



Properties of the Drugs Used for *Virechana Karma*-A Review

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ABSTRACT:

Ayurveda, or ancient Indian medicine, is based on ancient writings and takes a comprehensive approach to both mental and physical well-being. *Ayurvedic medicine* is one of the world's oldest medical systems and is still used in traditional health care in India. *Ayurveda* advocates the use of *Shodhana* and *Shamana* to treat various illnesses. *Virechana karma* (purgation) is included under Panchakarmas or five purificatory methods. *Virechana karma* is the process of removing *doshas* from the body through the *Adhobhaga* (lower orifice). It helps with health promotion in addition to helping to eliminate *doshas* (humours). *Virechana* and other purification techniques are necessary before initiating *Rasayana therapy* (rejuvenation). The effect of *Virechana* may be so strong, according to *Kashyapasamhita*, that it may improve the quality of *Beeja* or sperm and ovum. The classics identify several medications with the ability to cause *Virechana*. *Ushna*, *Teekshna*, *Sukshma*, *Vyavayi*, and *Vikashi Gunas* are qualities of medications that produce *Virechana Karma* and are entirely or partially present in *Virechana Dravyas*. Though all *Virechana* medications are *Panchabhautik*, *Pritvi* and *Aap Mahabhuta* are dominating in their composition. All the drugs which possess *Pritvi* and *Aap Mahabhuta* cannot produce *Virechana* but the inherent property to move downwards are especially due to *Adhobhagahara Prabhava* of the drug.

Keywords: *Ayurveda*, *Virechana karma*, *Virechana dravya*, *Virechana agrya*

INTRODUCTION

Throughout the centuries, the flame of *Ayurveda* has continued to burn brilliantly despite the powerful winds of change. It has maintained its prominence despite a climate of scepticism because of its distinct fundamentals and dictums. Here every person can receive a thorough healthcare plan, as per *Ayurveda*. It offers methods for fostering and maintaining health. *Ayurveda* advocates *Shodhana* (purification therapy) and *Shamana* (pacification therapy) to treat various illnesses. *Shodhana*

therapy is one sort of therapy in particular. This type of therapy aims to eliminate *doshas* from the body. Throughout this process, the nidus necessary for disease formation is significantly decreased. Therefore, this therapy has a benefit over other forms of treatment. *Virechana karma* is one of the fundamental purificatory methods to treat various diseases, illnesses, and chronic problems. It is also one of the treatment modalities that *Vaidya* favours due to its widespread application and ease



of usage. *Virechana* helps with health promotion in addition to helping to eliminate *doshas* from the body. Additionally, *Sharada ritu* suggests it as a part of *ritucharya* (seasonal routine). *Virechana* and other purification techniques are necessary before initiating *Rasayana therapy* (rejuvenation). The effect of *virechana* may be so strong, according to *Kashyapasamhita*, that it may improve the quality of *Beeja* or sperm and ovum. The significance of both *Virechana* and *Shodhana* is evident in the explanation above. *Virechana* was recommended for abdominal pain in Mesopotamia. *Swarnapatri* and *Indrayana* served this function. In Western medicine, cathartics were frequently employed to treat various ailments. *Virechana* is the term for the process of removing *doshas* through the *Adhobhaga*. According to *Chakrapani*, the word *Adhobhaga* signifies *Guda* (anus). *Vasti karma* (enema therapy) lacks the *Adhobhagaharana* potency that *Virechana* possesses. As a result, *Vasti* is excluded from *Virechana's* description. *Shri Taranath Bhattacharya* asserted that *Vamana* (emesis) could be a part of the *Virechana karma*.¹

Virechana Dravyas

The classics identify several medications with the ability to cause *Virechana* (purgation). These medications have the following characteristics:²

- *Panchbhautika sangathana*: Drugs with the intrinsic property of inducing *Virechana* have *Prithvi* and *Jala mahabhoota* dominancy in their basic configuration.
- General Properties: Drugs that can cause *Virechana* to have *Ushna* (hot), *Tikshna* (sharp), *Sukshma* (fineness), *Vyavayi*, and *Vikasi gunas*.
- *Virya*: Drugs that can cause *Virechana* to have an intrinsic *Virya*.
- *Prabhava*: Drugs that can induce *Virechana* to have inherent *Prabhava* that allows them to do so.

