IMPORTANCE OF VIRECHANA KARMA IN PAEDIATRIC PRACTICE

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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 and Panchakarma fulfills 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). 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. 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 infants. There are many references that advocates Virechana in paediatric age group for example in case of eight types Pidika in children in Kashyapa samhita, susnidha Virechana is mentioned. In fakka roga (Protien Energy Malnutrition) treatment, shodhana (Virechana) with trivrita ksheer is mentioned. 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). It also promotes Buddhi, strength of indriya (senses), Dhatu Sthirita, Utsaha (enthusiasm), Agni (digestive power) and having rejuvenating effect. Virechana karma is also beneficial in Garbhakama (who want to become pregnant), Vivarnaksheera (lactating mother who produces discoloured milk) and in Sravatsksheera (whose milk is expelling out continuously)

INDICATIONS OF VIRECHANA KARMA

GIT disorders –

- Mandagni (poor digestion), Vishamagni (improper digestive capacity), Arochaka (Anorexia), Avipaka (Indigestion), Gulma, Udavarta (Bloating), Udara (Abdominal diseases), pleeha (Spleenomegaly), Pakvashaya Raja (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), Shwitra (vitiligo), Urdhvaraktapitta (bleeding disorder from upper orifices of body), PLEeha (spleenomegaly) , Halimaka (advanced stage of jaundice), Kamla ( Juandice), Pandu (Anemia), Hridroga (Cardiac diseases).

Eyes disorders –

- Netradaha, Akshipaka (panophthalmitis), Netrasrava, Timira, Abhisyanda Kacha (refractive error)
Respiratory disorders-

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

Miscellaneous-


**CONTRAINDICATIONS OF VIRECHANA KARMA**


**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.

- *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 Grahaghni (Gaur Sarsapa /white mustard)
- Haritaki with Pippali (Piper longum) and Saindhava (rock salt)
- Haritaki mixed with Trivritta
- Aragvadha Phala Kwatha (decoction made of fruit pulp of cassia fistula) with Ksheera (milk) or Mamsarasa (meat soup)
- Triphala, Trivritta, 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 Trivritta, Draksha and Haritaki with Gomutra (cow urine)
- Draksha and Trivrtta

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 Ahridy (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 preferrred. 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 Phalama (citrus fruits)
and Ushnodaka (luke warm water) and in afternoon in the condition of Vigatashlema (low kapha), Virechana drug should be given. 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 medicine. In Deeptagni (excessive digestive power), Krurakostha (not easily evacuating) and Bahudosha (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. 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 used.

PASHCHATA KARMA (POST PROCEDURE MANAGEMENT) IN VIRECHANA KARMA

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. It should be done according to kala, sharir bala (body strength), matra (dosha condition) and ritu (season). It should be done after passing kapha kala and after knowing the lakshan of vigata kapha in the body.

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 inspite 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, Arochha, Avipaka, Gulma, Udavarta, Udana, preeha, Pakvashaya Ruja, Alsaka, Vibandha, Anaha, Chh hardi, Krimikostha, Visarpa, Galagandha, Granthi, Apachi, Visphotak, Shwitra, Halimaka, Kamla, Pandal, 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.

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