



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

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ABSTRACT

Panchakarma presents a unique approach of *Ayurveda* with specially designed five procedures of internal purification of the body through the nearest possible route. *Vamana Karma* is the first measure amongst *Panchakarma*, mainly indicated in the *Kaphaja* disorders. In *Kalpa Sthana* of *Charaka Samhita*, 6 chapters are dedicated for *Vamana Dravyas* and its respective *Kalpa*. After screening other *Sthanas* of *Charaka Samhita* along with *Chakrapani Tika*, different *Vamana Dravya* were also found. Web sources, *Charaka Samhita* and *Dravyaguna* textbooks with keywords like *Vamana Dravya*, *Vamanopaga Dravya* were used to clarify the dispute of different *Dravya*'s mentioned in *Samhita*. In this article for the first time the comprehensive scientific review done to compile twenty-seven *Vamana* and *Vamanopaga Dravya* from *Charaka Samhita* and critically analysed the various aspects related to the botanical identification, part used, current availability, indications, current use in practice etc.

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INTRODUCTION

Vamana is a process in which vitiated *Doshas* are expelled through the *Urdhwabhaga* i.e., upper route (mouth). *Chakrapani* mentions that *Urdhwabhaga* should be considered as *Urdhvamukha*.^[1] *Vamana* eliminates the aggravated *Kapha* collected in the region of *Amashaya* through the oral route. *Acharya* gives simile that as breaking the border of paddy field, rice dry up by deprivation of water.^[2]

Six hundred formulations mentioned in *Kalpa Sthana* are practically experienced combination for the use. Such thousands or crores of combination can be planned & prepared by the wise physician with his own intellect and experience. There is no limit for framing new formulations as there exists a wide scope for multidrug combinations. Amongst 600 formulations 355 are mentioned for *Vamana*.^[3]

In *Kalpa Sthana*, *Madanaphala*, *Jimutaka*, *Ikshwaku*, *Dharmagava*, *Vatsaka* and *Krtavedhana Dravya* are described in detail.

After reviewing the *Charaka Samhita* along with *Chakrapani Tika*, different *Vamana Dravya* were also found other than six *Dravya* mentioned in *Kalpa Sthana*. In *Samhita*, total 27 *Vamana* and *Vamanopaga dravyas* were observed. The *Vamaka Dravya* having the

properties like *Ushna*, *Tikshna*, *Sukshma*, *Vyavayi* and *Vikasi* get absorbed and reach to heart due to their *Virya*.^[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 27 *Vamaka Dravyas* and *Vamanopaga Dravyas* mentioned in *Charaka 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 *Charaka 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 on all *Sthanas* of *Charaka Samhita* along with *Chakrapani Tika* using the key words *Vamana* and *Vamanopaga Dravya*, and compiled twenty-seven drugs. Then the drugs are critically analysed for 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 Charaka has mentioned 38 *Vamana Dravyas* in *Sutra Sthana*, 6 *Vamana Dravyas* in *Vimana Sthana*, 9 *Vamana Dravyas* in *Chikitsa Sthana* and 10 *Vamana Dravyas* in *Kalpa Sthana*.

Vamana Vidhi:

The person should be subjected to *Snehana* & *Swedana Karma* for two or three days prior to the administration of *Vamana Karma*. During rest days, patient should be given the diet consisting of the *Gramya*, *Anupa*, *Audaka*, *Mamsa Rasa* (meat of domesticated and aquatic animals), *Ksheera* (milk), *Dadhi* (curd), vegetables, etc. in the night prior to *Vamana Karma* for the excitation of *Kapha*.^[5] In the next morning when the food taken in the previous night is digested, after performing religious sacrifices and when the stomach is empty, the patient who is *Anati Snigdha* (has not been excessively oiled or improperly oiled) should be brought to *Vamana* room. Then patient is advised to sit on the *Vamana* chair and *Yavagu* added with *Ghrita* is given. The physician should take *Antarnakhamushti* of *Beeja* of *Madhanaphala*, pound them and impregnate them with a *Yastimadhu Kashaya*

or one of these- *Kovidara*, *Karbudara*, *Nipa*, *Vidula*, *Bimbi*, *Sanapushpi* and *Pratyakapushpi* 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 *Mantra*.

After the recipe has been impregnated with the *Mantra*, it should be administered to the patient while he is facing towards the east or north repeatedly till the *Pitta* comes out along with the vomited material. This is essential, especially for the patients suffering from *Kaphaja Jwara*, *Gulma* and *Pratishyaya*. By this method *Vamana* takes place properly.^[6]

If the urge for vomiting is weak, then *Vamana Kashaya* or *Vamanopaga Dravyas* explained in the below table can be administered till the appearance of *Pitta* in the vomitus.

