



Journal of Ayurveda & Holistic Medicine

www.jahm.co.in

eISSN-2321-1563

REVIEW ARTICLE

OPEN

SCIENTIFIC REVIEW ON VAMANA DRAVYA (EMETIC DRUGS) OF SUSHRUTA SAMHITA

SHRUTHI NAIK¹ VASANT PATIL^{2*} MADHURI RODD³ MAITREYI KOLHAPURE⁴ PRIYANKA BHADARGADE⁵ NIKHITA KALBURGI⁶

ABSTRACT

Panchakarma is a science which deals mainly with five purificatory therapies for elimination of *Doshas* and also *Snehana*, *Swedana*, *Brihmana*, *Rukshana*, *Lekhana*, *Sthambhana* etc., therapies for the benefit for healthy and patients to maintain the health and radical cure of the disease. The elimination of *Doshas* in *Apakwa Avastha* through *Urdhwabhaga* by *Gunas* of *Vamaka Dravya* is known as *Vamana*. After screening *Sushruta Samhita* along with *Dalhana Tika*, different *Vamana Dravya* were also found. Web sources with keywords like *Vamana Dravya*, *Vamanopaga Dravya*, *Sushruta 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-five *Vamana* and *Vamanopaga Dravya* from *Sushruta Samhita* and critically analysed the various aspects related to the botanical identification, part used, current availability, indications, current use in practice etc.

Keywords: *Panchakarma*, *Vamana*, *Vamanopaga*, *Sushruta Samhita*, *Vamana Kalpa*

¹PG Scholar, ^{2*}Professor, ^{3,4}PG Scholar, Dept. of PG Dept. of Panchakarma, Ayurveda Mahavidyalaya, HUBLI, India

Corresponding Email id: ayurvasant@gmail.com

Access this article online: www.jahm.co.in

Published by Atreya Ayurveda Publications under the license CC-by-NC-SA

INTRODUCTION

Panchakarma is a science which deals mainly with five purificatory therapies for elimination of *Doshas* and also *Snehana*, *Svedana*, *Brihmana*, *Rukshana*, *Lekhana*, *Sthambhana* etc., therapies for the benefit for healthy and patients to maintain the health and radical cure of the disease ^[1].

The elimination of *Doshas* in *Apakwa Avastha* through *Urdhwabhaga* by *Gunas* of *Vamaka Dravya* is known as *Vamana* ^[2]. *Acharya* gives simile that as flowers, fruits and branches are destroyed as soon as the mother tree is uprooted. Similarly, diseases originated due to excessive *Kapha* are unresponsive after elimination of *Kapha* through the process of *Vamana*. ^[3] Selection of drugs is a complex task that requires interpretation of *Dosha-Dushya Sammurchana*, *Rogi Avastha*, *Rogi Bala* etc. factors. Knowledge of common medicines, understanding of clinical pharmacology of single drugs plays an important role in achieving the goals of the therapy.

For *Vamana Karma*, *Acharya Sushruta* in *Sutrasthana* has mentioned detailed descriptions about *Madanaphala*, *Jimutaka*, *Kutaja*, *Krtavedhana*, *Ikshwaku* and *Dhamargavya*.

After reviewing the *Sushruat Samhita* along with *Dalhana Tika*, different *Vamana Dravya* were also found. In *Samhita*, total 25 *Vamana* and *Vamanopaga dravyas* were observed. The *Vamaka Dravya* having the properties like *Sara*, *Sukshma*, *Tikshna*, *Ushna* and *Vikasi* does *Doshaharana* through *Urdhwabhaga* due to its *Prabhava*. ^[4] Most of the *Vamanopaga Dravya* are having properties like *Madhura Rasa*, *Sheeta Virya* and *Madhura Vipaka*. These reduce the irritative property of *Vamana dravya*.

The purpose of this article is to throw a light on 25 *Vamaka Dravyas* and *Vamanopaga Dravyas* mentioned in *Sushruta Samhita* for easy selection and proper conduction of *Vamana* procedure.

