

## A Critical Review Of Vamana Karma According To Ayurveda

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### Abstract

Ayurveda in general called as science of life. Ayurveda has its own philosophy which describes the relation between living body and environment. Ayurved describe that each and everything in yhe universe is composed of panchamahabhut and also that healthy human body is the result of balanced state of dosha, dhatu and mala which are also panchbhoutic in nature. Since environmental changes and variation affect the human body, there is a disturbance in the equilibrium of doshas and other which can produces diseases. These disturbances may arises abnormally i.e in pathological condition or naturally durinmg different season. Therefore in Ayurveda there are few method of sodhan (purification) were described named as Panchkarma. The Panchkarma therapy can be performed for treatment as well as for prevention of diseases. Vamana karma is one the Panchkarma procedure which helps to remove kaph dosha from the body. This review article emphasizes a complete approach towars understanding different principles and procedure related with Vamana karma as described in different ayurvedic classics.

### INTRODUCTION

Ayurveda is the science of life which mainly focused to prevent the diseases and their treatment with the help of different means like ahar, vihar, oushadha and life style management. Ayurveda describe a unique purification therapy known as panchakarma. panchjakarma include Vamana, virechana, basti, nasya and raktamokshana.

Ayurveda has described six ritus (shishir,vasant, grishma, varsha, sharad and hemanta), each ritu hasas its own feature. The different changes occurring in these ritu greatly influence the human body and according to ritu there is sanchaya and prakopa of doshas occur in human body. The excessively accumulated dosha accumulate in the body needs to be eliminated from the body. Theses elimination can be performed with the help of panchakarma.

Vamana karma is first among the panchakarma, in modern time it is called as emetic therapy. Vamana involves elimination of accumulated doshas from the urdhwa bhag i.e oral route.

Vamana karma is generally prescribed in the case of kapha accumulation. the elimination of the doshas through th nearest route is most efficient method to expel it from the body, sinch the amashaya (stomach) is the main site of kapha doshas which is nearest to the oral cavity hence Vamana karma is applied to eliminate the increased kapha dosha.

### AIMS AND OBJECTIVE

To study, understand and explore the concepts and procedure of Vamana for its appropriate application in prevention and treatment of diseases.

## MATERIALS AND METHODS

The review article was presented with the help of different ayurvedic classical books like charak samhita, sushruta samhita etc and also with the help of different journal and article published on different platform along with related book of modern literature.

## HISTORICAL REVIEW ON VAMANAA KARMA

### VEDIC KĀLA:

**a) Atharva Veda:** Madanaphala with Kaṭutumbi (*Lagenaria vulgaris*) and Dhāmārgava (*Luffa Cylindrica*) are explained under the treatment of poison (Sarpa Daṣṭa).

**b) Agni Purāṇa:** In Agni Purāṇa there are three specific references regarding Vamanaa.

- Madana phala is the best drug for Vamanaa Karma
- Vacā Madana Kaṣāya with Kṣhīra causes Vamanaa.
- Kalka of Yaṣṭimadhu, Vacā, Pippalī, Kuṭaja along with Nimba Kaṣāya expels out Kapha very quickly through Vamanaa.

**c) Manu Smṛti:** In the 5th Chapter mentioned that after Vamanaa one has to do Snāna Āchamana, Ghṛta sevana & Anna bhakṣhana to get Śarira Śuddhi.

