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**Address**

• Vikram Nagar, Boudhi Chouk, Latur.  
• Tq. Latur, Dis. Latur 413512 (MS.)  
• (+91) 9922455749, (+91) 8999250451

**Email**

• aiirjpramod@gmail.com  
• aayushijournal@gmail.com

**Website**

• www.aiirjournal.com

**CHIEF EDITOR – PRAMOD PRAKASHRAO TANDALE**

**A Critical Analysis on Clinical Perspective of Virechanawith  
Special Reference to Bruhat Trayee****Vd. Seema Himmatrao Gawali,**

P. G. Scholar,  
Samhita siddhant department,  
CSMSS Ayurved College,  
Aurangabad, Maharashtra, India.

**Vd. Anjali Hingane**

Guide,  
B.A.M.S., M.D.  
Samhita Siddhant department.  
CSMSS Ayurved College, Aurangabad

**Dr. Smita Dhurade**

Pro. & H.O.D.  
B.A.M.S., M.D., Ph.D.  
CSMSS Ayurved College,  
Aurangabad

**Abstract:**

*The Ayurvedic management of diseases consists of Shodhana and Shamana treatments. Shodhana Chikitsa is performed mainly by employing Panchakarma, it includes, Vamana, Virechana, Asthapana Basti, Anuvasana Basti and Nasyakarma. Virechana is considered as the best treatment for morbid and increased Pitta Dosha. This paper serves as a collection of references pertaining to Virechana Karma during ancient period of Ayurveda Samhitas, along with some information on the method of Virechana Karma explained in ancient textbooks of Ayurveda Samhitas.*

*This paper focuses on in depth analysis of virechana karma for various Vyadhis and different Awasthas. Also paper consists of collection of different Kalpas for different Awasthas.*

**Key words:** Shodhana, Panchakarma, Virechana, Purgation.

**Introduction**

Virechana is one among the five purification therapies in Ayurvedeya. It is supposed to eliminate mainly morbid pitta dosha from the body. It is practiced after proper snehana and Swedana. The word virechana means merely not evacuation of bowel. The elaborate explanation is available in classics about the procedure and different Virechana yogas. There are lot of formulations mentioned in Kalpashthaana of Charaka, Sushruta and Vaagbhata.

In routine practice it is observed that the range of Virechana drugs used is very less. Compare to what has been mentioned in classics. Some of the drugs are almost extinct from the practice and those which are available are also not used up to its maximum potential.

Clinically in which stage which drug can be given is needed to be explored a lot. The references regarding these usage according to specific clinical condition and specific stage of the clinical condition is scattered all over the text. If this all references can be compiled together, then it may give us more elaborate idea and may help in routine practice.

Keeping this view in mind this article work was undertaken. In the present article the references regarding Virechana from Charaka, Sushruta, Ashtangasamgraha and Ashthangahrudaya is compiled and arranged according to disease. E.g. under title Jwara you will find all the references regarding jwara with different clinical condition from above mentioned classics.

**Material And Methods**

In the present article those references came with word "Virechana" and "shodhana" is compiled. References with sramsans, bhedana and anulomana are not mentioned here because it may not reflect the classical Virechana procedure always. Along with that the general classification is also discussed in brief. Virechana yogas from Kalpashthaana are not mentioned in detail as it is already in compiled form in the classics.

**Virechana****Etymology:**

The word Virechana has three components (Vaachaspatyam)

Vi - Upasarga (Prefix)

Ricir - Rice dhaatu (Root)

Lyt' – Pratyaya (Suffix)(Maladeha Nihssarene)

According to Shabdakalpadrooma:Rechana is derived from root word-Richi, dhaatu and Lyut' Pratyaya (Mala Bhedana)

Virechana word is formed by the root Rici dhaatu, Vi – Upasarga with 'Nich' and 'Lyut' Pratyayas giving meaning 'Vis' eshena Rechayateei'.

