ABSTRACT

Chikista is therapy in which Prakupit dosha are expelled out through the body. Virechan is one of them and indicated specially for pitta dosha. Removing of doshas by lower route is called as adhovirechan. In Samhita virechan dravyas are mentioned with their properties ushna, tikshna, sukshma, vyavayi, vikasi and adhobhaghahar karma. Dravys act on body due to the guna, rasa, vipak, veerya prabhav and according to their prayojya angas. Shyama Trivrutta (Operculina turpethum), Chaturangula (cassia fistula), Tilwak (symlocos racemosa), Snuhi (Euphorbia nerifolia), Saptala (Acacia rugata), Shankhini (canscora decussata), Danti (Baliospermum montanum), Dravanti (Croton tioglium) etc are useful for virechan. It is also useful for expulsion of kapha and vata.

Aim: The aim is to describe the mode of action of virechan dravyas according to different Samhita Granthas which are beneficial for practice.

Objectives: 1) To elaborate virechan dravyas mode of action.
2) To study in detail of virechan dravyas according to different samhitas
3) To study the virechan dravyas properties.
4) To create awareness about virechan dravyas among physician.

Keywords: Virechan, Dravyas, Action, Shodhan, pitta, doshas

INTRODUCTION: Ayurved science of life having both preventive and curative aspect. In Ayurveda there are two types of therapy - 1) Shodhan 2) Shaman. Shodhan is useful for both prevention and cure. According to ayurveda dosha are responsible for samya and vaishamya hence best shodhan and shaman aushadhi according to dosha prescribed by our Acharya. Shodhan is the process in which prakupit dosha are expelled from body. Expulsion of doshas from the urdhwabhap means oral route is known as vaman and drugs used for vaman are called Urdhwapaghahar. Expulsion of doshas from the adhobhag means anal route is known as virechan and dravyas which are responsible for virechan are known as adhobhaghahar. The word virechan is used for both removal of doshas from upper and lower route and malas of body. Removing the dosha by upper route is Urdhva virechan and by lower route is Adhovirechan. Virechan is defined as the process of elimination of Prakupit pitta by giving the dravyas by oral route and removal of dosha through the anal route.

MATERIAL AND METHOD:

Materials: For the present review detailed literary study is performed. The details content o f and references are analysed from available principal texts referred are Charak Samhita ,Sushrut Samhita, Kashyap Samhita,Ashtang Sangrah, Ashtanghidya, Sarangdhari Samhita and some books, also relevant references are
taken from other Research articles available from internet.

**Method:** Descriptive and conceptual study.

**Literary Review:** In emesis *doshas* which are not cooked are brought out where as in the process of *virechana doshas* which have undergone cooking (processed by heat) are brought out. *Virechana* is therapy for *pitta dosha*. Dosha from *amashaya* are taken to *pakwashya* and expelled through anal route. It is specific treatment for *pitta*, *pitta sansarga* doshas. *Amashaya* is the *sthana* of both *kapha* and *pitta*. *Pachyamanashaya* is the *sthana* of *saman vayu* and hence it is the treatment of *Pitta*, *kapha* and *saman vayu*. It is a medicated purgation therapy which cleanses the gastro–intestinal tract, liver and gall bladder from toxins. It can be adopted as a preventive procedure in *sharad* season as it is the aggravation of *pitta dosha*. It plays important role in the burning sensation in palms and feet which occurs as a complication of diabetes has *pitta* involvement.

**Mode of action of virechan dravyas due to property:** Due to property of *vyavayi* and *vikasi* by virtue of *veerya dravyas* get quickly circulated into large and small capillaries of the body. Due to *Ushna* and *tikshna* qualities accumulated *doshas* get liquefies and break up into small pieces at cellular level. Due to *vikasi* property it detaches the *malas* from *dhatus*. Due to *sukshma guna* and *anuplavan* properties the *malas* or *doshas* float due to *purvakarma* and pass through smallest capillaries and ultimately reaches to *pakwashaya*. Due to predominancy of *Prithvi* and *Jala mahabhootas* *doshas* goes toward *adhogami* and *virechana vega* starts any time. Some purgative herbs stimulates the mucous membrane of our gastro-intestinal tract, some increases the peristaltic movements, some increases The bile secretion, some absorbed in the blood and perform the function.

