



## Review Article

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### A REVIEW ON ROLE OF VIRECHANA IN AMAVATA

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#### ABSTRACT

Amavata is made up of two words: Ama and Vata. It is a condition caused by the accumulation of Ama and Vata, and it resembles rheumatoid arthritis (RA) in modern parlance. Shodhana treatments are advised in Ayurveda whereas anti-inflammatory, analgesics, steroids, and disease-modifying anti-rheumatic drugs are required for its management as per modern medicine, which are not free from side effects. When Ama and Vata get vitiated consecutively and get deposited in the Koshtha, Trik and Sandhi where they produce Shotha, Shoola, and Stabdhatta then the term is known as Amavata. Due to impaired Jatharagni, the Aahar rasa formed is Apakva. This Apakva Aahar rasa thus formed is in the Ama stage, which causes Sarvadoshaprakopa. Ancient Acharyas of Ayurveda have described the sequential employment of Deepana, Pachana, Shodhana, and Shamana therapies in the management of Amavata. According to Acharya Sharangdhara, Virechana is indicated in diseases arising from increased Pitta, and Ama in diseases like udara roga, adhman, for clearing koshtha. In Amavata, the main causative factor of disease is Ama. Virechana helps to normalise the pratiloma gati of Vata, which produces symptoms like Anaha, Antrakujana, Vibandha, Kukshikathinya, and Kukshi shoola.

**Keywords:** Virechana, Ama, Vata, Amavata, Agni

#### INTRODUCTION

In Ayurveda Texts, all the Vyadhi get manifested as a result of Mandagni. Agni has been the root of Ayu, Varna, Bala, Swasthya etc. Acharya Charaka stated that in Grahni dosha chikitsa “shantau mriyete agni cheram jeevat anamya”. Thus, due to diminish Agni the Aahar rasa formed is in Apakva stage and is understood Ama, which causes Sarva dosh prakopa. The term ‘Ama’ in ordinary parlance means unripe and partially digested food that is unwholesome to the body. Faulty digestive mechanism at the level of G.I.T. is largely responsible for the genesis of this Ama.

Due to poor strength of Kayagni, the improper Adhya Ahara Dhatu (Rasa Dhatu) formed in Amashaya is known as Ama.<sup>1</sup> Due to hypofunction of the Agni, the undigested food residue is formed. This residue is known as Ama and is said to be the root cause of all the disease.<sup>2</sup> Even though the formation of Ama occurs normally at G.I.T. level, during same occasion it maybe found at systemic level also.

Acharya Chakrapani while commenting on Grahani Chikitsa mentioned the existence of Ama at different levels.<sup>3</sup>

- Localized Ama (G. I. T. level)
- Generalized Ama (Systemic level)

#### Disease Production by Ama

*Agni Dusti (Kayagni, Bhutagni, Dhatwagni)*



*Ama (Mixed with Dosha, Dushya and Mala)*



*(Circulate in all Srotas and Kha-vaigunya at particular site)*

↓*(Samavastha)*

*Vyadhi (Shakhagata, Kosthagata, Marmasthi Sandhi)*

Principle of treatment of Amavata as Ama is present in its pathogenesis from the beginning to the end; therefore, the main aim of the treatment is to manage Ama. Following measures are indicated in the chikitsa sutra of Amavata (Chakradatta and Yogaratnakara),

- Langhana (lightening therapy)
- Svedana (sudation)
- Tikta-katu (diet and drug articles having bitter and pungent taste)
- Dipana (appetizer and digestive drugs)
- Virechana (purgation therapy)
- Snehana (unctuous therapy on achieving the nirama stage)
- Basti (enemata therapy)