The word Rechana is commonly used for evacuation. As the evacuation of dosha is done by both Vamana and Virechana. Therefore sometimes the word Virechana broadly applies for both. But in general. The word Virechana denotes evacuation of the dosha through 'Guda'. (Charkrapanni, Ch.K. 1/4)

**Definition:**

Tatradoshharanam adbhogaam 'virechana sanjyakam' (Ch.K. 1/4)

The act of expelling doshas through adbhoga is known as virechana. Here the meaning of adbhoga is 'Guda' commented by chakrapanni.

Virechana karma is considered as the best treatment for evacuation of morbid pitta dosha.

**Synonyms of Virechana:**

Praskandana is one of the synonyms of virechana (Charkrapanni, Ch.Su. 13/80).

**Classification of virechana dravya:**

Ayurvedic classics have described the main drugs for virechana in the chapter dealing with panchakarma. In addition to it, numerous scattered references are available in the literature regarding virechana action of drugs.

According to references available virechana drugs may be classified in following 6 groups:

(ch.su.1, ch.su.2, ch.su.4 ch.su.9 ch.su.13, ch.su.25, ch.su.38, 39,44, ch.k.7-12, A.S. su. 6, 7, 12, 15, 17, A.s.k.2-3, A.H. su.5, 6, 9, A.H.k.2, sha.pu.4, Sa.U.4 S.Su.39, S.SU.46, S.Chi.33, S. Chi.44)

**A) Virechana drugs according to their origin and parts used:**

a) **Animal origin**–Urine(ch.su.1/94-97; A.s.su 14/4), Milk(Ch.Su.1/107-114), Takra [Butter milk] (A.S.Su. 14/4)

b) **Plant origin** –

**i. Moolinee virechanadrugs –**

The roots which have been recommended for Virechana are Hastidanti, Shyamatrivrita, Adhoguda (Vidhara), Saptala, Pratyagasreni (Danti), Gavakshi, Vishanika, Ajagandha, Pravanti, Kshireeni (Ch.Su.1/78-81), Shankhinee, Svarnakshiri, Chi.traka, Kinihee, Kusha and Kasha (S.su.39/4), Vacha, Shala harusvapanchamula, vrusChi.va, both punarnavaa, vastak, shaaka (A.s.su.14/4)

**ii. Phalani drugs –**

Main drugs are Shankhinee, Vidanga, Anupa Klitaka (madhuyashti), Sthalaja Klitaka, prakeerya (Lataakaranja), Abhaya, Antahkoterpushi, Kampillaka and Aaragwadha (Ch.Su.1/82-87), Pooga, Haritaei, Amalakee, Vibhitaka, Neelini, Chaturangula, Eranda, Kampillaka (Su.sa.su.39/4), Piloo, Priyaala, Kuvala, Badara, Karkandhu, Kashmarya, Parooshaka, Draakshaa (A.s.su. 14/4) etc.

It is to be noted that Charaka recommended the use of fruit of Shankhinee while Sushruta has recommended its root for Virechana.

**iii. Ksheerini drugs –**

Snuhee and Arka (Ch.Su.1/115-116), Saptachhada (saptaparna), Jyotishmati (S.Su. 39/4).

**iv. Tvak - Barks of Pootika, Tilvaka (Ch.Su. 117/118); Kampillaka, Ramyaka Patla (S.Su. 39/4) etc.****c) Miscellaneous:**

As madya, dhaanyaamla (A.S.Su. 14/14) Guda, Ikshu Rasa, Payasa, Krishara, Ushna Jala, some minerals – Swarna, Kaansya, Manashila, Gandhaka, Ratna, Uparatna, Samudraphena also have sara properties.

**B) Virechana drugs according to their mode of action**

Acharya Sharangadhara has classified the drugs from their mode of action.

**a) Anulomana: Means – sending or putting in right direction**

The drugs, which move the Malas downwards after digestion and breaking their bandha, are known as Anulomana. e.g. Haritakisushruta considers sara as the synonym of anulomana. According to Dalhana, anulomana causes expulsion of vaata and kapha (S.Su. 46/529).

