Criteria for Selection of Different Drugs for Virechana (Therapeutic Purgation)

*Dr A R V Murthy, **Dr Channabasavanna, #Dr Nivedita
*Dean & Principal, **Professor of Panchkarma, #Asst Prof of Panchkarma
N K Jabshetty Ayurveda Medical College & PG Center, Bidar

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INTRODUCTION

- **विरेचनम पित्तहरणम(श्रेष्ठं)** (च.सू.२५/४०)
- **पितेतुदिरेक्षिष्मसंसृष्टिाःश्लेष्मायतत्**
- **य्यमाणिति** (अ.सू.२७/४)
- **श्लेष्मधर्मादि तु विरेचने** (च.क.१२/४१)

HISTORICAL REVIEW OF VIRECHANA

- In *Bhrihatrayee*, *Laghutrayee* and other Ayurveda texts we get elaborative description.
- In *Charaka Samhita Sutrasthana* *Virechanadravya Sangraha*, *Virechanayogas*,

procedure of *Virechana* is mentioned, In *Kalpasthana* complete explanation of

*Virechana* Kalpas is mentioned, in *Siddhi Sthana Virechana samyak yoga*,
ayoga, atiyoga, *Virechana* yogya,

ayogya individuals , *Virechana Vyapad* and *chikitsa* is mentioned.

- In *Sushruta Samhita Sutrasthana* *Virechanadravyas*, explanation of *Trivrit* & different

Preparations of *Trivrit* are mentioned, In *chikitsasthana Virechanakarma vidhana*, samyakyoga, ayoga, atiyoga, *Vyapad* and their treatment is mentioned

- In *Ashtanga Hridaya Sutrasthana* *Virechana Vidhi* is explained. In *Kalpasthana Virechanadravyas*,

*Virechana Vyapad* and *Siddhi* is explained.

- In *Ashtanga Sangraha Sutrasthana* complete *Virechana Vidhi* is explained.

- In *Chakradatta*, *in Virechanaadhikara* has explained complete procedure of *Virechanakarma*.

- In *Sharangadhara UttaraKhanda* *virechanopayogi dravyas*, their *Matra*,
Virechana Vidhi is elaborately explained.

DERIVATION

The word "Recana" is commonly used in the first sense i.e. Ricir = evacuation. As the evacuation is done by both Vamana and Virecana, some times Virecana word is used for both Vamana and Virecana. But in general Virecana word denotes evacuation through lower gut by purgation.

- According to Charaka, Virecana drugs first get absorbed, then reach Heart, Dhamani, Macro and Micro channels of the body and reach where dosas are accumulated. They soften the compactness (Sanghata) of the dosas and break the bigger molecules into smaller ones, so that they may be secreted & excreted out in to intestine. The process occurs in a disciplined way by Separation (Viyojana) and Combination (Samparcana).

- The action of Virecana up to this stage is known as its systemic effect and its obviously governed by Viyojana and Samparcana components of Virecana. When the dosas or Malas move in to intestine, they are evacuated through the lower portion of the gut by purgation. This may be called as local action of Virecana and is governed by its "Ricir" component. The word "Praskandana" and "Recana" are also used for Virecana in classics.

VIRECHANA

- तत्रदोषहरणमूर्धिवभागंिमनसञ्ज्ञकम्
  अधोभागंपिरेचनसञ्ज्ञकम् (च.क.१/४)

- यात्यधोदोषमादायिच्यमान्तविरेचनं।
  (सु.चि.३३/३४)

- विपक्ष्यंदयर्वकंवामलादिद्रवतांतविरेचनं।
  विच्यंधर्वसञ्ज्ञकं।
  (शा.पू.४/६)

- वििक्व ्ं यदिक्व ्ं िामलावदद्रिता्ंनयेतठ।रेचयत्पित
  दठयेय्ं॥ (च.सू.२०/१९)

- वििरेचनंतुसिोिक्रमेभ्ठाः वित्तेप्रधानतम्मन्यतेवि
  षजः। (च.सू.२/२३)

- Virechana means MalaVirechana.
- Stands for both Vamana and Virechana.
- Generally used as the term for removal of Mala through anal route.
- Best measure for the elimination of morbid dosha.
- Beneficial in Tridosha states.
- Dosha nirharana from any route of the body can be taken as Virechana.
Useful for maintenance of health, prevention & treat the diseases.

