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Critical Analysis of *Vamana* (Emesis) Karma in Respiratory Disorder - A Review

Vandana^{1*}, Alok Kumar Srivastava², Manab Jyoti Sharma³, Rakhi Nautiyal⁴, Shalinee Seepal⁵

^{1,3}Dept of Panchkarma, Rishikul campus, UAU, Haridwar, India

²Dept of Panchkarma, UAU, Dehradun, Haridwar, India

⁴Dept of Dravya Gun, Rishikul campus, UAU, Haridwar, India

⁵Dept of Prasuti and Stri rog Rishikul campus, UAU, Haridwar, India

ABSTRACT

Respiratory disease threatens as emerging public health crisis like Asthma, COPD, Bronchiectasis, Idiopathic pulmonary fibrosis and lung cancer affect in worldwide, causing widespread morbidity and mortality rate. 100 millions of population in the world suffer from chronic respiratory diseases. 4 million people die prematurely from respiratory diseases each year. In modern Broncho dilators, Corticosteroids, Anti-IgE Antibodies are mainly used but not get much relief. In *Ayurveda Panchakarma* is most important part of the treatments. It is curative promotive, preventive, and rehabilitative therapy. *Vamana* (Emesis) is a first, major and strenuous procedure of *Panchkarma*. Procedure of *Vamana karma* in which *dosha* (toxin) are completely removed by upper channels i.e. mouth especially the *Kapha* and *Pitta dosha* brought to *Amashaya* (stomach) from all over the body. During aggravated *kaphadosha*, it is best treatment which clear the toxins from the Respiratory tract and GIT. *Vamana* is mainly indicated in allergic condition like Bronchial asthma, COPD, Rhinitis, sinusitis etc. *Vamana karma* not only detoxifies the body in normal condition and disease stage but also provides nutrition, functioning, elasticity of lung tissue & gives natural immunity of the body. *Vamana* act as anti-histamine activity to washout the existing histamine from the respiratory system so *Vamana* is first treatment choice in respiratory disease.

KEYWORDS

Respiratory disease, Panchkarma, Vamana, Kaphadosha, Asthma, COPD



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INTRODUCTION

In the present era Respiratory disease is a very commonest disease that affects, humanity globally like Asthma, COPD, idiopathic pulmonary fibrosis and lung cancer causing widespread mortality and morbidity. It is increasing due to poor hygiene, excessive air pollution, industrialization, urbanization. As per the WHO, asthma and COPD will become the third leading cause of death in world. 100 millions of people suffer from chronic respiratory diseases, 4 million people die prematurely from respiratory diseases each year in world. *Vamana* procedure not only detoxifies the body in normal condition and disease stage but also provides nutrition & functioning, elasticity of lung tissue & develops natural immunity of the body. *Vamana Karma* is the first, major strenuous procedure of *Panchakarma*. *Vamana Karma* means to induce vomiting or to expel out the vitiated toxins through oral route, which is indicated for the purification of upward part of the body. The contents of the stomach including *Kapha* & *Pitta* are expelled out of body through oral route by this process¹. The important place of *Kapha dosha* is *urdhwabhaga* (upward) & *amasaya* (stomach). General principle to force out *utklishta doshas* from the nearby route, whereas the oral route is the nearest

possible route for expelling *Kapha doshas* in the form of *Vamana Karma*. So the removal of vitiated *Kapha dosha* from *Amasaya* is the best way to treat a disease. According to *Acharya Charaka* that means purification of upper part of the body but according to *Sharangadhar* & *Bhavaprakash* the word *Vamanais* used to removal of “*Apakwa* (undigest) *Kapha* & *Pitta*” forcibly the outside. *Vamana karma* is indicated for elimination of *kapha dosha* not only in disease states but also in healthy individuals in different states where the *kapha dosha* is aggravated within normal limits e.g. in *vasanta ritu* is best for doing *vamana karma* because in this season *kaphadosha* is predominant and easily expelled out. So for this reason *vamana karma* is specially indicated in *Kaphaja disorders*, where *kapha* is predominant².

