



## CASE REPORT

# EFFICACY OF DHAMARGAVA AS VAMAKA DADHI YOGA IN SWASTHA - A CASE REPORT

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### Summary:-

Vamana Karma is one of the prime modality of treatment followed in Kapha Pradoshaja Vikara, Kapha Prakopa Avastha and for a Swastha in Vasantha Rutu who naturally will have accumulated Kapha in his body . Madana Phala is widely used as a Vamaka Dravya for performing Vamana where as other Vamaka Dravya like Jimutaka, Ikshvaku, Dhamargava, Kutaja etc. are often neglected. Here an attempt was made to see the efficacy of Dhamargava as a Vamaka Dravya. Dhamargava was used in the form of Vamaka Dadhi Yoga using Dhamargava Phala Majja. It was planned on a healthy individual who is of Kapha Prakruthi. Dhamargava Dadhi Yoga has given excellent results in terms of Samyak Vamana Lakshana and Antiki, Vaigiki, Laingiki and Manaki Shuddhi Lakshana. The client also got all the Shodhana benefits like Agni Vriddhi, Indriya Prasada, Mana Prasada etc. In total the overall procedure helped maintaining the Swasthya of the client. Dhamargava is one of the Vamaka Dravya which is easily available and useful drug yet neglected. Hence an attempt was made to find its efficacy in a different form.

**Key words:** Vamana, Dhamargava, Dadhi Yoga, Swastha, WHO-QOL

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## INTRODUCTION

*Vamanakarma* is performed regularly with *Madanaphala Yoga* as it is widely available and having least complications. There is mentioning of different drugs with innumerable *Kalpa* for *Vamana karma*. *Dhamarghava* (*Luffa cylindrica* Linn.) as *Vamaka Dravya* is useful in diseases like *Gara, Gulma, Udara, Kasa* and *Kapha Pradoshaja Vikara*.<sup>[1]</sup> *Dhamarghava* has synonyms like, *Karkotaki, Kota Phala, Mahajalini* and *Rajakoshataki, Pita Pushpa, Jalini, Rajamatphala*.<sup>[2]</sup> The parts used of *Dhamarghava* are Flowers, raw fruit, matured fruit, leaves and seeds. Its *Jati* is of 2 types- *Tiktha* variety- *Vanya*-used as *Aushadha*; *Madhura* variety- *Gramya*- used as *Shakha*.<sup>[3]</sup> *Torayee* and *Jangali Torayee* are also other varieties. *Dhamarghava* has 60 recipes in the form of *Kashaya of Pravala,, Ksheera, Dadhi, Madhya, Kashaya* out of matured and dry fruits, *Anna, Ghreya, Kalka, Lehya* and *Ghritha*.<sup>[4]</sup> Newer combination of drugs need to be explored for *Vamanakarma*. *Dhamarghava* as an *Vamaka Yoga* is not commonly used like *Madanaphala*. Hence there is a need to explore the utility of *Dhamarghava* as an *Vamaka Yoga*. The act in which *Apakva Pitta* and *Shleshma* are removed with force from the upper part of the body is considered as *Vamana*.<sup>[5]</sup> *Vamana* is indicated for *Swastha* in *Vasantha Ritu*<sup>[6]</sup>, where the *Kapha Dosha*

naturally gets aggravated and is ready to get expelled out of the body. *Swastha* is a person having 'a state of equilibrium of *Dosha, Agni, Dhātu* and *Mala* functions, a level of satisfaction shown by *Atma, Indriya* and *Mana* is considered as Health'.<sup>[7]</sup> WHO defines health as, 'A state of complete physical, mental & social well-being not merely an absence of disease or infirmity'.<sup>[8]</sup>

## CASE REPORT:

A 23 year old apparently healthy male volunteer had been included from T M A E S Ayurveda Medical college & Hospital, Shimoga who did not complain any Physical and mental illness and who fit into the questionnaires of WHO QOL for health and whose routine clinical examinations and laboratory investigations revealed no abnormality and who was under the norms of inclusion criteria for *Vamana Karma*.