### SAMHITĀ KĀLA:

#### A) Caraka Saṃhitā

- Dīrghanjīvitīya Adhyāya (C.S.Su.1/77- 84) - Vāmaka Mūlini and Phalini dravyas are explained.
- Apāmārgatanḍulīya Adhyāya (C.S.Su.St.2/7-8) - Important Vāmaka Dravyas are explained.
- Sadvirecanasataṣṭītiya Adhyāya (C.S.Su.St.4/13) - Vamanaopaga drugs and number of preparations obtained from major Vāmaka drugs.
- Upakalpanīya Adhyāya (C.S.Su. 15/10-16) - Collection of equipments required for the process of Vamanaa, Dose of Madanaphala, symptoms produced due to Vāmaka dravya, complications due to ayoga and atiyoga of Vamanaa Karma. Paścāt Karma after Vamanaa Karma, Varjya Viśayas after Vamanaa Karma and Saṃsarjana Krama after Vamanaa are explained.
- Mahāroga Adhyāya (C.S.Su. 20/19) - Explained about the use of Vamanaa Karma in nānātmaja Vikāras and Vamanaa Karma is said to be best upakrama then any other in Śleṣmā Vikāras.
- Laṅghaṇa Brīmhanīya Adhyāya (C.S.Su.22/18) - Vamanaa Karma is considered under laṅghaṇa.
- Madanaphala Kalpa Adhyāya Jīmutaka Kalpa Adhyāya Ikṣhavu Kalpa Adhyāya Dhāmārgava Kalpa Adhyāya Vatsaka Kalpa Adhyāya Kṛtavedhana Kalpa Adhyāya (C.S.Ka.1-6) - Kārmukātā of Vamanaa auśadhi, different preparations of Madanaphala are explained. Devoted to discuss preparations made from Vāmaka dravyas.
- Kalpanā Sīddhi Adhyāya (C.S.Si.1/8,11,12,15,16) - Kapha Utkleśakara Āhāra, Saṃsarjana Krama and its importance. Samyak, Ayoga and Atiyoga Lakṣanas of Vamanaa Karma are explained.
- Pancakarmīyasiddhi Adhyāya (C.S.Si.2/8,9,10) - Indications and Contraindications of Vamanaa Karma explained.
- Vamanaa Virecana Vyāpat (C.S.Si.6/29-93) - Complications manifested due to Ayoga and Atiyoga of Vamanaa Karma along with its Cikitsa.
- Jvara Cikitsā Adhyāya (C.S.Ci.3/146) - Vamanaa Karma is explained under the Avasthā anusāra Cikitsā of Nava Jvara.
- Raktapitta Cikitsā Adhyāya (C.S.Ci.4/56) - Vamanaa karma in Adhoga Raktapitta.
- Gulma Cikitsā Adhyāya (C.S.Ci.5/29) - Vamanaa Karma in Vātaja Gulma (Avasthā anusāra).
- Prameha Cikitsā Adhyāya (C.S.Ci.6/15) - Saṃśodhana (Vamanaa and Virecana) has Cikitsā
- Kuṣṭha Cikitsā Adhyāya (C.S.Ci.7/39) - Vamanaa Karma in Kapha pradhāna Kuṣṭha.

- Rājanyakṣhmā Cikitsā Adhyāya (C.S.Ci.8/79) - Vamanaa Karma in Doṣa Adikha Avasthā.
- Unmāda Cikitsā Adhyāya (C.S.Ci.9/26) - Vamanaa Karma in Kapha and Pitta Dominance Unmāda.
- Apaśmāra Cikitsā Adhyāya (C.S.Ci.10/15) - Tikṣṇa Vamanaa Karma in Śleṣmaja Apasmāra.
- Grahaṇī Cikitsā Adhyāya (C.S.Ci.15/74) - Vamanaa Karma has Avasthā Anusāra Cikitsā.
- Pāṇdu Cikitsā Adhyāya (C.S.Ci.16/40) - Tikṣṇa Vamanaa Karma in Pāṇdu Roga.
- Hikkā-Śwāsa Cikitsā (C.S.Ci.17/75) - Sadyo Vamanaa Karma in Vega.
- Kāsa Cikitsā Adhyāya - (C.S.Ci.18/83,108) - Vamanaa Karma in Pittaja Kāsa (Avasthā) and Kaphaja Kāsa.
- Chardi Cikitsā Adhyāya (C.S.Ci.20/34) - Vamanaa Karma in Kaphaja Kāsa.
- Visarpa Cikitsā Adhyāya (C.S.Ci.21/43) - Vamanaa Karma (Ullekhaṇa) in Kapha Sthāna gata Visarpa.
- Viṣa Cikitsā Adhyāya (C.S.Ci.23/35) - Vamanaa Karma is one of the Catusprakāra Cikitsā in Viṣa.
- Madatyaya Chikitsa Adhyaya - (C.S.Ci.24/164) - Vamanaa Karma (Ullekhaṇa) in Kaphaja Chikitsa.
- Vata-Rakta Chikitsa Adhyaya (C.S.Ci.29/46) - Mṛdu Vamanaa in Kaphottara Vata-Rakta.
- Yonivyāpada Cikitsā Adhyāya (C.S.Ci.30/46) - All Pancakarma (Mṛdu) in all kinds of Yoni vyāpadas.

