लवण → उर्ध्वस्थित अग्नि संधुक्षणार्थ

स्वादु, तिक्त → पित्तशमनार्थ

कषाय, कटु → पित्तोर्ध्वस्थितकफ प्रशमनार्थ

चक्र. सि. १२/७

different rasa should be used along with samsarjana karma / samsarjana dravyas should be prepared by adding different rasa dravya to peya etc. acc. To the disease.

अन्योऽन्यप्रत्यानीकानां रसानां स्निग्धरुक्षयोः ।
व्यत्यासादुपयोगेन प्रकृतिं गमयेद्भिषक्॥

च. सि. १२/८

अन्योन्यप्रत्यानीकानामिति परस्परमभिभावकानाम् ।
व्यत्यासादुपयोजयेदिति एकं युग्ममुपयुज्यापरस्य युग्मस्योपयोगः।
प्रकृतिं गमयेदिति प्रकृतिभोजनं गमयेत् ।

चक्र. सि. १२/८

Paraspara virrudha rasa and snigdha – rooksha dravya should be consumed in vyatyasa krama (alternately) in order to bring the rogi back to his routine diet.

Benefits of Rasa Samsarjana

पेयाक्रमोत्तरकालं यदा विरेचनादिकर्मान्तरं न कर्तव्यं तदा
संशोधनमूलशरिरस्य **प्रकृतिभोजनार्थं बलाप्यायनार्थं** चायं
रसाभ्यासक्रमो ज्ञेयः ।

चक्रपाणि सि. १२/६

Effect of Samsarjana

यथाऽणुरग्निस्तृणगोमयाद्यैः संधुक्ष्यमाणो भवति क्रमेण ॥
महान् स्थिरः सर्वपचस्तथैव शुद्धस्य पेयादीभिरन्तरग्निः॥

च.सि.१/१२, अ.सं.सू.२७/२४, अ.ह.सू.१८/३०

स चाल्पैर्लघुभिश्चान्नैरुपयुक्तैर्विवर्धते ।
काष्ठैरणुभिरल्पैश्च सन्धुक्षित इवानलः ॥

सू.चि.३९/५

like dry grass and wood act as fuel for fire, similarly samsarjana karma stimulate the digestive fire

अथ खल्वातुरं वैद्यः संशुद्धं वमनादिभिः ।
दुर्बलं कृशमल्पाग्नि मुक्तसंधानबन्धनम् ॥
निर्हतानिलविण्मूत्रकफपित्तं कृशाशयम् ।
शुन्यदेहं प्रतीकारासहिष्णु परिपालयेत् ॥
यथाऽण्डं तरुणं पूर्णं तैलपात्र यथैव च ।
गोपाल इव दण्डी गाः सर्वस्मादपचारातः ॥

च. सि. १२/३,४,५

People who have undergone shodhana therapy get durbalya, krishata, shaitihilyata, manda agni

Their care is to be taken just like birds protect eggs, like vessel full of oil is protected and shepherds take care of cows etc.

After shodhana procedure, Agni and Bala both are reduced. To enhance the Bala and Agni we should administer Rasa Samsarjana in three different way –

- 1. Rasasamsarjana after Peyadi krama**
- 2. Rasasamsarjana along with Peyadi krama**
- 3. Mamsarasa after Niruha**

After considering above facts we can clearly say that the Rasa samasarjana refers to taste i.e. Madhuradi rasa.

Then among the three method explained, Rasasamsarjana Along with Peyadi krama will be more beneficial as it serves Purpose of both Agni and Bala vardhan.

BENIFITS OF VIRECHANA IN –

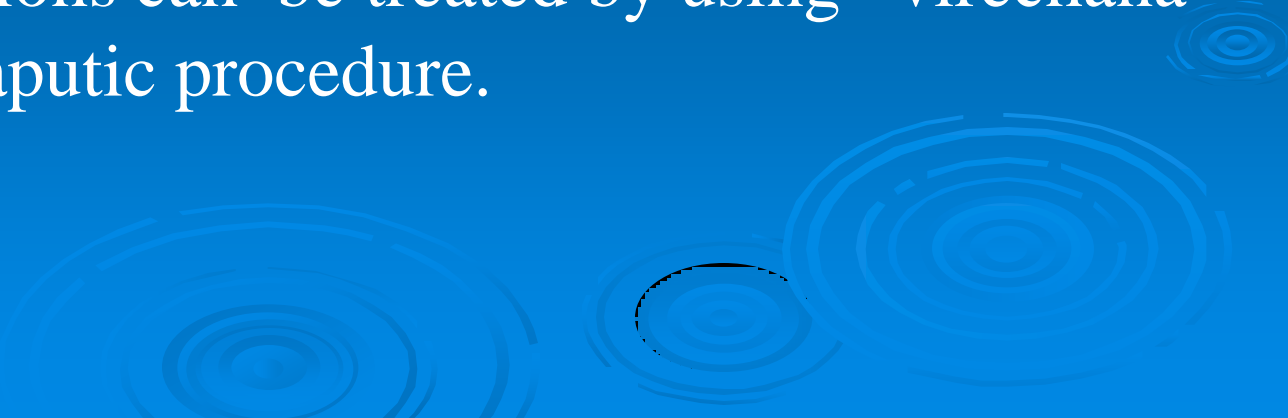
- TAMAKA SHWASA
- PAKSHAGHATA
- HYPERTENSION
- UDARA ROGA
- KAMALA
- KUSTHA
- URDHAVAGA RAKTA PITTA
- PANDU
- AMAVATA



CONCLUSION

Panchakarma is the ultimate tool for better maintenance of health, prevention and curing of diseases. Judicious and appropriate application of Panchakarma could be the right way for our practitioners.

Virechana in particular can be used as a regular treatment modality for OPD and IPD patients. Many of the acute conditions can be treated by using virechana karma as a therapeutic procedure.



THANK YOU

ONE

AND ALL

