



SCIENTIFIC REVIEW ON VIRECHANA DRAVYA (PURGATIVE DRUGS) OF ASHTANGA HRIDAYA SAMHITA.

PRIYANKA BALASO BHADARGADE<sup>1\*</sup> VASANT C PATIL<sup>2</sup> PADMAVATI VENKATESH KULKARNI<sup>3</sup>.

<sup>1\*</sup>PG Scholar, <sup>2,3</sup> Professor, Department of Panchakarma, Ayurveda Mahavidhyalaya College and Hospital, Hubli, Karnataka, India.

Corresponding Author Email: [drpriyankab138@gmail.com](mailto:drpriyankab138@gmail.com) Access this article online: [www.jahm.co.in](http://www.jahm.co.in)

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**ABSTRACT:**

*Panchakarma* deals with five purificatory therapies for the elimination of vitiated *Doshas*, maintenance of health and rejuvenation of the body. *Snehan*, *Swedana*, *Brimhana*, *Rukhsana*, *Lekhana*, *Sthambhana* etc. therapies are administered in healthy people and patients for maintaining health and radical cure of diseases. *Virechana Karma* is one amongst the *Panchakarma*, wherein purgation is induced by drugs and it is mainly indicated in the *Pittaja* disorders. In the *Kalpasthanas* of *Ashtanga Hridaya*, the second chapter is mentioned for *Virechana Dravyas* and its related *Kalpa*. Different *Virechana Dravya* were found after screening other *Sthanas* of *Ashtanga Hridaya Samhita* with *Arunadatta* and *Hemadri Tika*. Web resources with keywords such as *Virechana Dravya*, *Virechanopaga Dravya*, *Ashtanga Hridaya Samhita* and *Dravya Guna* textbooks used to clarify the controversy of various *Dravya* mentioned in the *Samhita*. For the first time in this article a comprehensive scientific review has been carried out to compile fourteen *Virechana* and *Virechanopaga Dravya* from *Ashtanga Hridaya Samhita* and botanical identification, part used, current availability, indications, current use in practice etc. are critically analyzed in various aspects.

**Keywords:** *Panchakarma*, *Virechana*, *Virechanopaga*, *Ashtanga Hridaya Samhita*.

## INTRODUCTION:

Shodhana is the method of eliminating the vitiated Doshas from the body to pacify the disease.<sup>[1]</sup> Virechana is one of the Panchashodhana.<sup>[2]</sup> In the current situation various lifestyle disorders and endocrinological diseases are on the rise which require body cleansing. It is achieved through five purification therapies. In post epidemic era people are attracted to Ayurveda specially Shodhana Karma for their numerous health problems. The globalization of Ayurveda requires variety of medicinal drugs with different treatment modalities. Numerous formulations have been described in the Ayurvedic literature which are useful in purification processes. But the choice of affordable and appropriate medicine is a challenge in achieving highly therapeutic efficacy and irrational use of medicines is a major problem in the field of Ayurveda.

*Virechana* is procedure in which elimination of morbid humors occur through the *Adhobhaga*<sup>[3]</sup> it is indicated in aggravated *Pitta*, *Pitta Janita* diseases and *Pitta Pradhan* diseases having *Vata* or *Kapha* association and also in *Rakta Dhatugata Vikaras*.

*Virechana Dravya* are described in detail in *Kalpa Siddhi Sthana* are *Trivrut*, *Rajavruksha*, *Tilvaka*, *Sudha*, *Shankhini* *Saptala*, *Danti Dravanti* and *Haritaki*.