In Sharangdhar samhita the action of *virechana dravyas* like *Haritaki* expel out *flatus* and *faeces* after proper digestion and thus removing the obstruction are known as *anuloman*. *Dravyas* like *Kritmalak* expel the *faeces* and other wastes with or without proper digestion are *sransan* (laxative) *Dravyas* like *Kutki* break up the faecal mass and expel it out forcibly are known as *Bhedan* (purgative). *Dravyas* like *Trivrutta* make the faeces watery and expel out forcibly either formed or not formed into a mass are *Rechan*.

**According to koshtha and doshas dravyas used for virechan:**

- For the *kapha dosha ushna* and *katu rasatmak dravyas* are useful.
- For the *pitta dosha sheet* and *madhur rasatmak dravyas* are useful.
- For *mrudu koshtha mrudu virechak dravyas* are useful.
- For *krura koshtha tikshna virechak dravyas* are beneficial.

Best *virechana dravyas* according to *prayojya angas*.

The best mool *Virechan* (Root) is *Trivrutta*. *Tilwak* is best *twak virechak*, the fruit of *Haritaki*, Oil of *Eranda*, swaras of *karwellak*, *kshir* of *snuhi* are best *virechak*.

According to *kashay kalpana* Guru *laghutwa* of *virechak* drugs.

- *Kshir* of *snuhi* is Guru than *Swaras*, *kalka*, *Kashaya*, *sheeta kashaya* and *phanta*. *Phanta* is *laghu*. 
Table 1. Properties of some individual drugs

<table>
<thead>
<tr>
<th>DRUG</th>
<th>Guna</th>
<th>Rasa</th>
<th>Vipak</th>
<th>Virya</th>
<th>Prabhadh</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Shayama</td>
<td>Trivrutta</td>
<td>Ruksh, Tikshna</td>
<td>Kashay Madhur</td>
<td>Katu</td>
<td>Usna</td>
</tr>
<tr>
<td>2. Chaturangula</td>
<td>Mrudu, Guru, Snigdha</td>
<td>Madhur</td>
<td>Madhur</td>
<td>Sheeta</td>
<td>Sransan</td>
</tr>
<tr>
<td>3. Tilwak</td>
<td>Laghu, Ruksa</td>
<td>Kashya</td>
<td>Katu</td>
<td>Sheeta</td>
<td>Virechan</td>
</tr>
<tr>
<td>4. Snuhi</td>
<td>Laghu, Tikshna</td>
<td>Katu</td>
<td>Katu</td>
<td>Usna</td>
<td>Tikshna Virechak</td>
</tr>
<tr>
<td>5. Saptala</td>
<td>Laghu, Vikasi, Tikshna</td>
<td>Katu</td>
<td>Katu</td>
<td>Usna</td>
<td>Adhobhaghgar</td>
</tr>
<tr>
<td>6. Shankini</td>
<td>Guru, Singdha, Usna</td>
<td>Katu Tikta</td>
<td>Katu</td>
<td>Usna</td>
<td>Adhobhaghgar</td>
</tr>
<tr>
<td>7. Danti</td>
<td>Tikshna, Usna, tikshna, Tikshna</td>
<td>Katu</td>
<td>Katu</td>
<td>Usna</td>
<td>Bhedan</td>
</tr>
<tr>
<td>8. Dravanti</td>
<td>Guru, ruksa, tikshna</td>
<td>Katu</td>
<td>Katu</td>
<td>Usna</td>
<td>Adhobhaghgar</td>
</tr>
</tbody>
</table>

Virechan dravyas according to brihatrayee Charak Samhita: Trivrutta, Triphala, Danti, Nilini, Saptala, Vacha, Kampilak, Gavakshi, Kshirini, Udkirya, Pilu, Aragwadah, Dravanti, Nichul used for the pakwashayasth dosha. 

Chakrapani Dutta clarifies the meaning of Pakwashayagata. It means amashay adhobhagsthit pittashaya is the acting place of Virechan. Pittashayagat doshas are Pitta, Kapha, Kaphapitta. 

Draksha, Kashmariya, Parushaka, Abhaya, Amalaki, Bhibhitaka, Kuval, Badar, Karkandhu, Pilu are virechanopag drayyas which are helpful for virechan. 

Shyama Trivrut, Chaturangula, Tilvak, Snuhi, Saptala, Shankhini, Danti, Dravanti, Kalpa are useful for virechan. 