Ghreya Yoga:

In Samhita's, *Vamana* by inhalation with *Madanaphala* powder^[7], *Ikshvaku* powder^[8] and *Dhamargava* powder^[9] is explained. Here *Vamana* drugs are powdered and used in the form of inhalation by sprinkling over some garlands.

Table No.1 Vamana drugs with English name and Latin name

Sl.no	Name of the Drug	English name	Latin name of the Drug	Commentary	Reference
1.	<i>Aragwada</i>	Indian Laburnum, Purging cassia	Cassia fistula Linn.	-	Cha.Vi.8/135 Cha.Ka.8/1
2.	<i>Ashmantaka</i>	Mock bodh tree, Mock peepul tree	Ficus rumphii Bl.	-	Cha.Su.1/114-115
3.	<i>Bimbi</i>	Ivy gourd	Coccinia indica W.&A	-	Cha.Su.1/78 Cha.Su.4/13
4.	<i>Dhamargava</i>	Sponge guard	Luffa cylindrica Linn.	-	Cha.Su.1/83 Cha.Su.2/7
5.	<i>Ela</i>	Green or true cardamom	Elettaria cardamomum Maton.	-	Cha.Su.2/7
6.	<i>Haimavati</i>	Sweet flag, Sway or Muskrat root	Acorus calamus Linn	<i>Vacha</i>	Cha.Su.1/77
7.	<i>Hastiparni</i>		Cucumis sativus Linn.	<i>Morata</i>	Cha.Su.1/84
8.	<i>Ikshuwaku</i>	Bottle gourd	Lagenaria siceraria (Mol.) Standl.	-	Cha.Su.1/83 Cha.Su.2/7 Cha.Su.4/4 Cha.Vi.8/135 Cha.Ka.1/6 Cha.Ka.3/1
9.	<i>Jimutaka</i>	Bitter sponge guard	Luffa echinate Roxb	-	Cha.Su.1/83 Cha.Su.2/7 Cha.Su.4/4 Cha.Vi.8/135 Cha.Ka.1/6 Cha.Ka.2/1
10.	<i>Karbudara</i>	Sponge guard	Luffa acutangula (Linn.) Roxb	<i>Swetakanchana</i>	Cha.Su.4/13
11.	<i>Kovidara</i>	Orchid tree	Bauhinia purpurea Linn	<i>Swanama prasidda</i>	Cha.Su.4/13

12.	<i>Koshataki</i>	Ridge guard	Luffa acutangula	-	Cha.Su.4/13 Cha.Ka.6/1
13.	<i>Kutaja</i>	Kurchi	Hollarhena antidysenterica (Linn.) Wall		Cha.Su.1/84 Cha.Su.2/7 Cha.Su.4/4 Cha.Vi.8/135 Cha.Chi.21/51 Cha.Chi.21/52 Cha.Ka.1/6 Cha.Ka.5/1
14.	<i>Madhanaphala</i>	Emetic nut	Randia dumetorum	-	Cha.Su.1/84 Cha.Su.2/7 Cha.Su.4/4 Cha.Su.15/10 Cha.Su.25/40 Cha.Vi.8/135 Cha.Chi.21/51 Cha.Chi.21/52 Cha.Ka.1/1 Cha.Ka.1/6
15.	<i>Madhu</i>	Honey	-	-	Cha.Su.4/13
16.	<i>Madhuka</i>	Butter tree, Honey tree	Glycyrrhiza glabra Linn	-	Cha.Su.2/7 Cha.Su.4/13 Cha.Chi.21/51
17.	<i>Matulunga</i>	Citron	Citrus medica Linn.	-	Cha.Su.27/154
18.	<i>Neepa</i>	Burflower tree	Anthocephalus cadamba Miq	-	Cha.Su.4/13
19.	<i>Nimba</i>	Neem tree or Indian lilac	Azadirachta indica A.juss.	-	Cha.Su.2/7 Cha.Chi.21/51
20.	<i>Patola</i>	Pointed guard	Trichosanthes dioica Roxb.	-	Cha.Chi.21/51
21.	<i>Pippali</i>	Long pepper	Piper longum Linn	-	Cha.Su.2/7 Cha.Chi.21/52
22.	<i>Pratyekapushpi</i>	Prickly chaff	Achyranthes aspera	<i>Apamarga</i>	Cha.Su.4/13