After reviewing *Ashtang Hridaya Samhita* along with *Arunadatta and Hemadri Tika*, in addition to the nine *Virechana Dravya* mentioned in *Kalpa Siddhi Sthana* various *Virechana Dravyas* were also found. Total of 14 *Virechana* and *Virechanopaga Dravyas* were observed in the *Samhita*. *Virechaka Dravya* which have the qualities of *Ushna*, *Tikshna*, *Sukshma*, *Vyavayi* and *Vikasi* are absorbed by their *Virya* and reach the heart, then the *Dhamani* and the macro and micro channels of the body. *Vyavayi Guna* of *Dravya* is responsible for rapid absorption, *Vikasi Guna* does softening and loosening of the bondage by *Dhatu Shaithilya Karma*, *Dosha Sanghata* is liquified due to *Ushna Guna*, *Tikshna Guna* breaks the *Mala* and *Dosha* in micro form and due to *Sukshma Guna* by reaching in micro channels decomposes endogenic toxins, which are then excreted through micro channels. Mainly due to *Prabhava*, presence of *Prithvi* and *Jala Mahabhuta* and *Sara Guna* *Virechana* Occurs. In case of *Pittaja Vikaras* *Virechana* should be carried with *Kashaya* (Astringent) and *Madhura* (Sweet) *rasa* (taste) *Pradhana Dravya*. In *Kaphaja* disorder, *Virechana* conducted with *Katurasa* (Pungent taste) *Pradha Dravya* and in *Vataja Vikaras*, *Snigdha* and *Ushna Virya Dravya* added with *Lavana* (Salty taste) should be administered for *Virechanartha*.<sup>[4]</sup>

The purpose of this article is to shed light on the 14 *Virechaka Dravyas* and *Virechanopaga Dravyas* of *Ashtang Hridaya Samhita* so that *Virechana Dravya* can be easily selected and properly managed based on *Desha, Kala, Vaya, Roga* and *Rogi Bala, Agni, Kostha* etc. to achieve the goal of the therapy.

#### **AIMS AND OBJECTIVES:**

To compile the scattered references of various *Virechaka* and *Virechanopaga Dravya's* mentioned in *Ashtang Hridaya Samhita* and to evaluate in depth the plant identification of the *Dravyas*, the part used, the current availability, the indications, the current use in the practice etc.

#### **MATERIALS AND METHODS:**

Comprehensive research was carried out in all *Sthanas* of *Ashtang Hridaya Samhita* with *Arunadatta* and *Hemadri Tika* using *Virechana* and *Virechanopaga Dravya* key words and fourteen drugs were compiled. Botanical identification, part used, current availability, indications, current use in practice etc. are then critically analyzed and the information obtained is presented in the form of table and discussed critically based on the literatures-books on *Panchakarma, Dravya Guna*, articles and web sources.

#### **LITERARY REVIEW:**

#### **Table 1. Botanical description with English name and commentary:**

13 *Virechana Dravyas* in *Sutra Sthana* and 9 *Virechana Dravyas* in *Kalpa Siddhi Sthana* were mentioned by *Acharya Vagbhata*.

#### ***Virechana Vidhi:***

*Vamita* person again should be given *Snehana* and *Swedana* properly. During the *Vishrama Kala* person should be advised to take *Amlaphala, Ushnodak, Jangala Rasodana* and food that does not aggravate the *Kapha*. On the day of *Virechana*, person should be assessed for *Sujirna Anna Lakshana* (completely digested previous night meal) and should be advised to be on empty stomach. After Passing the *Shleshmakala Virechana Drug* should be given according to *Kostha* of the person.<sup>[5]</sup>

Just after taking the medicine, to prevent vomiting due to nausea and irritating nature of *Virechana drugs*, patient is asked to gargle with warm water and smell the flowers or inhale, sprinkle cold water on the face, should take rest in which not a direct entry of wind into the room. To get *Vega* out easily, free and without obstruction, a little amount of hot water should be given frequently.

