



REVIEW ARTICLE

Comparison of *Vamana Virechana Vyapats* and *Chikitsa* of *Sushruta* and *Kalyanakaraka*

Author: Chetan Ninganagouda Goudar¹

Co Authors: Vidyalakshmi K²

^{1,2}Department of Ayurveda Samhita Siddhanta and Sanskrit, Sri Dharmasthala Manjunatheshwara College of Ayurveda, Kuthpady, Udipi, Karnataka, India

ABSTRACT

Background: Vamana (Kapha) and Virechana (Pitta) procedures are performed for the purpose of better disease management. If they are not carried out systematically, they may lead to complications, rendering the treatment futile. Therefore, Samshodhana Vyapats should not be neglected. Aims and Objectives: To understand Vamana Virechana Vyapats and Chikitsa as explained in Sushruta Samhita and Kalyanakaraka. Materials and Methods: In addition to the Charaka and Sushruta Samhita, there are references to Vamana Virechana Vyapat and Chikitsa in other Ayurvedic classics. One such compendium is the Kalyanakaraka. Discussion: A comparative study is conducted to differentiate between Kalyanakaraka and Sushruta Samhita concerning Vamana Virechana Vyapat and Chikitsa. Result: Upon analysing literary materials, it was noticed that, for the sake of patients who experienced discomfort from Madhu and Mamsa, Kalyanakaraka avoided these Dravyas. However, all other treatment methods were similar to those found in Sushruta Samhita, especially in the management of Vamana and Virechana Vyapats.

Key Words *Vamana Vyapat, Virechana Vyapat, Praanavaaya, Chikitsa*

Received 20th March 2024 Accepted 24th April 2024 Published 10th May 2024

INTRODUCTION

Samshodhana Karmas are highly beneficial for managing diseases. However, if these *Panchakarmas* are improperly performed, they may lead to untoward conditions known as *Samshodhana Vyapats*. *Samshodhana Karmas*, such as *Vamana, Virechana, Basti* address *Kapha, Pitta, Vata Prakopa Vyadhis* respectively¹ and *Raktamokshana* for *Raktaja Vyadhi*². When planning for *Shodhana Karma*, the dosage of the drug according to the patient's *Agni* and *Kosta*³, as well as the timing of administration⁴, must be kept in mind to achieve

Samyak Yoga. Otherwise, it may lead to *Vyapats* which should not be neglected. Hence, *Shodhana Karmas* should be performed properly from *Poorva Karma* till *Paschat Karma* to avoid complications, as they may occur during the *Pradhana Karma*, before or after *Paschat Karma*.

Some patients may experience discomfort with certain drugs, so alternative treatments must also be known by the *Bhishak*⁵ to manage *Vyapats* of *Samshodhana Karma*. In *Kalyanakaraka* of *Ugradityacharya*, treatment is based on *Jaina Praanavaaya* tradition of medicine. They mainly

REVIEW ARTICLE

utilize plants and minerals as sources of drugs to mitigate *Vyapats* of *Vamana* and *Virechana*. These treatments are useful in managing the *Vyapats* of patients who experience discomfort with *Madhu* and *Mamsa*.

AIMS AND OBJECTIVES

1. To understand *Vamana Virechana Vyapats* and *Chikitsa* as explained in *Sushruta Samhita* and *Kalyanakaraka*.
2. To understand *Vamana Virechana Vyapats* and *Chikitsa* as explained in *Sushruta Samhita*.
3. To understand *Vamana Virechana Vyapats* and *Chikitsa* as explained in *Kalyanakaraka*.
4. To compare *Vamana Vyapats* and *Chikitsa* explained by *Kalyanakaraka* to *Sushruta Samhita*.

MATERIALS AND METHODS

MATERIALS:

Literary source: *Bhruhatraxis*, *Kalyanakaraka* and other *Ayurvedic* literary sources, related journals and articles, etc.

Table 1 *Vyapats* according to different *Acharyas*:

S.No	<i>Kalyanakaraka</i> ⁶	<i>Sushruta Samhita</i> ⁷
1.	<i>Urdwadhogamanam Virekavamanavyapaccha</i>	<i>Vamanasyadhogati Urdhwam Virechanasya</i>
2.	<i>Sheshaushadha</i>	<i>Savasheshoushadhatvam</i>
3.	<i>Jeernaushadha</i>	<i>Jeernaushadhatvam</i>
4.	<i>Alpa Doshaharana</i>	<i>Heena Doshapahritatva</i>
5.	<i>Vatajashoola</i>	<i>Vatashoola</i>
6.	<i>Jeevadana</i>	<i>Jeevadana</i>
7.	<i>Ayoga</i>	<i>Ayoga</i>
8.	<i>Atiyoga</i>	<i>Atiyoga</i>
9.	<i>Parisrava</i>	<i>Parisrava</i>
10.	<i>Parikartika</i>	<i>Parikartika</i>
11.	<i>Hridayasanchara</i>	<i>Hridayopasaranam</i>
12.	<i>Vibandha</i>	<i>Vibandha</i>
13.	<i>Adhmana</i>	<i>Adhmana</i>
14.	<i>Atipravahana</i>	<i>Pravahika</i>