The client was a *Kapha Prakriti* person who often had the symptoms like drowsiness, lassitude, heaviness of the body, frequent expectoration etc, which showed *Kapha Prakopa* in his body and hence he was posted for *Vamana*. *Deepana* and *Pachana* (carminative and digestive drug) with *Panchakolachurna* 5g thrice daily 30 minutes before food with luke warm water was given for 4 days till the *Niramavastha* was obtained. *ArohanaKrama Shodhananga Snehapana* was

administered with *Go Ghrita* starting from the initial dose of 40 ml on day one, 80 ml on day two, 130ml on day three, 170 ml on day four, 210 ml on day five and on the sixth day 290 ml was given. *Snehapana* was stopped as the client showed *Samyak Snigdha Lakshana*. One day *Vishrama Kala* (day of rest and diet) was given to the client where he took *Sarvanga Abhyanga* (oil massage) with *Moorchitaila Taila* and *Bashpa Sweda* (steam bath). During *Vishrama Kala Kapha Utkleshakara* diet- Morning- Idly, Curd Vada, Lunch- Curd Rice, curd vada, Dinner- milk and rice . *Masha-Payasa*, *TilaLaddu* (100gms) & Milk sweets(250gms) were given with in the day. Next day morning around 5.30 the client was given *Sarvanga Abhyanga* with *Murchita Tila Taila* and *Bashpa Sweda* followed by hot water bath. Then, 100 gm of *Snigdhayavagu* , 250 ml of milk were given prior to administration of *VamanaYoga*. *Dhamargava Dadhi Yoga* was prepared in the previous day by taking *Dhamargava Phala Majja*- 10 gm; Milk- 80 ml; Water-320 ml and were mixed and boiled to reduce till only milk part remained (80ml) and *Ksheera Paka* was prepared and to this preparation added small quantity of curd and kept it overnight to prepare *Dadhi*. At the time of administration of Yoga, this 80 ml of *Dhamargava Phala Siddha Dadhi* was given followed by administration of 40 ml of *Madhu* and 4 gm of *Saindhava Lavana*. *Yasthi Madhu*

*Phanta* (decoction of *Glycyrrhiza glabra*) as *Vamanopaga* was given. As soon as the client consumed the *Dhamargava Dadhi Yoga*, he developed nausea which indicated *Kapha Utklesha* and *Samyak Snehana*. With in 10 minutes the client developed 1<sup>st</sup> *Vamana Vega* which contained *Praseka*, *Aushadha*, *Kapha*, *Sama Pitta*, *Ksheera* and *Yavagu*. Later, *Ksheera*, *Ysthimadhu Phanta* and *Saindhava Jala* were sufficiently used as *Vamanopaga Drava Dravya*. The client within 40 minutes had developed 7 *Vamana Vega*, each were projectile and between each *Vega* the Vitals were recorded and were normal.

**Fig 1: Vamana Drugs**



**Fig 2: Prepared Vamana Yoga**



**Fig 3: Patients taking Vamana Yoga**



The client attained proper *Laingiki Shuddhi Lakshana* (symptoms of properly performed

*Vamana*). Throughout the day the client was observed for any untoward complications and there weren't any. Later the client was advised *Madhyama Shuddhi Peyadi Samsarjana Krama* which is for 5 days.

**OBSERVATION:**

The use of *Dhamargava Dadhi Yoga* as an *Vamaka* had produced excellent results. It did not produce any *Upadrava* (complications). The *Shodhana* benefits were completely obtained. There were physiological, somatic. Sensory, psychological and immunological benefits obtained to the client after the therapy which were quite low before the therapy as follows:

**Table 1 Showing few *Kapha Prakopa Lakshana* controlled after the therapy**

Parameters of change	Before <i>Vamana</i>	After <i>Vamana</i>
<i>Diva Swapna</i>	+++	+
<i>Alasya</i>	+++	+
<i>Tandra</i>	++	-
<i>Utsaha Hani</i>	+++	-

**Table 2 Showing significant psycho-somatic changes in the client**

Parameters of change	Before <i>Vamana</i>	After <i>Vamana</i>
<i>Kayagni</i> (digestive capacity)	++	+++
<i>Indriya Prasada</i>	++	+++
<i>Mana Prasada</i>	++	+++

