

VAMANA KARMA AND ITS APPLICATIONS IN SHALAKYA TANTRA: A LITERARY REVIEW

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<https://doi.org/10.46607/iamj12p8062024>

(Published Online: September 2024)

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Article Received: 20/08/2024 - Peer Reviewed: 17/09/2024 - Accepted for Publication: 24/09/2024.



ABSTRACT

Shalaky Tantra, a vital branch of *Ashtanga Ayurveda*, addresses diagnosing and managing diseases affecting *Urdhva Jatru* (the regions above the clavicle), including the eyes, ears, nose, throat, and oral cavity. Ayurvedic treatment approaches are broadly categorised into *Shamana* (conservative management) and *Shodhana* (detoxification through Panchakarma). *Shodhana*, known for its *Apunarbhava Chikitsa* (non-recurrent treatment), is highly effective in eliminating aggravated Doshas from the body. Among the various *Shodhana* therapies, *Vamana Karma* is a therapeutic emesis particularly effective for *Kapha Dosha Dushti*. This review explores the indications, contraindications, and detailed protocols for *Vamana Karma*, focusing on its application in *Shalaky Tantra*.

Keywords: *Vamana Karma, Shalaky Tantra, Panchakarma, Kapha Dosha, Urdhva Jatru.*

INTRODUCTION

Shalaky Tantra is one of the 8 branches of *Ashtang Ayurveda* which deals with diseases and management of *Urdhva Jatru* i.e. eye, ear, nose, throat, oral cavity¹. Ayurveda has divided treatment modalities into

Sanshamana (conservative management), *Samshodhana* (treatment of disease through Panchakarma)². *Samshodhana* is said to be *apunarbhava chikitsa* i.e. the disease does not re-occur as the *Kupit*

Doshas are expelled out of the body³. *Samshodhan Chikitsa* is divided into *Vamana*, *Virechana*, *Niruha Basti*, *Anuvasan Basti* and *Nasya* by Acharya Charak⁴ and *Vamana*, *Virechana*, *Basti*, *Nasya* and *Rak-tamokshana* by Acharya Sushrut⁵. These procedures are conducted as *Poorva Karma- Pachan*, *Snehan*, *Swedana*; *Pradhan Karma- One of the Panchakarma*; and *Paschat Karma- Sansarjan kram and Shaman Chikitsa*. *Vamana Karma* is removal of toxins through *Urdhva Marga* i.e. through mouth. Here, detoxification of the body is achieved by controlled therapeutic vomiting. It is induced early in the morning in a patient who has undergone *Samyak Poorva Karma- Pachan*, *Snehana* and *Swedana*. It is the best treatment option for *Kapha Dosha Dushti* or diseases which occur due to *Kupita Kapha Dosha*.

Aims and Objectives: To elaborate and discuss the concept of *Vamana Karma* in *Shalakyta Tantra*.

Materials and Methods

A detailed review of Ayurvedic literature was conducted. Classic Ayurvedic literature, Ayurveda textbooks, previous studies, recent research writings, sci-

entific articles, PubMed, Google Scholar, etc. were referenced for this purpose.

Vaman Karma

Acharya Sharangadhara has defined *Vaman* as a process of forcefully (*balapurvak*) expelling the *Apakva Pitta* and *Kapha dosha* from *Urdhva Marga* or mouth⁶. It is also called *Urdhva Virechana*, *Vami*, *Chardana*, *Chardi*.

It is said that the best treatment for *Kupit Vaat dosha* is *Basti*, *Kupit Pitta dosha* is *Virechan* and *Kupit Kapha dosha* is *Vaman*⁷. In *Urdhva Jatru Netra* is said to be *Pitta* predominant, *Karna* is said to be *Vaat* predominant, *Nasa* is said to be *Kapha* predominant, however, the *Karma* to be induced should be based on the predominance of the *Kupit Dosha* in the presenting disease. Hence *Vaman* can be induced in the *Urdhva Jatrugat Vikara*, where *Kapha dosha* is predominant.

Vamana Karma is carried out in three stages *Poorva Karma - Pachan*, *Snehana*, *Swedana*, *Pradhan Karma- induction of Vamana* and *Pashchat Karma- Dhoompana* and *Sansarjan Krama* and *Shamana Chikitsa*.

