



INTERNATIONAL JOURNAL OF RESEARCH IN MEDICAL
SCIENCES & TECHNOLOGY

e-ISSN:2455-5134; p-ISSN: 2455-9059

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

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Paper Received: 04th March, 2021; **Paper Accepted:** 10th April, 2022;

Paper Published: 21st April, 2022

DOI: <http://doi.org/10.37648/ijrmst.v13i01.008>

How to cite the article:

ARV Murthy, Channabasavanna,
Nivedita, Criteria for Selection of
Different Drugs for Virechana
(Therapeutic Purgation), IJRMST,
January-June 2022, Vol 13, 93-103, DOI:
<http://doi.org/10.37648/ijrmst.v13i01.008>



ABSTRACT

Ayurvedic management of diseases includes *Shodhana* and *Shamana* treatment. *Shodhana* is mainly performed through *Panchakarma*. *Virechana* is considered to be the best treatment for morbid and increased *Pittadosha*. It not only expels *Pittadosha* but also expels *kapha* associated with *Pittadosha*. In classical texts of Ayurveda various *Virechana* drugs are mentioned in scattered form. Here an attempt is made to compile the *Virechana* drugs from various classical texts of *Bhrihatrayee Laghutrayee* and other such texts.

Key words: *Panchakarma, Virechana* drugs, *Pittadosha*, etc

INTRODUCTION

- विरेचनम पित्तहरणाम(श्रेष्ठं)। (च.सू.२५/४०)
- पित्तैतुविरेकंक्षेमसंसृष्टेवातत्स्थानगतेवाक्षेष्मणीति।। (अ.स.सू.२७/ ४)
- द्वेशतेनवकाःपञ्चयोगानांतुविरेचने॥ (च.क.१२/४१)

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

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 *Kalpasthan* complete explanation of *Virechana Kalpas* is mentioned, in *Siddhi Sthana Virechana samyak yoga, ayoga, atiyoga, Virechana yogya*,

- In *Ashtanga Hridaya Sutrasthana Virechana Vidhi* is explained. In *Kalpasthan 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 in to 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

- तत्रदोषहरणमूर्ध्वभागं वमनसञ्ज्ञकम्, अधोभागं विरेचनसञ्ज्ञकम् (च.क.१/४)
- यात्यधोदोषमादायपच्यमानं विरेचनं। (सु.चि.३३/३४)
- विपक्वं यदपक्वं वामलादिद्रवतां नयेत्। रेचयत्पित्तदृग्येयं॥ (शा.पू.४/६)
- विरेचनं तु सर्वोपक्रमेभ्यः पित्ते प्रधानतममन्यतेभिषजः। (च.सू.२०/१९)
 - *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*.

(Gangadhara)

- 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
KaphasthanagataBahupitta
PittavrataVata
Sannipatic condition (Bhela)
- *Dushya: Rasa, Rakta, Mamsa, Asthi, Majja and Sukra*
- In all the above *DhatuVikarasVirecana* is mentioned directly or indirectly
- *Srotas: Rasavaha, Raktavaha, Mamsavaha, Asthivaha andbMajjavaha*

IMPORTANCE OF DRUG (Aushadhi)

- तदेव्युक्तंभेषज्यंदारोग्याक्कल्पते। (च.सू.१।१३५)
- बहुतातत्रयोग्यत्वमअनेकविधकल्पना।

संपच्चेतिचतुष्कोअयंद्रव्याणामगुणउच्यते॥
(च.सू.९/७)

- बहुकल्पंबहुगुणसम्पन्नयोग्यमौषधम्॥(अ.ह.सू. १/२८)
- Placed in second position in the *ChikitsaChatuspaada* next to the physician.
- Drugs are described as an instrument (*Karana*) of physician for treating disease.
- Consideration of the drugs during the line of treatment for particular ailment has great importance.

REQUIRMENTS FOR VIRECHANA

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

Qualities of VirechanaAushadhi

- उष्ण, तीक्ष्ण, सूक्ष्म, व्यवायी, विकाशी (च.क.१/५)

MahabhootaPradhanyata

- सलिलपृथिव्यात्मकत्वात्अधोभाग्रभावाच्चौषधस्याधःप्रवर्तते॥ (च.क.१/५)

VirechanaAushadhi

- *MooliniDravya* 11 (Ch.Su.1/77-80)

