

## SIGNIFICANCE OF VIRECHAN IN VYANGA (MELESMA)- A KARMA REVIEW

Priyanka Uniyal<sup>1</sup>, Mayank Bhatkoti<sup>2</sup>, Gyanendra Datta Shukla<sup>3</sup>, Balkrishna Panwar<sup>4</sup>

1) MD Scholar, Department of Panchkarma, Gurukul Campus (U.A.U), Haridwar

2) Associate Professor, Department of Panchkarma, Gurukul Campus (U.A.U), Haridwar.

3) Associate Professor, Department of Panchkarma, Gurukul Campus (U.A.U), Haridwar.

4) Professor, Department of Kriya Sharir, Gurukul Campus (U.A.U), Haridwar

Corresponding Author: piyuunoyal3@gmail.com

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## ABSTRACT

The purification of the provoked *Doshas* from the body is the focus of *Panchakarma*. *Virechan Karma* is a targeted treatment designed to remove *Pitta Dosh* from the body. In addition to *Pitta Dosh*, *Virechan Karma* is also beneficial for eliminating *Kapha Dosh* which is associated with *Pitta*. This elimination process occurs not only in the *Amashaya* (digestive system) but throughout the entire body, even at the cellular level. *Vyanga* is a *Raktaprodash Vikar* and main *Dosha* involvement is *Pitta* so among all the treatment modalities *Acharya* mentioned importance of *Shodhan* especially *Virechan Karma* which is main line of treatment for *Pitta* and *Rakta Dosh*. The procedure includes three distinct steps like *Purvakarma*, *Pradhankarma* and *Paschatkarma*. *Shodhan Karma* (*Virechan*), when used correctly, is a useful way to remove morbid bodily waste and toxin from body along with improvement overall health.

**Key words:** *Virechan, Vyanga, Panchkarma, Shodhan*

## INTRODUCTION

Throughout history, in different cultures and over many centuries, people have always been interested in looking young and attractive. The face is an important and beautiful organ of the body that can be

affected by various issues at any stage of life. It is crucial for both men and women to take early physical and psychological precautions because even minor ailments can have a significant impact on their

appearance. These problems can range from simple unattractiveness to permanent disfigurement, leading to feelings of inferiority and even isolation.

*Acharya Sushruta* was the first and foremost to describe a comprehensive range of skin diseases. These conditions adversely affect an individual's beauty and personality, often requiring surgical or para-surgical interventions for effective treatment. Collectively, these ailments are classified as *Kshudra Roga*.<sup>1</sup> One specific condition that falls under the category of *Kshudra Roga* is called "Vyanga." In recent times, *Vyanga* has become a prevalent concern in society, with many individuals experiencing its effects.

### Importance of Shodhan (Virechan)

The process of eliminating Doshas through the lower part of the body, specifically the rectum, is referred to as *Virechan*<sup>2</sup>.

*Shodhan (Virechan)*, when used correctly, is a useful way to remove morbid body waste and improve overall health. This *Karma* not only helps get rid of waste from the body but also has the potential to reduce different diseases, making the person stronger and improving their appearance.

### Classification of Virechan

#### A. Categorizing Virechan drugs based on their mode of action<sup>3</sup>:

##### *Anulomana*

Drugs which possess the ability to facilitate the digestion of *Mala*, disintegrate their hardness, and promote their downward movement e.g., *Harikti*. These drugs are commonly referred to as carminatives.

##### *Sramsana*

Drugs which are responsible for the elimination of undigested and adhesive *Mala* without undergoing prior digestion e.g., *Amalatasa*. These drugs are commonly referred to as anthracite purgatives.

##### *Bhedana*

Drugs which have the ability to break down and eliminate all forms of *Mala*, including *Abaddha* (compacted), *Baddha* (adhered), *Pindita* (clustered) *Mala*, by expelling them through the anal route e.g *Katuki*. These drugs are commonly known as drastic purgatives.

##### *Rechana*

Drugs which are responsible for eliminating both digested and undigested *Mala* by transforming them into a watery consistency and expelling them through the anal route e.g *Trivrita*. These drugs are commonly referred to as purgatives.

