



IMPORTANCE OF VIRECHANA KARMA IN PAEDIATRIC PRACTICE

Dr. Pawan Kumar Vishwakarma¹, Dr. Jinesh Kumar Jain², Dr. Deepa Sharma³, Dr. Reeteh Kumar Verma⁴,
Dr. O. P. Dwivedi⁵

1. Lecturer, Dept. Of Balroga, Bundelkhand Govt. Ayurvedic College & Hospital Jhansi, U.P, India
2. Reader & H.O.D, Dept. of Panchakarma, Govt. Auto. Ayurvedic College & Hospital, Rewa, Madhya Pradesh, India
3. Research Officer Ayurveda, Central Ayurveda Research Institute, Jhansi, U.P, India
4. Lecturer, Deptt. of Balroga, Govt. Auto. Ayurvedic College & Hospital Gwalior, M.P, India
5. Professor & H.O.D, Dept. of Rachna Sharir, Govt. Auto. Ayurvedic College & Hospital, Rewa, Madhya Pradesh, India

ABSTRACT

Virechana Karma is the second procedure in Panchakarma which is considered as the best therapy to pacify *pitta dosha*. It is not only beneficial in adult but also in pediatric age group. There are many references that advocate *Virechana* therapy in children, like in case of eight types of *pidika* in children in Kashyapa Samhita, *susnigdha Virechana* has been mentioned. In *fakka roga* treatment shodhana (*Virechana*) with *trivrita kshir* (milk processed with *operculina turpithum*) is advised. Many other references are also available that indicated benefits of *Virechana karma* in children. It purifies *Rasa-Raktadi dhatu*, produces alertness in sensory system (*Indriyas*). Main indications of *Virechana karma* in children are *Mandagni*, *Vishamagni*, *Arochaka*, *Avipaka*, *Gulma*, *Udavarta*, *Udara roga*, *pleeha*, *Pakvashaya Ruja*, *Alsaka*, *Vibandha*, *Anaha*, *Chhardi*, *Krimikostha*, *Visarpa*, *Galaganda*, *Granthi*, *Apachi*, *Visphotak*, *Shwitra*, *Halimaka*, *Kamla*, *Pandu*, *Shwasa*, *Kasa* etc. The commonly used *Virechana* drugs (therapeutic purgative) and *virechanopaga* (purgative associate) medicines in children are *Draksha*, *Trivrita*, *Haritaki*, *Aragvadha*, *Ksheera*, *Triphala*, *Gandharva Taila*. In pediatric age group there is predominance of Kapha in the body. *Virechana karma* occurs properly in the condition of *manda* (mild) *kapha* so there is need to treat kapha before performing *Virechana* in children. *Virechana* drugs in children should be palatable and generally *mridu* (mild) *Virechana* should be preferred.

KEY WORDS; *Virechana* Karma, Therapeutic purgation, *Virechana* in children

INTRODUCTION

Panchakarma is the process of elimination of excess and vitiated *Doshas* from the body. The process of forceful therapeutic expulsion of the dosha is called as *Shodhana*¹ and Panchakarma fulfils the purpose of *shodhana karma*. In paediatric aspect also, *Panchakarma* carries much importance as Acharya Kashyapa says, *shodhana* (elimination) of *Dosha* is required due to presence of *Dosha* in the body of infants which is not eliminated only by the *shodhana* of *dhatri* (breast feeding woman)². *Virechana Karma* is the second procedure in the sequence of *Panchakarma* that is best to pacify the *Pitta dosha* and moderately the *Kapha dosha*. This therapy is also useful in the condition where *Pitta* is associated with *Vata* or *Kapha*³. *Virechana* is also called as *Adhobhagahara Samsodhana* or *AdhoVirechana* meaning purification therapy from lower part of body. Acharya Vagbhatta advocates performing *basti karma* in *Virechana sadhya* (curable by *Virechana*) diseases of infants⁴. There are many references that advocates *Virechana* in paediatric age group for example in case of eight types *Pidika* in children in Kashyapa samhita, *susnigdha Virechana* is mentioned⁵. In fakka roga (Protein Energy Malnutrition) treatment, *shodhana (Virechana)* with *trivrita ksheer* is mentioned⁶. Several other references are available that indicate benefits of *Virechana karma* in children. In Kashyap Samhita Siddhi Sthana, while describing the method of *Virechana*, *Virechana* medicine in children is given as *leha* (lickable form) with *navnita* (butter).