Disease review Modern – In the U.S. approximately 6.8 million emergency department visits for respiratory disorders for patients under the age of 18 years³. Approximately 1 in 7 individuals are affected by some form of chronic lung disease, and most common disease is COPD in UK⁴. In India deaths of people caused by the two most chronic respiratory diseases is COPD and asthma⁵. Common respiratory disease causes are allergies, weak immunity, climatic conditions,



extreme air pollution, exposure to excess smoke and poisonous material, chemicals, dust, and pollen, Genetic reasons, Poor development of the lungs before birth, nutritional as well as social deficiency, infections. Symptoms are breathlessness, chest pain, cough with sputum. Nasal congestion, Sore throat, watery rhinorrhea, exhaustion⁶. Diagnosis by complete history taking, physical examination, blood test, Chest X-ray, pulmonary function test. In modern treatment are given Bronchodilators, Corticosteroids, Mast cell stabilizers and Anti-IgE Antibodies, Leukotriene receptor antagonists⁷ but may have side effects and treated symptomatically.

Disease review Ayurveda – In *Ayurveda* medicine may help to decrease the recurrence of the disease and improve immunity of the body and check the symptoms naturally. Here an important role of immunity in *pranhara srotas* as respiratory disorder. According to *Ayurveda* pathogenesis of asthma is a result of abnormal interaction between *vata* and *kapha dosha*. Vitiated *vata dosha* due to obstruction by *Kapha* starts to move in all directions and disturb the channels of *Pranavaha Srotasa*, *Annavaha srotasa* and *Udakavaha Srotasa* which produce dyspnea⁸. *Tamaka shwasa* is a type of *shwasa roga* and characterized by cough,

prolonged expiration, wheeze, dyspnoea, prolonged expiration which affects the *PranavahaSrotas*^{9,10}. *Vata* moving in the reverse order diffuse the channels (of vital breath), afflicts the neck and head, and stimulates *Kapha* to cause *Margavarodha* (blockage of respiratory passage) by producing broncho constriction. *Vamana* liquefied the thick-sticky bronchial secretion and help in expectoration (Removal of *SamaKapha dosha*)¹¹. Where the *pranavayu* which comes out of the mouth suddenly with expectoration and produces a loud voice called as cough¹². *Peenasais* a disease of *kaphavata* prominent *dosha* and situated in *urdhjatrugatabhag* (upward part) characterized by *Kshavathu*, *Nasasrava*, *Nasanaha*, *Shirogourava* etc. *Acharya Sushruta* used the term *Apeenasato* described *Peenasa*. The sign and symptoms of *Peenasaca* can be correlated with Sinusitis and *Vamana* is indicated in *Peenasa rog*¹³. Acc.to *Ayurveda Vamana* in Respiratory disorder as a *chikitsa* -

- *Shwas- Tamak swasa* correlated with bronchial asthma on the basis of sign and symptoms & etiopathogenesis.

Tama - Oppression of chest, which is similar to broncho constriction felt by patients of asthma.



Tamak shwas chikitsa – All *Acharyas* described *vamana* are indicated in *tamak shwas*.

Chikitsa –

- *Charaksutra*25/40
- |*Charakchikitsa*17/89
- |*Yogaratanakar*
- *Astanghridyachikitsa*.4

Kaphakaas -

It is corelated with Bronchitis.

Chikitsa– All *Acharyas* said *Vamana* indicated in *kaphajkaas*

- *Charakchikitsa*18/108
- *Astanghridyachikitsa*
- *Yoga ratnakar*

Kaphajpratisaya-

It is corelated with allergic rhinitis.

Chikitsa –*Vamanain Kaphaja prtisaya*

- *Sustra Utartantra*18/24
- *Yogratnakar Nasa rog chikitsa*
- *Astanghridya.chi*.20/13

DISCUSSION

ĀcharyaChraka mentioned a deep conceptual mechanism of *vamanadescribed* in the first chapter of *kalpasthāna* said that, the drugs which are having *Usna*, *tiksna*, *sukhma*, *vyavāyī*, *vikāsīguna*, by their own *vīrya* enters in to the heart with the help of *dhamani* it enters in to both types of *srotas*, *sukhma* and *sthūla*, After entering in to the all channels of the body due to *Agneya*