AIMS AND OBJECTIVES

For compilation of the scattered references of different *Vamaka* and *Vamanopaga Dravya's* in *Sushruta 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 *Sushruta Samhita* along with *Dalhana Tika* using the key words *Vamana* and *Vamanopaga Dravya*, and compiled twenty-

five drugs. Then the drugs are critically analysed for the botanical identification, part used, current availability, indications, current use in practice etc. and the obtained data is presented in the form table and discussed critically based on the literatures- books on *Panchakarma*, *Dravya Guna*, articles and web sources.

LITERARY REVIEW:

Acharya Sushruta has mentioned 25 *Vamana Dravyas* in *Sutrasthana*.

Vamana Vidhi:

The person's with *Tikshna Agni*, good *Bala*, *Doshaprakopa* condition and who is fit for *Vamana* procedure will be advised for *Snehana* and *Swedana* before the procedure. The day before the *Vamana* procedure, the person will be asked to consume *Abhishyandhi Ahara* (*Gramya, Anupa, Audhaka, Mamsadi*). The physician should take *Antarnakhamushti* of *Beeja* of *Madhanaphala*, pound them and impregnate them with a *Yastimadhu Kashaya* or *Kovidara Gana* and kept overnight. In the morning, this should be stirred with hand and filtered, added with *Madhu* and *Saindhava Lavana* and heated slightly and filled up to the brim in a drinking pot and impregnated with

following *Mantra* – *Om Brahma-Daksasvirudrendrabhu-Chandrarkanilalah | Rsayah Sausadhigrama bhutasanghascha Pantu Te || Rasayanamivarsinam Devanam Amrtam Yatha | Sudhevottamanaganam Bhaisajyam Idam Astu Te ||*

After the recipe has been impregnated with the *Mantra*, it should be administered to the patient while he is facing towards north and the Physician facing towards east repeatedly till the *Pitta* comes out along with the vomited material. This is essential, especially for the patients suffering from *Kaphaja Jwara*, *Pratishyaya* and *Antahavidradi*. By this method *Vamana* takes place properly.^[5]

Ghreya Vamana

The seeds of *Krtavedhana* are triturated many times with the decoction of emetic drugs, powdered and sprinkled on lotus and the patient to smell it. This is useful in cases where the *Doshas* are dislodged and ready to come out and in those who have already taken the porridge up to the throat. The emetics, purgatives and those applicable for nasal medication are administered in this way by improving the quality through *Bhavana*.^[6]