- *PhaliniDravya* 10 (Ch.Su.1/81-87) पुरीषविरजनीयमहाकषाय (च.सू.४/३२)
- *Virechana Dravya* 15 (Ch.Su.2/9-10) 29 (S.Su.39/4), 13 (A.H.Su.15/2)
 - जम्बू, शल्लकी, त्वक्, कच्छुरा, यष्टिमधु, श्रीवेष्टक, भृष्टमृत्, पयस्या, विदारीकन्द, नीलोत्पल, तिल
- *Bhedaniya Kashaya* 10 (Ch.Su.4/4) कल्पस्थानोक्तद्रव्य (च.सं.7/12)
- *PurishavirajaniyaMahakashaya* 10 (Ch.Su.4/32)
 - श्यामात्रिव्रत्, चतुरन्गुल- आरग्वध, तिल्वक- लोध, सुधा- सूही, सप्तला, शंखिनी, दन्ती, द्रवन्ती
- *Kalpasthanas* 8 (Ch.Ka.7-12) विरेचनोपगद्रव्य (च.सू.४/२४)
- *VirechanopagaDashemani* 10 (Ch.Su.4/24)
 - द्राक्षा, काश्मर्य, परुषक, अभया, आमलक, विभीतकी, कुवल, बदर, कर्कन्धु, पीलू
- *Virechana Dravya Aashraya* 6 (Ch.Su.4/5) विरेचनद्रव्यआश्रय (च.सू.४/५)
 - क्षीर, मूल, त्वक्, पत्र, पुष्प, फल
- मूलीनीद्रव्य (च.सू.१/७७-८०)
 - हस्तिदन्ती- नागादन्ती, श्यामात्रिव्रत्, श्वेतत्रिव्रत्, अधोगुड़ा, सप्तला, दन्ती, गवाक्षी, विषाणिका, अजगन्धा, द्रवन्ति, क्षीरिणीदुग्धिका
- *Mutra* (Su.Su.14/4), *Takra* (A.S.Su.14/4).*Lavana*
- *Vruksha* (Ch.Su.1) : *SnuhiKseera*, *Arka Ksheera*
- फलिनीद्रव्य (च.सू.१/८१-८३)
 - शंखिनि, विडंग, जलज, स्थलजक्लीतक- यष्टिमधु, प्रकीर्या, करन्ज, उदकीर्या, अभया, अन्तःकोटरपुष्पी, नील, कंपिल्लक, आरग्वध
- विरेचनद्रव्य (अ.ह.सू.१५/२)
 - दन्ती, निशोथ, त्रिफला, गवाक्षी, सूही, शंखिनि, दुग्ध, मूत्र, नीलिनी, तिल्वक, आरग्वध, कंपिल्लक, स्वर्णक्षीरी
- विरेचनद्रव्य (च.सू. २/९-१०)
 - त्रिव्रत्, त्रिफला, दन्ती, निलिनी, सप्तला, वचा, कम्पिल्लक, गवाक्षी, क्षीरीणी, करन्ज, पीलू, आरग्वध, द्राक्षा, द्रवन्ती, निचुल
- भेदनीयकषाय (च.सू.४/४)
 - निशोथ, अर्क, एरण्ड, अग्निमुखी, दन्ती, चित्रक, चिरबिल्व, शंखिनि, कटुरोहिणी- कटुका, स्वर्णक्षीरी

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)

- *MriduVirechanaDravya*
- *MadhyamaVirechanaDravya*
- *TeekshnaVirechanaDravya*

Mridu VirechanaDravya

e.g. *Draksha, milk, Ushnambu, etc.*

Madhyama VirechanaDravya

e.g. *Trivrit, Katuki, Rajavriksha etc.*

Teekshna VirechanaDravya

e.g. *Snuhi, Dantiphala.*

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*.

Action :

- Causes water and fats to penetrate the stool, making it easier to move along.

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* & *ApakavaMala* 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, *Ikshurasa*, *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 onDosha(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.7/56-60Sharangadhara U.4/22-25Bhavaprakasha 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* + *Chitraka* + *Patha* + *Jiraka* + *Sarala* + *Vacha* + *Swarnakshiri*.
- *Anupana- Ushnambu*.

Shishira(Winter).

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

Vasanta (Spring).

- *Chaitra-Vaishakha*
- Best time.
- *Pippali* + *Shunthi* + *Saindhava* + *Lavana* + *Trivrit* (both).
- *Anupana- Honey*.

Greeshma (Summer).

- *Jyeshtha-Aashadha*
- *Trivrit* + *Sharkara*.
- *Anupana- Sharkara*.

also.