METHODOLOGY:

REVIEW OF LITERATURE:

The consequences of improperly administering *Poorva Karma*, such as inadequate *Snehana*, *Swedana*, or insufficient assessment of the disease and *Prakruti*, as well as *Pradhana Karma* with improper dosage or mild drugs without understanding the patient's condition, can lead to intolerable conditions known as *Vyapats*. Improper *Samsarjana Karma* after *Paschat Karma*, which aids in balancing the patient's *Agni*, can also result in *Vyapats*. Specifically, those caused by *Vamana* and *Virechana Karma* are termed *Vamana Virechana Vyapats*. Immediate and proper management is necessary for such conditions.

Vyapats according to *Sushruta Samhita* and *Kalyanakaraka*. [Table No – 1]

Samprapti and *Chikitsa* of *Vyapats* according to *Sushruta Samhita*. [Table No – 2]

Samprapti and *Chikitsa* of *Vyapats* according to *Kalyanakaraka*. [Table No – 3]

REVIEW ARTICLE

15. *Atidosharana* *Angagraha*

Table 2 *Vyapats, Samprapti and Chikitsa* as explained in *Sushruta Samhita* ⁸.

Vyapat	Samprapti	Chikitsa
1. Vamanasyadhogati Urdhwam Virechanasya	Excessive hunger, strong digestive fire, soft bowel, or weakness in a patient causes the descent of <i>Doshas</i> into the intestine, leading to <i>Dosha</i> aggravation.	<i>Snehana</i> followed by <i>Teekshna Vamana</i> .
A. Vamanasya Adhogati		
B. Virecanasya Urdhva Gati	If purgative given to someone with unpurified stomach, excited <i>Kapha</i> , or undigested food residue.	✓ Unpleasant abnormal dosage - moderate pleasant dosage. ✓ Excited <i>Kapha</i> and unpurified stomach – <i>Vamana</i> followed by <i>Teekshna Virechana</i> . If it fails <i>Virechana</i> with <i>Leha</i> of <i>Madhu, Ghrutha, Phanita</i> . ✓ Undigested food - treat like <i>Ama</i> .
2. Savashesha Aushadhi Vyapad	Small dose of Medicine in abdomen mixed with <i>Doshas</i> leads to thirst, pain in flanks and joints, fainting, nausea, restlessness.	<i>Vamana</i> with hot water.
3. Jirna Ausadhi Vyapad	A small dose of low - potency drug in <i>Krura Kosta</i> and <i>Teekshnagni</i> leads to rapid digestion, causing complications and loss of strength.	<i>Teeksna</i> drug in effective dose after <i>Snehana</i> .
4. Hina Dosha Apahritatva	A mild potency drug without <i>Snehana</i> and <i>Svedana</i> inadequately eliminates <i>Doshas</i> , resulting in heaviness, nausea, impurity in the heart region, and disease aggravation in <i>Vamana</i> . In <i>Virechana</i> , it causes cutting pain in the anus, flatulence, heaviness of the head, flatus obstruction, and disease aggravation.	Strong <i>Vamana</i> or <i>Virechana</i> after <i>Snehana</i> and <i>Swedana</i> .
5. Vatashoola	Dry medicine without <i>Snehana, Swedana</i> , or Not practicing celibacy exacerbates <i>Vata</i> , causing pain in the flanks, back, pelvis, neck, and heart, along with fainting, vertigo, and loss of consciousness.	<i>Abhyanga, Dhanyasweda, Yastimadhutaila Anuvasana,</i>
6. Ayoga	Low dose of low potency drug administered without <i>Snehana</i> and <i>Swedana</i> fails to find an outlet lead to excitation of <i>Doshas</i> .	
	Lakshana	Chikitsa
	Loss of strength, flatulence, gripping pain in the heart (<i>Hridgraha</i>), thirst, fainting, and burning sensation.	<i>Vamana: Madana Phala</i> powder and <i>Saidhava Jala. Teekshna Virechana.</i>
	Improper <i>Vamana</i> leading to itching, swelling, <i>Kushta</i> , boils, fever, body aches, and piercing pain.	Expelling <i>Doshas</i> with <i>Mahausadhi</i> (strong potency).
	Improper <i>Virechana</i> , causes stiffness and abdominal distension, colicky pain, retention of stool and flatus, itching, and <i>Mandala</i> (urticarious eruptions)	<i>Asthapana Basti</i> , then <i>Snehana, Teekshna Virechana.</i>
	<i>Dusta Samshodhana</i>	<i>Ushnodaka Pana, Swedana</i> applied to the sides of the abdomen with <i>Panitapa</i> (heated palms) to induce the <i>Dosha</i> Expulsion.
	Digestion of medicine with <i>Alpa Dosha Nirharana</i>	Again, <i>Samshodhana Dravya</i> administered according to the patient's strength.