**b) Sransana: Means – sramsana is to slip or to fall down.**

The drug which brings the semi-digested and sticy mala without causing their digestion is known as Sransana. e.g. Aragvadha

In the context of jwara Chi.kitsa it has been mentioned that sramsana eliminates the pitta and kapha situated in pakvaashayaa (Ch.Chi. 3/172)

**c) Bhedana: Meanings of bhedna are breaking, splitting, dividing, separations etc.** The Drugs which disintegrate the Abaddha (unformed) or Baddha (formed) or Pindita (dried focal mass) forms of Malas by facilitating penetration into it and then evacuating through the lower gut is known as Bhedana. e.g. Katuki. Bhedana is a process in which shareera mala nirharana is brought about (Gangadhar Ch.Su. 4/9) Acharya Charaka has described a group of drug named as Bhedaniya. This includes Suyaha (Trivrit), Arka, Urubuka (Eranda), Agnimukhi (Kalihari), Chi.tra (Danti), Chi.traka, Chi.rabilva, Sanhini, Shakuladani (Katuki) and Svarnakshiri (Ch.Su. 4/9).**d) Rechana:** The drugs which eliminate Pakvam (digested) and Apakvam (undigested) Malas or Doshas by making them watery through the lower gut is known as Rechana. E.g. Trivrit. The Rechana and virechana words seem to be similar, but the Virechana represents the complete therapy which includes poorvakarma, virechana and samsarjana karma; while the rechana is the action of some types of drugs used in virechana. There are certain drugs which will help in proper virechana or which will synergize the action of virechana dravya is known as virechanopaga. The drugs described are Draksha, Kasmarya, Parusaka, Abhaya, Amalaki, Bibhitaki, Badara, Karkandu and Piloo (Ch.Su. 4/13).

**C) Virechana drugs according to intensity of action:**

According to the degree of potency of the drugs the virechana may be classified into the following categories.

- a) **Mrudu Virechana: CH. K. 12/56.** The Drugs, which are Manda in Veerya, when combined with opposite Virya or given in low dose, given to Ruksha patient and causing less purgation is known as Mrudu Virechana. Charaka has the view that the physician should not hesitate to use Mrudu Virechana drugs in weak patients having more Doshas because repeated elimination of Doshas in small quantity may cure the disease.(ch.k.12/56-58, 67-69) The patient who have not taken Virechana Drugs in past and whose Kostha is unknown in such patients Sushruta recommended the use of Mrudu Virechana drugs in the beginning and after knowing the Kostha required drug may be prescribed. (s.Chi. 33/44). Sharangadhara recommended that the Mrudu Virechana drugs i.e. Draksha, milk, warm water, castor oil etc. should be used in Mrudu Koshti patient (sha. U.4/13-14) Drugs effective in Mrudu Koshta are Guda, Sugar cane juice, Mastu, Ulloditadadhi, Payas, Kshira, Sarpi, Kashmari, Triphala, Pilu and Tarunamadya (ch. Su. 13/66-67)
- b) **Madhya Virechana:** The drugs which are moderate in qualities are known as Madhya Virechana drugs. These drugs are specifically indicated in the patients having Madhya Roga (disease with moderate symptoms). The administration of these drugs in Balavana patient is useless, because they are unable to eliminate Dosha completely (Ch.k. 12/55-68) Sharangadhara recommended the use of Trivrut, Katuki and Aragvadhya for Madhya Kostha. (sha. u.4/13-14)
- c) **Tikshna Virechana:** The drugs, which cause numerous motions (Mahavega) and eliminates the Doshas in large quantity by Kshipra (quick) and gentle (sukha) purgation without causing either much Gani is known as Tikshna Virechana. According to Charaka recommended the use of these drugs in the Balvana Rogi, presenting all the symptoms of the disease i.e. Tikshana Vyadhi. (ch.k.12/58) Snuhi Kshira is the best Tikshana Virechana drug among those drugs.

**D) Virechana from Ruksha and Snigdha point of view:**

The use of sneha virechana and rooksha virechana have been recommended in many places in Ayurveda.

The drugs which are used in the form of oil or the preparation containing Sneha is known as Sneha Virechana e.g. Castor oil. Vagbhatta the use of Sneha Virechana in all patients except Snigdha patient (A.H.Su.18/5) The use of Sneha Virechana in the patients who have taken higher dosage of Sneha is contraindicated because, due to this, the moving Doshas may again adhere in the Srotas. (su.Chi.33/41) (ch.si.6/9).