Table 1. Botanical description with English name and commentary

Sl. No	Name of the drug	English name	Latin name	Commentary	Reference
1.	<i>Arishta</i>	Neem tree, Margosa tree	<i>Azadirachta indica</i> A. Juss.	<i>Nimba</i>	Su.Su.39/3
2.	<i>Ashwagandha</i>	Winter cherry	<i>Withania somnifera</i> (Linn) Dunal	-	Su.Su.39/3
3.	<i>Bandhujivaka</i>	Ixora, Jungle geranium	<i>Ixora coccinea</i>	<i>Madhyan pushpa</i>	Su.Su.39/3
4.	<i>Bimbi</i>	Ivy gourd	<i>Coccinia indica</i> W.& A	<i>Kindurika</i>	Su.Su.39/3
5.	<i>Chitra</i>	-	-	<i>Chitrandika</i>	Su.Su.39/3
6.	<i>Dhamargava</i>	Sponge gourd	<i>Luffa cylindrica</i> Linn	<i>Pita pushpa koshataki</i>	Su.Su.39/3
7.	<i>Ikshwaku</i>	Bottle gourd	<i>Lagenaria siceraria</i> (Mol.) Standl.	<i>Katuka alabu</i>	Su.Su.39/3
8.	<i>Jimutaka</i>	Bristly luffa	<i>Luffa echinate</i> Roxb.	<i>Devadali</i>	Su.Su.39/3
9.	<i>Karanja</i>	Indian beech	<i>Pongamia pinnata</i> Pierre	-	Su.Su.39/3
10.	<i>Karbudara</i>	Sebesten	<i>Cordia dichotoma</i> Frost. f. (<i>C. mxya</i> Roxb.)	<i>Shlesmantaka</i>	Su.Su.39/3
11.	<i>Koshataki</i>	Ridge gourd	<i>Luffa acutangula</i> (Linn.) Roxb.	-	Su.Su.39/3
12.	<i>Kovidara</i>	Mountain ebony	<i>Bauhinia purpurea</i> Linn.	<i>Kanchanara</i>	Su.Su.39/3
13.	<i>Krtavedana</i>	Ridge gourd	<i>Luffa acutangula</i> (Linn.) Roxb.	<i>Koshtaki bheda</i>	Su.Su.39/3
14.	<i>Kutaja</i>	Kuruchi	<i>Hollarrhena antidysenterica</i> (Linn.) Wall	-	Su.Su.39/3
15.	<i>Madanaphala</i>	Emetic nut	<i>Randia dumetorum</i>	-	Su.Su.39/358
16.	<i>Mrugavara</i>	Colocynth or	<i>Citrullus colocynthis</i>	<i>Indravaruni</i>	Su.Su.39/3

		bitter apple	Scharad		
17.	<i>Pippali</i>	Long pepper	<i>Piper longum</i> Linn.	-	Su.Su.39/3
18.	<i>Prapunnada</i>	Ring-worm plant	<i>Cassia tora</i> Linn.	-	Su.Su.39/3
19.	<i>Sarshapa</i>	Wild turnip	<i>Brassica juncea</i> (L.) Czern.	<i>Shweta sarshapa</i>	Su.Su.39/3
20.	<i>Shanapushpi</i>	Blue rattlepod	<i>Crotalaria verrucosa</i> Linn.	<i>Shana sadrusha vitapa</i>	Su.Su.39/3
21.	<i>Shweta</i>	Sweet flag	<i>Iris germanica</i>	<i>Shweta vacha</i>	Su.Su.39/3
22.	<i>Vacha</i>	Sweet flag	<i>Acorus calamus</i> Linn.	<i>Arun vacha</i>	Su.Su.39/3
23.	<i>Vidanga</i>	Embelia fruit	<i>Embelia ribes</i> Burm.	-	Su.Su.39/3
24.	<i>Vidula</i>	Goat willow, Great sallow	<i>Salix caprea</i> or <i>Barringtonia acutangula</i>	<i>Vetasa</i>	Su.Su.39/3
25.	<i>Vishala</i>	Colocynth or bitter apple	<i>Citrullus colocynthis</i> Schrad.	-	Su.Su.39/3

DISCUSSION:

Acharya Sushruta has mentioned the detail the description of Vamaka drugs in Samshodhana Samshaniya Adhyaya^[7] and Vamana Dravya Vikalpa Vidnyaniya Adhyaya^[8], Vamana Vidhi in Vamana Virechana Sadhyopadrava Chikitsa^[9] and Vamana Vyapat and treatment in Vamana Virechana Vyapat Chikitsa Adhyaya.^[10]

Based on the conduction of Vamana Karma the procedure can be subdivided as following:

1. Sadyo Vamana & Snehana Poorvaka Vamana
2. Mridu, Madyama & Tikshna
3. Classical & traditional

Classification of Vamana Dravya:

1. Pratyaksha (Directly acting) & Apratyaksha (indirectly acting) Vamaka Dravya
2. Centrally acting & locally acting emetic drugs
3. Mridu, Madyama & Tikshna

Acharya Sushruta in Sutrasthana has mentioned detailed descriptions about Madanaphala, Jimutaka, Kutaja, Krtavedhana, Ikshwaku and Dhamargava. In this chapter Acharya has described different Kalpa's. Madanaphala can be used in form of Madanaphala Kashaya Bhavita Madana Majja Churna, Madanaphala Siddha Paya