Virechana dravya classification

We can systematically familiarize ourselves with various medications after classifying them. The categorization of *Virechana dravya* can be done from the following perspectives:

I. Classification depending upon the origin and utilized part of the drug

i. Animal origin: Urine³, Milk⁴, *Takra*⁵.

ii. Plant origin:

a. *Mulini virechana* drugs - The roots which have been recommended for *Virechana* are *Hastidanti* (*Croton oblongifolius*), *Shymatrivrita* (*Operculina turpenthum*

Linn.), *Adhoguda* (*Vrididha daru* - *Argyrea speciosa* Sweet.), *Saptala* (*Euphorbia pilosa*), *Pratyakshreni* (*Danti-Baliospermum montanum* Muell.-Arg), *Gavakshi* (*Indravaruni*- *Cirrullus colocynthis* Schrad), *Vishanika* (*Avartani* - *Helicteres isora* Linn.), *Ajagandha* (*Vana Ajavayana*) *Dravanti* (*Croton tiglium* Linn.)⁶. *Shankhini*, *Sruk*, *Svarnaksiri*, *Chitraka*, *Kinihi*, *Kusha* and *Kasha* are told in *Susrutha Samhita*. In *Astangasamgraha* *Vacha*, *Hrisva Panchamula*, *Vrischica*, *Punarnavadwaya*, *Vatsaka*, *Saka*, *Sala* are also mentioned.

b. *Phalini* drugs: Main drugs are *Shankhini*, *Vidanga*, *Anupa Klitaka* (*Madhuyashti*) *Sthalaja Klitaka*, *Prakirya* (*Latakaranja*), *Abhaya*, *Antahkotarpushpi*, *Kampillaka* and *Aragvadha*⁷. *Puga*, *Haritaki*, *Amalaki*, *Bibhitaka*, *Nilini*, *Chaturangula*, *Eranda*, *Kampillaka* are told in *Susrutha Samhita*. The additional drugs in *Astangasamgraha* are *Pilu*, *Priyala*, *Kuvala*, *Badara*, *Karkandhu*, *Kashmarya*, *Parushaka*, *Draksha*. It is to be noted that *Charaka* has recommended the use of the fruit of *Shankhini*, while *Sushruta* has recommended its root for *Virechana*.

c. *Kshirini* drugs: *Snuhi* and *Arka*⁸, *Saptacchada* (*Saphaparna*), *Jyotismati*⁹.

d. *Tvak*: Bark of *Putika*, *Tilvaka*¹⁰, *Kampillaka*, *Ramyaka*, *Patala*.

II. Classification depending upon the intensity of action¹¹ -

a) *Mridu virechaka dravya*: This subtype includes medications that are *Manda* in *Virya*, mixed with drugs that have antagonistic *Virya*, given in low doses, given to a *ruksha* patient, and cause less purging. They are utilized primarily in patients with *alpa dosha* (less vitiated humor), *purva shodhita* (purification already done), and unknown *kostha* (alimentary canal). They are also used in weak patients with much *dosha*. *Sushruta* also suggests this medicine for patients with unknown *kostha* who have not previously received *virechana*. *Sharangadhara* recommends this form of medication for *Mridu kostha* patients.

b) *Madhyama virechaka dravya*: This group includes drugs with moderate potency. This subclass comprises medications that have been partially exposed to water, heat, or insects, have not been cultivated in the suitable *desha* and *kala*, and do not have all the necessary qualities. If a small drug dose is given to someone, not *Snigdha* (unctuous) or *Swinna* (fomented) enough, the drug will have *Madhya virechaka* activity. They are mentioned in the *roga* as possessing *Madhyama bala*.

c) *Tikshna virechaka dravya*: This group of medicines includes those that cause a lot of movement (*Mahavega*) and get rid of many doshas quickly (*Kshipra*) and gently (*Sukha purvaka*) without causing unease (*Glani*) in the precordial area, the anus, or any other internal organ. *Tikshna virechaka* qualities are gained by medicines that have not been exposed to water, heat, or insects, have been made in the right *desha* and *kala*, and have been given *Bhavana*. When this kind of medicine is given to a patient who is *Snigdha* and *Swinna* in the right way, it causes *Tikshna virechana*. This medication is recommended for people with *Balavana roga* and *Krura koshta*.

