

## Usage of *Vamāna Karma* in the Management of *Amlāpitta* According to the Method of Deegalla Bogoda Tradition

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### Abstract

Bhaisajyārathnavali and Chakrādaththa elaborate about effectiveness of *Vamāna karma* (emesis) in the treatment of *Amlāpitta*. According to these *Cikitsa sutra*'s *Vamāna Karma* suitable for *Udhāvagatha Amlāpitta* and *Virēchana karma* (purgation) are suitable for *Adhogatha Amlāpitta*. This traditional method of *Vamāna karma* induces both *Vamāna* and *Virēchana* in same treatment because this method can use both *Urdhāvagatha* and *Adhogātha Amlāpitta* conditions. The exceptional feature of this method is that it does not care about preoperative treatments and postoperative treatments. We already acknowledged that majority of the complications are present in *Vamāna karma*. But this traditional treatment method shows less complication. Compared to less complicated *vamana* procedure in Ayurveda and Traditional medicine, the traditional *Vamana* procedure is better than Ayurveda *Vamana* procedure. Number of 445 patients were presented during one month in to the Vedamahatha's (traditional doctor) dispensary. He recommended 8% for treatment included *vamanaprocedure*. Number of 12 patients suffered with *Amlāpitta* out of them. The exceptional point of this method was main medicinal ingredient *Linderniapusilla*. Other ingredients were Cow's milk and King coconut water. In this method, a special *Kashaya* (decoction) with *Murayakoenigii* is given on the previous day of main treatment. Traditional physician worshiped Lord Buddha, Gambharadevi, Vishnu devi and Sooniyumdevi before starting the main *karma*. Vedamahatha (doctor of traditional medicine/traditional physician) chants mantras to increase medicinal power of main ingredient and main medicinal liquid is filtered four times forward and three times backward. According to opinion of traditional physician, filtering forward induces *Vamāna* and backward induces *Virēchana*. *Amlāpitta* was predominant disease that recommended *vamana* procedure out of diseases. Others were *Madumeha*, *Charmaroga*, *Swasa*. The indications that Vedamahatha recommended were logically similar with Ayurveda concepts.

### Keywords

*Bhaisajyārathnavali, Chakrādaththa, Vedamahatha*



**Greentree Group**

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## INTRODUCTION

Different regions of the island have their unique traditions and pedigrees known as vedaparampara. However, despite subtle differences in the varied traditions and various family pedigrees, all indigenous Ayurveda systems share the same ancient origins. Our traditional medical system is based on two philosophies. First is based on PanchaMahaButa (or the five basic elements) and Thundos. Second philosophy is based on SatharaMahaButha (or the four elements). When these two systems work together in perfect harmony one system heals the physical body and the other heals the soul. Our treatments aim to cure mental, physical and spiritual diseases. We currently have three main treatments and they are: healing diseases, rejuvenation therapy and mental treatment. We welcome you, by putting our hands together; to come and visit us and experience what we can do to heal your body, mind and soul. Sri Lanka is a country of rich heritage, one of which is its indigenous system of Medicine, which has been practiced by the people since time immemorial. The Ayurveda system of medicine from North India, the Siddha system of medicine from South India and the Unani system of medicine of Arabs

enriched with contributions from the traditional system of medicine called Desheeya Chikitsa is popularly known as the Indigenous system of medicine in Sri Lanka.

Ancient deegallabogoda tradition

Deegalla Bogoda tradition is a great tradition with in writing evidence. Toxic conditions, Rabies, Paralysis, Sannirogaare practiced specially in this tradition. This tradition follows yanrta, Manthra, for increasing medicinal value of their drugs. This tradition protects the valuable Puskola Granthras for using continuation of treatments. Some kind of diseases and treatment regiments elaborate individually in these Granthras. Traditional doctor Herath Mudiyansele Karunarathne is symbol of 13th Generation member of this tradition. Herath Mudiyansele Appuhami and Herath Mudiyansele Gunerathna Banda are most relative traditional doctors who were forefathers of this tradition. Traditional doctor of Herath Mudiyansele karunarathne registered as a Traditional doctor of Ayurveda in 1992 in Special category (Jalabheethyika) and registered as a doctor of Sarvanga (general physician) in 2006. He performed his dispensary at Wariyapola, District of Kurunagala, Province of North central, Sri Lanka.