(*Madanaphala* processed milk), *Santanika* (*Madanaphala* processed creamy layer), *Madanaphala Siddha Yavagu*, *Madanaphala Majja Siddha Taila* etc. ^[11] *Jimutaka* flowers can be used by mixing with milk, in the form of *Yavagu*, hairy fruits in the form of *Santanika*,

Table 2. Kalpa Yoga of Vamaka Dravya

Sl.No.	Vamaka Dravya	Number of preparations
1	<i>Madanaphala</i>	31
2	<i>Jimutaka</i>	24
3	<i>Ikshvaku</i>	33
4	<i>Kutaja</i>	24
5	<i>Krtvedhana</i>	24
6	<i>Dhamargava</i>	24
	Total	160

The pharmacodynamics of each drug differ with respect to their specificity of the targeted particular disease. *Acharya Sushruta* has mentioned different combinations of *Vamaka* drugs in different diseases, for example –

and when the hairs fall down, the liquid part of curd prepared with *Jimutaka* is used ^[12]. *Kutajaphala* and *Krtavedhana* preparations are administered as that of *Jimutaka*. ^[13] *Ikshvaku* and *Dhamargava* are used same as *Madanaphala* preparations. ^[14]

Ksheera Yavagu prepared with *Madanaphala* pulp can be given in *Adhoga Raktapitta* and *Hritdaha* (burning of heart). The curd prepared in *Madanaphala* pulp is given in *Kapha Praseka* (dribbling of Kapha), *Chardi* (vomiting), *Murchha* (fainting) and *Tamaka Shvasa* (Bronchial asthma). *Madanaphala* pulp along with *Nimba* or *Rupika* decoction is given in *Santarpnotta Kaphaja* diseases. ^[15] In the same way *Jimutaka* fruits are used in *Kapha* diseases, *Arochaka* (anorexia), *Kasa* (cough), *Shvasa* (dyspnoea), *Panduroga* (anaemia) and *Kshaya* (tuberculosis). ^[16] In this way *Acharya Sushruta* has given the detail description of different *Vamana Kalpa's* useful in different clinical conditions.

Table 3. Drugs description with part used, dose, indication, availability and use in practice:

Sl. No	Name of the drug	Part used	Dose of Kalpana	Indications	Availability	Use in practice
1.	<i>Arishta</i>	<i>Moola</i>	-	-	Available	
2.	<i>Ashwagandha</i>	<i>Moola</i>	-	-	Available	
3.	<i>Bandhujivaka</i>	<i>Moola</i>	-	-	Not available	

Vamana Dravya (Emetic Drugs) of Sushruta Samhita

Jour. of Ayurveda & Holistic Medicine, Volume-IX, Issue-VI (Nov.-Dec.2021)

4.	<i>Bimbi</i>	<i>Moola</i>	-	-	Available	
5.	<i>Chitra</i>	<i>Moola</i>	-	-	Not available	
6.	<i>Dhamargava</i>	<i>Phala</i>	-	<i>Gara, Gulma, Udara, Kasa, Shwasa, Kapha Roga</i>	Available	Common
7.	<i>Ikshwaku</i>	<i>Phala</i>	-	<i>Kasa, Shwasa, Chardi, Kapha Roga</i>	Available	Common
8.	<i>Jimutaka</i>	<i>Phala</i>	-	<i>Arochaka, Kasa, Shwasa, Panduroga, Yakshma, Kapha Roga</i>	Available	Common
9.	<i>Karanja</i>	<i>Phala</i>	-	-	Available	
10	<i>Karbudara</i>	<i>Moola</i>	-	-	Available	
11	<i>Koshataki</i>	<i>Moola</i>	-	-	Available	
12	<i>Kovidara</i>	<i>Phala</i>	-	-	Available	
13	<i>Krtavedana</i>	<i>Phala</i>	-	<i>Arochaka, Kasa, Shwasa, Panduroga, Yakshma, Kapha Roga</i>	Available	
14	<i>Kutaja</i>	<i>Phala</i>	-	<i>Arochaka, Kasa, Shwasa, Panduroga, Yakshma, Kapha Roga</i>	Available	Common
15	<i>Madanaphala</i>	<i>Phala</i>	-	-	Available	Common

