



SCIENTIFIC REVIEW ON VAMANA DRAVYA (EMETIC DRUGS) OF ASHTANGA HRIDAYA SAMHITA

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ABSTRACT

Panchakarma deals with five purificatory therapies for elimination of vitiated Doshas, maintenance of health and rejuvenation of body. Snehan, Swedana, Brimhana, Rukhsana, Lekhana, Sthambhana etc. therapies are administered in healthy person and patient for maintaining health and radical cure of diseases. Vamana Karma is the first measure amongst Panchakarma, mainly indicated in the Kaphaja disorders. The first chapter of Kalpa Siddhi Sthana of Ashtanga Hridaya is dedicated for Vamana Dravyas and its respective Kalpa. After screening other Sthanas of Ashtanga Hridaya Samhita along with Arunadatta and Hemadri Tika, different Vamana Dravya were also found. Web sources with keywords like Vamana Dravya, Vamanopaga Dravya, Ashtanga Hridaya Samhita and Dravya Guna textbooks used to clarify the dispute of different Dravya mentioned in Samhita. In this article for the first time the comprehensive scientific review done to compile twenty-eight Vamana and Vamanopaga Dravya from Ashtanga Hridaya Samhita and critically analysed various aspects related to the botanical identification, part used, current availability, indications, current use in practice etc.

Keywords: Panchakarma, Vamana, Vamanopaga, Asthanga Hridaya Samhita.

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INTRODUCTION

Panchakarma mainly deals with five purificatory therapies for elimination of *Doshas*. *Snehan*, *Swadana*, *Brimhana*, *Rukhsana*, *Lekhana*, *Sthambhana* etc. therapies for the benefits of healthy and patient to maintain the health and radical cure of diseases is known as *Panchakarma*.^[1] In present scenario various life style disorders and endocrinological diseases are increasing that need body purification. It is achieved by five purificatory therapies. In post pandemic era peoples are attracted towards Ayurveda specially *Panchakarma* treatment for their numerous health issues. For globalization of Ayurveda along with different treatment methods different medicinal drugs are essential. In *Ayurvedic* literature enormous number of formulations are described which are useful in *Panchakarma* procedures. But the affordability and selection of appropriate medicine is a challenge in achieving utmost therapeutic efficacy and irrational use of medicines is a major problem in the field of Ayurveda.

Vamana is a process in which vitiated *Doshas* are expelled through the *Urdhwabhaga*.^[2] *Vamana* is indicated in aggravated *Kapha*, *Kapha Janita* diseases and *Kapha Pradhan* diseases having *Vata* or *Pitta* association.

In *Kalpa Siddhi Sthana*, *Madanaphala*, *Jimutaka*, *Ikshwaku*, *Dharmagava*, *Kshveda* and *Kutaja* these *Vamaka Dravya* are described in detail.

After reviewing *Ashtang Hridaya Samhita* along with *Arunadatta* and *Hemadri Tika*, different *Vamana Dravya* were found other than six *Dravya* mentioned in *Kalpa Siddhi Sthana*. In *Samhita*, total 28 *Vamana* and *Vamanopaga Dravyas* were observed. *Vamaka Dravya* with properties like *Ushna*, *Tikshna*, *Sukshma*, *Vyavayi* and *Vikasi* get absorbed and reach to heart due to their *Virya*. Most of *Vamanopaga Dravya* possess properties like *Madhura Rasa*, *Sheeta Virya* and *Madhura Vipaka*. These reduce the irritative property of *Vamana Dravya*.

In case of *Kapha* disorders *Vaman* should be carried out with *Tiksha*, *Ushna Guna* and *Katu Rasa Drugs*. *Kapha* disorders associated with *Pitta*, *Vaman* should be conducted with *Madhura Rasa* and *Sheeta Virya Drug*. *Kapha* disorders associated with *Vata*, *Vaman* should be conducted with *Snigdha Guna*, *Amla* and *Lavan Rasa Drugs*.^[3]

The purpose of this article is to throw a light on 28 *Vamaka Dravyas* and *Vamanopaga Dravyas* mentioned in *Ashtang Hridaya Samhita* for easy selection and proper

conduction of *Vamana* procedure and improve the understanding of drug selection based on *Desh, Kala, Vaya, Roga* and *Rogi Bala, Agni, Kostha* etc. to attain the goal of the therapy.