REVIEW ARTICLE

<p>7. Atiyoga</p>	<p>Overdose of Teekshana <i>Dravya</i> in a person with <i>Ati Snigdha</i>, Swinna, <i>Mrudu Kosta</i> leads to <i>Vata</i> aggravation, loss of strength, excessive elimination of <i>Pitta</i> in <i>Vamana</i>, and <i>Kapha</i> mixed with blood in <i>Virechana</i>.</p>	<p>In <i>Vamana</i>: <i>Snehana</i> with ghee, cold water bath, honey - sugar mixed <i>Leha</i>. In <i>Virechana</i>: cold water bath, <i>Vamana</i> with cold <i>Tandulodaka</i> and honey. <i>Piccha Basti</i>, <i>Anuvasana Basti</i> with milk and ghee. Intake of <i>Priyangvadi Dravya</i> with <i>Tandulodaka</i>. <i>Ksheera</i> and <i>Mamsa</i></p>
<p>8. Jivadana A. Due to Vamana Atiyoga:</p> <ul style="list-style-type: none"> • Excessive bleeding • Protrusion of the tongue • Eyes moved upwards • Lock jaws • Thirst • Loss of consciousness 	<p>Blood vomiting due to <i>Vamana Atiyoga</i>. Leads to</p>	<p><i>Mantha</i> of goat's blood, <i>Chandana</i>, <i>Ushira</i>, <i>Anjana</i>, <i>Laja Choorna</i> mixed with water and sugar. Fruit juice with ghee, honey and sugar. <i>Peya</i> of <i>Vata Shrunga</i> and honey, or <i>Purisa Sangrahaniya Dravya</i> and honey. <i>Ksheera</i> and <i>Jangala Mamsa</i>. Rub the tongue with <i>Trikatu</i> and <i>Saindhava</i> or pasted with <i>Tila</i> and <i>Draksa</i>. Then, reposition it and sour item should be tasted in front of the patient. Rub with ghee and apply gentle pressure. <i>Vatasleshmahara Nasya</i>, <i>Swedana</i>. <i>Trishnahara</i> remedies. Melodious sounds.</p>
<p>B. Due to Virecana Atiyoga</p>	<p>It leads to the discharge of watery mucus resembling a peacock's feather, followed by shreddy, blood-streaked mucus, and oozing of blood associated with shivering, rectal prolapsed and emetic complications.</p>	<p>Bleeding - Treated as in <i>Vamana Atiyoga</i>. Protruded rectum - <i>Snehana</i>, <i>Swedana</i>, and reposition and treated as <i>Ksudra Roga</i>. Shivering - Treated as <i>Vata Vyadhi</i>. <i>Asthapana Basti</i> using decoction of milk, <i>Kashmari</i>, <i>Madanaphala</i>, <i>Usira</i>, and <i>Durva</i> grass. After cooling, blend it with ghee cream and <i>Anjana</i>. <i>Basti</i> with a decoction <i>Nyagrodhadi Dravyas</i>, milk, ghee, sugarcane juice, and goat's blood. Spitting of <i>Jivasonita</i> (fresh blood) treated as <i>Raktapitta</i> and <i>Raktatisara</i>. <i>Nyagrodhadi Dravyas</i> with food and drink.</p>
<p>9. Adhmana</p>	<p><i>Anushna</i>, <i>Asnigdha Dravyas</i> given to person with undigested food, excessive <i>Doshas</i>, dryness, and abundant <i>Vayu</i> can cause abdominal distension, flatus, stool, and urine obstruction, leading to side pain, anal discomfort, urinary bladder irritation, and anorexia.</p>	<p><i>Swedana</i>, <i>Anaha Varti</i>, <i>Deepana</i> and <i>Basti</i>.</p>
<p>10. Parikartika</p>	<p>A person with weak, soft bowel, low appetite, and dry temperament, when given <i>Rooksha</i>, <i>Teekshna</i>, <i>Ushna</i>, <i>Lavana Dravya</i> may aggravate <i>Vata</i> and <i>Pitta</i>, resulting in burning and cutting pain in the anus, penis, umbilical region, bladder, and head, along with obstruction of <i>Apana Vayu</i> and loss of appetite.</p>	<p><i>Piccha Basti</i> - <i>Yastimadhu</i>, <i>Krishna Tila Kalka</i>, ghee and honey. Cold water bath, food with milk. <i>Anuvasana Basti</i> - <i>Ghrutha Manda</i> or <i>Yastimadhu Taila</i>.</p>
<p>11. Parisrava</p>	<p>In <i>Bahudosh</i>a and <i>Krura Kosta</i>, incomplete expulsion of <i>Doshas</i> due to mild drug administration results in weakness, abdominal</p>	<p><i>Asthapana Basti</i> with <i>Ajakarna</i>, <i>Dhava</i>, <i>Tinisa</i>, <i>Palaasa</i>, and <i>Bala</i> mixed with honey.</p>

