



ROLE OF *VAMANA KARMA* IN NEUROLOGICAL DISORDER- A REVIEW STUDY

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ABSTRACT

Vamana Karma (medicated emesis procedure) means removing or getting rid of disrupted Kapha dosha by mouth. Vamana Karma is the first internal purificatory practice out of the Penta cleansing procedure described in Ayurveda. It consecutively helps clean the body from excessive and vitiated Kapha dosha and Pitta Doshas. Following the increased prevalence of Vatavyadhis (neurological disorders) such as Gridhrasi (Sciatica) and Ardita (Facial palsy). Early MND and Kapha predominance parkinsonism. Some Vatvyadhis (neurological disorders), Vaksha Trik Skandha and Manyagatvata. Chakradatta mentions Vamana and Mrudusanshodhana are the line of treatment for Vatvyadhi (neurological disorder) in the form of Mrudu Vamana or Sadyo Vamana. Aim: to search Vamana Karma related research works in neurological disorders from Bruahutrayi, Laghutrai and various research articles. Material & Methods: Data source: Related data was collected from different research articles and ancient classical texts Charak Samhita, Sushrut Samhita and Ashtanga Hrudaya, Chakradatta, Vangasena, Sharangdhar Samhita. Observations: Overall outcome is Vamana karma is effective in vatavyadhi (neurological disorder). Conclusion: Vamanakarma is very effective in neurological disorders: Kapha predominance condition or Shhotha condition, as well as the acute condition and Avarana.

KEYWORDS: Vatvyadhi, neurological disorder, Ayurveda, Sadyovamana, Vamana, therapeutic emesis.

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INTRODUCTION

The aim and foremost principle of Ayurveda is to maintain health in healthy, i.e. Swastyasya Swasthya Rakshanama, and treat the patient, i.e. *Aturasya Vikara Prashamanama*. [1] *Panchakarma*, one of the significant procedural modalities of Ayurveda, operates to fulfil these objectives. In santarpanjanya diseases, due to overnutrition, elimination of senses of humour *Doshavasechana* is advice. Most of the conditions are due to weak digestive fire, i.e. *Agnimandya*, as told by *Vagbhata*. So *Panchakarma* therapy is best for correction and kindles the *Agni*. In such conditions, cleansing of channels, *Strotoshodhana* is essential by *Panchakarma* therapy. *Shodhana* therapy is intended to purify the body as accumulated *Dosha* are responsible for diseases that are eliminated to produce a physiological or normal environment for body functioning [2]. *Shodhana* is nothing but forcible expulsion of *Doshas*, especially superfluous *Kapha Dosh* of the body. It is of five types i.e. *Niruha, Vamana Virechana, Nasya* and *Raktamokshana* [3].

The process in which *Kapha* and *Apkva Pitta* are forcibly expelled through the oral route is called *Vamana Karma* (therapeutic emesis) [4,5]. *Vamana Karma* is the first internal purificatory measure out of Penta cleansing procedures mentioned in Ayurveda, which

helps cleanse the body from an excess amount of the disrupted *Kapha* and *Pitta Doshas* sequentially. *Vamana Karma* (therapeutic emesis) is the first and foremost among the *Panchakarma* therapeutic regimens, eliminating the morbid *Kapha dosha* through the oral route [6]. Indications of *Vamana karma* are mentioned in many conditions, viz. *Kasa, Shwasa, Putinasa Kushtha, Sleepada, Amlapitta, Apasmara, Unmada, Agnimandya, Visha, Granthi, Garavish, Stanya Dosh, Arbuda Medo-roga, Prameha, Atisara Pandu* etc. [7,8]. Despite these conditions, many conditions or diseases are like neurological disorders, i.e. *Vatavyadhis* are also indicated for *Vamana Karma*. Through this process, these neurological conditions can be treated very effectively.

Vitiated or deranged *Vata Dosh* may lead to diseases termed *Vatavyadhi*. *Dhatukshayajanya* & *Margavrodhajanya* are the two types of *Vatavyadhi* according to *Samprapti Bheda*. Degenerative pathologies of body tissue can be called *Dhatukshayajanya Vatvyadhi*, while obstructive pathologies can be called *Margavarodhjanya Vatavyadhi*. Imbalance and disharmony in the human system, which may lead to neurological disorders, are caused mainly by the vitiation of *Vata Dosh*. The treatment of neurological

disorders in Ayurveda primarily targets balancing the *Vata Dosha* and *Pitta* and *Kapha* Dosha, which eventually eradicates every disease [9].