BENEFITS OF VIRECHANA KARMA

Virechana is the best therapy to pacify *Pitta dosha* and its related disorders. It purifies *Rasa-Raktadi dhatu*, produces alertness in sensory system (Indriyas)⁷. It also promotes *Buddhi*, strength of *indriya* (senses), *Dhatu Sthirita*, *Utsaha* (enthusiasm), *Agni* (digestive power) and having rejuvenating effect.⁸ *Virechana karma* is also beneficial in *Garbhakama* (who want to become pregnant), *Vivarnaksheera* (lactating mother who produces discoloured milk) and in *Sravatsheera* (whose milk is expelling out continuously)⁹

INDICATIONS OF VIRECHANA KARMA^{9,10}

GIT disorders –

- *Mandagni* (poor digestion), *Vishamagni* (improper digestive capacity), *Arochaka* (Anorexia), *Avipaka* (Indigestion), *Gulma*, *Udavarta* (Bloating), *Udara* (Abdominal diseases), *pleeha* (Splenomegaly), *Pakvashaya Ruja* (Pain in colon), *Visuchika* (gastroenteritis), *Alsaka* (retention of stool), *Vibandha* (constipation), *Anaha* (abdominal distension), *Chhardi* (vomiting), *Krimikostha* (worm infestation)

Rakta and Mamsa dushti–

- *Visarpa* (erysipelas), *Vidradhi* (boil), *Dustavrana* (non-healing ulcer), *Galaganda* (goitre), *Granthi* (nodule/ lump), *Apachi* (chronic nodule/ glandular disorder), *Arbuda* (tumor), *Shonitarsh* (bleeding piles), *Arsho Bhagandara* (fistula), *Kushtha* (skin diseases), *Vyanga* (wrinkles), *Nilika* (bluish discoloration of skin), *Visphotak* (pemphigus), *Shwittra* (vitiligo), *Urdhvaraktapitta* (bleeding disorder from upper orifices of body), *Pleeha* (splenomegaly), *Halimaka* (advanced stage of jaundice), *Kamla* (Jaundice), *Pandu* (Anemia), *Hridroga* (Cardiac diseases).

Eyes disorders –

- *Netradaha*, *Akshipaka* (panophthalmitis), *Netrasrava*, *Timira*, *Abhishyanda Kacha* (refractive error)

Respiratory disorders-

- *Shwasa* (Bronchial Asthma), *Kasa* (Cough)

Miscellaneous-

Bradhna (orchitis), *Vridhhi* (hernia), *Shotha* (*Anasarca*), *Shleepada* (Filariasis), *Madhumeha* (Diabetes mellitus), *Apasmara* (Epilepsy), *Unmada* (Mania), *Jwara* (Fever), *Mukhadaha* (burning sensation in mouth), *Asyasrava* (excessive salivation), *Nasasrava* (Nasal discharge), *Paittika Vyadhi*, *Sannipatottha*, *Kaphapattika*, *Sansrista and Kapha Vyadhi*, *Vatarakta*(gout), *Shirahshula* (Headache), *Parsvashula* (pain in sides of chest), *Garavisha* (poisoning), *Retodosha* (semen disorders), *Yoni Vyapada* (female genital disorders), *Mutaghata* (retention of urine) etc.