16	<i>Mrugavara</i>	<i>Moola</i>	-	-	-	
17	<i>Pippali</i>	<i>Phala</i>	-	-	Available	Common
18	<i>Prapunata</i>	<i>Phala</i>	-	-	-	
19	<i>Sarshapa</i>	<i>Phala</i>	-	-	Available	
20	<i>Shanapushpi</i>	<i>Moola</i>	-	-	-	
21	<i>Shweta</i>	<i>Moola</i>	-	-	Available	
22	<i>Vacha</i>	<i>Moola</i>	-	-	Available	Common
23	<i>Vidanga</i>	<i>Phala</i>	-	-	Available	
24	<i>Vidula</i>	<i>Moola</i>	-	-	-	
25	<i>Vishala</i>	<i>Moola</i>	-	-	-	

After detailed review of the *Samhita* the Part of the drug used for *Vamana* procedure are *Moola* – 13 and *Phala*- 12.

CONCLUSION

In this article, for the first time the comprehensive scientific review done to compile twenty-five *Vamana* and *Vamanopaga Dravyas* from *Sushruta Samhita* and critically analysed the various aspects related to the botanical identification, part used, current availability, indications, current use in practice etc., Suitable classical *Vamana Dravyas* 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*, *Pippali*,

Jimutaka and *Ikshvaku*. The best choice of drug will maximise the benefit and relive the disease easily.

Future Scope:

The present work is aimed and discussed on the basis of collection of scattered *Vamana* drugs in *Sushruta Samhita*. In future, a detailed pharmacodynamics study of above collected drugs can be done, different clinical research plans can be proposed to understand the therapeutic action of each drug.

REFERENCES

1. Patil Vasant. Principles and Practice of Panchakarma (A Comprehensive Book for PG Scholars, Researchers and Practitioners) 5th edition, Choukhamabha Sanskrit Sansthan; Varanasi;2021 (In press)
2. Yadavaji Trikamji (editor). Commentary: Nibandha Samgraha of Shree Dalhana Acharya and Nyayachandrika Panchaka of Sri Jayadasa Acharya on Sushruta Samhita, Chikitsasthana,