guna, it causes instant digestion and initiates the movement after softening. Here *tiksna guna* separates the ready to go sticky *dosās* in the channels. After the detachment of *dosa* and *mala* from subtle and gross channels, these *malarupi dosa* are ready to come in to *maha srotas*. A proper *snehana* and *swedana* procedure is helpful in this phenomenon. Due to oleation therapy, *dosās* will be not remaining in the *Srotas*. Properties of *Vamana* drugs assist specific stages of *Vamana karma*. *Suksma* property of medicine allows penetration into minute channels. Downward movement of *dosās* from *sukhma* to *maha srotas* helps to come into *Amasaya*. The pressure gradient developed by *Anu-pravanabava* of medicine between *Suksma* and *maha srotas* helps to maintain a flow from channels. Due to the specialty of *Vamana* drugs *Agni* and *vayu mahabhuta* dominant these accumulated *dosas* and *malasin* the stomach move in the upward direction and gets expelled out, result *Vamana karma*. This procedure facilitating the function of *Udānavāyu*. *Vāyudosa* is responsible for the movement of muscles involved in *Vamana*. *Agni mahābhūta* or *Pitta dosa* can be correlated with hormone or chemical trans-mediators of muscles and cells. Initiation of muscular contraction by *Agni mahābhūta* and *Usnaguna*, followed by *Vāyumahābhūta* makes a forcible



contraction of diaphragmatic and intercostal muscles. *Vyavāyī* and *Vikāsigunamake Vamanain* faster pace. Due to the action of these *gunas*, drugs used in *Vamana karma* do not undergo digestion. All the drugs which possess emetic effect can not be used for *Vamana karma*. The specialty of *Vamanadrugs* is *Anupravanabāva*, which is discussed above. Due to this, drugs are not deposited in the cells therefore not causing any complication. The *Vamana* drug goes to the body in minutes and returns quickly after exerting their effect at the site of action¹⁴.

Mechanism of Vomiting -

In the mechanism of Vomiting, different receptors are activated depending on the cause of vomiting or cause of nausea. For example-

1. Dopamine receptors in the chemotactic trigger zone (CTZ) in the fourth ventricle are stimulated by metabolic or drug causes of nausea.
2. On the second way, gastric irritation stimulates histamine receptor in the vomiting centre via vagus nerve.

Vomiting is a highly integrated and complex reflex involving both autonomic and somatic neural pathway. Synchronous contraction of diaphragm, inter costal muscles and abdominal muscles raising the abdominal pressure, combined with relaxation of the lower esophageal

sphincter, results in forcible elimination of gastric content. Stretch reflex and psychic stimuli are also the factors which initiate the sense of vomiting¹⁵.

Action of Vamana in respiratory disease

- Respiratory disorders are *kaphapradhanvyadhi* and main treatment of aggravated *kapha* is *Vamana*.
- *Urhapradesh* is main seat of *kapha dosh* and *Vamana karma* is the treatment for *kaphadosh*.
- *Vamana* cause histamine dialysis to washout the existing histamine from the respiratory system and also stabilize the histamine production mechanism.

Vamana karma also reduces tolerance to stimulants which reflect restoration of the airway responsiveness. A small amount of histamine is formed continuously in the gastric mucosa either in response to acid in the stomach or for other reasons. Histamine is a necessary 'cofactor' exciting the significant acid secretion¹⁶.

PRECAUTION DURING VAMANA KARMA IN RESPIRATORY DISORDERS –

Vamana karma should be avoided in the serious ill patients or having complicated medical disorder such Rheumatic heart disease this is very serious disease because it directly causes pulmonary edema.



Contraindication- Bleeding disorders like Haemetemesis, haemoptysis, epistaxis. *Vamana* is strenuous process then better written consent should be taken. Although procedure is safe ,if done it in a scientific manner & by experienced Vaidya, but still considering complications like Cardio Pulmonary arrest or Haemoptysis or Haemetamesis or Dehydration¹⁷.

Negative points of *Vamana karma* - The difficulty in performing *Vamana* is that the dosage and the procedure described in the text cannot be understood or followed perfectly. *Vamana* is very Vigorous *Shodhana* procedure causes weakness, weight loss, *Sandhibandha*, decrease in the *Agni* due to expulsion of *Kapha*, *Pitta*, *Vata* and Mala¹⁸. Due to this reason patient cannot tolerate any exertion. Neurogenic shock, electrolyte imbalance is very common occurs during *Vamana* procedure.

CONCLUSION

Vamana is best treatment for the aggravated *kaphadosha*, which dislodges the toxins mainly from the Respiratory and GIT. *Vamana* therapy has important role in treating respiratory disorders not only symptomatically but also to cure the disease from root. It is the frontline choice of the treatment of the respiratory disorders caused by the aggravation of *kapha*.

Vamana procedure not only detoxifies the body in normal condition and disease stage but also provides nutrition and elasticity of lung tissue & develops natural immunity of the body.



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