REVIEW ARTICLE

	gas, anorexia, fatigue, and <i>Shleshma Pitta</i> discharge with pain, known as <i>Parisrava</i> .	
12. <i>Pravahika</i>	<i>Atisnigdha</i> , <i>Atirooksha</i> person treated with <i>Samshodhana Dravya</i> leads to suppression of flatus, faeces or urges leading to the dysentery with <i>Kapha</i> , heaviness, slimy, white, black, or bloody with straining, loud flatus, Burning sensation and pain.	Similar to <i>Parisrava treatment</i> .
13. <i>Hridayasanchara</i>	Suppressing <i>Vamana</i> or <i>Virechana</i> leads to <i>Doshas</i> lodging in the <i>Hrudaya</i> , causing severe pain, teeth grinding, protruding eyeballs, tongue biting, darkness, and loss of consciousness.	<i>Abhyanga</i> , <i>Dhanya Sveda</i> . <i>Anuvasana Basti</i> with <i>Yastimadhu Taila</i> . <i>Teekshna Shirovirechana</i> . <i>Vamana</i> by <i>Yastimadhu</i> and <i>Tandulodaka</i> .
14. <i>Vibandha</i>	<i>Sheeta Ahara - Vihara</i> during <i>Vamana</i> or <i>Virechana</i> solidifies loosened <i>Doshas</i> , inhibiting their expulsion and causing suppression of stool, urine, and flatus. This results in intestinal rumbling, fever, burning sensations, and pain.	<i>Vamana</i> <i>Virechana</i> with purgatives, <i>Saindhava</i> , <i>Kanjika</i> , and cow's urine. <i>Asthapana</i> and <i>Anuvasana Basti</i> .
15. <i>Angagraha</i> ⁹	Suppression of <i>Vegas</i> leading to <i>Kapha Prakopa</i> , obstructs <i>Vata</i> results stiffness of body, tremor, pricking pain, fainting, cramps and fatigue.	<i>Snehana</i> , <i>Swedana</i> , <i>Vatahara</i> treatments.

Table 3 *Vyapats Samprapti* and *Chikitsa* as explained in *Kalyanakaraka*¹⁰

<i>Vyapat</i>	<i>Samprapti</i>	<i>Chikitsa</i>
1. <i>Urdwadhogamanam</i> <i>Virekavamanavyapaccha</i> A. <i>Virecanasya Urdhva Gati</i>	Without <i>Vamana</i> , <i>Kapha Dosha</i> along with <i>Ama</i> , <i>Apriya</i> , <i>Durgandha</i> , or excessive drug dosage can cause <i>Virechana Dravya's</i> upward movement, aggravating <i>Doshas</i> and leading to complications.	<i>Snehana</i> , <i>Teekshna Virechana</i> . <i>Ama Pachana</i> . <i>Samshodhana</i> with tasty, fragrant substances or with <i>Ikshu Rasa</i> .
B. <i>Vamanasya Adhogati</i>	<i>Vamanaushadha</i> to individuals with with excessive hunger, <i>Mrudu Kosta</i> , and <i>Teekshnagni</i> leads to digestion and downward movement of <i>Dravya</i> , aggravating <i>Dosha</i> and causing complications.	<i>Snehana</i> , <i>Vamana</i> with <i>Ugraushadha</i> . <i>Vamana</i> with <i>Vacha</i> and hot water in case of improper <i>Shodhana</i> .
2. <i>Sheshaushadha Vyapat</i>	Medicine resides in abdomen.	Less <i>Dosha</i> , weak patient - <i>Pachana Kriya</i> . More moving <i>Dosha</i> , Improper <i>Virechana - Vamana</i> with hot water.
3. <i>Jeernaushadha Vyapat</i>	Digestion of <i>Shodhana Dravya</i> as food in <i>Teekshnagni</i> person.	<i>Teekshna Shodhana</i> .
4. <i>Alpa Doshaharana Vyapat</i>	A low dose of a mild drug results in insufficient expulsion of <i>Doshas</i> , leading to complications such as <i>Hrillasa</i> and headache in <i>Vamana</i> . In <i>Virechana</i> , heaviness in the head, <i>Vatajaroga</i> , <i>Uroroga</i> , and pain in <i>Guda</i> .	<i>Vamana</i> for strong patient. <i>Teekshna Virechana</i> for soft person.
5. <i>Atidoshaharana Vyapat</i>	Not explained, but we can consider it as <i>Atiyoga</i> .	Not mentioned, but can treat <i>Atiyoga</i> .
6. <i>Vatajashoola</i>	Dry, cold medicine to sexually active individuals, without <i>Snehana</i> and <i>Swedana</i> aggravates <i>Vata</i> , causing pain in the pelvic area, back, waist, neck, and genitals, accompanied by symptoms like <i>Murcha</i> , <i>Bhrama</i> , etc., leading to Complications.	<i>Tailabhyanga</i> , <i>Dhanyasweda</i> , <i>Yastimadhu Taila</i> or <i>Kashaya Anuvasana</i> .
7. <i>Jeevadana</i>	Splitting or Bleeding of Blood due to	<i>Sheeta</i> or <i>Rakta Sthambhaka</i>