Table 1: Vamana Karma Protocol

Day	Karma
Day 1-3	<i>Pachana/ Deepana</i>
Day 4-7	<i>Snehapana</i> (maximum <i>snehapana</i> can be given for 7 consecutive days)
Day 8	<i>Kaphotkleshak aahaar</i> , <i>Bahya Snehan</i> and <i>Swedana</i>
Day 9	<i>Vamana Karma</i> followed by <i>Dhoompana</i>
Day 10 and onwards (depending upon type of <i>Shodhana</i>)	<i>Sansarjan krama</i> followed by <i>Shamana Chikitsa</i>

Vamana Karma indications Shalakyta Tantra: *Vamana Karma* indications in *Shalakyta Tantra* are as follows:

Table 2: Vamana Karma Indications

Roga Adhishthan	Roga
<i>Netra Roga</i>	<ul style="list-style-type: none"> ● <i>Kukunaka</i>⁸ If a child is breastfeeding, <i>Vamana</i> indicated for both Mother and the child. ● All <i>Lekhya Roga</i>⁹ (<i>Vaman</i> is indicated before <i>Virechana</i>) ● <i>Netrapaka</i>¹⁰ (indicated before <i>Anjankarma</i>) ● <i>Balasagrathit</i>¹¹ ● <i>Atipravishta Nayana</i>⁸ (<i>Vamanadi shodhana</i> is indicated, followed by <i>Ksharanjana</i> application)
<i>Karna Roga</i>	<ul style="list-style-type: none"> ● <i>Karnakandu</i>¹² (induced after <i>Naadisweda</i>)

	<ul style="list-style-type: none"> • <i>Kaphaj Karnashoola</i>¹³ • <i>Pootikarna</i>¹² • <i>Karna Naad, Karna Badhirya</i>¹⁴ <p>(where <i>Kapha Dosha</i> is predominant)</p> <ul style="list-style-type: none"> • <i>Karna Vidradhi</i>¹⁴ <p>(<i>Vamana</i> followed by treatment for <i>Vidradhi</i>)</p>	
<i>Nasa Roga</i>	<ul style="list-style-type: none"> • <i>Peenasa</i>¹⁵ • <i>Pootinasa</i>¹⁵ • <i>Pooyarakta</i>¹⁵ • <i>Kaphaj Pratishyaya</i>¹⁵ • <i>Dushta Pratishyaya</i>¹⁵ • <i>Nasapaak</i>¹⁵ 	
<i>Shiro Roga</i>	<ul style="list-style-type: none"> • <i>Kaphaj Shiroroga</i>¹⁶ • <i>Khalitya</i>¹⁷ • <i>Palitya</i>¹⁷ • <i>Arunshika</i>¹⁷ • <i>Daarunak</i>¹⁷ 	
<i>Mukha Roga</i>	<i>Dantamoolagata Roga</i>	<ul style="list-style-type: none"> • <i>Upakusha</i>¹⁸ • <i>Dantanaadi</i>¹⁹
	<i>Kanthagat Roga</i>	<ul style="list-style-type: none"> • <i>Kaphaj Galaganda</i>¹⁹ • <i>Rohini</i>²⁰
	<i>Sarvasara Roga</i>	<ul style="list-style-type: none"> • <i>Mukhapaaka</i>²¹ • <i>Pootimukha</i>¹⁹

Vamana Karma Contraindications in Shalaky Tantra: *Vamana Karma* contraindications in *Shalaky Tantra* are as follows:

Table 3: Vamana Karma Contraindications

<i>Roga Adhishthan</i>	<i>Roga</i>
<i>Netra Roga</i>	<i>Timir</i> ²²
	<i>Akshishoola</i> ²²
<i>Karna Roga</i>	<i>Karnashoola</i> ²²
<i>Shiro Roga</i>	<i>Shankhaka</i> ²²
	<i>Shira Shoola</i> ²²

Mode of action:

According to Acharya Charaka, a *Vamana* drug contains *Ushna*, *Tikshna*, *Sukshma*, *Vyavayi*, *Vikasi* properties. So once administered in the body, it liquifies the *Doshas* by *Ushna Guna*. Makes the doshas fragmented by *Tikshna Guna*. These doshas are then brought into *Amashaya*. As the *Vamana dravya* is *Agni-Vayu gunatmak*, it goes in the upward direction and is expelled out through emesis i.e. *Vamana Karma*²³.

As *snehana* and *swedana* is pre-induced, it doesn't let the *Doshas* to stay in the body and hence expelled out with ease.

CONCLUSION

Panchakarma is a fundamental treatment modality in Ayurveda, designed to expel *Doshas* from the body, thus preventing disease recurrence. *Vamana Karma*, one of the five *karmas*, is indicated for various diseases and can also be administered to healthy individuals for maintaining wellness.

The accumulation of *Kupita Doshas* occurs in the *Koshtha*. To treat a disease from its root cause, this accumulation must be addressed. *Vamana Karma* effectively removes such accumulations from the *Koshtha*, thereby treating the cause. Initiating treatment with *Vamana Karma* before *Shamana Chikitsa* or *Aushadhi Chikitsa* (medicinal therapy) can significantly enhance therapeutic outcomes and minimise the risk of recurrence.

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Source of Support: Nil

Conflict of Interest: None Declared

How to cite this URL: Sayagaonkar Payal & Virkar Chandana: Vamana karma and its applications in shalakya tantra: a liter-ary review. International Ayurvedic Medical Journal {online} 2024 {cited September 2024} Available from: http://www.iamj.in/posts/images/upload/576_580.pdf