### Suśruta Saṃhitā

- Dravya Viśeṣa Vijnānīya Adhyāya (S.S.Su.41/6) - Describes the upward direction of Vamanaa dravyas and Pancamahābhūta Composition.
- Vamanaadravya vikalpanīya Adhyāya (S.S.Su.43/3-5, 5-9) - Several preparations of Vamanaa dravyas, particularly it is explained as Madanaphala is one of the best emetic drug among all emetic drugs.
- Vamanaa Virecana Sadyopadrava Cikitsitam Adhyāya (S.S.Ch.33/5-7, 8-28) - Vamanaa procedure, pharmacological action of Vamanaa Dravya, Kapha Utkleśakara Āhāra, Ayoga, Atiyoga and Samyak yoga lakshanas of Vamanaa Karma, Dhūmapana indications and contraindications Vamanaa Phala, Vamanaa Indications, order of elimination in Vamanaa Karma.
- Vamanaa Virecana Vyāpat, Chikitsā Adhyāya (S.S.Ch.34/3-21) - Vamanaa Karma Vyāpat and its Cikitsā.

### Aṣṭāṅga Saṃgraha

- Vamanaa Virecana Vidhi Adhyāya (A.S.Su.27) - Detailed Vamanaa process, properties of emetic drugs along with their pharmacological action. Indications and contraindications, śuddhi lakshanas.
- Vamanaa Kalpa Adhyāya (A.S.Ka.1) - Different prescription regarding Vamanaa process. Regards Madanaphala as the best Vāmaka dravya.
- Vamanaa virecana vyāpad Siddhi Adhyāya (A.S.Ka.3) - Complications of Vamanaa process with their treatment.

### Aṣṭāṅga Hṛdaya

- Vamanaa virecana vidhi Adhyāya (A.H.Su.18/1-7, 12 -30) - Vamanaa Karma indications and contraindications, Vamanaa vidhi, Hīna vega Auśadhi, Samyak, Ati and Ayoga Lakshanasa, Dhūmapana after Vamanaa Karma, Saṃsarjana Krama.
- Vamanaa kalpa Adhyāya (A.H.Ka.1/1-46) - Madanaphala is Śreṣṭha Vāmaka Dravya, Madanaphala Saṃskāra, Different Yogās according Sthāna, and various other preparations includes Jimūṭaka Kalpas, Ikṣvāku Kalpas, Dhāmārgava Kalpas, Kṣweda Kalpas, Kuṭaja Kalpa.
- Vamanaa Virecana Vyāpat Adhyāya (A.H.Ka.3/1-39) - Complications of Vamanaa Karma and its treatment.

### Bhela Saṃhitā

- Madanaphala Kalpa Adhyāya, Ikṣvāku Kalpa Adhyāya, Dhāmārgava Kalpa Adhyāya, Kuṭaja Kalpa Adhyāya (B.S.Ka.1-4) - These chapters deal with the various preparations for Vamanaa Karma.
- Vamanaa virecana siddhi (B.S.Ka.2-42) - Diet on the previous day of Vamanaa Karma, dose of Vamaka Kaṣāya (Vamanaa Auṣadhi), Expulsion of doṣa's in the order - Kapha, Pitta, Vāta and Rakta respectively. Vamanaa Samyak, Ayoga and Atiyoga Lakshanas.

### Cakra Datta

- Vamanaa adhikāra (C.D.69 chapter) - It deals with the details of Vamanaa karma. It is mentioned that prastha in śodhana cikitsa should be considered as thirteen and half pala.

### Vangasena

- Vamanaādhikāra Adhyāya (V.S.88/26) - Details about Vamanaa, followed by the use of Nasya with Dhūmapāna has particularly been mentioned to remove the remaining doṣas after Vamanaa.

### Kāśyapa Saṃhitā

- Vamanaa Virecana Adhyāya (K.S. Si.3) - Vamanaa Auṣadhi Pāna vidhi, Vamanaa Vega Saṃkhyā, Vamanaa paścāt Upacāra, Vamanaa Uttama Śuddhi Lakṣanas Vamanaa Virecana Vyāpat Cikitsā.
- Panckarmīya siddhi (K.S.Si.7) - Indications and contraindications of Vamanaa Karma.
- Saṃśuddhi Viśeṣanīya Adhyāya (K.S.Ka.7/33-59) - Saṃsarjana Krama, Vamanaa Karma in detail. Symptoms manifested after Vamanaa Auṣadhi Prayoga. Dhūmapana for śamana of śīśa Doṣa.

### DEFINITION:

- i) तत्र दोषहरणमूर्ध्वभागं वमनसञ्ज्ञकम्, अधोभागं विरेचनसञ्ज्ञकम्॥ (Ca. Ka. 1/4)

The process of expulsion of Doṣās through Urdhvabhāga is called as Vamanaa Karma.

- ii) अपक्व पित्तश्लेष्माणं बलादूर्ध्वं नयेतु यत् ।

वमनं तद्धि विज्ञेयं मदनस्यफलं यथा ॥ (Śā. Pū. 4/8)

Vamanaa may be defined as forceful expulsion of Apakva Pitta-Kapha through mouth as caused by Madanaphala.