### Need of Virechana

1. According to Acharya Sharangdhara Virechana is described as the treatment procedure w.s.r to Kostha shuddhi in Pittaja vikara, Amajanya roga, Udararoga and Aadhmaan.
2. As Agnimandya is the reason for Amottpatti, the treatment of Agnimandya as per Ayurveda includes Langhan, langhan-Paachana and Doshvashechan. Thus, we can understand the role of Virechana in Agnimandya and Agnimandya janya vikara.
3. Virechana has been described as the best remedy for Pitta dosha, yet it is also effective for the vitiated Kapha and Vata doshas to some extent.<sup>4</sup>

### Virechana

Virechana is a therapy which is indicated in Shodhana. Virechana with appropriate drug should be performed after the Langhana, Svedana, Deepana, and Pachana Doshas arrive in Nirama state and from Shakha to Kostha, Vamana precedes Virechana, but in Amavata the patients should be subjected to Virechana therapy.

Get rid of the avarana caused by Kledaka Kapha. 2.) It is best suited for Pitta Sthanika Dosh. 3) Symptoms of Amavata like Anaha, Vibandha, Antrakujana, Kukshishula, etc. indicate the Pratiloma Gati of Vata dosha are conquered by Virechana therapy.

Virechana is the procedure in which the orally administered drug acts on internally vitiated Doshas, specifically on Pitta and expels them out through the anal route.

### Procedure

Virechana has an important role in the management of Amavata. After achieving a nirama state by fasting and administering the digestive drugs, internal Snehana may be done with saindhavadi or brihat saindhvadi taila (Bhava Prakasha) till samyaka snigdha lakshanas are achieved. Thereafter, on the three gap days, Mridu Abhayanga and Svedana or only Ruksha Sweda of the whole body is done, depending upon the status of the patient or disease.

On the day of Virechana, a combination of purgative drugs such as Trivrit, Aragvadha, Haritaki, castor oil, etc. is given. However, use of drastic purgatives like Jayapala, though indicated in patients having hard bowel habits (krura koshta), may be avoided.

### Mode of Action of Virechana

#### Ayurvedic View<sup>5</sup>

The properties of Virechana dravyas are ushna, Tikshna, Sukshma, Vyavayi, Vikasi etc. are mentioned in Ayurvedic classics which play a vital role in the mode of action of Virechana Karma.

**Ushna:** Ushna guna has Agneya property and hence “Vishyandana” occurs i.e. ‘Vilininam Kurvanti’ (Chakrapani). Hence it promotes movement of morbid Doshas towards Kostha. It also assists to Tikshana property to perform its action.

**Tikshana:** Tikshna property performs the function of “Sanghatabhedana”, ‘Chakrapani’ quoted the word ‘Vicchindayanti’.<sup>6</sup> It means to break the complex morbid matter into smaller molecules. According to Dalhana, it is responsible for quick excretion. Thus, Tikshna property breaks the Mala and morbid Dosh in micro form.

**Sukshma:** Sukshma Guna due to its Anupravanabhava, i.e. “AnutvatPravanabhavach.....<sup>6</sup> it helps to dilate the channel and to pass the drug into micro-channel. This property helps to remove the morbid matter from micro-channels and brings them to Kostha for expulsion.

**Vyavayi:** Due to this, drugs spread quickly throughout the body and start their action before its digestion. Due to Vyavayi Guna, Virechana drugs spread all over the body without changing their form. Some scholars included this property under ‘Drava’ property.

**Vikasi:** Due to this property drugs loosen the dhatu bandhana.<sup>6</sup> it creates the dhatu shraithiyata (Dalhana). Hence drugs initiate their action without being digested. From all these properties doshas are moved to kostha.

Now from above description of Virechana dravya's properties it can be concluded that due to their Vyavayi, Vikasi, Sukshma, guna Virechana Drugs reach to the micro channels and by virtue of its Ushna, Tikshna Guna it scrapes out and liquefies morbid Mala and compact Doshas. In this way, Virechana Drugs bring Shakhagat Mala to Kostha and consequently expel out from the body. Virechana drugs carry out the Virechana due to the Prabhava (potency) of drug rather than its above properties. No doubt these properties help to do so but drug should have that, Prabhava. The drugs which are having Jala and Prithvi Mahabhutas dominancy have a natural tendency to go downwards and thus they can assist in induction of Virechana.