AIMS AND OBJECTIVES

For compilation of the scattered references of different *Vamaka* and *Vamanopaga Dravya's* in *Ashtang Hridaya Samhita* and in depth evaluation of drugs related to the botanical identification, part used, current availability, indications, current use in practice etc.

MATERIALS AND METHODS:

Comprehensive search done in all *Sthanas* of *Ashtang Hridaya Samhita* along with *Arunadatta* and *Hemadri Tika* using the key words *Vamana* and *Vamanopaga Dravya*, compiled twenty-eight drugs. Then the drugs are critically analysed the botanical identification, part used, current availability, indications, current use in practice etc. and the obtained data 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:

Acharya Vagbhatta has mentioned 22 *Vamana Dravyas* in *Sutra Sthana* and 13 *Vamana Dravyas* in *Kalpa Siddhi Sthana*.

Vamana Vidhi:

During the normal season, persons eligible for *Vamana* should be given *Snehana* and

Swedana properly. The day before *Vamana karma* diet which aggravates *Kapha* need to be given. After the completion of digestion of food taken on the previous day the patient is asked to have a head bath, apply *Chandana Lepa*, wear white clothes and flower garlands and then perform spiritual rites. Afterwards *Akantapana* should be done with *Ksheera, Takra, Ajamamsa Rasa, Ikshurasa* or *Yavagu*.

The patient is asked to sit comfortably facing towards east on a chair of height of knee. Drugs selected for *Vamana* in accordance with *Dosha, Dushya* etc. should be mixed with *Madhu* and *Saindhava Lavana* is to be given to the patient, after sanctifying it with the *Mantra*.

After consuming *Vamana Dravya* physician should wait for a *Muhurta* for the commencement of vomiting with keen intend. After the appearance of oppression in the chest and salivation one should try to vomit. Forceful expulsion should not be done. To encourage the urge, tickling the throat with either of his fingers or with the stalk of lotus, lily or castor. Onset of perspiration indicates the liquification of *Dosha*. Horripilation's indicates the *Dosha* are dissolving from their place of stagnation. Abdominal distention suggests *Dosha* reached the stomach. Nausea and salivation indicate the upward movement of *Dosha*. Instruction should be given to the

patient to vomit without bending his head too much and his head should be supported while vomiting. The attendant should give gentle massage in the upward direction over the umbilical region and back. ^[4]

Vamana Greya yoga:

Madanaphala Ghreya Yoga-

One the day of *Vamana* person should be given *Akantha paana* with *Manda*, *Mamsarasa* etc. Then the person should be put on the garland which is sprinkled with fine powder of *Madanaphala* and *Pushpa*. It should be given for inhalation to the patient who is delicate.

In case of non-availability of *Madhana Phala*, one should use *Pushpa* or unripen fruit of *Madanaphala*.^[5]

Ikshvaku Ghreya Yoga-

Fine powder of *Ikshvaku Pushpa*, impregnated in *Ikshvaku Phala Swarasa* and dried in shadow.

Then the person should be put on the garland which is sprinkled with fine powder of *Ikshvaku Pushpa*. It should be given for inhalation to the patient who is delicate.^[6]

Table 1. Botanical description with English name and commentary

Sl. No.	Drug name	English name	Latin name	Commentary	
				Arunadatta Tika	Hemadri Tika
1.	<i>Bimbi</i>	Ivy gourd	<i>Coccinia indica</i> W.& A.	<i>Gohlaa</i>	<i>Katutundikeri</i>
2.	<i>Chitra</i>			<i>Mooshikaparni</i>	<i>Chitrandika</i>
3.	<i>Dahana-</i>	Ceylon lead wort	<i>Plumbago zeylanica</i> Linn.	<i>Chitraka</i>	<i>Chitraka</i>
4.	<i>Devadali</i>	Bitter sponge gourd, Rag gourd, Bristly luffa.	<i>Luffa echinate</i> Roxb.	<i>Garagari</i>	<i>Jimutaka</i>
5.	<i>Ela</i>	Cardamom	<i>Elettaria cardamomum</i> Maton.	<i>Truti</i>	<i>Truti</i>