		flower			
23.	<i>Sadapushpi</i>	Apple of Sodom	Calotropis procera (Ait.) R.Br	<i>Arka</i>	Cha.Su.4/13 Cha.Su.1/114-115
24.	<i>Salavana</i> <i>Ushnaja</i>	Salty hotwater	-	-	Cha.Vi.2/13 Cha.Chi.17/85
25.	<i>Shanapushpi</i>	Brown hemp, Indian hemp, Madras hemp, Sunn hemp	Crotalaria juncea Linn.	<i>Ghantarava</i>	Cha.Su.1/78 Cha.Su.4/13
26.	<i>Trapusa</i>	Cucumber	Cucumis Sativus Linn.	-	Cha.Su.1/84
27.	<i>Vidula</i>	Indian putat, Indian oak, Itchy tree	Barringtonia acutangular	<i>Hijjala</i>	Cha.Su.4/13

DISCUSSION:

Kalpa Sthana deals with preparations of *Vamana* and *Virechana Dravyas*, describing combinations and administration of these formulations and simple methods for the purpose of *Vamana* and *Virechana*.

Based on the conduct of *Vamana* procedure, *Acharya Charaka* has classified *Vamana* as *Sadhya Vamana* and *Sneha Purvaka Vamana*. In the same way based on selection of drugs *Vamana* is subdivided as *Mridu*, *Madyama* & *Tikshna*.

Classification of *Vamana Dravya*:

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

Principles 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.^[10] In *Kalpa Sthana*, pharmaceutical preparations of *Vamana Dravya* are described in detail.

Table No.2 Pharmacological Review of Vamana Drugs

Sl.no	Name of the drug	Part used	Dose of Kalpana	Indications	Availability	Use in practice
1.	<i>Aragwadha</i>	<i>Moola</i> , <i>Phala</i>	<i>Swarasa</i> – One <i>Prasrta</i> or	<i>Jwara</i> , <i>Hridroga</i> , <i>Vatarakta</i> , <i>Udavarta</i> ,	Easily available	Most common

			One Anjali	Bala, Vridha, Kshata, Kshina, Sukumara		
2.	Ashmantaka	Phala, Moola	-	-	Easily available	-
3.	Bimbi	Moola	-	-	Easily available	-
4.	Dhamargava	Phala, Puspa, Patra	Pill form – Size of Kola	Gara, Gulma, Udara, Kasa, Vatashlemashayastite, Diseases of throat and mouth, Kaphaja vyadhis, Manovikaras	Easily available	Most common
5.	Ela	Phala	-	-	Easily available	Common
6.	Hastiparni	Phala	-	-	-	-
7.	Ikshuwaku	Phala Beeja	Lehya – appropriate dose	Kasa, Swasa, Visha, Chardi, Jwara, Kaphakarshite, and for those who are distressed with palpitation.	Easily available	Common
8.	Jimutaka	Phala	Churna- One sukti (24gms) Pills- Size of the Kola	Jwara, Swasa, Hikka and cures all the Threedoshas, Kaphaja arochaka, Panduroga, Rajayakshma	Available	Common
9.	Karbudara	Moola	-	-	-	-
10.	Koshataki	Phala Pushpa	Kashaya – Depending on Bala	Kustha, Panduroga, Splenic disorders, Sopha, Gulma, Gara	Available	Common
11.	Kovidara	Phala	-	-	-	-
12.	Kutaja	Phala	-	-	Easily available	Most common
13.	Madanaphala	Phala,	Kashaya – One	Jwara, Udara, aruchi,	Easily	Most

		<i>Patra, Pushpa Beeja</i>	<i>Anjali</i> (approximately 192ml) Pills- 1 or 2 pills	<i>Adhogaraktapitta, hrid- daha, Kaphaja Chardi, Tamaka, Praseka, Kaphabibhutagnim, Visushyadeha</i>	available	common
14.	<i>Madhu</i>	-	-	-	Easily available	Most common
15.	<i>Madhuka</i>	<i>Moola</i>	-	-	Easily available	Most common
16.	<i>Matulunga</i>		-	-	-	-
17.	<i>Neepa</i>	<i>Moola</i>	-	-	-	-
18.	<i>Nimba</i>	<i>Moola twak</i>	-	-	Easily available	Most common
19.	<i>Patola</i>		-	-	Easily available	Most common
20.	<i>Pippali</i>	<i>Phala</i>	-	-	Easily available	Most common
21.	<i>Pratyekapushpi</i>	<i>Phala</i>	-	-	<i>Available</i>	Not common
22.	<i>Sadapushpi</i>	<i>Phala, Moola</i>	-	-	Easily available	Not common
23.	<i>Salavana ushnajala</i>		-	-	Easily available	Most common
24.	<i>Shanapushpi</i>	<i>Moola</i>	-	-	-	-
25.	<i>Trapusa</i>	<i>Phala</i>	-	-	-	-
26.	<i>Vacha</i>	<i>Moola</i>	-	-	Easily available	Most common
27.	<i>Vidula</i>	<i>Moola</i>	-	-	-	-