### SYNONYMS:

वमथुर् वमनं वान्ति चर्दिर् उद्विग्नं वमिः । प्रच्छर्दिक् उल्लेखनं स्यात् ॥ (Śā. Pra. 4/8)

Vamathu, Vamanaa, Vānti, Chardi, Udgīrana, Vami, Pracchardika, Ullekhana are the synonyms of Vamanaa Karma.

### BENEFITS OF VAMANAA:

- i. वमनं श्लेष्म हराणां (Cha.Su. 25/40)

Vamanaa karma, the first measure amongst Pancakarma, has been considered as the best line of treatment for the kaphaja disorders.

- ii. Suśruta asserts that just as flowers, fruits and sprouts get destroyed quickly when the tree is cut similarly when Kapha expelled out through Vamanaa Karma the diseases originated due to excessive Kapha are mitigated.

### INDICATIONS OF VAMANAA

The indications for Vamanaa Karma can be categorized according to Dosha dominance in disease & the site in which provocation of Doṣās is taking place.

Diseases	Ca	SU	A.H	A.S	ŚĀ.S	V.Se
Pīnasa	+	+	+	-	+	-

<b>Kuṣṭha</b>	+	-	+	+	+	+
Nava Jvara	+	+	+	+	+	+
Rājayakṣmā	+	+	+	+	-	-
Kāsa	+	+	+	+	+	+
Śvāsa	+	+	+	+	+	+
Galagaṇḍa	+	-	-	+	-	-
Galagraha	+	-	-	-	-	-
Ślipada	+	+	+	+	+	+
Prameha	+	-	+	+	+	+
Mandāgni	+	+	-	+	+	-
Virūddhājīrṇa	+	+	-	+	+	-
Visūcikā	+	-	-	+	-	-
Alasaka	+	-	-	+	-	-
Viṣapīta	+	+	+	+	+	
Adhoga raktapitta	+	+	+	+	-	-
Mūrchhā	+	+	+	+	-	-
Hṛllasa	+	+	+	+	+	+
Arūci	+	+	+	+	+	-
Avipāka	+	-	-	+	-	-
Apaci	+	-	-	+	-	-
Granthi	-	-	-	+	-	-
Apaśmāra	-	+	+	+	-	-
Unmāda	-	+	+	+	-	-
Atisāra	+	+	+	+	+	-
Pāṇḍu	+	-	-	+	-	-
Mukhapāka	+	+	-	+	-	-
Stanyaduṣṭi	+	+	+	+	+	-
Arbuda	-	-	+	+	+	-
Vidārika	-	+			+	-
Medoroga	-	+	+	+	+	-
Hṛdroga	-	+	-	-	+	-

Visarpa	-	+	+	+	+	-
Citta Vibhrama	-	+	-	-	-	-
Vidradhi	-	+	-	-	-	-
Kanthapāka	-	+	-	-	-	-
Karna śrāva	-	+	-	-	-	-
Adhi jihvikā	-	+	-	-	-	-
Galaśundika	-	+	-	-	+	-
Kaphādhikya	+	+	-	+	+	-
Pittaja roga	-	-	-	-	-	+
Asṛga roga	-	-	-	-	-	+
Urdhvajatru roga	-	-	-	-	-	+

## CONTRAINDICATIONS OF VAMANAA

Diseases	Ca	Su	A.H	A.S	SHA.S	V.Se
Kṣataksīna (Koch's disease, debilitated)	+	+	+	+	+	+
Atisthūla (obese)	+	+	+	+	+	+
Atikriśa (underweight)	+	+	+	+	+	+
Atibāla (children)	+	+	+	+	+	+
Ativridha (old age)	+	+	+	+	+	+
Sukumāra (delicate person)	+	-	-	+	-	-
Kṣhāma (physical weakness)	+	-	-	-	-	-
Durbala (weakness)	+	+	+	+	-	-
Śrānta ( exhaustion)	+	+	-	+	-	-
Kṣudhita ( excessive hungry)	+	+	+	+	+	-
Pipāsita ( excessive thirsty)	+	+	+	+	-	-
Karmahata (excessive physical exercise)	+	-	-		-	-
Bhāravāhaka (lifting heavy weights)	+	-	-	+	-	-
Upavāsita (observation of fast)	+	-	-	+	-	-
Maithuna Prasakta	+	-	-	+	-	-