REVIEW ARTICLE

	<i>Samshodhana.</i>	<i>Chikitsa.</i>
8. Ayoga	Low dose of a mild dry drug, given without <i>Snehana</i> or <i>Swedana</i> to a dry person, fails to induce <i>Vamana</i> or <i>Virechana</i> , aggravating <i>Doshas</i> and causing symptoms like <i>Adhmana</i> , <i>Hrudgraha</i> , thirst, and <i>Murcha</i> .	<i>Snehana</i> , <i>Vamana</i> , <i>Anuvasana</i> (<i>Adhah Sneha</i>). Induce <i>Virechana</i> with hot water and <i>Swedana</i> with hot palms on the back and sides of abdomen.
	Digestion of drug with inadequate expulsion of <i>Doshas</i> .	<i>Snehana</i> , <i>Swedana</i> , <i>Asthapana</i> , <i>Anuvasana</i> , <i>Virechana</i> .
9. Atiyoga	High potent drug in <i>Ati Mrudu Kosta</i> , along with excessive <i>Snehana</i> and <i>Swedana</i> , leads to <i>Atiyoga</i> .	
	<ul style="list-style-type: none"> In <i>Vamana</i> Excessive expulsion of <i>Kapha</i> along with blood, fatigue, <i>Vata Prakopa</i>. 	Cold water bath <i>Virechana</i> with <i>Ikshu Rasa</i> and cold <i>Shodhana Dravya</i> .
	<i>Rakta Vamana</i>	Treated as <i>Rakta Pitta</i> or <i>Raktatisara</i> .
	Tongue Protrusion	Rub with <i>Saindhava</i> and <i>Trikatu Churna</i> and reposition of tongue. Sour items should be tested in front of him.
	Eyeball dislocation	Repositioning the eyes along with ghee as lubricant.
	Lock Jaws	<i>Vatasleshmahara Dravya Swedana</i> .
	Hiccups, thirst, belching	Respective treatments.
	Loss of consciousness These conditions also occur in <i>Virechana</i> .	Melodious sounds
	<ul style="list-style-type: none"> In <i>Virechana</i> Excessive expulsion of <i>Kapha</i> along with blood, loss of strength, and <i>Vata Prakopa</i>. 	Cold water bath <i>Vamana</i> with <i>Yastimadhu Kashaya</i> <i>Asthapana</i> or <i>Anuvasana</i> with cold milk and ghee <i>Atisara Ahara - Vihara</i> .
	Peacock feather-coloured discharge (<i>Neela</i>) >>> Meat-washed water-like discharge >>> <i>Jeeva Shonita Rakta</i> (Vital blood) >>> <i>Guda Bramsha</i> (Protruded rectum)	<i>Snehana</i> , reposition the rectum and treated as <i>Kshudra Roga</i> .
	Shivering	Treated as <i>Vata Vyadhi</i> .
10. Parisrava	A low dose of mild drug in a person with <i>Bahu Dosh</i> and <i>Krura Kosta</i> may fail to expel <i>Doshas</i> , instead exacerbating them, leading to symptoms like anorexia, weakness, <i>Vistambha</i> (difficulty in bowel movements), and painful discharge of <i>Kapha</i> and <i>Pitta</i> for few days.	<i>Asthapana</i> with <i>Sangrahika Dravyas</i> . Intake of <i>Prachura</i> , <i>Ajamoda</i> , <i>Shatapushpa</i> and Ghee, <i>Ushna Shaali</i> with Milk or food.
11. Parikartika	Dry medicine given to individuals with <i>Mrudu Kosta</i> , <i>Agnimanda</i> aggravates <i>Pitta</i> and <i>Vata</i> leading to cutting type of pain in abdomen, obstruction of urine, faeces and anorexia.	<i>Asthapana</i> with oil, ghee, milk, <i>Yastimadhu</i> .
12. Hridayopasaranam	<i>Doshas</i> lodging in heart due to suppression of <i>Vegas</i> causes severe pain, teeth grinding, protruding eyeballs, tongue biting, darkness, and, unconsciousness.	<i>Abhyanga</i> , <i>Dhanya Sveda</i> . <i>Anuvasana Basti</i> with <i>Yastimadhu Siddha Tila Taila</i> . <i>Teekshna Shirovirechana</i> . <i>Vamana</i> by <i>Yastimadhu Kwatha</i> and <i>Tandulodaka</i> .
13. Vibandha	<i>Sheeta Ahara - Vihara</i> during <i>Samashodhana Karma</i> can imbalance <i>Doshas</i> in <i>Strotas</i> leading to <i>Mandagni</i>	<i>Vamana</i> , <i>Asthapana</i> , <i>Anuvasana</i> .