CONTRAINDICATIONS OF VIRECHANA KARMA¹¹

Anupasnigdha (who is not snigdha/ oleated properly), *Atisnigdha* (over oleated), *Krishha* (emaciated), *Durbala* (weak), *Sthula* (obese), *Lalit & Sukumara* (delicate person), *Shree Rahita* (Lustureless), *Kshata* (wounded person), *Pakshahat* (hemiplegia), *Trishna* (thirsty), *Talushosha* (dry palate), *Urustambha*, *Ardita*(facial paralysis), *Hanugraha* (Lock jaw), *Vatik Hridroga* (cardiac diseases due to vata dosha) , *Revati balgriha* (pernicious anemia), *Pure vatik vikar*, *Langhit* (who has taken fast/ emaciating therapy), *Durbalendriya* (with weak senses), *Alpagni* (poor digestive power), *Kshataksheena* (emaciated due to trauma in chest), *Shranta* (tired), *Karma-Bhara-adhwa hata* (weak due to excessive work, weight lifting and walking), *Kshama*(weak), *Bhakta* (who have taken food), *Ratrijagrana* (who have not taken sleep at night), *Bhayoptapta* (feared) , *Chinta Prasakta* (tensed), *Adhyayan Prasakta* (studying continuously), *Vyayam Prasakta* (indulged in exercising), *Shalyardita* (injury by shalya), who have taken *Niruha Basti*, *Navapratishtyaya* (acute coryza), *Navajwara* (acute fever), *Kshata Guda* (anal injury), *Muktanala* (incontinence of rectum), *Adhmana* (tympanitis), *Rajyakshma* (tuberculosis), *Adhoga Raktapitta* (Bleeding from lower orifices of body), *Atisara* (*diarrhoea*) etc.

DRUGS FOR VIRECHANA KARMA

Many purgative drugs and formulations are mentioned in various ayurvedic texts. Some of these are mentioned below which can be used in pediatric practice after assessment of child, dushya, dosha and other related factors with due caution.

Acharya Charaka have mentioned best medicines according to specific type of *Virechana karma*¹²

- *Sukha Virechana* (easy/ comfortable purgative) -*Trivritta* (*Operculina turpethum*),
- *Mrudu Virechana* (mild purgative) -*Aragvadha* (*Cassia fistula*)
- *Tikshna Virechana* (drastic purgative) – *Snuhi* (*Euphorbia nerifolia*)
- *Pureesh janananama* (stool forming) – *Masha* (*Vigna mungo/ black gram*)

VIRECHANA DRAVYA AND THEIR FORMULATIONS DESCRIBED BY ACHARYA KASHAYAPA ¹³

- *Haritaki* (*Terminalia chebula*) and *Grahaghi* (*Gaur Sarsapa* /white mustard)
- *Haritaki* with *Pippali* (*Piper longum*) and *Saindhava* (rock salt)
- *Haritaki* mixed with *Trivrita*
- *Aragvadha Phala Kwatha* (decoction made of fruit pulp of cassia fistula) with *Ksheera* (milk) or *Mamsarasa* (meat soup)
- *Triphala*, *Trivrita*, *Vyosha*(*Trikatu*) with *Sandhava* and *Ghrita*,
- *Gandharva Taila* (castor oil)- It is also called as best *Sneha Virechak*
- *Dashmula Kwatha*, *Mamsa Rasa* of *Jangala* animals, *Draksha Kwatha* and *dipaneya* (digestion improving) water
- Use of *Trivrita*, *Draksha* and *Haritaki* with *Gomutra* (cow urine)
- *Draksha* and *Trivrita*

Others are

- ***Trivrttashtaka Churna*** ¹⁴ -This powder is used for *Jwara*, *Shrama* (tiredness without work), *Shwasa*, *Kasa*, *Pandu*, *Kshaya*, *Krimi*, *Visha*, *Arsha* and *Mutrakriccha* (dysuria).
- In *Charaka Samhita Kalpasthana*, 245 *Virechana Kalpa* (formulations) are described.
- Acharya Vagbhatta has mentioned *Triphala*, *Gavakshi* (*Citrullus colocynthis*), *Tilvakka* (*symplocos recemosa*), *Kamppilaka* (*mallotus philippinensis*), *Dugdha* (milk), *Mutra* (urine) etc. for *Virechana karma* ¹⁵

PROPERTIES AND MODE OF ACTION OF VIRECHANA DRAVYA

Virechana dravya are *Prithavi* and *Jala Mahabhuta* predominant¹⁶, *Sara*, *Ushna Sukshma*, *Vikasi*, *Tikshna*, *Vyavayi* and *hriydy*. It should not be *vibhatsa* (gruesome) and *Ahridya* (unpleasant) otherwise produces vomiting inspite of *Virechana*¹⁷.