To be performed prior to Rasayana and Vajikarana Chikitsa. (Ch.Su.7/46-49)

More acceptable and less troublesome to the patient.

**AREA OF ACTION OF VIRECHANA (KARYAKHSETRA)**

- **Dosha:** Pitta
  - Pitta Sthanagata alpakapha
  - Kaphasthanagata Bahupitta

- **Dushya:** Rasa, Rakta, Mamsa, Asthi, Majja and Sukra

- **Sannipatic condition** (Bhela)

- **Srotas:** Rasavaha, Raktavaha, Mamsavaha, Asthivaha and Majjavaha

**IMPORTANCE OF DRUG (Aushadhi)**

- तदेव्युक्त्ंिॆषज्य्ंयदारोयाय्कल्पते। (च.सू.१/१३५)

- बहुतात्त्रयोग्यतमअनेकविधकल्पन। (च.क.1/२८)

**REQUIREMENTS FOR VIRECHANA**

- **Deepana, Pachana**
- **Snehapana**
- **Virechanaaushadhi**
- **Virechanopagaaushadhi**
- **SamsarjanaKrama**

**Qualities of VirechanaAushadhi**

- **उष्ण, तीक्ष्ण, सूक्ष्म, व्यिायी, विकाशी** (च.क.1/५)

**MahabhootaPradhanyata**

- सतिलपृथियत्वात्तंत्रिकमप्रभावाच्छौषधानवति॥ (च.क.1/५)

**VirechanaAushadhi**

- **MooliniDravya 11** (Ch.Su.1/77-80)
CLASSIFICATION - on the basis of

1. Karma
2. Prabhava
3. Koshtha
4. Dosha
5. Ritu
6. Guna

1. Based on Karma(Ch.K.12/51-58)
   - Mridu Virechana Dravya
   - Madhyama Virechana Dravya
   - Teekshna Virechana Dravya

Mridu Virechana Dravya

- Draksha, milk, Ushnambu, etc.

Madhyama Virechana Dravya

- Trivrit, Katuki, Rajavriksha, etc.
2. Based on Prabhava (Sh.Pu.4/4-7)

- Anulomana & Sramsana are the mild types of Virechana, whereas Bhedana & Rechana are of moderate type.
- Acharya Charaka has also mentioned Bhedaneeya, Virechanopaga & Anulomana, which suggests types of Virechana.

**Anulomana, Bhedana, Samsrana, Rechana**

**Anulomana**

- Does the Malapaka & breaks its compactness & later expels out through Adhobhaga. e.g. Haritaki.

  **Action:**
  - Renders the stool bulkier
  - Retains more water
  - Makes it easier for peristaltic action to move it along.
  - Should be taken with plenty of water.
  - Gentle and painless.
  - Anulomana drugs include dietary fibre.

**Samsrana**

Expels half digested & sticky Mala without prior digestion.

Stool softeners. e.g. Kritamala.

**Bhedana**

Breaks Abaddha, Baddha & Pindita Mala & eliminates through Guda. Stimulant / Irritant. e.g. Katuki.

**Action:**
- Acts on the intestinal mucosa or nerve plexus.
- They stimulate peristaltic action.

**Rechana**

Expels both Pakva & Apakava Mala after making them watery, through Gudamarga. e.g. Trivrit.

**Action:**
- Causes the intestines to concentrate more water within, thus softening the stool.
- Causes the release of cholecystokinin, which stimulates the digestion of fat and protein.