REVIEW ARTICLE

	causing abdominal discomfort, <i>Jwara</i> , <i>Daha</i> , <i>Shoola</i> , <i>Murcha</i> and other complications.	
14. <i>Adhmana</i>	Administration of dry medicine in indigestion and <i>Vata Prakopa</i> in <i>Kosta</i> leads to obstruction of flatus, stool, urine and discomfort in anus and bladder.	<i>Snehana</i> , <i>Swedana</i> , <i>GudaVarti</i> and <i>Agni Vruddhikara Basti</i> .
15. <i>Atipravahana</i>	<i>Ati Snigdha</i> or <i>Rooksha</i> person undergoes <i>Virechana</i> and struggles to pass stool or suppresses the urge, resulting in a burning and painful discharge of white or bloody <i>Kapha</i> , it is known as <i>Pravahika</i> .	<i>Asthapana</i> as in <i>Parisrava</i> and <i>Samshodhana</i> . <i>Agnikaaraka Dravya</i> with hot water.

DISCUSSION

Similarities of *Vamana Virechana Vyapats* and *Chikitsa* as explained in *Kalyanakaraka* and *Sushruta Samhita*:

- Number of *Vyapats*: 15
- The names of *Jeernaushadha*, *Vatashoola*, *Jeevadana*, *Ayoga*, *Atiyoga*, *Parisrava*, *Parikartika*, *Vibandha*, *Adhmana* are similar.
- *Vyapats* and *Chikitsa* in *Jeernaushadha*, *Alpadoshaharana*, *Vatajashoola*, *Parisrava*, *Hridayopasarana* are similar.

• Treatments and *Lakshanas* of the rest of the diseases are almost similar, with the exception of *Madhu* and *Mamsa*.

Dissimilarities:

- In some diseases, symptoms are not specified i.e. *Sheshaushadha*, *Jeernaushadha*, *Jeevadana* are not specified.
- Changes in treatment are observed in some instances.
- Avoidance of treatments involving *Madhu* and *Mamsa* in *Kalyanakaraka*.
- Specific dissimilarities between *Sushruta Samhita* and *Kalyanakaraka*. [Table No-4]

Table 4 Dissimilarities between *Sushruta Samhita* and *Kalyanakaraka*.

	<i>Kalyanakaraka</i>	<i>Sushruta Samhita</i>
Change in names of <i>Vyapat</i>	<i>Urdwadhogamanam</i>	<i>Vamanasyadhogati</i> Urdhwam
	<i>Virekavamanavyapaccha</i>	<i>Virechanasya</i>
	<i>Sheshaushadha</i>	<i>Savasheshoushadhatvam</i>
	<i>Alpa Doshaharana</i>	<i>Heena Doshaharana</i>
	<i>Hridayasachara</i>	<i>Hrudayopasarana</i>
	<i>Ati Pravahana</i>	<i>Pravahika</i>
Extra <i>Vyapats</i> but not explained treatments and <i>Lakshanas</i> .	<i>Ati Doshaharana</i>	<i>Angagraha</i>
Dissimilarities in <i>Samprapthi</i> and <i>Chikitsa</i>		
<i>Virechana Urdhwagati</i>	<i>Vamana</i> with <i>Vacha</i> and hot water in case of improper <i>Shodhana</i> .	Not mentioned.
<i>VamanaAdhogati</i>	<i>Samshodhana</i> with <i>Ikshu rasa</i> .	If 2 nd dose of <i>Virechana</i> fails, use a <i>Leha</i> of <i>Madhu</i> , <i>Ghee</i> , and <i>Phanita</i> (jaggery).
<i>Sheshaushadha</i>	Unspecified <i>Lakshanas</i> . <i>Vamana</i> with hot water and <i>Pachana Kriya</i> .	<i>Vamana</i> with hot water.
<i>Jeevadana</i>	<i>Sheeta</i> or <i>Sthambhana Chikitsa</i> .	Similar to <i>Atiyoga Lakshana</i> mentioned in <i>Kalyanakaraka</i> and respective treatment in <i>Sushruta Samhita</i> .
<i>Ayoga</i>	<i>Vamana Ayoga Lakshanas</i> are not mentioned. <i>Anuvasana</i> explained as <i>Adhah</i>	<i>Vamana</i> with <i>Madana Phala</i> and <i>Saidhava Jala</i> .