PROCEDURE OF VIRECHANA KARMA

Virechana should be performed according to condition of *Koshtha*. In unknown *Koshtha*, *Mridu Virechana* is preferred. Before performing *Virechana Karma*, *Srotos* (body channels) should be cleaned by *Snehana* (oleation), *Swedana* (sudation) and *Vamana* (therapeutic emesis) because *Kapha Dosha* covers the *Grahani* causing *guruta* (heaviness on the body) and *Pravahika* (dysentery). On Previous day of *Virechana*, *Snigdha*, *Ushna*, *Vishada*, liquid and *Laghu Ahara* should be given.¹⁸

Those having *Manda* (low) *Kapha*, *Virechana* occurs properly.¹⁹ For *Virechana*, the digestion of *Virechana* drug is necessary which occurs better in low *Kapha* and empty stomach. Acharya Sushruta advocates to take light meal in morning and *Anupana* of *Phalamla* (citrus fruits)

and *Ushnodaka* (lukewarm water) and in afternoon in the condition of *Vigatashlema* (low kapha), *Virechana* drug should be given²⁰. Provocation of the feces by *Jangala Mamsa Rasa* and *Snigdha Yusha* (lentil soup with fat) should be done but not *Kapha Dosha* vitiating.

If *Virechana* occurred in optimum amount and there is *Aushadha Udgar* (Patient feels eructation of *Virechaka* medicine) then extra medicine should be expelled out by vomiting instantly otherwise excessive *Virechana* occurs. In such case *Stambhana* (stopping/ restraining) should be done after digestion of medicine²¹. In *Deeptagni* (excessive digestive power), *Krurakostha* (not easily evacuating) and *Bahudosa* (excessive dosha condition), patient suffering with *Udavarta* (abdominal distension) the stool should be expelled out with *Phalavarti* and after that *Virechana* should be performed after doing *Snehana* and *Swedana*.²² During *shodhana* if pain occurs then *hasta sveda* (sudation with warm hands) in small children and *patta sveda* (sudation with cloth) in children older than 6 years can be used²³.

PASHCHATA KARMA (POST PROCEDURE MANAGEMENT) IN VIRECHANA KARMA ²⁴

After *Virechana Karma* sansarjan krama should be done so that proper strength develops in the body. After that light food items, relaxation and items not producing acidity should be taken. Avoidance of excessive dry (*ruksha*) food and *dhumpana* (smoking) should be avoided.

OPTIMUM TIME FOR THE PROCESS OF VIRECHANA KARMA-

Excluding emergency, *Virechana* should be preferably done in *sharad ritu* i.e. between 15 sept to 15 november.²⁵ It should be done according to *kala*, *sharir bala* (body strength), *matra* (dosha condition) and *ritu* (season).²⁶ It should be done after passing kapha *kala* and after knowing the *lakshan* of *vigata kapha* in the body²⁷.

PRECAUTIONS DURING PERFORMING PANCHAKARMA IN CHILDREN –

- In younger age there may be more chances of occurrence of complication of *Virechana* karma especially dehydration and electrolyte imbalance.
- In pediatric age group there is predominance of Kapha in body. *Virechana* karma occurs properly in the condition of low *kapha* so there is need to treat kapha before performing *Virechana* in children.
- Generally, mild *Virechana* should be preferred.
- *Virechana* Medicine should be *Hridya* (palatable) otherwise in spite of *Virechana*, vomiting may occur.