Adhyayanakāla (continuous reading)	+	-	-	+	-	-
Garbhīṇī (pregnant women)	+	+	+	+	+	+
Vyāyāma prasakta (excessive exercise)	+	-	-	+	-	-
Cintā prasakta (excessive thinking)	+	-	-	+	-	-
Samvṛta koṣṭha (Vāyuvyupta koṣṭha or Vata dominant koṣṭha)	+	+		+		+
Duśchardana (poor response to emetics)	+	+	+	+	+	
Kṛmi koṣṭha		+	+	+	+	+
Urdhvaga raktapitta (Haemorrhage through upper part of body)	+	+	+	+	+	-
Urdhva vāta	+	+	+	+		-
Āsthāpita (who has undergone asthapana basti)	+	+	+	+	+	-
Anuvāsita (who has undergone anuvasana basti)	+	+	+	+	-	-
Hṛdroga (cardiac disease)	+	+	+	+	-	-
Udāvarta (upward movement of Vata)	+	+	+	+	+	-
Mutrāghāta ( obstructive disease of Urinary tract)	+	+	+	+	-	-
Plihā roga	+	+	+	+	-	-
Gulma	+	-	+	+	+	+
Udara	+	+	+	+	+	+
Aśthilā	+	+	+	+	-	-
Timira (progressive cataract)	+	+	+	+	+	+
Śamkhaka	+	+	-	+	-	-
Śiraha śūla ( headache)	+	-	-	+	-	-
Arśa (Piles)	-	-	+	+	-	+
Pārśva śūla	-	-	+	+	-	-
Navāmaya	-	-	-	-	-	+
Pāṇḍu	-	-	-	-	-	+
Abhighāta	-	-	-	-	-	+
Atirukṣa	-	-	-	-	-	+
Ardita	-	-	-	-	-	+
Ākṣepaka	-	-	-	-	-	+

## PROCEDURE OF VAMANAA KARMA

Vamanaa is divided into three main sections viz. Pūrvakarma, Pradhānakarma and Paścātakarma which are as follows:

### PŪRVAKARMA

- a) Sambhāra Saṃgraha
- b) Selection & examination of the subject
- c) Preparation of the subject

#### a) Sambhāra Saṃgraha:

- ✓ Wash Basins, tubs, measuring flasks, measuring glass, towel, bowls, rubber catheter, spoons, gas stove, vessels, etc should be available.
- ✓ Stalk of Eraṇḍa (*Ricinus communis*) or Kamala (*Nelumbo nucifera*) medicines to treat complications should kept ready.
- ✓ Similarly, the drugs to be used for Vamanaa Karma & diet articles required from the day of Pācana and Dīpana till Saṃsarjana Karma.
- ✓ Now-a-days it is necessary to keep ready of these things like weighing machine, gloves, sphygmomanometer, stethoscope, thermometer should be arranged.

### Drugs Used For Vamanaa:-

They are mainly divided into two main sections:

**i) Vāmaka Dravya:** Vāmaka Dravyas are those which initiate or produce the act of vomiting. e.g. Madanaphala, Jīmūta, Dhāmārgava, Kuṭaja etc.

#### ii) Vamanaopaga Dravya:

मधुमधुककोविदारकर्बुदारनीपविदुलबिम्बीशणपुष्पीसदापुष्पाप्रत्यक्पुष्पा इति दशेमानि वमनोपगानिभवन्ति॥ (Ca.Su. 4/23)

Vamanaopaga Dravyas are supportive drugs that aid the process of vomiting and minimise complications. e.g. Ikṣu Rasa, Yaṣṭimadhu Phāṇṭa etc.

#### Vāmaka Yoga Mātrā (Dose fixation)

The determination of the dose is based on Śārīra bala, Vyādhi bala, and Agni bala.<sup>98</sup> Ācārya Vāgbhaṭa opines the dose of Bhaiṣaja can be determined after analyzing the Koṣṭha of the patient.<sup>99</sup> Śārangadhara has mentioned preparation of decoction as follows: one Kuḍava medicines to be boiled with one Āḍhaka of water and reduced to half. This can be used for Vamanaa and the same quantity of Vamanaopaga dravya can be used.<sup>100</sup>

### Diet before Vamanaa Karma:

- 1. Diet on the previous day of Vamanaa Karma:** The person scheduled to take the Vamanaa Karma, the previous day should eat Kapha Utkleśkara Āhāra which is easy for digestion and which is mostly of liquid nature. Because of the aforesaid diet, the Kapha gets excited or aggravated. Matsya, Māṣa, Tila etc. which are Kapha-Utkliṣṭakāraka, should be given to person on previous day of Vamanaa Karma.
- 2. Diet before the of Vamanaa Auśadha:** Before starting the Vamanaa Karma, one should be Nirānna but before giving Vāmaka Auśadha, person should not be empty stomach (Nirānna), as it will cause Vāta Prakopa and it spreads to Pliḥā and leads to its Sthānacyuti. So one should be given 'Iṣit Snigdham Peyā' or 'Yavāgu with one Mātrā of Ghṛta' or 'Yavāgu Maṇḍa'.