Around 2394 people per 100,000 population suffer from neurological disorders in India as per the current prevalence rate. Almost 30 million people in India are patients with neurological disorders that exclude neuro infections and traumatic injuries. Population-based surveys showed much variation in conditions like epilepsy, stroke Parkinson's tremors, etc., around different Indian regions [10].

Functions of CNS, neuromuscular activities, and movements in the body are maintained and controlled by *Vata*. Diseases termed as *Vatavyadhi* are caused by vitiated *Vata Dosha*. Paresis, paralysis of the muscles, monoplegia, diplegia, hemiplegia, facial paralysis, neuralgia, stiffness of muscles, sciatica, spondylitis, convulsions, tremors, atrophy of the muscles and cramps etc. are some wide range of symptoms termed as *Nanatmaja VatVyadhis*. These are eighty in number, According to *Charak Samhita*, and these *Vatavyadhis* are divided into *Dhatukshayajanya* and *Margavrodhjanya Vyadhis*. *Lakshanas* of *Vatavyadhis* are divided into different types as per two various pathologies. For proper diagnosis, prognosis and treatment of the diseases, *lakshanas* play a significant role [11].

According to *Kshaya* and *Prakop* of *Vata Dosha*, the treatment is relative. Shodhan Chikitsa is recommended for accumulated Doshas, same as this *Brihana Chikitsa* advised for *Kshayajanya*. *Vamana*, *Virechana*, *Basti*, *Nasya* and *Rakta-mokshan* are five therapeutic procedures known as *panchakarma*. In *Avaranajanya* condition of *Unmada* disease, Charakacharya stated *Mrudu Shodhana* [12].

NEED OF STUDY:

According to the increased prevalence of Neurological Disorders in daily life and the current prevalence of the Diseases are becoming life-threatening. In Ayurveda, *Shaman* and *Shodhana* treatment is mentioned in Neurological Disorders that is *Bruhana* and *Snehana Swedana Basti*. But according to Pathology of Neurological disorder, *Vamana Karma* is significant and essential in Neurological Disorders (*Vatvyadhi*) due to *Kapha* predominance conditions and *Avrutatata* condition. *Vamana Karma* detoxifies the body & removes *Aavruttata* & develops favourable conditions for *Vatachikitsa*. This is why a review of this topic is a need. This review aims to analyse the Role of *Vamana Karma* in Neurological Disorders. All the classical references related to *Vamana Karma* & Neurological Disorders (*Vatvyadhis*) are referred for this study. The published *Vamana Karma* and Neurological Disorders articles are from Scopus and PubMed.

OBSERVATIONS:

The study is divided into two parts. The first observation understands the role of *Vamana Karma* in Neurological Disorders based upon the description in different *Samhitas* (classical literature), and the second is the role of *Vamana Karma* in Neurological Disorders, i.e. *Vatvyadhi* with the data of various research works conducted by researchers up to till date.

Etiological factors of Neurological disorders (Hetu of Margavrodhjanya Vatvyadhi):

incompatible diet consumption and formation of *Ama* causes *Margavrodhjanya Vatvyadhi*. This leads to obstruction to the various channels known as *Margavrodhjanya Hetu*. We can also include excessive eating *Snigdha*, *Guru*, *Kaphakar Ahar*, such as pizza, burger,

cheese, dairy products, etc., sedentary work, and daytime sleep as *Hetu* for *Margavrodhjanya Vyadhi*.

Pathogenesis of Neurological disorders (Samprapti of Margavrodhjanya Vatavyadhi):

Due to excess consumption of fat-containing food, *Abhishandhi* and *Kapha* and *Pitta* predominant *Ahar*, *Kapha*, *Pitta* and all seven *Dhatu* and *Malas*, and *Updhatus* or foreign bodies, *Vata* get stagnated. This leads to hampering the function of organs; that condition is known as *Margavarodha* or *Uupastambhita vatvyahi*. This *margavarodha* circulates *prakupita Vata* and settles at the places of *khavaigunyuata* in joints. It's called *Sthanasamshraya* and causes *Margavarodhjanya Vatavyadhi*.

Table 1. Vatavvadhīs and their Margavarodhajanya Symptoms.