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## **METHODS**

- Extraction of details since 10/02/2015 to 10/02/2015 from traditional doctors own dispensary with questioner.
- Inclusion details in questioner were Name of the patient, Diagnosis, Prescription of *Vamana* or Not.
- Isolated who were recommended for *Vamanaprocedure*.
- Analyzed that patients according to suffered disease conditions.
- Observation of clinical records who were recommended for *Vamana* among *Amlapitta* patients.
- Studied and Observed about procedure of *Vamana* in practicaly.
- Investigation About differentiation of *Vamana* Procedure comparing with Ayurveda *Vamanaprocedure*.
- Studied about treatment regimen after giving *Vamanaprocedure*.

### **Procedure or *Vamana***

The selective day should not be a weekend or Poya day

### **Pre medications**

Decoction was prepared with bark of *murunyakoenigii*. The patient drank that decoction dividing two parts each containing 120ml for morning and evening. The patient ate cup of milk rice prepared with juice of

*phylanthusemblica* as dinner in night of previous day.

### Basic treatment procedure

Patient has to wake up at 5.00 A.M (*Bhrahmamuhurthi*) and present himself without washing face or body and without brushing teeth. Doctor of traditional medicine worship for *God Buddha, Vishnu, Gambharadevi, Sooniyamdei*

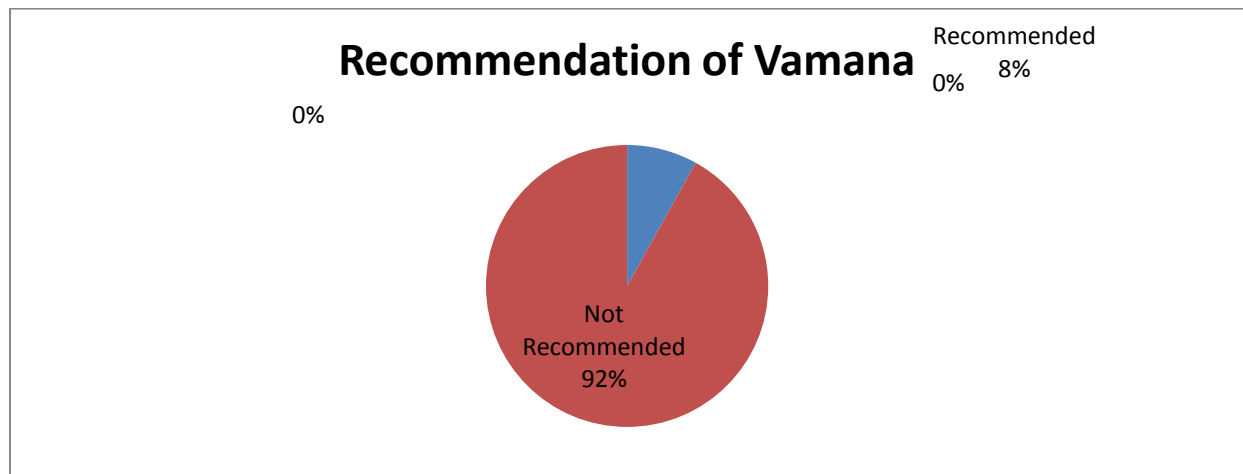
- 100g of *Linderniapusilla* was crushed with one bottle of Cow's milk. Preparation was filtered with a piece of cotton cloth, four times forward and three times backward.
- He chanted *manthras* for increasing power of medication.
- Patient drinks medicine looking at North and otherwise doctor should look at East.

- King coconut water was used drank until it stimulates *Vamanareflux* and should be drink king coconut water until out of Pitta.
- After 15 minutes of *Vamana*, patient feels loose stools. After *Virechana Vega* the patient was advised to sleep for 30 minutes.
- After *Vamana* procedure Doctor of Traditional medicine use *Kshaya, Kalka, Choorā, Vatifor* at least 2 weeks.

### RESULTS

- No. of patients participated for one month were 445.
- No. of patients recommended for *Vamana* procedure.