Ashtang Sangrah: Trivrut-sukhavirechan chaturangula-mruduvirechan, Snukpasy-tikshnavirechan. Arka, Eranda, Chitra, Chitrak, chirbilwa, shankini, Sarala, Hemkshiri, Katuka, Vanimkhi, are bhedaniya. 

a) Mula of Trivruta, Shyama, Danti, Dravanti, Shankarnini, Saptala, ajgandha, ajashringi, vacha, gavakshi, Chagalantri, Swarnakshiri, chitrak, manih, laghu Panchamula, vrushiv, Punarnava, Palankasa, Vastuka, sala. 

Twak of Tilvak, ramyak, kampilyak, Patali. 


Fruit & leaves: - Chaturangula, putika, khair, of Mahavruksha, Saptachada and
Jyotishmati, Kshir, Madya, Mastu, takra dhanyamla, mutra. All help in purgation.  

Ashtanghridaya :- Nikumbh, Kumbha, Triphala, Gavakshi, Snuk, Shankhini, Nilini, Tilwaka, Shyamak, Kampillaka, Hemadhugdha, Dugdha, Mutra, are purgatives.  

Modern View: According to modern science purgative promote evacuation of bowels. Laxative: - Milder action,elimination of soft but formed stools. Purgative: - Stronger action resulting in more fluid evacuation. Purgative are bulk forming, stool softener, lubricant, stimulant and osmotic purgative.  

DISCUSSION: According to charak sushrut and vagbhat virecan is useful for prakupit pitta dosha and for the action of virecan guna and prabhav is responsible. In Sharangadhar samhita according to the action of dravya defined the terms like anuloman etc. In Ashtang sangrah virechan dravyas are described according to prayojya angas and types of koshtha. Accoring to Kashyap samhita the virechan karmukata is as indriya prasadan, Ras Raktadi dhatu gets purified and Beej (shukranu & dimba) becomes active  

CONCLUSION: Virechan karma of a drug is due to its adhobhaghar Prabhav, ushna, tikshna, sukshma, vyavayi, vikasi properties and have tendency to remove the stool from anus. Ushna veerya and Pritivi & Jala mahabhoot are responsible for virechan  

REFERENCES:  
4) Dr. Polepally Yadiah ,(2nd Ed.), clinical Panchakarma,Virechan Therapy, Chapter 4, Akola, Jaya Publication, 2008, Page no.71  
5. www.chakrapaniayurveda.com/virechan-purgation-therapy/12/8/2017  
10. Kaviraj Ambikadutta Shashtri,(5th Ed.) Sushrut Samhita ,Maharshi Sushrut,hindi commentary with Ayurved tatva Sandipika,elobarate by Sushrut,Sutrasthan,
Virechandravyavikalpavidnyaniya, Chapter 44, verse no.3, 4,5, Varanasi: Choukhambha Sanskrit Sansthan, 1979, Page 167.
11. Dr. Laxmidhar Dwivedi, (1st Ed.) Charak Samhita, Maharshi Charak, hindi commentary elaborated by Charak and Cakrapanidutta, Tatwaparakashi, commentary on ayurved deepika, Sutrasthan, Apamargatanduliya, chapter 2 verse no.9, 10 Varanasi: Chaukhahamba Krishnadas Academy 2013, Page no. 87.
12. Dr. Laxmidhar Dwivedi, (1st Ed.) Charak Samhita, Maharshi Charak, hindi commentary elaborated by Charak and Chakrapanidutta, Tatwaparakashi, commentary on ayurved deepika, Sutrasthan, Apamarga tanduliya, chapter 2 verse no.10 Varanasi: Chaukhahamba Krishnadas Academy 2013, Page no. 87.

Corresponding Author: Dr. Divekar Ujwala Murlidhar, Associate Professor, Dept. of Samhita Siddhant, C.S.M.S.S. Ayurved Mahavidyalaya, Kanchanwadi, Aurangabad, (Maharashtra)
Email: rajesh1968u@gmail.com

Source of support: Nil
Conflict of interest: None: Declared

Cite this Article as: Divekar Ujwala Murlidhar et al : Dravyas used in Virechan Karma with their mode of action: IJAAR VOLUME III ISSUE III JUL-AUG 2017 Page No: 578-582