Diseases	Margavarodhajanya or Upastambhita Vatvyadhi Symptoms
<i>Ardit</i> (Bell's palsy)	<i>Kriyaalpata</i> , <i>Sankoch</i> , <i>Shoth</i> and <i>stambha</i> over <i>Gandapradesha</i> , <i>Shirpradesha</i> and <i>Manyapradesha</i> .
<i>Avabahuk</i> (Frozen shoulder)	<i>Sparshasahatwa</i> , <i>Ushna Sparsh</i> , <i>Bheda</i> , <i>Toda</i> , <i>Sandhishool</i> , <i>Sashulkriya</i> , <i>Kriyahani</i> .
<i>Viswachi</i> (Brachial neuritis)	<i>Shul</i> , <i>Sashulkriya</i> , <i>Sandhishotha</i> , <i>Kriyaalpata</i> , <i>Vibandh</i> , <i>Bahuvedana</i> , <i>Sankoch</i> , <i>Tandra</i> , <i>Sparshasahatwa</i> , <i>Ushna Sparsha</i> , <i>Snehadyai Vrudhi</i> , <i>Sashulkriya</i> , <i>Kriyahani</i> , <i>Sparshasahatwa</i> , <i>Ushnasparsha</i> .
<i>Gridhrasi</i> (Sciatica syndrome)	<i>Ruka</i> or <i>Ruja</i> (pain), <i>Toda</i> (pricking sensation), <i>Muhuspandana</i> (tingling sensation), <i>Stambha</i> (stiffness), symptoms of <i>Agnimandya</i> , <i>Tandra</i> , <i>Mukhapraseka</i> , <i>Gourav Arochaka</i> , <i>Bhaktidveshaa</i> , <i>Lalastrava</i> .

<i>Grivashool</i> (Cervical spondylitis)	<i>Sandhishotha Kriyaalpata , Bahurvedana, Sankoch Sparshasahatwa, Ushna Sparsh Sashulkriya, Kriyahani Sparshasahatwa, Ushnasparsha.</i>
<i>Kampavata</i> (Parkinsonism)	<i>Kriyaalpata , Vibandh, Sankoch, Tandra , Kriyahani , Sparshasahatwa.</i>
<i>Katishool</i> (Lumber spondylitis)	<i>Sandhishotha, Kriyaalpata, Bahurvedana, Sankoch Sparshasahatwa, Ushna Sparsh, Sashulkriya, Kriyahani, Sparshasahatwa, Ushnasparsha.</i>
<i>Manyastamba</i> (Neck rigidity)	<i>Sandhishotha, Kriyaalpata, Sankoch, Snehadyai Vrudhi, Kriyahani Ushnasparsha.</i>
<i>Pakshaghat</i> (Hemiplegia, Paraplegia)	<i>Sandhishotha, Kriyaalpa , Vibandh, Sankoch, Snehadyai Vrudhi, Sashulkria , Kriyahani Sparshasahatwa, Ushnasparsha.</i>

Treatment of neurological disorders

(Margavarodhajanya Vatvyadhi): Removal of obstruction and correcting the flow of *Vata* is the treatment principle of *Margavarodhajanya Vatavyadhi*. *Panchakarma Chikitsa* can be used accordingly for *Margavarodha*.

Vamana Karma is mentioned in Various Classical texts:

Charak Samhita: in *Kaphavrutta Vata*, Charakacharya also advised *Vamana karma* in *Vatvyadhi Chikitsa Adhyaya* [13]. Treatment of *Kaphapitta Nashaka* Charakacharya also stated *Vamana* in *Vatvyadhi Chikitsa* [14].

Sushruta Samhita: If *Kapha* predominancy condition is present in *Pakshaghata*, *Vamana* is advised by Sushrutacharya [15].

Astanga Hrudaya: In *Ardita Vyadhi*, if *Shotha* is present, *Vamana* is stated in *Astanghrudaya* [16].

Bhaishajya Ratnavali: In *Aamashayagata Vata*, *Vamana* is recommended in *Bhaishjyaratnavali* [17].

Chakradutta:

In *Amashyaua gata Vata*, *Vamana* is advised in *Snigdha Rogi*, and then *Shaman Chikitsa* has to be given [18]. In *Vakshatrikskandhagata Vata* and *Manyagata Vata Vamana* is advised [19]. *Chakradutta* mentioned the treatment of *Gridhrasi* in detail. He has stated that *Basti* should be administered after *Agni Dipana*, *Pachana* and *Urdhva Shodana*. He has said that the administration of *Basti* before *Urdhvasuddhi* (purification by *Vamana*) is unprofitable [20].