III. *Virechana* drugs according to seasons¹² Table No.-1 *Virechana* Drugs, Seasons And Anupanas

IV. Classification based on *Kalpanas*:

Different pharmaceutical preparations of drugs are made to make them more effective, last longer, and be easier to use. In the context of *Virechana*, *Acharya Sushruta* has offered eight preparations, as follows. *Ghrita yoga* (ghee preparations), *Taila yoga* (oil preparations), *Kshira yoga* (milk preparations), *Madya yoga* (alcoholic preparations), *Mutra yoga* (preparations made in urine), *Mamsarasa yoga* (preparations made in meat-soup), *Bhakshanna yoga* (preparations made in eatables), and *Avaleha yoga* (preparations made in lincture). *Kashaya* (decoction), *Panaka*, *Tarpana*, *Shadava*, *Raga*, *Yavagu*, *Modaka*, *Dadhi* (curd), and other *kalpanas* (formulations) are also employed. The following medications have been ranked at the top of their respective cadres among all *Virechana* drugs.

- *Mula Virechana* : *Shyama Trivrit* (*Operculina turpethum*)
- *Phala Virechana* : *Haritaki* (*Terminalia chebula*)
- *Twak Virechana* : *Tilwaka* (*Symplocos recemosa* Roxb.)
- *Swarasa Virechana* : *Karvellaka* (*Momordica charantia* Linn.)
- *Dugdha Virechana* : *Snuhi* (*Euphorbia neriifolia*)

Other medications for *Virechana* are described in the *Charaka Samhita* in addition to these classifications.

1.1 Drugs for eradicating *Dosha* of *Pakvashaya*: *Trivrita* (*Operculina turpethum* Linn.), *Triphala* (Three myrobalans), *Danti* (*Baliospermum montanum*), *Neelini* (*Indigofera tinctoria* Linn.), *Saptala* (*Euphorbia lutescens*), *Vacha* (*Acorus calamus* Linn.), *Kampillaka* (*Mallotus philippensis*), *Gawakshi* (*Citrullus colocynthis*), *Kshirini* (*Euphorbia thymifolia* Linn), *Udakirya* (*Holoptelea integrifolia*), *Pilu* (*Salvadora persica* L.), *Aragavadha* (*Cassia fistula*), *Draksha* (*Vitis vinifera* Linn.), *Dravanti*

(*Croton tiglium* Linn.), *Nichula* (*Barringtonia acutangula* Gaertn.).

***Purisha Virajaniya* Drugs:** These drugs expel the *dosha* of *Purisha*. They are *Jamuna* (*Syzygium cumini*), *Shallaki* (*Boswellia serrata*), *Tvak* (*Cinnamomum zeylanicum*), *Duralabha* (*Fagonia cretica* Linn.), *Yashtimadhu* (*Glycyrrhiza glabra*), *Shriveshtaka* (*Pinus roxburghii* Sarg.), *Bhrishtramrita*, *Payasya* (*Fritillaria roylei* Hook.), *Nilotpala* (*Nymphaea stellata*), *Tila* (*Sesamum indicum*).

***Agraya* drugs in the context of *Virechana*:**

- For *Purishajanana* (*increases quantity of faeces*)- *Yava* (*Hordeum vulgare* L.)
- For *Mridu Virechana* – *Aragavadha* (*Cassia fistula*)
- For *Tikshna Virechana* – *Snuhi* (*Euphorbia caducifolia* Haines.)
- For *Sukha Virechana* – *Trivrita* (*Operculina turpethum*)
- For *Bhedana and Anulomana* – *Amlavetasa* (*Garcinia pedunculata*)

***Virechana* drugs described by *Vagbhatta*:** *Nikumbha* (*Danti*) (*Baliospermum montanum* Muell.), *Kumbha* (*Nishotha*), *Triphala*, *Gawakshi* (*Citrullus colocynthis*.), *Snuhi*, *Shankhini* (*Convolvulus pluricaulis*), *Nilini* (*Indigofera tinctoria* Linn.), *Tilwaka* (*Symplocos recemosa* Roxb.), *Ramyaka* (*Melia azedarach* Linn), *Kampillaka* (*Mallotus philippensis* Muell), *Swarnakshiri*, *Kshira* (milk), *Mutra* (urine).