CONCLUSION

Virechana karma is also beneficial in paediatric age group like adult if done properly after evaluating the condition of disease and patient. It is the best procedure to pacify pitta disorders and also beneficial in diseases due to vitiated *rakta* (blood). The medicines like *haritaki*, *trivrita*, *triphla*, *eranda taila*, *draksha*, *amaltasa*, sugarcane, *aragvadha*, milk etc. can be used commonly for *Virechana* karma in children. Main indications of *Virechana* karma in children are *Mandagni*, *Vishamagni*, *Arochaka*, *Avipaka*, *Gulma*, *Udavarta*, *Udara*, *pleeha*, *Pakvashaya* *Ruja*, *Alsaka*, *Vibandha*, *Anaha*, *Chhardi*, *Krimikostha*, *Visarpa*, *Galaganda*, *Granthi*, *Apachi*, *Visphotak*, *Shwitra*, *Halimaka*, *Kamla*, *Pandu*, *Shwasa*, *Kasa* etc. In pediatric age group there is predominance of *Kapha* in the body. *Virechana* karma occurs properly in the condition of low *kapha* so there is need to pacify *kapha* before performing *Virechana* in children. *Virechana* Medicine in children should be palatable and pleasant. Generally, mild *virechana* should be preferred. It is very essential to observe any complication of *Virechana* like dehydration and electrolyte imbalance and their early and fast management.

REFERENCES

1. ASHTANGA HRIDAYA with commentaries "Sarwanga Sundara" of Arunadutta and "Ayurveda Rasayana" of Hemadri, Chaukhambha Orientalia, Varanasi 2002 sutrasthana, 14/5
2. KASHYAPA SAMHITA with "Vidyotini" Hindi commentary by Shri Satyapala Bhishgacharya, Chaukhambha Sanskrit Sansthan Varanasi, 2004 Siddhisthana chapter 3
3. CHARAKA SAMHITA with "Ayurvedeepika" commentary by Chakrapanidutta, Edi. By Vd. Acharya, Chaukhambha Samskrit Sansthana, Varanasi, 2001. Sutrasthan, 25/40
4. ASHTANGA HRIDAYA with commentaries "Sarwanga Sundara" of Arunadutta and "Ayurveda Rasayana" of Hemadri, Chaukhambha Orientalia, Varanasi 2002 Uttartantra, 2/31-34
5. KASHYAPA SAMHITA with "Vidyotini" Hindi commentary by Shri Satyapala Bhishgacharya, Chaukhambha Sanskrit Sansthan Varanasi, 2004, Dvivraniya Chikitsa Addhyaya
6. KASHYAPA SAMHITA with "Vidyotini" Hindi commentary by Shri Satyapala Bhishgacharya, Chaukhambha Sanskrit Sansthan Varanasi, 2004, Phakka Chikitsa Addhyaya
7. KASHYAPA SAMHITA with "Vidyotini" Hindi commentary by Shri Satyapala Bhishgacharya, Chaukhambha Sanskrit Sansthan Varanasi, 2004, Siddhisthan, Trilakshana Addhyaya.
8. SUSHRUTA SAMHITA with "Ayurveda Tattva Sandipika" commentary by Kaviraj Ambikadutta Shastri part 1, Chaukhambha Sanskrit Sansthan, Varanasi, 1995 Chikitsasthana, 33/27
9. KASHYAPA SAMHITA with "Vidyotini" Hindi commentary by Shri Satyapala Bhishgacharya, Chaukhambha Sanskrit Sansthan Varanasi, 2004. Chikitsasthana Chapter 7
10. a, CHARAKA SAMHITA with "Ayurvedeepika" commentary by Chakrapanidutta, Edi. By Vd. Acharya, Chaukhambha Samskrit Sansthana, Varanasi, 2001 Siddhisthan. 2/12,
b. ASHTANGA HRIDAYA with commentaries "Sarwanga Sundara" of Arunadutta and "Ayurveda Rasayana" of Hemadri, Chaukhambha Orientalia, Varanasi 2002, Sutrasthan, 18/8-9,
c. SUSHRUTA SAMHITA with "Ayurveda Tattva Sandipika" commentary by Kaviraj Ambikadutta Shastri part 1, Chaukhambha Sanskrit Sansthan, Varanasi, 1995, Chikitsasthana 33/32