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Sl.No.	Drug Name	English name	Latin Name	Commentary	
				Arundatta Tika	Hematdri Tika
1.	<i>Dravanti</i>	Purging nut	<i>Chlorophytum tuberosum</i> Roxb. <i>Jatropha glandulifera</i> Roxb.	-	-
2.	<i>Dugdha</i>	Milk		<i>Ksheera</i>	
3.	<i>Gavakshi</i>	Colocynthis, Bitter Apple,Bitter Cucumbar	<i>Citrullus colocynthis</i> L.	<i>Vishala</i>	<i>Shwetapushendravaruni</i>
4.	<i>Haritaki</i>	Chebulic myrobalan	<i>Terminalia chebula</i> Retz.	-	-
5.	<i>Hemadugdha</i>	Maxican prickly poppy	<i>Argemone Mexicana</i> L.	<i>Kanakakshiri</i>	<i>Hemavati</i> <i>Kankusthaprakriti</i>
6.	<i>Kampillaka</i>	Indian Kamala, Rottlera	<i>Mallotus philippinesis</i> Muell Arg.	<i>Ranjanaka</i>	<i>Raktanga</i>
7.	<i>Kumbha</i>	Indian Jalap	<i>Operculina turpethum</i> Linn.	<i>Triruta</i>	<i>Triruta</i>
8.	<i>Mutra</i>	Urine		<i>Prasidhama</i>	
9.	<i>Neelini</i>	Indian Indigo	<i>Indigofera tinctoria</i> L.	<i>Neelapusha</i>	<i>Kalanjjanika</i>
10.	<i>Nikumbha</i>	Wild Castor, Red Physic nut	<i>Baliospermum montanum</i> Muell	<i>Danti</i>	<i>Danti</i>

11.	<i>Saptala</i>	Shikakai, Soap-pod	<i>Acacia concinna</i> Willd	-	-
12.	<i>Shamyaka</i>	Purging casia	<i>Cassia fistula</i> Linn	<i>Karnikara</i>	<i>Argwadha</i>
13.	<i>Shankhini</i>	Euphorbia hirta	<i>Euphorbia</i> <i>dracancuoides</i> Lam.	<i>Yavatikta</i>	<i>Kalanjjanisadrushya</i> <i>Shwetapushpa</i>
14.	<i>Snuk</i>	Common milk hedge	<i>Euphorbia</i> <i>neriifolia</i> Linn.	<i>Guda</i>	<i>Snuhi</i>
15.	<i>Tilvaka</i>	Lodh tree	<i>Symplocos</i> <i>racemose</i> Roxb.	<i>Rodhra</i>	<i>Rodhra</i>

#### DISCUSSION:

In *Sutrasthana*, *Acharya Charaka*, while answering the question of *Agnivesha* by quoting “*Samyaka Prayoga Nimitta Hi Sarvakarmanam Siddhiristha, Vyapat Cha Asamyaka Prayoga Nimitta*” [6] said that the success of all treatments depends on proper administration and complications due to improper administration. Proper selection of drugs therefore plays an important role in achieving the extreme effect of the treatment. *Acharya Vagbhat* has explained more than 15 drugs for *Virechana Karma*. Some of these formulations are used for *Sadhyovirechana*

purpose, some for *Mridu Virechana*, some for *Madhyama Virechana* and some for *Tikshna Virechana*. The drugs will be selected on the basis of *Dosha Avastha, Rogi Bala, Roga Bala* etc. The above drugs are used in certain conditions like diseases arising from *Pitta Dosha, Rakta Pradoshaja Vikara* etc.

*Virechana Kalpa Adhyaya of Kalpasiddhi Sthana* deals with the preparations and administration of *Virechana Dravya*. Depending on the physician’s *Yukti*, one can administer *Virechana Dravya* in various combinations

**Table 2. Pharmacological Review of Virechana Drugs:**

Sl. No	Name of the drug	Part used	Dose of Kalpana	Indications	Availability	Use in practice
1.	Dravanti	Moola	<i>Chruna</i> impregnated	Shotha, Gulma, Prameha, Udararoga, Garavisha,	Available	Most common