In *Shadvirechanashatashritiya Adhyaya*, Acharya Charaka has mentioned 600 *Virechaniya Kalpa*, among these 355 are *Vamana Kalpa*. In *Kalpa Sthana*,

Madanaphala, Jimutaka, Ikshwaku, Dharmagava, Vatsaka and *Krtavedhana* are described in detail. The number of

formulations of above mentioned *Dravyas* are *Moola -11, Phala- 15, Pushpa- 3, Patra- 2 and*
133, 39, 45, 60, 18 and 60 respectively. Beeja- 2.

After detailed review of the *Samhita* the Part
of the drug used for *Vamana* procedure are

Table 3. Description of formulations mentioned in *Kalpasthan* of *Charaka Samhita*

Name of Kalpa	<i>Madanphala</i>	<i>Jimutaka</i>	<i>Ikshvaku</i>	<i>Dhamargava</i>	<i>Kuṭaja</i>	<i>Kritavedhana</i>
<i>Kashaya</i>	9	19	9	20	9	22
<i>Matra</i>	8	8	8	-	-	-
<i>Kshira</i>	4	6	8	4	-	4
<i>Ghrita</i>	1	1	1	1	-	1
<i>Phañita</i>	1	-	-	-	-	-
<i>Churṇa</i>	1	-	-	-	5	-
<i>Ghreya</i>	1	-	1	-	-	1
<i>Varti</i>	6	-	-	-	-	6
<i>Leha</i>	20	-	5	10	-	8
<i>Modaka</i>	20	-	-	-	-	-
<i>Utkarika</i>	20	-	-	-	-	-
<i>Shaḍava</i>	10	-	-	-	-	-
<i>Shashkuli</i>	16	-	-	-	-	-
<i>Apupa</i>	16	-	-	-	-	-
<i>Suramaṇḍa</i>	-	1	1	1	-	1
<i>Svarasa</i>	-	4	-	-	-	-
<i>Dadhimastu</i>	-	-	1	-	-	-
<i>Takra</i>	-	-	1	-	-	-
<i>Palala</i>	-	-	1	-	-	-
<i>Taila</i>	-	-	1	-	-	-
<i>Vardhamana</i>	-	-	6	-	-	-
<i>Maṇḍa</i>	-	-	1	-	-	-
<i>Mamsarasa</i>	-	-	1	-	-	7
<i>Pallava</i>	-	-	-	9	-	-

<i>Shakrudrasa</i>	-	-	-	12	-	-
<i>Kalka</i>	-	-	-	1	-	-
<i>Anna</i>	-	-	-	1	-	-
<i>Salila</i>	-	-	-	-	3	-
<i>Krushara</i>	-	-	-	-	1	-
<i>Piccha</i>	-	-	-	-	-	10
<i>Ikshurasa</i>	-	-	-	-	-	1
Total	133	39	45	60	18	60

CONCLUSION:

In this article for the first time the comprehensive scientific review was done to compile twenty-seven *Vamana* and *Vamanopaga Dravya* from *Charaka Samhita* and critically analysed the various aspects. Commonly used *Vamana* and *Vamanopaga* drugs are Madanaphala, Aragwadha, Dhamargava, Kutaja, Madhu, Madhuka, Nimba, Patola, Pippali, Vacha 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. In future different research trials can be proposed to study the detail pharmacodynamics of above listed drugs.

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Madhuri Rodd. Scientific Review on Vamana Dravya (Emetic Drugs) of Charaka Samhita

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CITE THIS ARTICLE AS

Nikhita Kalburgi, Harish Kulkarni, Vasant Patil, Priyanka Bhadargade, Maitreyee Kolhapure, Shruti Naik, Madhuri Rodd Scientific Review on Vamana Dravya (Emetic Drugs) of Charaka Samhita, *J of Ayurveda and Hol Med (JAHM)*. 2021;9(6):44-54

Source of support: Nil

Conflict of interest: None Declared