The preparations, which do not contain Sneha, can be used as Ruksha Virechana. It has been recommended on in the Snigdha patients who have comparatively taken more Sneha. (ch.si.6/9).

**E) According to Kalpana**

This is for maintenance of active principle for longer period and convenience of taking drugs as – Choorna, Varteekriya, Asava, Arishta, Avaleha, Sneha and Kashaya etc.

According to Sushruta following 8 preparations are useful,

- i. Ghruta Yoga,
- ii. Taila Yoga,
- iii. Kshira Yoga,
- iv. Madya Yoga,
- v. Mutra Yoga,
- vi. Mansarasa Yoga,

- vii. Bhakshana Yoga
- viii. Avaleha Yoga. Kshira,Rasa, Kalka, Kashaya, Kwatha, Shita are respectivelyLaghu. (su.Chi. 44/90-91)

## **VI. Virechana In Various Disorders**

### **Jwara:**

#### **Ch.Chi. 3/219-233**

In bahudosha cothditions

1. Mrudveekaa or Aamalakee swarasa
2. Aamalakee swarasa or aamalakee fried in ghruta
3. Trivrut choorna with ghruta and honey
4. Triphalaa swarasa with ghruta and honey Aaraghwadha
5. ksheera
6. Mrudveekaa swarasa
7. Trivruta or traavarnaana along wwith milk
8. Abhayaa along with mrudveekaa
9. Draakshaarasa along with hot milk as anupaana

#### **SH.U. 39/306**

Triphala, shyamaa trivruta and pippali along with honey and sharkara.

#### **A.H.CH. 1/98-99 A.S. CHI. 2/14**

pakva or shithila dosha or vishmadyaja jwara

1. Triphala, shyamaa trivruta pippali and kesara modaka
2. Vyoshaadya corona with sitaa and honey) IN,
3. Aaragvadha
4. Ksheera
5. Mrudveekaa rasa
6. Triphalaa or traayamaana siddha ksheera

#### **A.S.CHI. 2/14**

1. Triphalaa kwatha
2. triphalaa kwatha along with ghruta and hot water as anupaana
3. mrudveekaa swarasa

### **2. Raktapitta:**

#### **CH.CHI. 4/57**

1. Trivruta and abhayaa
2. Aaragvadha phala
3. Traayamaana or gavaakshee moolam

All the above yogas should be given with more quantity o (prabhuta) madhu and sharkaraa.

#### **Su.U. 45/ 15**

Draakshaa, madhuka and kashmarya along with sitopala

### **3. Gulma:**

#### **C. Chi. 5/152**

- 1) Neelinee ghruta: kapha gulma - Dose: 2 pala and in vaata gulma – 1 pala It can be given mixed with yavaagoo or manda

2) Sudhaaksheera hhaavita trivrut choorna I 1-karsha along with ghee and honey.

Pittaj gulma: pakvaashaya sthita:

Tiktaka ghruta or tilvak along with molk or hot water

**CH.CHI. 5/105**

Vaatagulma:

Neelinee corona with ghruta

**Ch.Chi. 5/105**

Vaatagulma:

Neelinee, trivrut dantee, pathyaa and kamapillaka siddha ghruta along with vidanga kshaara and naagara

**A.S.CHI.16/17**

**Pittaja gulma:**

1. Eranda taila with milk.
2. Triphalaa or traayamaana siddha ksheera

**Pittaja gulnia with kaphanubandha:**

Eranda taila with vaaruneemanda

**A. S. Chi. 16/23**

**Virechana administration in rookshushnajanya gulum emergency condition:**

1. Triphalaadi kwiatha
2. Traayamaana ghruta
3. Draakshaa ghruta
4. Traayamaana siddha Ksheera with Luke warm milk as anupaana

**A. S. Chi. 16/32**

**Danteeharitakeevateha:** intake for continuous 25 days

**Indication:** Gulma, arsha, shwayathu, kushtha, kaamilaa, arochaka, grahanee, paandu, hrudroga, utklesha, pleeha, udara, vishamajwara.