Diagrammatic presentation of Mode of action of Virechana

### Modern explanation of possible action of Virechana Karma<sup>7</sup>

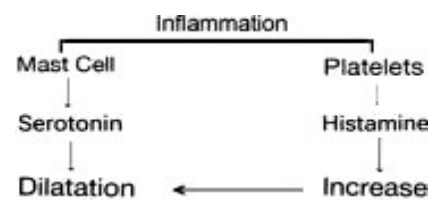
In modern texts, while explaining laxatives, they say that they probably induce mild inflammation in the small and lower bowel to promote accumulation of water and electrolytes and stimulate intestinal motility. From the above point of view, we can say that the Ayurvedic Shodhana Karmas are "physician induced mild inflammation". Mainly, Vamana and Virechana drugs are quite irritant to the stomach and the intestinal mucosa, respectively, causing inflammation. Due to this irritation, the permeability of the membrane changes and those substances come out which cannot come out in normal conditions.

The gross signs of inflammation are redness, heat, swelling, pain, and loss of function. These signs occur due to three following changes at microscopic level.

**Hyperemia-** It occurs due to capillary dilatation and arteriolar dilatation mechanisms.

**Exudation-** Exudation is the increased passage of protein-rich fluid through the vessel wall and into the intestinal tissue. The advantageous result of fluid increases is the dilution of toxins. Some chemical factors are also responsible for increasing the permeability in response to acute inflammation.

### Vasoactive Amines



### Vasoactive Polypeptides

These causes vasodilation.

### Miscellaneous Agents

The other agents influencing vascular dilatation and increasing permeability are Lysosomal enzymes from polymorphs, Prostaglandins, Globulin permeability factor Lymph node permeability factor Degradation products of DNA and RNA.

### Karyakshetra of Virechana

**Dosha-** Pitta, Pitta Pradhana Doshas, Pitta Sthanagata Alpa Kapha, Kapha Sthanagata Bahupitta, Pittavrita Vata, Sannipataja condition (Bhela)

**Dushya-** Rasa, Rakta, Mamsa, Asthi, Majja, Sukra.

**Srotas-** Rasavaha, Raktavaha, Mamsavaha, Asthivaha, Majjavaha.

### Virechana drugs according to seasons<sup>8</sup>

#### Varsha

Dravya: Trivrita, Kutaja Bija, Pippali, Shunthi, Anupana: Draksha Rasa and Honey.

#### Sharada

Dravya: Trivrita, ShyamaTrivrita, Duralabha, Musta etc.

#### Shishira and Vasanta

Dravya: Shyama Trivrita, Pippali, Aruna Trivrita etc. Anupana: Honey

#### Grishma

Dravya: Shyama Trivrita. Anupana: Sugar

#### Hemanta (Vagbhata)

Dravya: Trivrita, Citraka, Patha. Anupana: Warm Water.

#### All Seasons

**Dravya:** Trivrita, Danti, Saptala, Katuki

**Anupana:** Bhavana with cow urine

Charaka mentions Trivrita Chitraka, Patha, etc. to be used for Virechana in Hemanta ritu.