Sarvaritu

- *Trivrit + Hapusha + Danti + Saptala + Katuki + Swarnaksheeri.*
- *Anupana- BhavanawithGomutra*

Mridu Virechana

- Mild in nature.
- Selective use based on *Koshtha.*
- e.g. *Aragvadha .*

6. Based on Guna Teekshna Virechana (Ch.Si.6/9)

- *SnigdhaVirechana*
- *RookshaVirechana*

SnigdhaVirechana

- Drugs used in the form of *Sneha* preparation (*Taila or Ghee*) or *Snehabahulta.*
- Contraindicated in *AtiSnigdha* persons.
- e.g. *ErandaTaila, Ghrita* etc.

Acc. to *Chakrapani, Virechana* followed by *Snehapana* is, *SnigdhaVirechana.*

RukshaVirechana

- Not having dominance of *Sneha.*
- *Snehotklishhta* person (excessive *Sneha*).
- E.g. *TrivritChoorna* etc.

AGRYA DRAVYA (Ch.su.25/40)

- *SukhaVirechana.*
- *MriduVirechana.*
- *TeekshnaVirechana.*

Sukha Virechana

- Can be used daily.
- Leads to *SamyakVirechana* without any complication.
- e.g. *Trivrit*

Teekshna Virechana

- For *Shodhana.*
- Causes drastic purgation.
- e.g. *SnuhiKshira* etc.

VIRECHANADRAVYAAASHRAYA (S.SU.44/1-2)

- *Moola- ShyamaTrivrit*
- *Twak- Tilvaka*
- *Phala- Haritaki*
- *Taila- Eranda*
- *Svarasa- Karvellaka*
- *Kshira- Snuhi*

KALPASTHANOKTADRAVYA

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

VIRECHANAAUSHADHIKALPA

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

MANONUKULADRAVYA

- *Ruchikaraka & Manapriya dravya.*
- *Twak, Kshira, Aamra, Dadima, Ela, Sitopala, Makshika, Matulunga, Madira* etc. (Ch.K.7/75)

COMMONLY USED YOGAS

Taila Yoga

- *ErandaTaila*
- *GandharvaHastadiTaila*
- *NimbaamrutadiErandaTaila*

Vati Yoga

- *RechakaVati*
- *Ichhabhedi Rasa*

Lehya Yoga

- *Argawadha Lehya*
- *Trivrit Lehya*

Churna Yoga

- *Avipathikara Churna*
- *TrivritChurna*

Guda Yoga

- *ManibhadraGuda*
- *KalyanakaGuda*

Ghrita Yoga

- *MishrakaSneha*

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

योगमासांतुयोविद्यादेशकालोपपादितम्।

पुरुषंपुरुषंवीक्ष्यसज्जोभिषतुत्तम्:॥ (च.सू.१\१२४)

One who knows about *AushadhaPrayoga*, he is the best *Vaidya* or expert.

अल्पस्यापिमहार्थत्वंप्रभूतस्याल्पकर्मताम्।

कुर्यात्संयोगविश्लेषकालसंस्कारयुक्तिभिः॥
(च.क.१२\४८)

- संयोग, विश्लेष, काल, संस्कार, युक्ति

समीक्ष्यदोषौषधदेशकालसात्मयाग्निस्त्वादिवयोबलानि।

.....सर्वकर्माणिचसिद्धिमन्ति॥ (च.सि.३\६)

- दोष, औषध, देश, काल, सात्मय, सत्व, अग्नि, वय, बल

HOW TO MAKE THE VIRECHANA DRUG MORE POTENT?

- *SwarasaBhavana*. By again & again *Bhavana* with same *DravyaSwarasa*, small quantity of drug also act more. (Ch.k.12/47)

CONDITIONS FOR VIRECHANA

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 Aushadha Kalpana*, part of drug used, *Matra*, *Ritu* & time of administration.

1. Depending upon *Dosha* : - In *Vataja Roga Snigdha Ushna 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 *Virechana Yoga*, as well as formulation of *virechanayoga*. In *atimandagni*, *samagni* & *tikshnagni Virechana* is contraindicated.
3. *Kostha* :- based on *Kostha* different yogas are indicated For example in

- Mridukoshta* milk or *ikshurasa*, in *madhyamakosthatriphala* or *trivrit* & in *krurakostha snuhiksheera* is given
4. *Rogibala & Rogabala* :- *Pravara*, *Madhyama & Alpa Virechana* should be given respectively in *Uttama*, *madhyama* & *alpabala Roga & Roga*
 5. *Aushadha Kalpana* :- There are various forms are explained in *Charaka Siddhithana* 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 & Roga*
 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 the sources of such drugsas found in various Ayurveda texts and tried to present systematically for the benefit of Ayurveda community.

Source of funding: Nil

Conflict of interest: None

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