**A. S. Chi. 16/21**

Pittaja gulma: due to snigdha ushna hetu

1. kampillaka with honey
2. Draakshaa and abhayaa

#### **4. Kushtha:**

**Ch. Chi. 7/45**

Trivrut, dantee and triphalaa is mentioned as best drug of choice for virechna. Above drugs can be mixed with sauveeraka, tushodakaa, aasava, or seedhu.

**A. H. CHI. 19/19-20, A. S. Chi. 21/45**

Mahaavajraka ghruta:

For virechana in krura koshtha,

Indication: Kushtha, kshwitra, pleeha, vardhama, ashmaree and gulma

**A. S. Chi. 21/9**

1. kumbha, nikumhha and triphalaa
2. Maanibhadra vataka

**A. S. Chi. 21/10**

Patolaadee shodhana yoga: given for 6 days continuously

Indication: Pittakapha shopha, kushththa, dushta, naadivrana, arsha, bhagandara, grahanee, paandu, haleemaka, kaamilaa, vishamajwara, hrudvedanaa and basti vedanaa.

**5. KRUMI:**

**A. H. Chi. 20/15, A. S. Chi. 22/24**

After Nirooha, virechana can be given with trivruta kalka mixed with triphalaa and pippali kashaaya

**6. Visarapa:**

**Ch. Chi. 21/66-67**

1. Trivrut choorna mixed with ghee or milk and hot water or mrudveekaa swarasa can be given as anupaana.
2. Traayamaana siddha Ksheera
3. Trivrut with ghee
4. Triphalaa with aamalakee svarasa

**A. S. Chi. 20/3**

Niraama and ksheena kapha:

Draakshaa, trivrut, triphalaa and traayamaana for virechana

**A. S. Chi. 20/3. A. S. Chi. 20/13**

Kardama visarpa

Trivrut choorna, sarpee and ksheer along with draakshaa swarasa or hot water as anupaana.

**7. Udara Ch. Chi. 13/125-132, A. H. Chi. 15/4-21**

Naaraayana choorna: major content is saatala and trivrut

Virechana in snigdha koshta

- |                              |                        |
|------------------------------|------------------------|
| 1. Udara : Takra             | 2. Gulma: Badaraamhoo  |
| 3. Aanadhavaata: Suraa       | 4. Vaataroga: Prasanna |
| 5. Vitsanga: Dadhimanda      | 6. Arsha: Daadimaambo  |
| 7. Parikartikaa: Vrukshaamla | 8. Ajeerna: Ushnaambo  |

Also it can be used in condition like bhagandara, paandu, shwaasa, kaasa, galagraha, hrudrooga, grahaneer, kushtha, mandaagni, jwara, damshtaraavisha, garavisha, krutrima visha, moolavisha

**CH. CHI. 13/119, A. H. CHI. 15/10-12**

Patolaadya choorna:

Mushti maatra with gomootra for virechana

All types of udara jaatokodara, kaamalaa, panduroga, shvayathu.

**CH. CHI. 13/137, A. H. CHI. 15/25**

Hapushaadya choorna:

Anupana: Dadima, triphala, maamsarasa, mootra, sukhodaka.

Indication: all types of gulma, pleeha, all types of udara, shvitra, kushtha, vishamaagni, sarujavaata, shotha, arsha, panduroga, kamala, haleemaka.

**Ch Chi. 13/68-70, A. S. Chi. 17/20**

balawaan rogi in Pittaja Udara

1. Trivrut siddha Ksheera
2. Uroobaka siddha Ksheera.
3. Saatla and traayamana kashaaya
4. Aargvadha kashaaya

if kapha anubandha is there then with gomootra and in vaataanubandha with tiktasarpee.

