

EFFECT OF VAMANA IN VASANTARITU (RITU SHODHANA) ON HEALTHY VOLUNTEERS- AN OBSERVATIONAL STUDYLekshmi Vijayan¹, Vikas Karthik²¹ Assistant Professor, Department of Panchakarma, K.J. Institute of Ayurveda & Research, Savli, Vadodara² Associate Professor, Department of Swasthavritta, K.J. Institute of Ayurveda & Research, Savli, VadodaraCorresponding Author: lechu.cool@gmail.com<https://doi.org/10.46607/iamj3411012023>

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**ABSTRACT**

The word healthy diet practices and regimens have lost their significance in society. This made a hike in lifestyle disorders. Swasthasya swasthya Samrakshana, Athurasya vikara prashamanam- this principle is considered the foundation of the holistic science of Ayurveda. In this aspect, ritu shodana plays an important role in protecting the health of individuals thereby improving the quality of life. Panchakarma is important in eliminating doshas from the body and among that Vamana is the prime treatment modality for expelling aggravated kapha dosha in Vasantha ritu¹. Kapha dosha is the prime in causing life-style disorders and santarpana janya vyadhi and will get easily vitiated due to present diet habits. **Objectives:** to assess the health status of individuals after Vamana karma and to assess the influence of Ritu on the samyak pravrutti of Vamana. **Materials and method:** Panchakarma department of K.J Institute of Ayurveda and Research organized a Vasantha vamana camp in which 14 healthy individuals participated fulfilling the inclusion and exclusion criteria. **Assessment:** was on the basis of appetite, sleep, bowel habits, laghuta, complexion, and weight gain. **Result:** All of them felt Laghuta of the body after the karma. Weight reduction was observed during snehapana and there was a gradual weight gain after a period of 1 month. Sound sleep was reported by most individuals. There was a general improvement in Agni and health status.

Keywords: *Vamana, Vasanta ritu, Ritu shodhana*

INTRODUCTION

The word healthy diet practices and regimens have lost their significance in society. This made a hike in lifestyle disorders. Awareness is very necessary for this crucial phase to make a positive change in the health status of mankind. Swasthasya swasthya Samrakshana, Athurasya vikara prashamanam- this principle is considered the foundation of the holistic science of Ayurveda. In this aspect ritu shodana plays an important role in protecting the health of an individual thereby improving the quality of life, tools described by ayurveda are dinacharya, nishacharya, ritucharya, sadvritta, etc, ritucharya are advised in order to prevent seasonally aggravated respective dosha in order to maintain health². During vasanta ritu, kapha dosha gets aggravated which will manifest into kapha predominant diseases. Vamana is the prime treatment modality for expelling aggravated kapha dosha. It is the procedure by which contents of the stomach including morbid kapha and pitta are expelled out of the whole body through the oral

route³. The Physician shall select an appropriate purificatory procedure to preserve the health after determining the exact season⁴. An attempt to assess the health status of individuals after Vamana karma. Also, to assess the influence of Ritu on the samyak pravrutti of Vamana.

Objectives

1. To assess the health status of individuals after Vamana karma
2. To assess the influence of Ritu on the samyak pravrutti of Vamana.

Materials and Method

On 2022 feb 15 – mar 15 i.e, during vasanta ritu, for ritu shodhana, the Panchakarma department of K.J Institute of Ayurveda and Research organized a Vasantha vamana camp in which 14 healthy individuals participated fulfilling the inclusion and exclusion criteria.

Table 01:

Pachana deepana	Trikatu churna
Snehapana	Murchita ghrita
Sarvanga abhyanga	Murchita tila taila
Bashpa sweda	Dasamoola kashayam
Vamana yoga	Yavagu Akantapana with ksheera Vamaka dravya-Madhana phala Vacha churna Yashtimadhu churna Saindava Madhu Vamanopaga -Yashtimadhu kashaya, Saindava jala

Kapha utkleshakara aahara given prior to the day of vamana.

Table 02:

Morning	Milk, Idli, Jaggery
Afternoon	Curd Rice, Masha Payasa, tila balls
Evening	Milk porridge

All the subjects were treated with Pachana Deepana with Trikatu churna till the appearance of Pakva Mala Lakshana. There after Arohana Snehapana was done with Murchita Ghrita till Samyaksnidhalakshana followed by Bahya Sneha and sweda for 2 days. On the 2nd day, Vamana karma was performed with Madana Phala yoga. According to the Shuddhi, Samsarjana krama was advised.

Observation

During vamana: Depending upon shuddhi

Table 03:

Pravara shuddhi	7.14%
Madhyama shuddhi	57%
Avara shuddhi	35.71%

Depending upon koshta

Table 04:

Koshta	Pravara shuddhi	Madhyama shuddhi	Avara shuddhi
Mridu(2)	-	100%	-
Madhyama(10)	10%	50%	40%
Krura(2)	-	50%	50%

Depending upon antiki shuddhi

Table 05:

Appetite	Before vamana	After vamana
	Reduced- in 6persons	Increased
	Normal- in 8 persons	Normal

Table 06:

Bowel habits	Before vamana	After vamana
	Constipated- in 2 persons	Revealed constipation
	Once – in 1 person	Twice
	Once- in 11 persons	Once

Table 07:

Sleep	Before vamana	After vamana
	Disturbed- in one person	Good
	Reduced- in 2 persons	Good
	Good- in 11 persons	Good

Pittanta	21.42%,
Kaphachhedana	71.42%.

Assessment: The assessment was on the basis of appetite, sleep, bowel habits, laghuta, complexion, and weight gain.

Result: All of them felt Laghuta of the body after the karma. Weight reduction was observed during snehapana and there was a gradual weight gain after a period of 1 month. Sound sleep was reported by most individuals. There was a general improvement in Agni and health status.

DISCUSSION

To prevent the occurrence of kaphaja roga in Vasantha ritu, Vamana is the best line of treatment. 14 individuals participated in Vasantha ritu, among them, 2 persons attained samyak snigdghata on the 2nd day, 5 persons attained it on the 6th day, 6 persons attained it on the 5th day, and 1 person attained it on the 7th day. Pittanta was seen in 3 subjects whereas Kaphachhedana was seen in 10 persons .1 individual got

Pravara shudhi, 8 persons got Madhyama shudhi, and 5 persons got Avara shudhi. Assessment of vamana karma was done mainly on the basis of Laingiki shudhi majority of persons had kale pravriti, laghuta, kantha shudhi, anathimahati vyatha, kramat Doshaharanam which indicates that samyaka vamana karma occurred in most of the persons. Among 14 individuals, 1 person had disturbed sleep before vamana after that it seems good sleep .6 persons had reduced appetite, but after vamana, it got increased. Two persons had reduced sleep, after vamana their sleep was good. So, Sleep correction was seen in all the subjects with sleep disturbance. Weight reduction occurred in every person after karma. So, after observing these things we can conclude that after vamana there was a general improvement in Agni, daily routine, and health status. All of them felt Laghuta, Varnaprasada after the vamana karma.

CONCLUSION

Ayurveda mentions that when the tree is uprooted, flowers, etc are destroyed, in the same way, diseases

that originated due to excessive kapha are pacified after the proper expulsion of kapha by the vamana karma. Ayurveda has given most care in Swaashthyasamrakshanam of swastha. Through vasantarthushodana, we can restore normalcy by expelling the aggravated kaphadosha and thus may prevent lifestyle disorders.

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