#### B. Categorizing Virechan drugs based on their intensity of action<sup>4</sup>:

##### *Mridu Virechan*

*Mridu Virechan* drug are *Manda* in *Virya* (mild potency). It is given in lower dosages, particularly to *Ruksha* patient, resulting in a gentle purgative effect. This approach is recommended for individuals with *Alpa Bala* (low physical strength), *Alpa Dosh* or for those with unknown *Koshtha* (digestive system disorder).

##### *Madhyama Virechan*

This type of *Virechan* is recommended for individuals with a *Madhyama Koshtha*, *Madhyama Bala* (Moderate physical strength), and *Madhyama Vyadhi* (Moderate diseases).

##### *Tikshna Virechan*

*Tikshna Virechan* is recommended for individuals with *Krura Koshtha*, *Balvana Rogi*, and *Bahu Dosh* condition. This approach involves the use of a drug that induces *Mahavega* (numerous bowel movements), effectively eliminates doshas in significant quantities, and achieves *Kshipra* (quick) and *Sukha* (gentle) *Virechan*. Importantly, it should not cause significant discomfort, pain in the heart or anal region, or harm internal organs.

### VIRECHAN KARMA

<i>Purvakarma</i>	<i>Pradhan</i>	<i>Karma</i>
<i>Paschayat Karma</i>		

#### 1. *Purvakarma*

Transporting accumulated waste (*Mala*) from *Sakha* (peripheral tissues) to the *Koshtha* (gastrointestinal tract) is the primary objective of *Purvakarma*.

- *Deepan-Pachana*

Prior to *Snehapan*, *Deepan* and *Pachan* should be carried out to enhance *Agni*. This is essential because if *Sodhana* drug is taken while the patient's condition is *Ajeerna* (indigestion), it may lead to *Vibandha* and *Glani*.

• **Snehpan**

The dosage of *Snehpan* depends on the digestive capacity of the individual's *Agni*. Typically, three dosage (*Matra*) levels are mentioned<sup>5</sup> i.e *Hrisva* (small), *Madhyama* (moderate), and *Uttama* (high) *Matra*.

• **Abhyanga-Swedana**

*Abhyanga* followed by *Swedana*, performed on the entire body using oil, is recommended preferably in the morning for three days before the *Virechan*, *Karma*.

2. **Pradhana Karma**

The main procedure involves administering *Virechan*, drug and closely monitoring for the signs of *Ausadhha Jirna* (drug digestion) and *Suddhi Lakshana* (indications of purification), along with managing any potential *Vyapat* (complications) if they arise.

• **Determining the Proper Dose for Sodhana: Considerations and Factors**

**Evaluating the Virechan Karma<sup>6</sup>**

<i>Shuddhi</i> Types	<i>Pravara</i>	<i>Madhyama</i>	<i>Avara</i>
<b>Vaigiki (Total bouts of Mala Pravritti)</b>	30 Vega	20 Vega	10 Vega
<b>Maniki (Quantity of voided material)</b>	4 Prastha	3 Prastha	2 Prastha
<b>Aantiki</b>	<i>Kaphanta</i>	<i>Kaphanta</i>	<i>Kaphanta</i>
<b>Laingiki</b>	To achieve the desired <i>Samyaka Lakshana</i> of <i>Virechan Karma</i> , as outlined below		

These various types of *Shuddhi Lakshana* are provided as general guidelines and are determined by the levels of *Doshas* present in the body. However, since each case is unique, it may not always be possible to follow the same standard, so this make *Laingiki Shuddhi* the preferred approach.

**Assessment of Samyaka Yoga (Proper) in Virechan<sup>7,8,9</sup>**

*Srotoshuddhi* (cleansing of channels), *Indriya samprasada* (clarity of senses), *Laghutva* (lightness), *Urja* (energy), *Agni* (proper digestive fire), *Anamayatva* (freedom from disorders), *Vatanuloma* (carmination of Vata)

3. **Pashchata Karma**

The following aspects should be considered as part of *Paschata Karma* (post-*Virechan* care):

*Acharya Charaka* emphasizes that the appropriate dose for *Shodhana* (purification therapy) is the one that achieves *Samyaka Yoga*, effectively expelling all vitiated *Doshas* while avoiding *Ayoga* (underdosing) or *Atiyoga* (overdosing).