**A. S. Chi. 17/20**

5. Shyaamaatrivrut and triphalaa siddha ghruta



**Ch. Chi. 13/141-142, A. H. CHI. 15/31**

Snuheeksheera ghrta

Udara, gulma and garadosha

**A. H. Chi. 15/66**

Pittodar

Snuihiksheera

**A. h. Chi. 15/59**

Pittodara:

Shyaamaa, tribhandee and triphala

**A. H. CHI. 15/53-54**

Vaatodara:

Tailvaka sarpee or mishraka sneha

**A. S. CHI. 17/2**

Eranda taila along with mootra or ksheera daily for one or two months continuously

**A. S. CHI. 17/2**

Balawaan rogi:

1. Snuheeksheera along with mootra/aasava/arishtha/sura

2. Virechana dravya kashaya added with more quantity of naagara and devdaroo

**A. S. CHI. 17/21**

Shleshmodara:

Snuheeksheera siddha ghruta

**A. S. Chi. 17/22**

Sannipaatodara:

1. Saptalaa and shankhinee niryaasa siddha ghruta for 15 or 30 days.

2. Mahaavrukshaksheera siddha mootra.

#### **8. Grahanee:**

**Ch. Chi. 15/231, A. H. Chi. 10/87**

Atyagni: ksheena kapha, kupita pitta with vaata

Shyaamaa and trivrut siddha Ksheera or only Ksheera can be given for virechna frequently

**CH. CHI. 15/ 79, A. H. CHI. 10/22-24**

Vaataja grahanee: Niraama avasthaa

#### **9. ATISAARA:**

**CH. CHI. 19/58**

Pittaja atisaara: If bahudoshand deeptaagni condition, is present then virechana with only milk can be sufficient.

**Su. U. 40/33**

If passing of maLa is in little quantity and with more frequency and pain then virechana can be given with lukewarm abhaya and pippali kalka.

**Su. U. 40/130, A. H. CHI. 9/15**

In deeptaagni persons, doshabahula condition is present with hard and constipated stool then virechana can be given with,

Vidanga, triphalaa and pippali kashaaya

**Su. U. 40/130**

1. Eranda siddha payasa

2. Only payasa

**A. S. Chi. 11/16, A. S. Chi. 11/16**

Puraana atisaara: In balawaan and vibaddhamala condition,

1. Triphalaa choorna with kosha Ksheera.
2. Palaashaphala kwaatha siddha kosha Ksheera.
3. Traayamaana siddha Ksheera.

**10. ARSHA:**

**A. S. CHI. 10/38**

Virechana in Aunbandha dosha:

1. Madeeraa/mastu/mootra with pippali
2. Haritakee fried in ghruta with guda
3. Haritakee fried in ghruta with guda and kumbha or nikumbha together
4. Trivrut choorna with triphalaa rasa
5. Abhayaa, aamalakee, vidanga and equal parts of trivrut choorna
6. Maanibhadra guda
7. Mishraka sneha
8. Sukumaraka sneha
9. Neelinee ghruta

**11. PAANDU:**

**C. Chi.16/135, A.H. Chi. 16/53-54, A. S. CHI. 18/29**

Haleemak:

Trivrut triturated with aamalakee swarasa

**Ch. CHI. 16/56-58, A. H. CHI. 16/6-8**

Pittaja paandu:

1. Luke warm dantee phala rasa along with kaashmarya kashaaya in anjali pramaana
2. Draaksha in anjali pramaana

**Ch. Chi. 16/56-58**

1. Trivrut choorna along with sharkara (2 times of trivrut choorna) in ½ pala maatra
2. With Ksheera and mootra or only Ksheera and only mootra

**A. H. Chi. 16/6-8**

1. abhaya pasted with mootra
2. Triphalaa siddha mootra
3. Swarna ksheeri, trivrut, shyamaa, bhadradaaroo and mahaushadha pasted with one Anjali gomootra or kashaaya prepared in gomootra or siddha ksheera.

**12. Kaasa:**

**CH. CHI. 18/65, A.H.CHI. 3/27, A.S.CHI. 4/14**

Pittaja kaasa:

1. If Tanu kapha is present then Virechana with trivrut along with madhura dravya
2. Oif kapha is Ghana then Trivrut should be given along with tikta dravya.

**Ch. Chi. 18/150, A.H. Chi. 3/152-153, A. S. Chi. 5/42, A. S. Chi. 4/42**

Kshayaja kaasa: weak patients and in bahudosh condition, mrudu virechana can be given with shampaaka and trivrut swarasa.