DISCUSSION

Virechana is a self-contained process for eliminating *Pitta dosha*. *Indu* says that *Virechana* should be done if *Kevala pitta* is vitiated, and it should be done if both *Pitta* and *Kapha* are vitiated. If there is too much *Kapha* in *Pitta sthana* and too much *Pitta* in *Kapha sthana*, the obvious therapy technique is *Virechana*¹³. *Virechana* cleanses sense organs, improving their function, purifies *Rasa* and *Raktadi dhatus*, and increases the efficacy of *Shamana* medications. In the same way that removing water from a reservoir kills all the animals and plants that live there, removing too much *Pitta* eliminates the symptoms that depend on it¹⁴.

CONCLUSION

Ayurveda recommends *Sodhana* and *Samana* treatments for diseases. *Virechana* is one of the *Panchakarmas* (five purificatory techniques). Since it is included under *Sodhana*, it eradicates the diseases at the grass-root level. Various *Acharyas* have classified *Virechana dravyas* into *Mridu-Madhyama-Tikshna virechaka dravya*. They also advised *virechana dravyas* for various *rithus* (seasons).

Different pharmaceutical preparations of drugs are also made to make them more effective, last longer, and be easier to use.

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Table No.-1 VIRECHANA DRUGS, SEASONS AND ANUPANAS

	<i>Varsha</i>	<i>ada</i>	<i>Hemanta</i>	<i>Shishira and Vasanta</i>	<i>Grishma</i>	<i>All seasons</i>
Preparations	<p><i>Trivrita</i> (Operculina turpethum)</p> <p><i>Kutaja Bija</i> (Holarrhena Antidysenterica)</p> <p><i>Pippali</i> (Piper longum)</p> <p><i>Shunthi</i> (Zingiber officinale)</p>	<p><i>Trivrita</i> (Operculina turpethum)</p> <p><i>Duralabha</i> (Fagonia cretica Linn.)</p> <p><i>Musta</i> (Cyperus rotundus Linn.)</p> <p><i>Sharkara</i> (Sugar)</p> <p><i>Bala</i> (<i>Sida cordifolia</i>)</p> <p><i>Chandana</i> (Santalum album)</p>	<p><i>Trivrita</i> (Operculina turpethum)</p> <p><i>Chitraka</i> (Plumbago zeylanica)</p> <p><i>Patha</i> (<i>Cissampelos pareira</i>)</p> <p><i>Jivaka</i> (Malaxis acuminata)</p> <p><i>Sarala</i> (<i>Pinus roxburghii</i>)</p> <p><i>Vacha</i> (Acorus calamus)</p> <p><i>Hemakshiri</i> (<i>Argemone mexicana</i> Linn)</p>	<p><i>Trivrita</i> (Operculina turpethum)</p> <p><i>Pippali</i> (Piper longum)</p> <p><i>Nagara</i> (Zingiber officinale)</p> <p><i>Saindhava</i> (rock salt)</p> <p><i>Shyama</i></p>	<p><i>Trivrita</i> (Operculina turpethum)</p>	<p><i>Trivrita</i> (Operculina turpethum)</p> <p><i>Danti</i> (Baliospermum montanum)</p> <p><i>Hapusha</i> (<i>Juniperus communis</i>)</p> <p><i>Saptala</i> (Euphorbia lutescens)</p> <p><i>Katuki</i> (Picrorhiza kurrooa)</p> <p><i>Svarnakshiri</i> (<i>Argemone mexicana</i> Linn)</p>
Anupanas	<p><i>Draksha</i> (<i>Vitis vinifera</i> Linn.)</p> <p><i>Swarasa</i> (expressed juice) & Honey</p>	<p><i>Yashti</i> (<i>Glycyrrhiza glabra</i> L. in)</p> <p><i>Draksha</i> (<i>Vitis vinifera</i> Linn.)</p> <p><i>decoction</i></p>	Warm water	Honey	Sugar	<i>Bhavana</i> with cow's urine