

Role of Vamana Karma in The Management of Sheetapitta A Case Study

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Nowadays sheetapitta is common skin condition. In vasanata rutu,there are more patients of sheetapitta.In this, tridosha dusti occurs.

Due to asatmya aahara vihara,it triggers the doshas.Vitiated kapha or vata due to sheeta marutadi hetu get mixed with pitta.Then kapha and vata along with pitta spreads all over the body.This condition includes Mandalotpatti, Kandu and Daah.

Madhavakara quoted that sheetapitta having vatika dominancy while udarda having kaphaja dominancy⁽¹⁾.

Here,Vamana karma is to be preferred for above condition⁽²⁾.As shodhana plays more role than shaman.

Keywords- Sheetpitta,Asatmya aahar-vihara,Mandalotpatti,Daah.

Introduction

In today's era,Sheetapitta became very common skin condition.

In modern science,it is correlated with urticaria.But there is not any permanent solution.Continuous intake of medicines can cause any side effects.

According to Ayurveda,Life style and food habit that is aahara-vihara causes vitiation of vata and kapha doshas along with pitta dushti.It also causes rakta dushti.

Madhava nidankara describes the causative factors which includes kandu,daah,mandala. Sheetapitta treatment is described in Yogaratnakara, Bhaishajya ratnavali.

Here,along with the sheetapitta,kandu occurs dominantly.Hence it is considered as Udard.

Madhavakara has explained the symptoms of udard as Utsed, Aaraktavarnata,Kanduyukta mandala⁽³⁾. This condition increases in winter season. Therefore in this condition,Vamana therapy has planned.Vamana karma will expel dusta pitta and kapha doshas.

Then shaman chikitsa given.It shows marked effect in sheetapitta.

Materials And Materials

Case Study :

A 35 years female patient came to panchakarma opd with the complaints of mandlotpatti over the hands face,thighs region.

On examination, lessions were redish in colour, spreading over the limbs with irregular shape and margins.

Itching doesn't disappear till medication taken.

All routine examinations done.ECG and chest X-ray done before vamana therapy.

Assessment Criteria

1) Mandalotpatti-

- 0 – Absent
- 1 – Locally present
- 2 – Present on all body parts
- 3 – Present all over body parts

2) Kandu

- 0 – Absent
- 1 – Occasionally kandu
- 2 – Disturbance in daily activity
- 3 – Diturbance in daily activity and sleep

3) Daah

- 0 – Absent
- 1 – Occasionally daah
- 2 – Disturbance in daily activity
- 3 – Disturbance in daily activity and sleep

Treatment

The procedure of vamana karma explained to patient and written consent is taken.

The procedure is done as follows.

1	Deepana pachana	Panchakola choorna for 3 days with leukewarm water
2	Snehapana	Mahatikta ghrita in vardhman matra in morning with empty stomach
3	Snehan swedana	Abhyang taila for 2 days
4	Vamana karma	Yastimadhu phant (Madanphal+pippali+vacha+saindhava+madhu)
5	Kaval	Koshna jala
6	Dhoompana	Haridra+Tulasi+karpooora+ghruta vartina
7	Samsarjana krama	7 days

Assessment Criteria-

Sr.No	Parameters	Before treatment	After treatment
1	Mandala	2	1
2	Kandu	2	0
3	Daah	2	0

Result

After vamana karma,improvement in above lakshans are seen.

Discussion

Sheetapitta is tridoshaj vyadhi in which vitited kapha merges with pitta and due to vata dosha ,it spreads all over the body.

According to yogaratnakar,sheetapitta can be treated with vamana karma.

So that vitited kapha can be moved outside the body.

Vaman karma is carried out in three steps –

- 1) Purva karma – Pachana,snehana swedana
- 2) Pradhan karma-Vamana karma
- 3) Paschat karma-Samsarjana krama

The assessment is done after shodhana.There is marked relief achived.

In next follow up ,patient had given Haridrakhanda⁽⁴⁾ for 7 days. Advice to follow up pathya apathya.

Conclusion

- 1) The vamana karma is effective in sheetapitta
- 2) Efficacy of vamana karma is proved.

References

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