



VAMANA SHATAKAM: PROCEEDINGS

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Article Received on 01/03/2018

Article Revised on 22/03/2018

Article Accepted on 12/04/2018

ABSTRACT

Vasant ritu is meant for shodhan of kapha & kapha-pitta as there is provocation of kapha naturally which is accumulated in Hemant ritu. So it was planned to perform maximum *vaman* in a single day in Vasant ritu considering high number of patients attending Panchakarma OPD of CBPACS who are classically indicated for Vaman. Registration for Vaman Camp started in first week of December 2016 to last week of February 2017. Out of total 182 registered patients and healthy individuals, Vaman of 142 participants was performed on 5th March 2017 with the help of 7 consultants, 2 doctors for emergency management, 14 pg students, 30 interns, 71 students, 30 therapists, housekeeping staff and attendants. *Vamana* procedure was done as per classical guidelines. Observations were noted down at each step. The camp was successful and Vaman was well tolerated by all participants with few minor complications. The event was recorded in India Book of Records as maximum number of Vamana therapies in a single day.

KEYWORDS: Vasantika vama, Vamana, Vasant ritu.

INTRODUCTION

Many days are celebrated to glorify the specific subject like AIDS day, International yoga day, National Ayurveda day, World environmental day etc. Similarly an effort was made to celebrate a day as Vamana day. Vasant ritu is meant for shodhan of kapha & kapha-pitta by means of Vamana (Therapeutic emesis) as there is provocation of kapha naturally which is accumulated in Hemant ritu. So it was planned to perform maximum vama in a single day in Vasant ritu considering high number of patients who are classically indicated for Vaman and named it as 'Vamana Shatakam'. The main objective of this idea was to take away the fear attached to the complicated procedure of Vamana Karma and to popularize it. Registration for Vamana Camp started in first week of December 2016 to last week of February 2017. Out of total 182 registered patients and healthy individuals, Vaman of 142 participants was performed on 5th March 2017.

PLANNING

Planning to perform 142 Vamana simultaneously was a great challenge and it required huge number of resources to monitor everything in proper manner. In Vasant ritu, the date chosen for the Vamana Shatakam camp was the first Sunday of March i.e. 5th March. Sunday was chosen so that the routine hospital work would not hamper when maximum staff was engaged in Vamana camp. So to make the camp successful each participant was taken care of in following manner as presented in flow chart no-1.

Execution

1. Registration for Vaman Camp started in first week of December 2016 to last week of February 2017.

2. Total 182 healthy individuals and patients aged 16 to 60 years with Bahudoshavastha who are indicated for *Vamana* were registered from the OPD and IPD of Ch.

Brahm Prakash Ayurved Charak Sansthan, Khera Dabar, New Delhi.

3. A special Vamana record sheet was prepared. Complete case history was taken and examination was performed. Pathological investigations (CBC, Lipid profile, LFT, KFT) were done. ECG was conducted where ever required. Detail information regarding the procedure was provided in information sheet and written consent was taken.

4. After investigations some participants found unfit for Vamana. Remaining were followed with Deepana Pachana for three days from 22nd Feb to 24th Feb with suitable medicine.

5. Snehapana (internal oleation) was initiated from 25th Feb. Written instructions in layman language for Snehapana were provided to every participant. The student allotted for the specific participant was instructed to call daily that participant to assure intake of Sneha and to assess the symptoms of 'Samyak, asmyak or ati snigdha' or any complication of Snehapana. Each student was provided with Snehapana Chart to fill it daily and report to concern PG scholar and intern.

6. There was drop out of some patients due to intolerance of Sneha or some other illness at that time. Some patients, who achieved symptoms of Samyak Snigdha on 3rd, 4th, 5th or 6th day, underwent Vamana prior to the fixed date i.e. 5th March 2017.

7. On 3rd March 142 participants came up with Samyak Snigdha symptoms for Vamana camp. On the same day all these participants were admitted in the hospital.

8. All essential materials for Vaman Karma were arranged one day prior to Vaman day. Raw materials and huge pots required for these preparations were managed by a Supervising Committee.

9. 750 liters of water was boiled in large containers on previous night i.e. 4th March. 188 kg powder of Yashtimadhu was taken in another two large containers. Boiled water was then poured in the container of Yashtimadhu. It was then covered with lids and allowed to make it lukewarm on its own.

10. 10 liters of water was boiled in container. 2.5 kg powder of Madanphala pippali was taken in another container. Boiled water was then poured in the container of Madanphala pippali. It was then covered with lids and allowed to make it lukewarm on its own.

11. Milk was arranged from local vendor and kept ready boiled. 10 litres Madanphala phanta, 300 liters milk and 750 liters Madhuyashti phanta were prepared.

12. 142 participants were divided into two groups 1. Group A and 2. Group B, each group of 71 participants.

In **Group A** participants Vamana was started at 6 am and it was finished up to 7.30am. Then there was a break for 15 minutes to manage cleaning and preparation for the 2nd round. In **Group B** Vamana was started at 7.45 am and continued till 9.15 am. There were 7 teams working at a time and every team was supported by two technicians and two attendants for smooth conduct.