The Vṛddha (aged), Bālaka (children), Durbala (debilitated), Kliba (Kleśa- Asahiṣṛiṇu), Bhiro (coward), Sukumāra and Kṛśa should be made to drink the any of following food till Ākanṭhapāna before giving Vamanaauśadha i.e. Madya, Kṣīra, Ikṣurasa, Māṃsarasa, Takra, Yuṣa or Tuśodaka in relation to one's



condition or as Pathya food article based on disease.

#### b) Selection & Examination of the Subject:

At first, one should carefully examine the patient & assess the condition whether the individual is Vāmya (indicated for Vamanaa) or Avāmya (Contraindicated for Vamanaa)

Examinations:

- Daśavidha & Aśṭavidha and Ekādaśa Parikṣā
- Patient should also be examined with clinical examination like GIT examination, respiratory system examination, CVS examination, CNS examination.
- Pulse, blood pressure, body temperature & respiratory rate should be monitored before, during and after Vamanaa Karma.
- The tests like pathological, biochemical investigations, ECG should be used in suspected cases to rule out cardiac diseases.

#### c) Preparation of the Subject:

It is very important to prepare the subject before Vamanaa Karma, it includes following:

- i) Dīpana-Pācana- Discussed in pūrvakarma section
- ii) Snehana –Svedana- Discussed in pūrvakarma section
- iii) Mānasopacāra- Vamanaa process requires strong will-power and mental strength of the patient. The process becomes effortless when the patient is co-operative and aware of the stages of Vamanaa Karma.

### PRADHĀNA KARMA

This phase of the treatment can be studied under following headings.

- A. Preparation of the patient
- B. Administration of Medicine
- C. Events during the procedure
- D. Management during Vamanaa
- E. Assessment criteria's of Vamanaa

#### A. Preparation of the patient

Patient is examined for 'Suprajīrna bhakta' and Sṛṣṭa Mala/Mūtra. Bāhya Snehana & Svedana: 'Snigdhāya Deyam Vamanaam' (C.S.Si.1/10). Here Snigdhā refers to Abhyanga & Swedana on the day just before the Vamanaa and on the day of Vamanaa Karma.

##### i) Mānasopacāra:

One should offer arcanā (prayers) of Devatā, Agni, Dvija, Gurū and Vaidya, by considering the Nakṣatra, Tithi, Karana and Muhurta should listen to Swāsti vacana by Brāhmaṇa.

‘ॐ ब्रह्मदक्षाश्चिरुद्रेन्द्रभूचन्द्रार्कानिलानलाः|

ऋषयः सौषधिग्रामा भूतसङ्घाश्च पान्तु ते|

रसायनमिवर्षीणां देवानाममृतं यथा| सुधेवोत्तमनागानां भैषज्यमिदमस्तु ते’ (Ca.Ka. 1/14)

Posture opted for the Procedure: 'Jānu sama tulya, Asaṃkeerna Āsana Vamanaa' seat (Vamanaa pīṭha) should have a height up to the level of knee joint and it must be comfortable one.

##### ii) Examination of the patient:

Vagbhatta specifies that just before the administration of the medicine once again Koṣṭha has to be assessed (Vamanae koṣṭhasya bodhavyam)

- Arunadatta states –
- Excessive śleṣmā – Mṛdu Koṣṭha
  - Moderate śleṣmā – Madhyama Koṣṭha
  - Mild śleṣmā – Krūra Koṣṭha, Accordingly dose has to be fixed.

#### B) Administration of Medicine

- a. Administration of Ākaṇṭhapāna  
Ācārya Vāghbhata specifies that Kṣīra / Madya / Ikṣurasa / Māṃsarasa / Takra / Tuṣodaka should be selected for the purpose of Ākaṇṭhapāna.
- b. Administration of Vāmaka Yoga:  
Generally according to disease entity Yoga has to be selected.  
According to Caraka Vāmaka drug was used in the Liquid media.  
The Śodhita Madanaphala must be soaked in the Kaṣāya of Vamanaopaga dravya previous night, next morning it should be filtered & mixed with madhu and Saindhava and then administered to the patient. Only in certain situations Chūrṇa / Kalka etc Yoga were selected.
- c. Madhu saindhava in Vāmaka yoga:  
Ācārya Caraka clearly states that in all Vāmaka yoga Madhu and Saindhava should be added for the purpose of Kapha Vilayana and Chedana. Madhu is known for the Kapha chedana & Yogavāhi property so adding madhu will facilitate in Vamanaa procedure<sup>109</sup>.  
Lavaṇa is known for its Viṣyanda nature, means Liquefaction & Expulsion therefore adding lavaṇa will increase the Volume & Force of expulsion.
- d. Administration of Vamanaopaga Dravya:  
“Bheṣajam Vamanaārthinām Prāyah Apitta Darśanāt” Medicine in the form of Vamanaopaga Kaṣāya should be given to the patient repeatedly until the expulsion of Pitta is seen.