11. a. KASHYAPA SAMHITA with “ Vidyotini” Hindi commentary by Shri Satyapala Bhishgacharya, Chaukhambha Sanskrit Sansthan Varanasi, 2004 Siddhisthana,7,
b. CHARAKA SAMHITA with “Ayurvedeepika” commentary by Chakrapanidutta, Edi. By Vd. Acharya, Chaukhambha Samskrit Sansthana, Varanasi, 2001Siddhisthan..2/ 11-13,
c. SUSHRUTA SAMHITA with “Ayurveda Tattva Sandipika” commentary by Kaviraj Ambikadutta Shastri part 1, Chaukhambha Sanskrit Sansthan, Varanasi, 1995,Chikitsasthan,33/25-32,
12. CHARAKA SAMHITA with “Ayurvedeepika” commentary by Chakrapanidutta, Edi. By Vd. Acharya, Chaukhambha Samskrit Sansthana, Varanasi, 2001Su.29-40
13. KASHYAPA SAMHITA with “ Vidyotini” Hindi commentary by Shri Satyapala Bhishgacharya, Chaukhambha Sanskrit Sansthan Varanasi, 2004, Khilsthan.7/60-64 ,
14. KASHYAPA SAMHITA with “ Vidyotini” Hindi commentary by Shri Satyapala Bhishgacharya, Chaukhambha Sanskrit Sansthan Varanasi, 2004, Khilsthan.7/65,66
15. ASHTANGA HRIDAYA with commentaries “Sarwanga Sundara” of Arunadutta and “ Ayurveda Rasayana” of Hemadri, Chaukhambha Orientalia, Varanasi 2002.Su.15/2
16. CHARAKA SAMHITA with “Ayurvedeepika” commentary by Chakrapanidutta, Edi. By Vd. Acharya, Chaukhambha Samskrit Sansthana, Varanasi, 2001.K. 1/5,
17. KASHYAPA SAMHITA with “ Vidyotini” Hindi commentary by Shri Satyapala Bhishgacharya, Chaukhambha Sanskrit Sansthan Varanasi, 2004,Khilsthan, 7/20
18. KASHYAPA SAMHITA with “ Vidyotini” Hindi commentary by Shri Satyapala Bhishgacharya, Chaukhambha Sanskrit Sansthan Varanasi, 2004 khilsthan,7/25,26
19. CHARAKA SAMHITA with “Ayurvedeepika” commentary by Chakrapanidutta, Edi. By Vd. Acharya, Chaukhambha Samskrit Sansthana, Varanasi, 2001.Siddhisthan.1/9
20. SUSHRUTA SAMHITA with “Ayurveda Tattva Sandipika” commentary by Kaviraj Ambikadutta Shastri part 1, Chaukhambha Sanskrit Sansthan, Varanasi, 1995.Chikitsasthan,33/20.
21. KASHYAPA SAMHITA with “ Vidyotini” Hindi commentary by Shri Satyapala Bhishgacharya, Chaukhambha Sanskrit Sansthan Varanasi, 2004.Khilsthan.7/79
22. KASHYAPA SAMHITA with “ Vidyotini” Hindi commentary by Shri Satyapala Bhishgacharya, Chaukhambha Sanskrit Sansthan Varanasi, 2004.Khilsthan,7/80
23. KASHYAPA SAMHITA with “ Vidyotini” Hindi commentary by Shri Satyapala Bhishgacharya, Chaukhambha Sanskrit Sansthan Varanasi, 2004, Siddhisthan Vaman Virechaneya.
24. CHARAKA SAMHITA with “Ayurvedeepika” commentary by Chakrapanidutta, Edi. By Vd. Acharya, Chaukhambha Samskrit Sansthana, Varanasi, 2001 Siddhisthan, 6/24, 57
25. CHARAKA SAMHITA with “Ayurvedeepika” commentary by Chakrapanidutta, Edi. By Vd. Acharya, Chaukhambha Samskrit Sansthana, Varanasi, 2001.Sutrasthan,6/44
26. BheI Samhita Chowkhambha Krishnadas Academy, Varanasi, 2010, Sutrasthan 14/6
27. SUSHRUTA SAMHITA with “Ayurveda Tattva Sandipika” commentary by Kaviraj Ambikadutta Shastri part 1, Chaukhambha Sanskrit Sansthan, Varanasi, 1995.Chikitsasthan, 33/20.