Bhavprakasha:

Bhavprakasha has clearly instructed the administration of *Basti* before *Vamana* and *Virechana* in *Ghrudrasi Vyahadi* [21].

Vangasen Samhita: in *Vatvyadhi* diseases, the first purification of the patient by *Vamana*

Karma and then *Abhynatar Snehapan* is given [22]. In *Ardita Chikitsa*, if there is *Shotha Avastha*, before *Balya* (strengthening) treatment, *Vamana* should be given [23]. In *Vatakaphaja Ghrudrasi*, *Vamana Karma* is advised before *Basti Chikitsa* [24].

Table 2: Studies conducted on Vamana karma in Neurological disorder

Year	Title of study	Author	Disease	Outcome
2016[25]	Effect of Karma Basti After Vamana Karma in Context of Gridhrasi w.s.r. Sciatica	Dr.Gopesh Mangal	Gridhrasi(Sciatica)	Basti is more effective after Vamana Karma and less effective without before Vamana karma.
Feb 2018[26]	Concept of Dhatukshayajanya and Margavarodhjanya Vatvyadhi	Savita Arjun Wale ¹ , Sunil Pandhare	Neurological disorders (<i>Vatvyadhi</i>)	<i>Vamana Karma</i> has better efficacy in Margavarodhjanya Vatavyadhi to remove the obstruction and clean the strotasas.
2018[27]	Management of Sciatica Through Ayurveda – A Case Report.	Akshlal, Maneeri and V.C. Deep	Neurological Disorders, i.e. Sciatica	<i>Vamana Karma</i> is effective before <i>Basti</i> to relieve the symptoms of <i>Gridhrasi</i> (Sciatica) and its associated complaints.
Jan – April 2019[28]	Prevention of Chronic Migraine Attacks with Acupuncture and <i>Vamana Dhauti</i> (Yogic Therapeutic Self-Induced Emesis) Interventions	Naveen Gowrapura Halappa	Neurological Disorders, i.e. Migraine	<i>Vamana Karma (emesis)</i> controls migraine and prevents the frequency of migraine episodes for the long term.
Feb 2020[29]	Practical Approach to Vatvyadhi Samprapti & Chikitsa	D. Adsare* ¹ and P. C. Yawatkar ²	Neurological Disorders (<i>Vatvyadhi</i>)	<i>Vamana Karma</i> is effective to relieve the <i>Margavarodhjanya Vatvyadhi</i>
Jan 2021[30]	Management of <i>Gridhrasi</i> (Sciatica)	Anil Kumar Soni ¹ , Avvinish	Neurological Disorders i.e.	<i>Vamana Karma</i> has its activities in each stage

	using <i>Panchakarma</i> Therapies - A Review	Narine2 , Gopesh Mangal3	Sciatica	of disease because, in Ghridrasi Kapha's predominancy condition, Vamana Karma has a better outcome.
June 2021[31]	Panchakarma Therapies – A Outlook in Management of <i>Vatvyadhi</i>	1 Dr Ankush Gunjal, 2 Dr Satish Urhe, 3 Dr Tridev Patil.	Neurological Disorders (<i>Vatvyadhi</i>)	<i>Vamana Karma</i> is very beneficial in eradicating the vitiated <i>Vata Dosha</i> and symptoms of <i>Vatvyahi</i> .
2021[32]	Approach to Neurological Disorders in Ayurveda	Bishi Choudhari	Neurological disorders	Neurological problems can be successfully treated by Ayurveda shodhana therapy

DISCUSSION:

Several classical kinds of literature have depicted the role of *Vamana Karma* in Neurological Disorders. Also, Charakacharya recommended *Vamana Karma*, as mentioned in Charak Samhita *Adhyay 28th Vatvyadhi Chikitsa* in *Kaphavrutta Vata* additionally in *Charak Samhita Chikitsa Sthan 28th chapter no 28 Vatvyadhi Chikitsa Adhyaya Vamana* is advised as *Kaphapitta Nashak* treatment. According to Sushrutacharya reference to *Sushrut Samhita Adhyay 15th Vatvyadhi Chikitsa* when *Kapha* is Prime in *Pakshaghat* (hemiplegia) disease *Vamana Karma* is stated. As per *Ashtang Hridayam*, *Mrudu Vamana* is well described in *21st Adhyaya Vatvyadhi Chikista*. If *Shotha* exists in *Ardita*, *Vamana Karma* is advised in the form of *Mrudu Samshodhana*. Also, in *Bhaishajya Ratnavali*