### C) Events during the procedure

After the administration of the medicine Vamanaa has to be completed within a span of one Muhurta.

#### Symptoms manifested after administration of Vāmaka Yoga

Symptoms	Stage of Process
Sveda Prādurbhāva	Doṣas are liquefied (Doṣa Pravilāyanam)
Loma-Harṣeṇa	Doṣas start moving from their place (Sthānebhya Pracalitam)
Kukṣim Ādhmāpanena	Doṣas enter the Kukṣi (Kuṣim Anugatam)
Hṛllāsa-Āsya śravanabhyam	Doṣas moving towards mouth in upward direction (Urdhavamukhi)

### D) Management during Vamanaa

#### Convincing the Patient:

Physician has to convince the patient regarding his cooperation during the procedure.

The patient should not hesitate during the procedure. The patient should be asked to flex his trunk, head & neck forwards when he gets the sensation of vomiting.

Paricāraka has to do following things:-

- Lalāṭa pratigrahe: When patient bend forwards to vomit, his forehead has to be held.
- Prṣṭha Pārśva Kantopagrahaṇe: The flanks & neck has to be supported
- Nābhi prapadana: This will increase the Intra abdominal pressure & facilitates Vamanaa
- Prṣṭha Unmardana: Aruṇadatta says massage from sacral junction towards the upward direction.

### E) Assessment criteria of Vamanaa

The outcome of the Vamanaa procedure is in the form of either Samyak yoga or Ayoga or Atiyoga, all the three outcomes are dependent on Vegas produced during the procedure.

#### Samyak Yoga Lakṣaṇas Of Vamanaa Karma:

क्रमात् कफः पित्तमथानिलश्च यस्यैति सम्यग्बलितः स इष्टः॥

हृत्पाश्चर्मूर्धेन्द्रियमार्गशुद्धौ तथा लघुत्वेऽपि च लक्ष्यमाणे (Cha.Si.1/15)

#### Samyak yoga lakṣaṇas of Vamanaa Karma

Lakṣaṇa	C.S	Su.S	A.H	Lakṣaṇa	C.S	Su.S	A.H
Kāle Pravṛtti	+	-	+	Srotas Śuddhi	+	-	-
Yathākrama doṣa haraṇa	+	+	+	Indriya Śuddhi	+	-	-
Svayam Avasthāna	+	+	+	Laghutā	+	+	-
Hṛdaya Śuddhi	+	+	+	Kārśya	+	-	-
Pārśva Śuddhi	+	-	-	Daurbalya	+	-	-
Mūrdhā Śuddhi	+	+	-	Kaṇṭha Śuddhi	-	+	-
Kaphasaṃsṛāva	-	+	-	Anatimahativyathā	+	-	-

#### Atiyoga Lakṣaṇas of Vamanaa Karma:

तृणमोहमूर्च्छानिलकोपनिद्राबलादिहानिर्वमनेऽति च स्यात्॥ (Ca.Si. 1/17)

#### Atiyoga Lakṣaṇa of Vamanaa Karma

Lakṣaṇa	C.S	Su.S	A.H	Lakshana	C.S	Su.S	A.H
Phenila Vamanaa	+	-	+	Nidrāhāni	+	-	-
Rakta Candrikāyukta	+	-	+	Bala hāni	+	-	+
Trṣa / Kaṇṭha Śoṣa	+	-	+	Hṛd piḍā	-	+	-
Moha	+	+	+	Kaṇṭha piḍā	-	+	+
Mūrchā / Visanjanātā	+	+	-	Tamah	-	-	+
Vāta Prakopa / Vāta-amāya	+	-	+	Bhrama	-	-	+
Dāha	-	+	+	Pittātiyoga	-	+	-
Kṣāmatā	-	-	+	Mṛtyu	-	-	+