<i>Buddhi Prasada</i>	++	+++
<i>Bala</i>	+	+++
Sexual vigor	++	+++
<i>Laghuta</i>	+	+++

The clients quality of life was improved which was observed grading WHO-QOL 26 questionnaires before and after treatment as follows:

**TABLE-3 SHOWING WHO-QOL POSITIVE SCALE GRADING**

	:	1
A little	:	2
A moderate amount	:	3
Very much	:	4
An extreme amount	:	5

**TABLE-4 SHOWING WHO-QOL NEGATIVE SCALE GRADING**

Not at all	:	5
A little	:	4
A moderate amount	:	3
Very much	:	2
An extreme amount	:	1

(26 questions belonged to Physical, Psychological, Socio economic and Environmental domains which signifies quality of life of an individual).<sup>[9]</sup>

1. How would you rate your quality of life?
2. How satisfied are you with your health?

3. To what extent do you feel that (physical) pain prevents you from doing what you need to do?
  4. How much do you need any medical treatment to function in your daily life?
  5. How much do you enjoy life?
  6. To what extent do you feel your life to be meaningful?
  7. How well are you able to concentrate?
  8. How safe do you feel in your daily life?
  9. How healthy is your physical environment?
- The following questions ask about **how completely** you experience or were able to do certain things in the last one week.
10. Do you have enough energy for everyday life?
  11. Are you able to accept your bodily appearance?
  12. Have you enough money to meet your needs?
  13. How available to you is the information that you need in your day-to-day life?
  14. To what extent do you have the opportunity for leisure activities?
  15. How well are you able to get around?
- The following questions ask you to say how **good or satisfied** you have felt about various aspects of your life over the last one week.
16. How satisfied are you with your sleep?
  17. How satisfied are you with your ability to perform your daily living activities?

18. How satisfied are you with your capacity for work?
19. How satisfied are you with yourself?
20. How satisfied are you with your personal relationships?
21. How satisfied are you with your sex life?
22. How satisfied are you with the support you get from your friends?
23. How satisfied are you with the conditions of your living place?
24. How satisfied are you with your access to health services?
25. How satisfied are you with your transport?

The following question refers to **how often** you have felt or experienced certain things in the last one week.

26. How often do you have negative feelings such as blue mood, despair, anxiety, depression?

The quality of life improved with respect to the above domains which were noted by the client before and after the therapy.

#### **DISCUSSION:**

Vamana Karma not only yields the procedural effect but also yields significant bio purification effects in an individual which involves all the domains of health. This is no different for a healthy individual. Maintenance of health is one of the important aspect which is possible by following the Shodhana, Dinacharya, Rutucharya, Rasayana, abstaining from Prangnaparadha (intellectual blasphemy)

etc. These aspects if properly followed not only maintains the health but also prevents disease and cures the existing disease. Vamana is one such procedure for health maintenance and to achieve Samprapthi Vighatana at the Kapha Sanchita Avastha itself. Madana Phala is often used as an Vamaka as it is Anapayitwa (less complicated) but other prime Vamaka Dravya like Dhamargava etc are neglected. Hence an attempt was made to utilize the efficacy of Dhamargava in the form of Dadhi Yoga was planned and executed. For the purpose, Phal Majja and seeds of Dhamargava were obtained from Department of Dravyaguna, SDM College of Ayurveda, Udupi. The seeds were planted in the herbal garden of our college and already the plant has taken its budding stage and the fruits are expected by another two months which will help for further research.

#### **CONCLUSION:**

Dhamargava as a Vamaka Dravya has shown significant efficacy in executing Samyak Vamana Lakshana like Kramat Kapha Pitta Anila Nirgamana, Hrit, parshwa, Murdha, Indriya Shuddhi, Laghuta of body and Benefits of Shodhana like Kayagni Vriddhi, Indriya, Mana, Buddhi and Varna Prasada etc. The efficacy of Dhamargava as a Vamaka is also significant in improving the quality of life of an individual. Apart from Dadhi Yoga, there are 60 Vamaka Yoga of Dhamargava has been

mentioned like Kashaya, Ghreya, Churna, Ghrita, Lehya Yoga etc. There is a definite need to explore all these preparations for maintaining health of the society.

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