6.	<i>Kana</i>	Long pepper	<i>Piper longum</i> Linn.	<i>Krishna</i>	<i>Pippali</i>
7.	<i>Karanja</i>	Indian beech	<i>Pongamia pinnata</i> Pierre.	<i>Naktamala</i>	<i>Naktamala</i>
8.	<i>Karbudar</i>	Sponge guard	<i>Luffa acutangula</i> (Linn.) Roxb	-	-
9.	<i>Koshataki</i>	Ridged gourd	<i>Luffa acutangula</i> (Linn.) Roxb.	<i>Dhamargava</i>	<i>Katukoshataki</i>
10.	<i>Kovidar</i>	Orchid tree	<i>Bauhinia purpurea</i> Linn	-	-
11.	<i>Kutaja</i>	Kurchi	<i>Hollarrhena antidysenterica</i> (Linn.) Wall.	<i>Vatsaka</i>	<i>Vatsaka</i>
12.	<i>Krimighna</i>	Embelia fruit	<i>Embelia ribes</i> Burm.	<i>Vidanga</i>	<i>Vidanga</i>
13.	<i>Lamba</i>	Bitter bottle gourd	<i>Lagenaria siceraria</i> (Molina) Standl.	<i>Tumbi</i>	<i>Katutumbi</i>
14.	<i>Lavana</i>	Rock salt		<i>Saindhava lavana</i>	<i>Saindhava lavana</i>
15.	<i>Madanaphala</i>	Lodh tree, Emetic nut	<i>Randia spinoza.</i>	<i>Ratha</i>	<i>Gela</i>
16.	<i>Madhuka</i>	Liquorica, sweetwood	<i>Glycyrrhiza glabra</i> Linn.	<i>Madhuyastika</i>	<i>Yasthimadhu</i>
17.	<i>Murva</i>	Rajmahal Hemp	<i>Marsdenia tenacissima</i> Wright & Arn.	<i>Piluparni</i>	<i>Madhurasa</i>
18.	<i>Neepa</i>	Burflower tree	<i>Anthocephalus cadamba</i> Miq	-	-
19.	<i>Nimba</i>	Margosa tree, Neem	<i>Azadirachta indica</i> A. Juss.	<i>Pichumanda</i>	<i>Pichumanda</i>

		tree			
20.	<i>Pratyekapushpi</i>	Prickly chaff flower	<i>Achyranthes aspera</i>	-	-
21.	<i>Rajakoshataki</i>	-	-	<i>Rajakoshataki</i>	<i>Rajakoshataki</i>
22.	<i>Sadapushpi</i>	Apple of Sodom	<i>Calotropis procera (Ait.) R.Br</i>		
23.	<i>Sarshapa</i>	Brown mustard	<i>Brassica juncea (L.) Czern.</i>	<i>Rakshagna</i>	<i>Rakshagna</i>
24.	<i>Shanapushpi</i>	Brown hemp, Indian hemp, Madras hemp, Sunn hemp	<i>Crotalaria juncea Linn.</i>	-	-
25.	<i>Trapusa</i>	Cucumber	<i>Cucumis sativus Linn.</i>	<i>Tikta Trapusa</i>	<i>Katuvalukam</i>
26.	<i>Vacha</i>	Sweet flag	<i>Acorus calamus Linn.</i>	<i>Golomi</i>	<i>Ugra</i>
27.	<i>Vidula</i>	Goat willow	<i>Salix caprea or Barringtonia acutangular.</i>	<i>Jalavetasa</i>	<i>Vetasa</i>
28.	<i>Vishala</i>	Colocynthis, Bitter apple, bitter cucumber	<i>Citrullus colocynthis (L.) Schrud.</i>	<i>Indravaruni</i>	<i>Indravaruni</i>

DISCUSSION:

In *Sutrasthana*, *Acharya Charaka* replying to the query of *Agnivesha* by quoting “*Samyaka Prayoga Nimitta Hi Sarvakarmanam*

Siddhiristha, Vyapat Cha Asamyaka Prayoga Nimitta”^[7] The success of all treatments depends upon proper administration and complications due to improper administration.