#### Ayoga Lakṣaṇa of Vamanaa Karma:

#### Ayoga Lakṣaṇas of Vamanaa Karma

Lakṣaṇa	C.S	Su.S	A.H	Lakṣaṇa	C.S	Su.S	A.H
Apravṛtti	-	-	+	Auśadha Pravṛtti	+	-	+
Hṛdaya Aviśuddhi	+	+	+	Vega Vibandha	+	-	+
Srotas Aviśuddhi	+	-	-	Vega Vibandha	+	-	+
Gurū Gātratā	+	-	-	Kaṇḍu	+	+	+
Sphoṭa	+	-	-	Kapha Praseka	-	+	+
Koṭha	+	-	+				

### Assessment of Vamanaa karma

#### Assessment of Śuddhi lakṣaṇa:

Cakrapāṇi contributes to the assessment of Samyak Śuddhi. It is explained under 4 headings viz. Vaigiki, Mānikī, Āntikī and Laingikī. Among these four, Vaigikī & Mānikī are the Quantitative assessment and Āntikī & Laingikī is the Qualitative assessment.

#### Types of Śuddhi Lakṣaṇa

Vamanaa	Hīna Śuddhi	Madhyama Śuddhi	Pravara Śuddhi
Vaigikī	4 Vega	6 Vega	8 Vega
Mānikī	1 Prastha	1 ½ Prastha	2 Prastha
Āntikī	Pittānta		
Laingikī	Sign & Symptoms of Samyak Vānta		

#### a) Vaigikī Śuddhi:

Indu defines Vega as, the bout collected in a bowl after an effortless expulsion (A.S.S.27/18) The vaigikī criteria is nothing but to observe vega (Bouts) for its nature, force & speed of Expulsion once the medicine is administered. Upavega is one more entity which has to be differentiated from Vega. Upavega means one which is nearer to Vega which can be explained as one which is lesser in every aspect than Vega.

Kāśyapa says an author named Kothsa says 2-3 vegas is Kaniyasī śuddhi, 4-5 vegas is Madhyama śuddhi 6-7 vegas is Uttama śuddhi.

#### Difference between Vega and Upavega

Factors	Vega	Upavega
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Quantity	More quantity of vomitus	Less quantity of vomitus
Force	Vega should be easily, effortlessly expelled out.	Not easily but with effort and in small quantity.
Time	Expelled in a single bout, sudden stroke and in less time. Each bout comes from the bottom of the stomach, but duration for expulsion will be prolonged in a continuous stream.	Each bout is expelled slowly and comes in intervals.

#### b) Mānikī Śuddhi:

Voluminous assessment of the vomitus is considered as Mānikī. Caraka while explaining the Hīna, Madhyama and Pravara śuddhi explained the doṣa expelled in the quantitative manner i.e. 1, 1½ and 2 prasthas respectively. Cakrapani considered them under mānikī parikṣā. According to him 1 prastha is equal to 13 ½ palas.

1 prastha = 13 1/2 pala (54 tola)

1 tola = 12 gms, So 54 tola = 648 gms

#### Āntikī Śuddhi of Vamanaa

Hīna Śuddhi	648 ml
Madhyama Śuddhi	972ml
Pravara Śuddhi	1296 ml

#### c) Āntikī Śuddhi

Āntikī śuddhi refers towards the end stage of Vamanaa. It's one of the important Qualitative assessment criteria to stop the procedure. The sequence of expulsion of doṣa is considered under Mānikī criteria. Bhela includes Rakta in Āntikī criteria. Ḍalhaṇa states Praseka, Auṣadha, Pitta & Anila are expelled accordingly. Caraka opines Vamanaa can be continued till pittānta darśanātha.

#### d) Laingikī criteria:-

The word laingikī means some signs and symptoms. So the lakṣaṇas exhibited after the proper Vamanaa is considered under the laingikī criteria. The laingikī criteria also includes Āntikī criteria.

Though Ācārya explained 4 types of Śuddhi all gave more importance to laingikī śuddhi only Cakrapāṇi says both Samyak Vamanaa and pittānta feature together comprise laingikī criteria. Other variety of criteria may change from person to person according his strength, age, body constituent, but these laingikī criteria will not change. So it is considered as the perfect to assess the Samyak yoga.

## DISCUSSION

Vamana therapy in ayurveda is a sodhan procedure especially beneficial in the management of kapha dosha related disease. It is mainly recommended in vasant ritu as there is accumulation of kapha dosha in this ritu due to seasonal variation and environmental changes so in healthy patient Vamana therapy can be performed in vasanta ritu as a preventive measure. Vamana can also be performed in disease condition mainly in the diseases associated with kapha

dosha. In ayurvedic classics all the procedure and requirement for Vamana therapy have been described scientifically so that a physician performing Vamana karma can get maximum result from this therapy.

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