#### Specified Drugs for Virechana<sup>9</sup>

Kapha Pradhana – Triphala Kwatha, Gomutra, Trikatu

Pitta Pradhana - Trivrita Churna + DrakshaKwatha

Vata Pradhana -Trivrita + Saindhava + Shunthi + Kanji or Mamsasara

Children between the age group of 4-12 years – Draksha Rasa+ Aragvadha Phala Majja.<sup>10</sup>

Among all these Virechana drugs following drugs have been placed at topmost position.<sup>11</sup>

Mula Virechana - Shyama Trivrita

Phala Virechana- Haritaki

Twaka Virechana- Tilwaka

Swarasa Virechana- Karvellaka

Dugdha Virechana- Snuhi

#### Agraya Drugs

Purishajananana- Yava

Mrudu Virechana- Aragwadha

Tikshna Virechana- Snuhi

Sukha Virechana-Trivrita

Bhedana and Anulomana– Amlavetasa

In the disease Amavata the main pathogenesis occurs due to the Vimarga Gamana i.e. the Gati of Doshas is Kostha to Shakha. So, the line of treatment for this could be that type which brings the Vimargagamita Doshas from Shakha to Kostha. Symptoms of Amavata like Aanaha, Vibandha, Antrakujana, Kukshishula etc. are indicative of Pratiloma gati of Vata. This is best conquered by Virechana, it can be compared with the steps of the whole process of Virechana Karma followed, i.e. Snehana will do Vriddhi, Svedana will do the Vishyandana and Paka of the Doshas and the Virechana Karma does evacuation of Dosha, which will channelized, i.e. Vatanigraha. In the disease Amavata the main pathogenesis occurs due to the Vimarga Gamana i.e. The Gati of Doshas is Kostha to Shakha. So, the line of treatment for this could be that type which brings the Vimargagamita Doshas from Shakha to Kostha. Symptoms of Amavata like Aanaha, Vibandha, Antrakujana, Kukshishula etc. are indicative of Pratiloma gati of Vata. This is best conquered by Virechana, it can be compared with the steps of the whole process of Virechana Karma followed, i.e. Snehana will do Vriddhi, Svedana will do the Vishyandana and Paka of the Doshas and the Virechana Karma does evacuation of Dosha, which will channelized, i.e. Vatanigraha.

Virechana is described as the treatment procedure w.s.r to Kostha shuddhi in Pittaja vikara, Amajanya roga, Udara roga, and Aadhmaan. As Agnimaandya is the reason for Amottpatti, the treatment of Agnimandya as per Ayurveda includes Langhan, Langhan- Paachana, and Doshvashechan. Virechana has been described as the best remedy for Pitta dosha, yet it is effective for the vitiated Kapha and Vata dosha also to some extent.<sup>13</sup> So in this way, it appears to be the most appropriate therapeutic measure in this condition.

According to Acharya Charaka the drugs reach the heart by their virtue, Jala and Prithvi, causes Adhobhagahara prabhava. Then they liquefy the morbid elements and disjoin them by their Tikshna Guna. Then this liquefied morbid mass, floating like honey in united vessels through the drug, ultimately reaches Amashaya. From here, it forcesthe morbid factors through the anal root due to the Bhautika predominancy of the Jala, Prithvi, and Adhobhagahara prabhava (Ch. K. 1/4) leading to Virechana.

Virechana eliminates the vitiated Kapha and Pitta and removes Aavarana of Vayu. This results in Vatanulomana, due to Vatanuloma Shoola. Virechana karma corrects vitiation of Vata by removing the obstruction of channels. Sandhigraha and Sandhishotha may be due to the chronicity and avarana of Kapha. Virechana has Srotoshodhaka and Agnidipana effects, which elevates the Agni and checks further Ama formation. Shodhana Karma has to be said to be beneficial in chronic conditions. Tenderness (Sparshasahisnuta) maybe due to the chronicity and Avarana of Kapha. Virechana has Srotoshodhaka and Agnidipana properties, which elevate the Agni and check further Ama formation.

#### CONCLUSION

Virechana is the most appropriate Shodhan Karma in the early stage of Amavata because, in its early stage, Ama has dominant position. Because of this, Amasrotorodha occurs. According to Acharya Sharangdhara, Kostha shuddhi is the best treatment in Pittaja vikara, Amajanya roga, Udara roga, and Aadhmaan. So, Virechana is the best line of treatment to check Ama and remove srotorodha.

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