26th chapter Amashaygata Vata, Vamana Karma is Referred. In *Chakradatta, Vatvyadhi Chikitsaadhyaya, Vamana Karma* is advised in *Amashaya Gata Vata* in *Snigdha Rogi*, and *Shamana Chikitsa* is given. *Vakshatrikskandhagata Vata* and *Manyagata Vata Vamana* is advised. In addition to *Basti*, *Chikitsa Vamana* is also reported for *Gridhrasi Chikitsa*. He distinctly mentioned proper *Agni Dipana, Pachana* and *Urdhva Shodhana*, i.e. *Vamana Karma* was necessary before the *Basti administration*. He briefly explained that the administration of *Basti* before *Urdhavashuddhi* (purification by *Vamana*) is of no use. *Bhavprakashakar* has advised in *Purvkahanda Adhya no.5*, i.e. after *Vamana Karma* and *Virechanakarma Basti*, should be given in *Ghridrasi Vyadhi*.

In *Vangasen Samhita Adhya* no. 23, Vangasen opined that while doing *Vatvyadhi Chikitsa adhikar*, first purification of the patient by *Vamana Karma* and then *Abhynatar Snehapan* is carried out. Moreover, he stated that if *Shotha's* condition of *Ardita Vyadhi* (facial palsy), *Vamana Karma* is advised before *Brouhaha Chikitsa*, strengthening the muscle-tendon and other organs. *Vamana Karma* is the first line of treatment in *Vata Kaphaja Ghrudrasi* before *Basti Chikitsa*.

08 studies have been supervised on the role of *Vamana Karma* in Neurological Disorders (*Vatvyadhi*); among 08 studies, 12 are research articles, one is a case report, and another five are conceptual and review studies. In these studies, *Vamana Karma* has been given in the different types of Neurological disorders such as *Amashayagata Vata*, *Ghrudrasi* (Sciatica), *Ardita* (facial palsy), *Pakshaghat* (Hemiplegia or Strokes), Migraine. *Vamana Karma* is the first line of treatment in *Margavarodhajanya Vatvyadhi*; then, *Vatvyadhi* can be treated easily.

Anticipated mode of action of *Vamana Karma* stated in neurological disorders (*Margavarodhajanya Vatvyadhi*):

Receding the *Kaphaja* or *Kapha Vataja* symptoms such as *Aruchi Tandra* etc., of Neurological disorders, i.e. *Margavarodhjanya Vatavyadhi*, *Vamana Karma* plays a vital role. The *Vamana Karma* Vitiated *Kapha* is abolished

from the body through the upper channel. By *Vamana Karma*, *Jaṭharagni* and *Dhatwagni* get elevated and normalcy in their places. Due to the Kindle of *Agni*, there is a better result in the digestion of *Ama*. This is because of the *Vamana Karma*. Due to *Vamana Karma*, Inflammatory factors, i.e. Antigens, which are present mainly in *Sandhi* (joints), the Vertebral column gets dissolved with *Snehadravya*, i.e. *Ghruta* and detached from their and arrives in *Koshtha* and excreted by *Vamana Karma*. Inflammation is also decreased after eliminating antigen from the body, which reduces *Kapha* predominancy, *Shotha*, *Avarana* and relaxation of nerves compressed due to inflammation.

Limitation of the study:

Present work includes data from research conducted in the last four years, i.e. from 2016 to 2021.

CONCLUSION:

With this review, *Vamana Karma* has significant clinical importance in Neurological disorders in the form of *Mrudu Samshodhana*. In *Margavarodhajanya Samprapti*, there is a considerable influence of *Avarana* and *Sadyovamana* or *Mrudu Vamana* or *Mrudusamshodhana* also has very much importance before giving other *Vatvyadhi chikitsa*, i.e. *Snehana*, *Swedana* and *Basti*. So *Vamana Karma* is the first line of treatment in *Margavarodhjanya Vatvyadhi*. Future clinical

studies can be conducted on a large group of patients with Neurological disorders to establish its efficacy and mechanism of action.

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