

## A REVIEW ON VAMANA KARMA WITH KUTAJABEEJA CHOORNAM

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## ABSTRACT

Vamana karma is the first measure amongst Panchakarma and has been considered the best line of treatment for Kapha disorders. Shodhana therapy is generally applied primarily to chronic diseases where vitiated Doshas are at their highest level where Samana drugs may not have a significant role. Doshas pacified with Samana procedures such as Langhana, Pachana, etc., may attain the Prakopa stage later, but if eliminated by proper Sodhana procedures, they will not recur again. In Charaka kalpasthana Vamana dravyas such as Madana and Jeemoothaka are mentioned. Kutaja is one among them. It is mentioned in Kusta chikitsa and it is a readily available drug of choice.

**Keywords:** Vamana, Panchakarma, Kutaja

## INTRODUCTION

Panchakarma presents a unique approach to Ayurveda, with five specially designed procedures for internal purification of the body through the nearest possible route. Panchakarma include Vamana, Virechana, Nasya, Nirooha vasti and Anuvasana vasti. Vamana is one of the Panchashodhana and Panchakarma that helps eliminate Kapha dosha. According to Ayurve-

da, Doshas when alleviated using Sodhana procedures, resist their recurrence. Vamana is the most important among them. Thus, it should be explored for the complete cure of the disease. It is very important to select the proper drug in the management of disease. Kutajabeeja choornam is a Vamana drug mentioned in Charaka kalpasthana. It is mainly indi-

cated in Rakta, Pitha, Kapha vikara's and mentioned in Kusta chikitsa. Madanaphala is a commonly used drug for Vamana. There is a need to explore other emetic drugs mentioned in Charaka kalpasthana that are specific to disease. Kutajabeeja choornam is easily available and cost-effective drug. It is mainly indicated in Sukumara's.

#### MATERIALS REQUIRED

1. Large basin- 1
2. Medium-sized vessel-2
3. Steel glass (250ml capacity)-2
4. Tablespoon-2
5. Stool-1
6. Chair with arm rest- 1
7. Cotton cloth -2
8. Hot water- QS
9. Stove-1

#### POORVAKARMA

##### Preparation of the patient

- The patient should be made Samyak Snigdha by proper Snehapana.

- On attaining Samyak Snigdha lakshanas, Abhyanga and Ooshma sweda are done on the next day.
- On the second day Abhyanga and Ooshma sweda.
- Kaphothkleshkara ahara is given in the afternoon.

#### Preparation of medicine

Vamana dravya

1. Seetha Kashaya of Kutajabeeja choornam
2. Honey -QS
3. Saindhava -15 gm
4. Milk -2 liter
5. Yastimadhu Kashaya- 6 liter
6. Haridradi varti-1

#### Drug preparation

Kutajabeeja choornam (10gm) soaked overnight in Yastimadhu Kashaya. The powder and decoction should be filtered. After adding Saindhava and honey, this liquid is taken as medicine.

#### KUTAJA PHALA



#### KUTAJAPHALA BEEJA CHOORNAM



#### HONEY



#### YASTIMADHU CHOORNAM

#### Pradhana karma

##### Procedure

- The patient should be anointed with proper oil followed by proper Swedana.

- All these processes should be completed around 7 am.
- He should then be seated on a chair facing a basin on a stool.

- First, the patient should be given around 6 glasses of milk to facilitate easy bouts of vomiting and prevent the complication of forceful vomiting.
- After that, the medicine for Vamana should be administered.
- Advise the patient to sit comfortably and concentrate on the forthcoming signs of vomiting.
- The maximum time interval for the first bout to occur should be 48 minutes after the medicine is given.
- The physician should observe for the following signs

Sweating

Horripilation

Distension

Salivation

Oppression in chest

- Vomiting usually occurs following the appearance of these signs.
- The patient is asked to bend forward and vomit into the basin kept in front.
- Simultaneously, the patient's two flanks and forehead should be held by another person.
- His umbilical region and back should be massaged upward.
- Vamana continues until the Samyak lakshanas are seen *Pithanta*, sufficient *Kapha Chedhana*, *Sareera laghuta*, *Kosta laghava* and *Dourbalya*.



**PITHANTA VAMANAM**

#### **Paschat karma**

- The patient should be asked to wash his face with Luke warm water followed by Dhoomapana with Haridradi Varthi.

#### **MECHANISM OF VAMANAM**

- The drugs having properties like Ushna, Tikshna, Sookshma, Vyavayi and Vikasi get absorbed and reach the heart due to their *Swaveerya*.
- Due to their Sookshma and Vyavayi properties, they move into Dhamani to reach Sthula and Sookshma channels throughout the body.
- They work over the sites where vitiated Doshas are present. At first, they liquefy (*Vishyandanti*) with their Ushna guna. Increased liquidity will further help to flow through circulation. Afterwards, these vitiated Doshas are fragmented into smaller molecules due to Tikshna property, which will help them to (*Vicchaidanti*) from the microchannels.

- These liquefied and fragmented molecules travel towards amasaya, flowing through *Anupravana bhava* without adhering to them.
- By the action of Udana Vayu and owing the Agni Vayu Mahabhautika constitution, they move upward to expel the vitiated Doshas.

#### **DISCUSSION**

The procedure Vamana has a wide range of actions that can be used to pacify the Kapha dosha and maintain normal physiology. Vamana is the first and foremost Sodhana procedure and it is indicated in Kusta chikitsa. The procedure of Vamana with Kutaja is more comfortable in kusta when compared to Madanaphala. The Vega produced was discriminative and less effort to the patient. No symptoms of Vyapat were seen in the procedure, highlighting the classical reference about Kutaja as “*Kautajam sukumareshu*” No symptoms like headache, mental irritability or

excessive gastric discomfort were seen during the procedure. Yastimadhu is mentioned under Vamana and Vamanopaga dravyas. Kutajabeeja choornam is soaked in Yastimadhu kashayam on the previous night of Vamana. Kutaja having Seeta virya, soaked in Seeta virya kashayam. The potency of the drugs increases, even though a small dose of medicine is used. Different Bhavana Kashaya is mentioned for the Bhavana of Vamana dravya. In Pitha vitiated conditions, Yastimadhu Kashayam is used for Bhavana. The process of Vamana is performed after Sneha and Sweda and is induced by certain emetics. The process of Vamana is central and peripheral due to the distension of the stomach caused by the decoction ingested in large amounts. During the initial bouts of Vamana, the contents of the upper GIT up to the pylorus come out. Repeated Vamana karma creates a negative pressure towards the lumen of upper GIT while the decoction causes a positive osmotic gradient towards the lumen. Both causes forced extraction of easily detachable substances from the cells of the lumen and those containing waste metabolites from peripherally. In this way, excessive lipids consumed during the preparatory days are excreted into the lumen, with the help of water-soluble substances excreted out due to osmotic gradient. Repeated emesis also causes the generation of a negative pressure gradient up to the second part of the duodenum. This negative pressure gradient causes forced expulsion of bile from the gallbladder. It eliminates some of the wastes with bile, which have been transported to the

liver via the bloodstream during the preparatory days of Sodhana.

## CONCLUSION

Vamana, the first and foremost Sodhana chikitsa, has been dealt with as an essential Panchakarma therapy. Though Madanaphala is a commonly used drug for Vamana and there is a need to explore the other emetic drugs mentioned in Charaka Samhita kalpasthana. In Astanga hridaya kalpasthana, it is also noted that Kutaja is mainly indicated in Kusta and Visarpa conditions.

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