REVIEW ARTICLE

	<i>Sneha</i> .	
<i>Atiyoga</i>	Explained as <i>Jeevadana Lakshana</i> and <i>Chikitsa</i> in <i>Sushruta Samhita</i> . Bleeding in <i>Virechana: Vamana</i> with <i>Yastimadhu Kashaya</i> . <i>Asthapana</i> or <i>Anuvasana</i> with cold milk and ghee. <i>Atisara Ahara - Vihara</i> . In <i>Vamana: Virechana</i> with <i>Ikshu Rasa</i> and Cold <i>Shodhana Dravya</i> .	Cold water Bath. In <i>Vamana</i> honey, sugar mixed <i>Leha</i> . In <i>Virechana</i> honey with <i>Tandulodaka</i> .
<i>Adhmana</i>	<i>Snehana</i> , <i>Swedana</i> , <i>Guda Varti</i> and <i>Agni Vriddhikara Basti</i> .	<i>Snehana</i> , <i>Swedana</i> , <i>Guda Varti</i> .
<i>Pravahika</i>	<i>Agnivridhikara Dravya</i>	Not mentioned.
<i>Parikartika</i>	<i>Picha Basti</i> with Honey is avoided, cold water bath not mentioned.	Here mentioned.
<i>Vibandha</i>	Only <i>Vamana</i> , <i>Asthapana</i>	<i>Virechana</i> with purgatives, <i>Saindhava</i> , <i>Kanjika</i> , and cow's urine also mentioned.

The descriptions and treatments of *Vyapats* and their management as outlined in *Sushruta* and *Kalyanakaraka's* texts are notably similar, with a few exceptions. These deviations include treatments involving honey, meat for managing *Virechanasya Urdhwagati*, *Ayoga*, *Atiyoga*, *Jivadana Chikitsa* (which includes *Jangala Mamsa* and Goat's blood), as well as *Parisrava*, *Pravahika*, and *Vibandha*.

In *Kalyanakara's* explanation of *Asthapana Basti*, *Madhu* is notably absent, while Ghee is incorporated as a component of the *Asthapana Dravya*.

The treatments outlined in both *Sushruta Samhita* and *Kalyankaraka* are largely similar, except for the notable differences in the use of *Madhu* and *Mamsa*. This distinction is particularly significant because *Kalyanakaraka*, authored by the *Jaina* monk *Ugradityacharya*, reflects *Jain* principles that deeply influence its approach to medicine.

Ugradityacharya, disciple of *Shri Nandi*, was a scholar in the *Praanavaaya* tradition of medicine,

which includes mental disciplines, dietetics, drug therapy and the *Astangas* of *Ayurveda*¹¹.

Mamsa is avoided as medicine because:

- “*Jeevaanaam Na Cha Sukham Vinaa Dharmat*¹²” without *Dharma*, there is no *Sukha*. *Dharma* encompasses *Ahimsa*. Since *Mamsa* comes from *Himsa* inflicted upon animals, it should be avoided as medicine.
- *Mamsa* is not a medicine¹³:

There are two types of medicine: *Samshodhana* and *Samshamana*. *Mamsa* is not considered as *Shodhana* medicine because it is not capable of purifying the body through *Urdhwa*, *Adha* and *Ubhaya Bhaga*.

It is also not a *Shamana Dravya* because a *Shamana Dravya* must contain specific *Rasas* such as *Madhura*, *Amla*, and *Lavana* to pacify *Vata*; *Madhura*, *Tikta*, and *Kashaya* to pacify *Pitta*; and *Katu*, *Tikta*, and *Kashaya* to pacify *Kapha*.

Mamsa lacks specific *Rasas* as it is processed with *Katu*, *Tikta*, *Kashiaya*, *Amla* and *Lavana* and does not include *Madhura Rasa* due to its

REVIEW ARTICLE

consumption with *Lavana*, which is contradictory to *Madhura*.

Honey is avoided as a medicine due to potential harm to bees during production.