- Chapter - 33, verse no.34 Varanasi; Chaukamba publishers, reprint 2019:519
3. Yadavaji Trikamji (editor). Commentary: Nibandha Samgraha of Shree Dalhana Acharya and Nyayachandrika Panchaka of Sri Jayadasa Acharya on Sushruta Samhita, Chikitsasthana, Chapter - 33, verse no.12 Varanasi; Chaukamba publishers, reprint 2019:517
4. Yadavaji Trikamji (editor). Commentary: Nibandha Samgraha of Shree Dalhana Acharya and Nyayachandrika Panchaka of Sri Jayadasa Acharya on Sushruta Samhita, Chikitsasthana, Chapter - 33, verse no.33 Varanasi; Chaukamba publishers, reprint 2019:519
5. Yadavaji Trikamji (editor). Commentary: Nibandha Samgraha of Shree Dalhana Acharya and Nyayachandrika Panchaka of Sri Jayadasa Acharya on Sushruta Samhita, Sutrasthana, Chapter - 43, verse no.2-3 Varanasi; Chaukamba publishers, reprint 2019:178
6. Yadavaji Trikamji (editor). Commentary: Nibandha Samgraha of Shree Dalhana Acharya and Nyayachandrika Panchaka of Sri Jayadasa Acharya on Sushruta Samhita, Sutrasthana, Chapter - 43, verse no.9 Varanasi; Chaukamba publishers, reprint 2019:189
7. Yadavaji Trikamji (editor). Commentary: Nibandha Samgraha of Shree Dalhana Acharya and Nyayachandrika Panchaka of Sri Jayadasa Acharya on Sushruta Samhita, Sutrasthana, Chapter - 39, verse no.3 Varanasi; Chaukamba publishers, reprint 2019:170
8. Yadavaji Trikamji (editor). Commentary: Nibandha Samgraha of Shree Dalhana Acharya and Nyayachandrika Panchaka of Sri Jayadasa Acharya on Sushruta Samhita, Sutrasthana, Chapter - 43, Varanasi; Chaukamba publishers, reprint 2019:297
9. Yadavaji Trikamji (editor). Commentary: Nibandha Samgraha of Shree Dalhana Acharya and Nyayachandrika Panchaka of Sri Jayadasa Acharya on Sushruta Samhita, Chikitsasthana, Chapter - 33, Varanasi; Chaukamba publishers, reprint 2019:297
10. Yadavaji Trikamji (editor). Commentary: Nibandha Samgraha of Shree Dalhana Acharya and Nyayachandrika Panchaka of Sri Jayadasa Acharya on Sushruta Samhita, Chikitsasthana, Chapter - 34, Varanasi; Chaukamba publishers, reprint 2019:297
11. Yadavaji Trikamji (editor). Commentary: Nibandha Samgraha of Shree Dalhana Acharya and Nyayachandrika Panchaka of Sri Jayadasa Acharya on Sushruta Samhita, Sutrasthana, Chapter - 43, verse no.4 Varanasi; Chaukamba publishers, reprint 2019:188
12. Yadavaji Trikamji (editor). Commentary: Nibandha Samgraha of Shree Dalhana Acharya and Nyayachandrika Panchaka of Sri Jayadasa Acharya on Sushruta Samhita, Sutrasthana, Chapter - 43, verse no.4 Varanasi; Chaukamba publishers, reprint 2019:188
13. Yadavaji Trikamji (editor). Commentary: Nibandha Samgraha of Shree Dalhana Acharya and Nyayachandrika Panchaka of Sri Jayadasa Acharya on Sushruta Samhita, Sutrasthana, Chapter - 43, verse no.3 Varanasi; Chaukamba publishers, reprint 2019:189

14. Yadavaji Trikamji (editor). Commentary: Acharya on Sushruta Samhita, Sutrasthana, Nibandha Samgraha of Shree Dalhana Acharya and Nyayachandrika Panchaka of Sri Jayadasa Acharya on Sushruta Samhita, Sutrasthana, Chapter - 43, verse no.3 Varanasi; Chaukamba publishers, reprint 2019:189
15. Yadavaji Trikamji (editor). Commentary: Nibandha Samgraha of Shree Dalhana Acharya and Nyayachandrika Panchaka of Sri Jayadasa Acharya on Sushruta Samhita, Sutrasthana, Chapter - 43, verse no.4 Varanasi; Chaukamba publishers, reprint 2019:188
16. Yadavaji Trikamji (editor). Commentary: Nibandha Samgraha of Shree Dalhana Acharya and Nyayachandrika Panchaka of Sri Jayadasa Acharya on Sushruta Samhita, Sutrasthana, Chapter - 43, verse no.4 Varanasi; Chaukamba publishers, reprint 2019:188

CITE THIS ARTICLE AS

Shruti Naik, Vasant Patil, Madhuri Rodd, Maitreyee Kolhapure, Priyanka Bhadargade, Nikhita Kalburgi. Scientific Review on Vamana Dravya (Emetic Drugs) of Sushruta Samhita, *J of Ayurveda and Hol Med (JAHM)*. 2021;9(6):55-64

Source of support: Nil

Conflict of interest: None Declared