3. Based on Koshtha (A.S.Su.27/29), (Sa.U.4/14), (Ch.Chi.3/231-233)

- MriduKoshtha.
- MadhyamaKoshtha.
- KruraKoshtha.
MruduKoshtha

- Predominance of Pitta.
- Milk, Ikshuras, AmlaTakra, Mastu, Guda, Ghee, Ushnodaka, Draksharishta etc.

MadhyamaKoshtha

- KaphaPradhana.
- Triphala, Trivrit, Rajavriksha.

KruraKoshtha

- Vatadhikyata.
- SnuhiKsheera used when Virechana is difficult even with Triphala, Trivrit, Tilwaka etc.

4. Based on Dosha (Sh.U.4/18-19)

- Vata: Snigdha, Ushna eg; Erandataila
- Pitta: Madhura Rasa Pradhanya, e.g. Draksha, Ksheera
- Kapha: Katu Rasa Pradhanya, e.g. Sonnamukhi

5. Based on Ritu (Charaka K.7/56-60 Sharangadhara U.4/22-25 Bhavaprakasha Pu.5/54-58)

- Sharad & Vasanta are best.

Varsha (Rainy).

- Shravana-Bhadrapada
- Trivrit + Kutajabeeja + Pippali + Shunti.
- Anupana- Draksha Rasa & Honey.
- Can be followed in Shishira also.

Sharad (Autumn).

- Aashvin-Kartik
- Best time.
- Trivrit + Musta + Sharkara + Chandana + Yashtimadhu.
- Anupana- Drakshakwatha.

Hemanta (Early winter).

- Margasheesha-Pausha).
- Trivrit + Chitrakra + Patha + Jiraka + Sarala + Vacha + Swarnakshiri.
- Anupana- Ushnambu.

Shishira (Winter).

- Magha-Phalgun
- Trivrit + Pippali + Shunti + Saindhava + Shyama (Sariva).
- Anupana- Madhu.

Vasanta (Spring).

- Chaitra-Vaishakha
- Best time.
- Pippali + Shunthi + SaindhavaLavana + Trivrit (both).
- Anupana- Honey.

Greeshma (Summer).