Recommended	Not Recommended
36	409



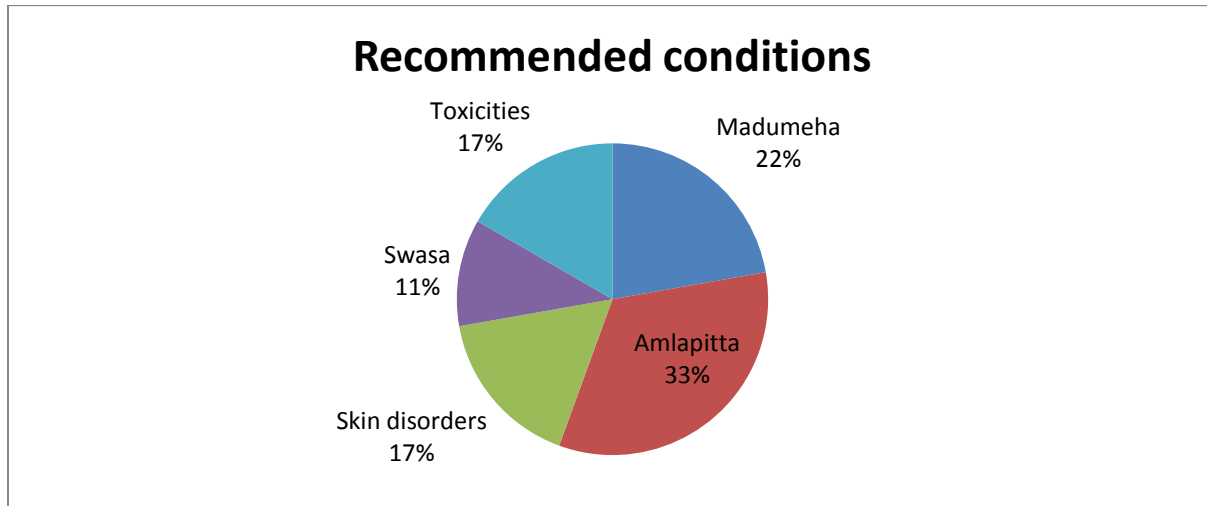
**Chart 01**

Most predominant diseases using procedure of Vamana

Type of disease	Number of patients
Madumeha	8
Amlapitta	12
Skin disorders	6

Toxicities	6
Swasa	4
Swasa	4

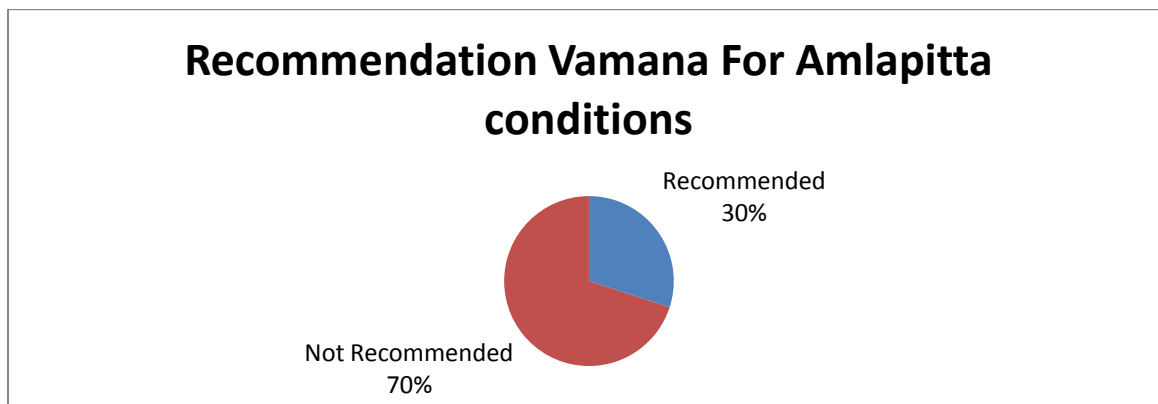
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**Chart 02**

Recommendation of *Vamanakarma* for *Amlapitta* condition

Recomended	Not recomended
12	28



**Chart 03**

## DISCUSSION

The *Vamana* procedure and treatment regimen can be prescribed for both *Urdavagatha* and *Adhogatha* *pitta* conditions. This procedure of *Vamana karma* follows *Cikitsasuthras of Ayurveda*. The procedure does not care about pre or post operational treatments. *Kashaya of Murayakoenigiis* used for Induction of *Jataragni* according to concept of Doctor of traditional medicine. *Vedamahatha* (doctor of traditional medicine) symbolized filtering four times forward for more *Vamana* and filtering three times backward is for less *Virechana*. *Vedamahatha* chants mantras to increase medicinal power of main ingredient.

## CONCLUSION

Most predominantly, *Vamāna karma* is used for *Amlāpitta*. In addition, it is recommended for *Madumēha*, *Charmaroga* and *Swāsa* according to the *deegallabogoda* treatment regimen. These indications of *Vamana* are logical according to the Ayurveda.

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