• **Observation of patient**

After the administration of the *Virechan* drug, it is crucial to carefully observe the patient for the signs and symptoms of *Jeerna Ausadhha*, *Ajeerna Aushadha*, *Vyapata*, etc.

**Symptoms of Jeerna Ausadhha are as follows-**

*Vatanulomana*, *Swasthya*, *Kshudha*, *Trusha*, *Urjamanasvita*, *Indriya laghuta* and *Udgara Shuddhi*.

When the medicine has not been fully digested (*Ajeerna*), it is not advisable to administer the *Virechan* drug for a second time, as it may lead to *Atiyoga* by combining with the previously undigested medicine.

• **Cleansing:** Once the *Virechan Vega* (purging process) has ceased, it is important to thoroughly wash the hands, feet, and face of the individual. They should be provided with comfort and reassurance for some time.

• **Pathya Instructions:** The individual should be given instructions to follow the appropriate *Pathya* (wholesome) diet, as explained in the context of *Snehana* (oleation therapy) and *Virechan* (purgation therapy).

• **Samsarjana Krama:** The individual is advised to follow the suitable *Samsarjana Krama* (transition diet) based on the *Shuddhi Lakshana* (indications of purification).

a. **Peyadi Samsarjana:** This involves gradually reintroducing specific foods in a regulated manner according to the individual's capacity.

- b. *Tarpanadi Samsarjana*: It includes nourishing and rejuvenating measures to replenish the body's strength.

## DISCUSSION

### Probable mode of action of Virechan in Vyanga (Melesma)

*Vyanga* is a condition characterized by aggravated *Pitta* and *Vata* *Doshas*, which gets disturbed due to various causes or *Nidanas*. It is also incorporated under *Rakta Pradoshaj Vikara*. To manage this condition, *Virechan Karma*, a bio-purification technique, is employed, specifically targeting the imbalances of *Pitta* *Dosha* and *Raktaj Vikara*.

According to *Astanga Sangraha*, *Virechan Karma* is a treatment designed to remove *Pitta Dosha* from the body. This elimination process occurs not only in the *Amashaya* (digestive system) but throughout the entire body, even at the cellular level. According to *Acharya Charak*, When the digestive system of a person undergoes a thorough cleansing through the process of *Shodhan* (biopurification), it acts as a strong trigger for the *Agni* (digestive fire) within the body. This stimulation has the potential to alleviate various diseases, bringing back a state of balance and normalcy. This purification process brings notable improvements to the senses, mind, intellect, and even the complexion (*Varnya*).

The *Virechan* process commences with *Deepana* and *Pachana*, aimed at reducing the presence of *Aam* (toxins) and restoring normal metabolic function or *Agni*. Subsequently, the *Snehapana* procedure lubricates both micro and macro channels (*Shrotas*), playing a crucial role in *Utklesha* of the *Doshas* and alleviating *Rukshata* (dryness), and *Daha* (burning sensations). Additionally, *Sarvanga Abhayanga* and *Swedana* procedures are employed to clear blockages within the *Srotas* (body channels) and facilitate the movement of imbalanced *Doshas* from *Shakha* to *Kostha*. *Virechan Karma's* core objective is to purify the *Kostha* (central region) and expel the morbid *Doshas* from the body. This overall approach results in the revitalization and rejuvenation of bodily tissues, while also enhance overall immunity and

cleansing the *Srotas* (micro channels), which is particularly relevant in managing *Vyanga*.

## CONCLUSION

*Vyanga* is a condition that impacts facial appearance. Even though it is considered a minor disease that affects the face, may require special treatment like *Shodhana* in more advanced stages. As *Vyanga* is a *Rakta Pradoshaj Vikar* and main culprit is *Pitta* and *Vata* so, *Virechan* proved to be beneficial in this condition. Therefore, despite being a relatively mild condition, *Vyanga* can benefit from advanced therapies like *Shodhana*, specifically *Virechan* to achieve effective results.

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