- Jyeshtha-Aashadha
- Trivrit + Sharkara.
- Anupana- Sharkara.
- Can be followed in Vasanta also.
<table>
<thead>
<tr>
<th>Sarvaritu</th>
<th>Mridu Virechana</th>
<th>Teekshna Virechana</th>
</tr>
</thead>
<tbody>
<tr>
<td>( \text{Trivrit} + \text{Hapusha} + \text{Danti} + \text{Saptala} + \text{Katuki} + \text{Swarnaksheeri} )</td>
<td>o Mild in nature.</td>
<td>o For Shodhana.</td>
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<tr>
<td>( \text{Anupana-Bhavana with Gomutra} )</td>
<td>o Selective use based on Koshtha.</td>
<td>o Causes drastic purgation.</td>
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<tr>
<td>6. Based on Guna</td>
<td></td>
<td>o e.g. SnuhiKshira etc.</td>
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<tr>
<td>( \text{Snigdha Virechana} )</td>
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<tr>
<td>(Ch.Si.6/9)</td>
<td></td>
<td></td>
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<tr>
<td>o SnigdhaVirechana</td>
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<td>o RookshaVirechana</td>
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<tr>
<td>SnigdhaVirechana</td>
<td></td>
<td></td>
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<tr>
<td>o Drugs used in the form of Sneha preparation ( \text{Taila or Ghee} ) or Snehabahulta.</td>
<td>o Moola- ShyamaTrivrit</td>
<td></td>
</tr>
<tr>
<td>o Contraindicated in ( \text{AtiSnigdha} ) persons.</td>
<td>o Twak- Tilvaka</td>
<td></td>
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<tr>
<td>o e.g. ( \text{Eranda} ), ( \text{Ghrita} ) etc. Acc. to ( \text{Chakrapani} ), Virechana followed by ( \text{Snehapana} ) is, ( \text{SnigdhaVirechana} ).</td>
<td>o ( \text{Phala} )- Haritiaki</td>
<td></td>
</tr>
<tr>
<td></td>
<td>o ( \text{Taila} )- Eranda</td>
<td>o ( \text{Svarasa} )- Karvellaka</td>
</tr>
<tr>
<td></td>
<td>o ( \text{Kshira} )- Snuhi</td>
<td>o ( \text{Teekshna Virechana} ) (S.SU.44/1-2)</td>
</tr>
<tr>
<td>RukshaVirechana</td>
<td></td>
<td></td>
</tr>
<tr>
<td>o Not having dominance of Sneha.</td>
<td>o SukhaVirechana.</td>
<td></td>
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<tr>
<td>o Snehotklishtha person (excessive Sneha).</td>
<td>o MriduVirechana.</td>
<td></td>
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<tr>
<td>o e.g. ( \text{Trivrit} ) Choorna etc.</td>
<td>o TeekshnaVirechana.</td>
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<tr>
<td>AGRYA DRAVYA (Ch.su.25/40)</td>
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<tr>
<td>o ( \text{Sukha} ) Virechana.</td>
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<tr>
<td>o ( \text{Mridu} ) Virechana.</td>
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<tr>
<td>o ( \text{Teekshna} ) Virechana.</td>
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<tr>
<td>Sukha Virechana</td>
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<tr>
<td>o Can be used daily.</td>
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<tr>
<td>o Leads to ( \text{SamyakVirechana} ) without any complication.</td>
<td>o ( \text{Moola} )- ShyamaTrivrit</td>
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<tr>
<td>o e.g. ( \text{Trivrit} )</td>
<td>o Twak- Tilvaka</td>
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<td>o ( \text{Phala} )- Haritiaki</td>
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<td>o ( \text{Taila} )- Eranda</td>
<td>o ( \text{Svarasa} )- Karvellaka</td>
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<td></td>
<td>o ( \text{Kshira} )- Snuhi</td>
<td>o ( \text{Teekshna Virechana} ) (S.SU.44/1-2)</td>
</tr>
</tbody>
</table>

KALPASTHANOKTADRAVYA

Trivrit, Aaragvadha, Lodhra, Snuhi, Saptala, Shankhini, Danti, Dravanti

VIRESHANAUSHADHIKALPA

Asava, Aristha, Varti, Panaka, Shadava, Seedhu, Yavagu,Sura, Lehya, Ghrita, Mamsa, Modaka,Dadhi, Choorna etc.

MANONUKULADRAVYA

o Ruchikaraka &Manapriya dravya.  
  o Twak, Kshira, Aamra, Dadima, Ela, Sitopala, Makshika, Matulunga, Madira etc. (Ch.K.7/75)
COMMONLY USED YOGAS

Taila Yoga
- Eranda Taila
- Gandharva Hastadi Taila
- Nimbaamrutadi Eranda Taila

Vati Yoga
- Rechaka Vati
- Icchabhedi Rasa

Lehya Yoga
- Argawadha Lehya
- Trivrit Lehya

Churna Yoga
- Avipathikara Churna
- Trivrit Churna

Guda Yoga
- Manibhadra Guda
- Kalyanaka Guda

Ghrita Yoga
- Mishraka Sneha

IDEAL VIRECHANA DRUG
- Requires lesser dose to eliminate the large quantity of Dosha by the gentle action of purgation.
- Easy in digestion.
- Good in taste.
- Palatable.
- Power to eliminate the disease without producing any adverse effects and complication.
- Does not cause Glani (depression). (Ch.Si. 6/15-16)
- Satmya (wholesome) and possesses pleasant smell and color, that do not come out by vomiting. (Su.Chi. 33:7)

SELECTION OF AUSHADHI
योगमांसातुपविद्धादेशकाळोपपादित्तम॥ (च.स०.१९२६)

One who knows about Aushadha Prayoga, he is the best Vaidya or expert.
अत्प्रस्तापितंहर्षलोभुतस्यात्मकमृताम॥ (च.क.१२४)