**A. h. Chi. 3/152-153, a.s. Chi. 5/42, a.s.Chi. 4/42**

Tilvaka kashaya and vidaaree swarasa siddha sarpee

**13. Swarasa:**

**a. h. Chi. 4/7, a. s. Chi. 6/7, 8**

In Tamaka shwaasa if dhmaana and udaavarta is present then virechana can be given with kosha amlapal and saindhava

**14. Rajyakshmaa:**

**A. H. Chi. 5/3, A. S. Chi. 7/2-4**

1. Trivrut, shyaamaa and aargvadha along with sharkara, madhu, sarpee and ksheera.
2. Draakshaa, vidaaree and kaashmarya along with maamsarasa.

**15. Vaatavyaadhi:**

**CH. Chi. 28/84-85, A. H. Chi. 21/10, A. S. CHI. 23/4**

Mrudu snehasamyukta Virechana:

1. Tilwaka ghruta
2. Saatlaa ghruta
3. Eranda taila along with ksheera.

**S. CHI. 4/27, a. s. Chi. 23/19**

Snigdha virechana can be given with

1. Tilwaka ghruta
2. Ashoka ghruta
3. Ramyak ghruta

**16. Vaatarakta:**

**Ch. Chi. 29/83, a. h. Chi. 22/11-12, a. s. Chi. 24/10**

In bahudosha condition,

1. Eranda taila mixed with ksheera
2. Abhaya kashay or abhaya fried with ghee.
3. Trivrut choorna in ksheera or draksharasa as anupana.

**Ch. Chi. 29/83**

4. Kashmarya, trivrut, draaksha, triphala and parushaka kashaya along with saindhawa and madhu.

**A. S. Chi. 24/10**

Pitta pradhana awastha:

trivrut choorna with ksheera aahara

**17. Mootra Kruchchha:**

**Su. u. 59/22**

pittaja mootrakruchchha:

ikshu, ksheera and draksha together for virechana

**18. Mootraghata:**

**A. S. Chi. 33/14**

tilwaka ghruta in all types of mootraghata, especially in ashmaree and sharkara

**19. Ashmaree:**

**A. S. CHI. 11/40**

Tilwaka ghruta for virechana

**20. Hrudroga:**

**S. U. 43/47-19**

vataja hrudroga:shyama trivrut kalka siddha ghruta

**A. h. Chi. 6/42, A. s. Chi. 8/3**

Pittaja hrudrog:

draakshaa, ikshoo, niryasa and parushaka along with sita and madhu.

**21. Chhardee:**

**SU. U. 49/22, A. H. Chi. 6/7-10, A. S. Chi. 8/3**

mashura shodhana aushadhi like draksha swarsa and ikshoo swarasa with tilwaka sarpee

**22. Vidradhi:**

**Su. Chi. 16/8, A.H. Chi. 13/3**

trivrut for virechana

**SU.Chi. 16/8, A.H. Chi. 13/3, A.S.Chi.15/10**

pakwa vidradhee:

tilwaka ghrut or traayamaana ghrut

**A. S. Chi. 15/17**

**vaatavruddhi:**

1. Mishraka sneha
2. Sukumaar sneha
3. Tilvaka sneha
4. Eranda tail
5. Koshaamra phala sneha

**23. Vruddhi:**

**A. H. CHI. 13/3**

Chala awastha of vruddhi:

1. trivrut sneha
2. kashamra, tilwak, eranda, sukumarak ghrut or mishraka sneha

**24. Apasmaara:**

**A.S.U 10/9**

kaphaja apasmara:Trivrut shyamaa, drawantee, saptalaa and snuhee along with mootra

**25. Naasaroga:**

Pittaj pratishtay:

Draakshaa, patola, shreeparnee, moorya and trivrut kwaatha mixed with trivrut pathyaa and poogaphala choorna

**26. Netraroga:**

**Su.U. 17/29**

Raktapittaja drushtiroga:

triphala ghruta

**kaphaja drushtiroga**

trivrut for virechana

**A. H. U. 13/49, A. S. U. 20/17**

Vataja timira:

Triphala and panchmoola kashaya along with ksheera and errand tail

**A.H.U. 13/68, A.S.U. 20/18**

pittaja timira:

elaa and trivrut choorna along with sharkara and madhu

**A.H.U. 13/68, A.S.U. 20/19**

Kaphaja timira:

Pooga, abhayaa, shunthi, krushna, kumbha and nikumbha kwaatha

**A. H. U. 16/31, A. S. U. 20/3**

Sashopha and alpa shopha netrapaaka:

1. Draakshaa and pathya kwaatha
2. Trivrut kalka siddha ghruta

**A. H. U. 9/16-18**

Pittotklishta and raktotklishta vartm:

trivrut is suggested as best for Virechana

**A.S.U.12/5**

1. Triphiliaa kwaatha along with triphalaa kalka.
2. Triphala kwaatha mixed with braamhee choorna

**A. H. U. 9/24, 31, A.S.U. 12/13**

Kukoonaka:

1. abhaya, pippali and draaksha kwatha virechana should be administrate to dhatree
2. saptala siddha ghruta

**A.S.U. 19/10**

abhishyanda:

1. Tilwak siddha ghruta
2. Tilvak siddha ghruta along with tilvak kashaya anupana

**27. Vyanaga:**

**A. S. U. 37/21**

Pittaja Vyanga:

abhaya Virechana with ikshurasa

**28. Granthi:**

**A. S. U. 35/4**

Pittaja granthi:

Hareetaki with draakshaa and ikshu rasa.

**29. Stanya Dushti:**

**CH. CHL. 30/251**

Vaataja stanya dushti: considering dosha and Kaala

1. Trivrut or abhayaa along with triphalaa swarasa
2. Abhayaa along with madhu or only abhayaa

**30. Lootavisha:**

**A.H. U. 37/77**

Triphalaa, neelinee, trivrutaadeebhi

**A. S. U. 44/29**

triphala, trivru, trikatu and saindhava

**31. Mooshikavisha:**

**A. H. U. 38/23**

Trivrut, neelinee and triphala kalka

**32. Alarka visha/jalatraasa:**

**A.H.U.38/35,A.S.U.46/49,S.U.7/51**

Arkaksheera virechana.

**33. Dooshivishaa:**

**A. S. U. 40/81**

kaashpokta virechna: indicated in visharoga and dooshivisha

**34. Pakavaashayagata Garavisha:**

**SU.K. 1/42**

If daaha, moorchha, atisara, trushna, indriyavaikrutya, aatopa, paandutaa, kaarshyaris present then virechana can be given with.

Neelineephala sarpee.

**35. Prior To Rasaayana Therapy:**

**CH. Chi. 1/1/25-28, A. H. U. 39/11, 12, A. S. U. 49/11**

Hareetakyaadee choorna along with hot water aatopa, pandutaa, kaarshya is

**Discussion**

Shamanaand Shodhana were primarily focused to treat various types of vyadhi. It became clear from screening of Samhitas that Shodhana karma is widely elaborated but the references found inscattered manner.

In panchakarma, Virechana is simple procedure, itcould be done easily. So it is widely used as Shodhana karma in routine. It is more acceptable to patients. In addition to the acceptability and popularity,theVirechana isconsidered as the best treatment for prakupit Pitta Dosha.

As here information is arranged according to Vyadhis, different awasthas of that vyadi and different kalpa for that awastha. So now one can quickly get knowledge about which kalpa should be used for particular Vyadhi in particular awastha.

So it is the need of time tocollect all references of Virechana from other samhitas e.g. Kashyap samhita, etc.at one place toget its thorough knowledge at a glance.

**Conclusion**

1. Trivrut is the best drug mentioned for virechana and it has been found with more number of references compared to other Virechana drugs mentioned in the classics.
2. The concept of Snigdha Virechana (Virechana ghruta) in Vaatavyaadhi is needed to be explore more as it is now confined with one or two drugs in routine practice.
3. Most of the formulations mentioned in the classics are extinct from the practice because of unavailability of drugs.
4. Importance of disease specific Virechana drug should be highlighted in clinical practice.
5. Different formulations of available drugs may be explored more.

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