CONCLUSION

Understanding the scientific principles supporting successful modes of *Panchakarma* procedures, their optimal responses, potential clinical complications, and management strategies is essential for treating diseases effectively. Therefore, physicians must carefully select and modify treatments based on the patient's condition and comfort level to ensure better management of untoward conditions. The names of *Vyapats* and *Lakshana* mentioned in both *Sushruta Samhita* and *Kalyanakaraka* are nearly identical and the treatments for *Vamana Virechana Vyapats* are generally similar, with the exception of variations that involve the use of *Madhu* (honey) and *Mamsa* (meat), both of which are avoided in the treatment process. *Mamsa* is not a medicine either as *Shodhana* or as *Shamana* and by harming animals for the purpose of treatment is useless. Treatment along with *Dharmapalana* is good way of treatment.

REVIEW ARTICLE

REFERENCES

1. Paradakara HS, editor, (Reprint edition: 2023) Ashtanga Hridaya of Vagbhata, Sutra Sthana; Ayushkaameeya Adhyaya: Chapter 1, Verse 25. Varanasi: Chaukhambha Sanskrit Prakashan, 2023; 16.
2. Acharya YT, editor, (1st edition). Charaka Samhita by Agnivesha. Siddhi Sthana; Vidhishoniteeya Adhyaya: chapter 24, Verse 18, Chakrapani Tika. Varanasi: Chaukhambha Sanskrit Sansthan, 2022; 125.
3. Acharya YT, editor, (Reprinted edition: 2022), Charaka Samhita by Agnivesha, Siddhi Sthana; Vamana Virechana Vyapat Siddhi Adhyaya: chapter 6, Verse 15- 16. Varanasi: Chaukhambha Sanskrit Sansthan, 2022; 704.
4. Paradakara HS, editor, (Reprint edition: 2023) Ashtanga Hridaya of Vagbhata, Sutra Sthana; Vamana Virechana Vidhim Adhyaya: Chapter 18, Verse 33. Varanasi: Chaukhambha Sanskrit Prakashan, 2023; 266.
5. Acharya YT, editor, (Reprinted edition: 2022), Charaka Samhita by Agnivesha, Vimana Sthana; Roga Bhishagjiteeya Adhyaya: Chapter 8, Verse 149. Varanasi: Chaukhambha Sanskrit Sansthan, 2022; 285.
6. V.P Shastri, editor, (Researched second edition 2013) Kalyana - Karakam of Ugradityacharya, Baishajakarmopadravachikitsaa dhikaarah: 22 Parichcheda, shloka 53. Solapur: Jain Sanskriti Sanrakshaka Sangh, 2011; 560.
7. Acharya YT, Acharya NR, editor, (1st edition). Sushruta Samhita of Sushruta. Chikitsa Sthana; Vamana Virechana Vyapat Chikitsa Adhyaya: Chapter 34, Verse 3. Varanasi: Chaukhambha Sanskrit Sansthan, 2023; 521.
8. Acharya YT, Acharya NR, editor, (1st edition). Sushruta Samhita of Sushruta. Chikitsa Sthana; Vamana Virechana Vyapat Chikitsa Adhyaya: Chapter 34, Verse 6-20. Varanasi: Chaukhambha Sanskrit Sansthan, 2023; 521-524.
9. Acharya YT, editor, (1st edition). Charaka Samhita by Agnivesha. Siddhi Sthana; Vamana Virechana Vyapat Siddhi Adhyaya: chapter 6, Verse 76-77, Chakrapani Tika. Varanasi: Chaukhambha Sanskrit Sansthan, 2022; 708.
10. V.P Shastri, editor, (Researched second edition 2013) Kalyana - Karakam of Ugradityacharya, Baishajakarmopadrava Chikitsaadhikaarah: 22 Parichcheda, shloka 55-85. Solapur: Jain Sanskriti Sanrakshaka Sangh, 2011; 561-571.
11. V.P Shastri, editor, (Researched second edition 2013) Kalyana - Karakam of Ugradityacharya, Kalpaadhikaarah: 25 Parichcheda, shloka 54. Solapur: Jain Sanskriti Sanrakshaka Sangh, 2011; 655.
12. V.P Shastri, editor, (Researched second edition 2013) Kalyana - Karakam of Ugradityacharya, Hitaahita Adhyaya: 22 Parichcheda, shloka 53. Solapur: Jain Sanskriti Sanrakshaka Sangh, 2011; 628.
13. V.P Shastri, editor, (Researched second edition 2013) Kalyana - Karakam of Ugradityacharya, Hitaahita Adhyaya: 22 Parichcheda, shloka 53. Solapur: Jain Sanskriti Sanrakshaka Sangh, 2011; 634.