			with <i>Gomutra – One Panitala With Ghrita</i>	Pandu, Krimi, Bhagandara		
2.	Dugdha	-	-	-	Available	Most common
3.	Gavakshi	Moola	<i>Churna 1- 3gm</i>	<i>Kamala, Pleeha, Udara, Kushta, Gulma, Granthi</i>	Available	common
4.	Haritaki	Beeja	-	Sarvaroga	Available	Most common
5.	Hemadugdha	Kshira	-	-	-	-
6.	Kampillaka	Phalamajja	0.5-1gm	<i>Krimi, Adhmana, Gulma, Udara</i>	Available	common
7.	Kumbha	Moola	-	Sarvaroga	-	-
8.	Mutra	-	-	-	Available	common
9.	Neelini	Beeja	-	-	Available	common
10.	Nikumbha	Moola	-	Shotha, Gulma, Prameha, Udararoga, Garavisha, Pandu, Krimi, Bhagandara	-	-
11.	Saptala	Moola Twak	Kalka - Akshamatra	Hridaroga, Garajanita, Udararoga, Kaphajanita, Shotha, Vatakaphaja Vikara,	Available	Most common
12.	Shamyaka	Phalamajja	-	Jwara, hrudroga, Vatarakta, Udavarta,	Available	common
13.	Shankhini	Phala	Kalka - Akshamatra	Hridaroga, Garajanita, Udararoga, Kaphajanita, Shotha, Vatakaphaja Vikara,	Available	Most common
14.	Snuk	Kshira	-	Gulma, Twacharoga. Garavisha, Madhumeha, Panduroga, Dushivisha, Shosha, Unmada.	Available	common

15.	Tilvaka	Twak	Choorna- Panitala Matra	Rakta and Twak Viakara	Available	Most common
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After detailed review of the *Samhita*, the Part of the drug used for the *Virechana* procedure are *Moola- 4, Phala-1, Beeja-2, Ksheera-2, Moola twak-1, Phala majja-2, Twak- 1.*

In *Kalpa Sidhi Sthana*, *Trivrita, Rajavriksha, Tilvaka, Sudha, Shankhini-Saptala, Danti-*

*Dravanti* and *Haritaki* are described in detail.

The formulations of above mentioned *Dravyas* were explained in *Samhita* but here first time an attempt has been made to calculate number of formulations of each *Dravya* and that is tabulated below

**Table 3. Description of formulations mentioned in *Kalpasiddhi Sthana* of *Asthanga Hridaya***

***Samhita***

SI no.		<i>Trivrita</i>	<i>Rajavriksha</i>	<i>Tilvaka</i>	<i>Sudha</i>	<i>Shankhini Saptala</i>	<i>Danti Dravanti</i>
1.	<i>Amladi</i>	1					
2.	<i>Ghrita</i>	1					1
3.	<i>Sharkara&amp; Madhu</i>	2					
4.	<i>Ksheera</i>	1					
5.	<i>Draksharasa</i>	1	1				
6.	<i>KashmaryaRasa</i>	1					
7.	<i>Ikshvakurasa</i>	1					
8.	<i>SwaduSkandarasa</i>	1					
9.	<i>Triphala rasa</i>	1	1				
10.	<i>Piluphalarasa</i>	1					
11.	<i>Gomutra</i>	1		1			1
12.	<i>Madhya</i>	1					
13.	<i>Kanji</i>	1	1				
14.	<i>Choorana</i>	1			6		
15.	<i>Leha</i>	1		1			
16.	<i>Iskhugandika</i>	1					
17.	<i>Tarpana</i>	1					
18.	<i>Matra</i>	1					

19.	<i>Kashaya</i>	-	2				
20.	<i>Dadhimanda</i>		1				1
21.	<i>Suramanda</i>		1	1		2	1
22.	<i>Trivritalka</i>		1				
23.	<i>Aristha</i>		1				
24.	<i>Mastu</i>			1			
25.	<i>Dhatriphalaswaras</i>			1			
26.	<i>Gutika</i>				2		
27.	<i>Takra</i>						1
28.	<i>Asava</i>						1
29.	<i>Taila</i>						1
30.	<i>Mahasneha</i>						1
	<b>Total</b>	<b>19</b>	<b>9</b>	<b>5</b>	<b>8</b>	<b>2</b>	<b>8</b>

#### CONCLUSION:

In this article for the first time a comprehensive scientific review done to compile fifteen Virechan and *Virechanopaga Dravya* from *Ashtanga Hridaya Samhita* and critically analyzed the various aspects related to the botanical identification, part used, current availability, indications, current use in practice etc. Suitable classical Virechana Dravya can be chosen and will be used according to the medical condition of the patient, the severity of disease and accordingly need to achieve better efficacy with or without minimal side effects or complications.

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