• संप्रोग, विषलेय, काल, संस्कार, पुष्क्र

समीक्ष्यदोषिधेयेष्यसामायप्रिन्सिपस्यत्वोऽविबलानि। (च.क.१२४)

• दोष, औषध, काल, अधिक, वय, व्याय

HOW TO MAKE THE VIRECHANA DRUG MORE POTENT?
- Swarasa Bhavana. By again & again Bhavana with same Dravya Swarasa, small quantity of drug also act more. (Ch.k.12/47)

CONDITIONS FOR VIRECANA

Virecana has to be done in
- Pitta alone
  - E.g. Hyper acidity.
- Pitta in association with kapha
  - E.g. Eczema.
When kapha is situated in the seat of pitta.

- E.g. Eye disorders like corneal opacity, obstructive jaundice.

When pitta is situated abundantly in the seat of kapha.

- E.g. Migraine headache.

**DISCUSSION :-**

Action of Virechana Aushadhi depends upon various factors like Dosha, Agni, Kostha, Rogibala, Rogabala AushadhaKalpana, part of drug used, Matra, Ritu & time of administration.

1. Depending upon Dosha : - In Vataja Roga SnigdhaUshna dravyas like Erandataila is used, in pittaja Rogamadyarasapradhan like Draksha & in Kaphaja roga katurasa pradhana dravya are advised.

2. Depending upon Agni : - Agni plays important role in fixation of Virechanayoga, as well as formulation of virechanayoga. In atimandagni, samagni & tikshnagniVirechana is contraindicated.

3. Kostha : - based on Kostha different yogas are indicated For example in Mridukoshta milk or ikshurasa, in madhyamakosthatripalhala or trivrit & in krurakostha snuhiksheera is given

4. Rogibala & Rogabala : - Pravara, Madhyama & Alpa Virechana should be given respectively in Uttama, madhyama & alpabala Rogi & Roga

5. Aushadha Kalpana : - There are various forms are explained in Charaka Siddhisthana depending upon the intensity, palatability & absorption of drug. Various forms like churna, kwatha, Sneha, Avaleha, Asava, Arishta, Vati Gutika are used in various forms of Virechana. In general Snigdha persons are advised Rukshavirechana & vice versa.

6. Matra : - sharangadharasmatra may be adopted depending upon Prakruti of Dravya & Rogi

7. Ritu : - in different ritus the Agni & Kostha are in different status. So the combination of drug & anupana differ in different ritus. Virechana is advised in Saradaritu as pittaprakopa & vitiation of Rakta occurs.

Depending upon the Roga Bala i.e. depending upon the involvement of number of doshas & dhatus, chronicity of the disease
& gambhirata of disease different virechanas like Anulomava, Sramsana Bhedana & Lekhana drugs are advised.

CONCLUSION:

Therapeutic purgation (Virechana) is one of the most important tools employed in Ayurveda for the treatment of majority of diseases, more so for eliminating the diseases originated out of vitiated Pitta dosha and Kapha associated with Pitta dosha. A large number of drugs both in single and compound forms, of herbal and mineral origin have been identified to be used in the act of inducing Virechana. Virechana yogas may be selected by considering & analyzing the factors such as Bala, Abala of Rogi&Roga, Desha, Kala, Vaya, Matra, Prakruti Saara, Satmya, Agni&Kostha to get optimum benefits. Multiplicity of classifications of drugs used are available based on multiple criteria like site of action, nature origin etc. The current write up has endeavoured to compile the sources of such drugs as found in various Ayurveda texts and tried to present systematically for the benefit of Ayurveda community.

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Conflict of interest: None

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6. Asthanga Hridaya Sutrasthana.
7. Ashtanga Sangraha Sutrasthana.
8. Sharangadhara Purva Khanda.
9. Sharangadhara Uttara Khanda
10. Bhavaprakasha Purvardha
11. Chakradutta
12. Gangadhara