So proper selection of drugs plays an important role in achieving the utmost effect of therapy. *Acharya Vagbhat* has explained more than 28 drugs for *Vamana Karma*. Among them some formulations are used for *Sadhyovamana* purpose, some are explained for *Mridu Vamana*, for *Madhyama Vamana* and some are explained for *Tikshna Vamana* purpose. The drugs will be selected based on *Dosha Avastha*, *Rogi Bala*, *Roga Bala* etc. The above mentioned drugs are employed in some specific conditions for the diseases which are originated by *Kapha Dosha*, specific drugs for skin manifestations etc.

Vamana Kalpa Adhyaya of Kalpasiddhi Sthana deals with preparations and administration of *Vamana Dravya*. Based on *Yukti* of physician, one can administer *Vamana Dravya* in different combination. In *Raktapitta Chikitsa*, *Vamana* is administered by using *Madanaphala* mixed with *Tarpana* drugs like *Madhu*, *Ksheera*, *Ikshurasa*, *Sharkara* etc to prevent *Vata Prakopa*.^[8] In *Kaphaja Chardi*

Chikitsa, *Vamana* is administered with *Nimba*, *Pippali*, *Madanaphala* etc.^[9] In *Kaphaja Sthanya Dusthi Chikitsa*, *Vamana* is administered to the *Kumara* either with *Yasthimadhu*, *Saindhava Lavan* along with *Ghrita* as *Anupana* or *Saindhava Lavana*, *Pippali choorna* along with *Ghrita* as *Anupana* to cure the diseases caused due to *Khaphaj sthanya Dusthi*. In this way many formulations and single medicines are explained in literature for the purpose of *Vamana Karma*.^[10]

Principle of Vamana Kalpa

Eatables added with *Vartikriya*, powder, linctus, extract, meat soup, gruel, soup, *Kambalika* and milk should be administered to the patient requiring *Vamana* according to prescribed procedure. These are in brief the pharmaceutical preparations of *Vamana Dravya* described in detail in *Kalpa Sthana of Charaka Samhita*.^[11]

Table 2: Drug description with part used, dosage, indications, availability and use in practice

Sl. No	Name of the drug	Part used	Dose of Kalpana	Indications	Availability	Use in practice
1.	<i>Bimbi</i>	<i>Phala</i> <i>Patra</i> <i>Pushpa</i>	-	-	Easily available	-
2.	<i>Chitra</i>	<i>Phala</i> <i>Patra</i> <i>Pushpa</i>	-	-		-
3.	<i>Dahana-</i>	<i>Moola</i>	-	-	Available	-
4.	<i>Devadali</i>	<i>Phala</i>	<i>Kalka</i>	<i>Jwara, Shwasa,</i>	-	-

		<i>Patra Pushpa</i>	<i>Choorna - 1 Kola</i>	<i>Kasa,Hikka</i>		
5.	<i>Ela</i>	<i>Phala</i>	-	-	-	-
6.	<i>Kana</i>	<i>Phala Patra Pushpa</i>	-	-	Easily available	Most common
7.	<i>Karanja</i>	<i>Phala Patra Pushpa</i>	-	-	Easily available	-
8.	<i>Karbudar</i>	<i>Moola</i>	-	-	-	-
9.	<i>Koshataki</i>	<i>Phala Patra Pushpa</i>	-	<i>Kasa,Udararoga, Vishavikara, Kaphashaygat Vata Vikara, Kanthagata Mukhagata Vikara, Kapha Sanchiyajanya Vikara, Gulma, Sthira Vikara, Mahat Vikara</i>	-	-
10.	<i>Kovidar</i>	<i>Phala</i>	-	-	-	-
11.	<i>Kutaja</i>	<i>Phala Beeja</i>	-	<i>Sukumara, Jwara, Pitta Rakta Kapha Vridhi, Visarpa, Hidroga, Khuddaka Roga, Kustha.</i>	-	-
12.	<i>Krimighna</i>	<i>Phala</i>	-	-	Available	-
13.	<i>Lamba</i>	<i>Phala Patra Pushpa</i>	-	<i>Kasa, Shwasa, Visha, Chardi, Jwara, Kaphavikara</i>	-	-
14.	<i>Lavana</i>	-	-	-	Easily available	-
15.	<i>Madanaphala</i>	<i>Phala</i>	-	<i>Shleshmajwara, Pratishyaya, Kaphaja Gulma, Antarvidradhi</i>	Available	Most common
16.	<i>Madhuka</i>	<i>Moola</i>	-	-	Easily available	Most common
17.	<i>Murva</i>	<i>Phala Patra Pushpa</i>	-	-	-	-
18.	<i>Neep</i>	<i>Moola</i>	-	-	-	-
19.	<i>Nimba</i>	<i>Phala</i>	-	-	Easily	Common

		<i>Patra Pushpa</i>			available	
20.	<i>Pratyekapushpi</i>	<i>Phala</i>	-	-	Available	-
21.	<i>Rajakoshataki</i>	<i>Phala Patra Pushpa</i>	-	-	-	-
22.	<i>Sadapushpi</i>	<i>Phala Moola</i>	-	-	-	-
23.	<i>Sarshapa</i>	<i>Phala</i>	-	-	Easily available	Common
24.	<i>Shanapushpi</i>	<i>Moola</i>	-	-	-	-
25.	<i>Trapusa</i>	<i>Phala</i>	-	-	-	-
26.	<i>Vacha</i>	<i>Moola</i>	-	-	Available	-
27.	<i>Vidula</i>	<i>Moola</i>	-	-	-	-
28.	<i>Vishala</i>	<i>Phala</i>	-	-	-	-

In *Kalpa Siddhi Sthana*, *Madanaphala*, *Jimutaka*, *Ikshwaku*, *Dharmagava*, *Kshveda* and *Kutaja* are described in detail. The formulations of the above-mentioned *Dravyas* were explained in *Samhita* but here first time an attempt has been made to calculate the

number of formulations of each *Dravya* and that is tabulated below.

After a detailed review of the *Samhita* Part of the *Drug* used for the *Vamana* procedure are *Moola*-8, *Phala* - 20, *Pushpa* - 10, *Patra*- 10 and *Beeja*- 1.

Table 3. Description of formulations mentioned in *Kalpasiddhi sthana* of *Ashtang Hridaya Samhita*

Sl no	<i>Kalpa</i>	<i>Madanaphala</i>	<i>Jeemutaka</i>	<i>Ikshvaku</i>	<i>Dhamargava</i>	<i>Kshveda</i>	<i>Kutaja</i>
1.	<i>Kashaya</i>	10	-	-	1	1	8
2.	<i>Choorna</i>	8	2	1	10	-	1
3.	<i>Kshreera</i>	1	2	1	-	-	-
4.	<i>Kshairaiyee</i>	1	-	-	-	-	-
5.	<i>Dadhi</i>	1	2	1	-	-	-
6.	<i>Ghruta</i>	7	-	-	6	-	-
7.	<i>Leha</i>	2	-	-	-	-	-
8.	<i>Ksheerasantana</i>	-	1	-	-	-	-
9.	<i>Varunimanda</i>	-	10	-	-	-	-
10.	<i>Kalka</i>	-	1	-	-	-	-
11.	<i>Mastu</i>	-	-	1	-	-	-
12.	<i>Takra</i>	-	-	1	-	-	-
13.	<i>Mantha</i>	-	-	1	-	-	-

14.	<i>Mamsarasa</i>	-	-	1	-	6	-
15.	<i>Matra</i>	-	-	-	10	6	-
16.	<i>Swarasa</i>	-	-	-	3	-	-
17.	<i>Ikshurasa</i>	-	-	-	-	1	-
18.	<i>Krishara</i>	-	-	-	-	-	1
19.	<i>Ghreyo oga</i>	1	-	1	-	-	-
	<i>Total</i>	31	18	8	30	14	10

CONCLUSION:

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

Here, we came to a conclusion that the most common drugs used in today's practice are *Madanaphala*, *Kutajaphala*, *Vacha*, *Dhamargava* etc. drugs. The best choice of drug will maximise the benefit and relive the disease easily.

Further Scope: the current work is planned based on assortment of dissipated *Vamana* drugs in *Ashtang Hridaya*. In future, a definite pharmacodynamic investigation of above gathered medication should be possible,

distinctive clinical exploration plans can be proposed to comprehend the remedial activity of each medication.

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