Treatment Procedure

Vamana Procedure was performed in three stages

1. *Poorva Karma* (Pre-Operative preparations)
2. *Pradhana karma* (Main Procedure)
3. *Paschat Karma* (Post-Operative Care)

1. *Poorva Karma* (Pre-Operative preparations)

(i) *Deepana and Pachana*.^[1]

Drug- *Chitrakadi Vati, Shankha Vati*

Dose- 2 BD

Duration- Three days

(ii) *Abhyantar Snehapana* (Internal Oleation)

Drug- *Mahatriphla Ghrita*,^[2] *Panchatikta ghrita*,^[3]

Dose- Increasing dose according to *koshtha* and *agni*

Time- In the morning with empty stomach (6.00 am to 7.00 am)

Duration- 7/5/3 Days,^[4] (Till achieving the sign and symptoms of *samayak snigdha lakshana*.)

Diet During *Snehapana-Drava* (liquid), *ushna* (hot), *anabhisyanidi* properties in appropriate quantity,^[5] and advised to consume warm water throughout the Snehapana kala.

Anupana- Warm water.^[6]

(iii) *Abhyanga* (massage) and *Swedana* (sudation)

It was done for two days after *Samayak Snigdha lakshana* were observed (with *Balashwagandha oil/B. Marichyadi* oil according to disease) followed by *Sarvanga sweda* (*bashpa sweda*) for 10-15 minutes and next day in the morning before starting *vamana* again *abhyanga* followed by *Sarvanga sweda* was done.

(iv) *Vamana Poorva Aahar* (Dietetic regimen on previous night of the Vamana)

Patients were advised to take milk, krisara (khichadi) made up of rice, blackgram (urada) with ghee, Dahi wada and jaggery in sufficient quantity along with curd or any sweet.^[7]

(v) *Manasopachara* (Counseling)

(a) Patients were informed about whole procedure and its benefits.

(b) Patients were advised to remove misbelief about the procedure if any and relax

2. *Pradhana Karma*

Pradhana Karma was started from group chanting of mantra before administration of *vamak* drug and completes with the observation of occurrence of last *vega*

(i) **Chanting of Mantra** – Mantra from Brihat-trayi were chanted for carrying out the whole procedure smoothly without any complication.

(ii) **Administration of Vamak yoga**- this was organized in the following way-

- (a) Position of Patient- Patients were asked to sit on a comfortable chair
- (b) Examination of vitals- Weight, BP, Pulse Rate, Respiratory Rate and Temperature were recorded before starting *Vamana*, during *Vamana* and after finishing *Vamana*.
- (c) Administration of *Vamaka* drugs-
 - (1) Participants were asked for *Akanthapana* of milk,^[8] (full stomach). In some patients *Yavagu* mixed with some quantity of *ghrita*.^[14] was given.
 - (2) *Vamak yoga* was given to the participants after *Akanthapana*.^[8] *Vamaka yoga* used- a) *Madanphalaphanta* b) *Madanphala pippali* + *Saindhav* + *Madhu*.
 - (3) Maximum participants started vomiting within 15-20 minutes after giving *Vamak yoga*. Then *vamanopaga drug (Madhuyaushthi Phanta)* was given repeatedly after each *vega* to support the act of vomiting till the appearance of pitta in vomitus. Gentle massage on back was done in *Pratiloma* direction during *vega*. Lastly *Lavanodaka* was given to expel the remained medicine and dosha.

(ii) Observation of participants

After administration of *vamak drug*, the participants were observed carefully. Symptoms observed in participants like appearance of sweating on forehead, pilling of hairs, discomfort in abdomen and nausea, salivation and pain in chest region⁸ etc. were noted.

(iii) Observation regarding Shuddhi.^[9]

Participants were observed for the symptoms of Ayoga, Samyak yoga and Atiyoga. The *vaigiki shuddhi* (no. of bouts), *Antiki shuddhi* (end point of *vamana*), *manikishuddhi* (volume of vomitus minus the quantity consumed) and *laingiki shuddhi* (symptoms of proper cleansing) were observed.

(iv) Observation for *vamana vyapad*.^[10]

Vyapada are the symptoms which are produced other than '*samayaka vamana lakshana*' causing harm to the patient and increasing the symptoms of the disease.

3. Paschata karma

- (i) Dhumpana (inhale of medicate smoke) and Gandusha (medicated gargling) were ensured.
- (ii) Pariharya vishaya,^[11] (Dietetic and behavioral restrictions)
 - (a) Loud speeches, sitting in one position for long duration, standing in one position for long duration, long walking and riding vehicle were asked to avoid.
 - (b) Exposure to excessive cold or heat or dew, exposure to flowing wind ,long journey, remaining awake at

night, sleeping during day time, to hold natural urges were asked to avoid

(iii) *Samsarjana krama*.^[12]

The *samsarjana krama* was planned according to the type of purification i.e. for *avara* or *hina shuddhi*, *madhyama shuddhi* and *pravara shuddhi*; it was of 3days, 5days and 7 days respectively. *Samsarjana krama* started on the day of *vamana* (evening). Charak classified *samsarjana krama* in two types (a) *Peyadisamsarjana krama* (b) *Tarpanadi krama*.^[13] After *vamana* process the '*Peyadi sequence*' was advised as diet regimen for all participants.

OBSERVATIONS

General observations are shown in Table 1 to 15.

Table 1: Average quantity of drugs used per participant for *Vamana Karma*.

Drugs	Average
Dose of <i>Madanaphala</i> (gm)	2.82
Quantity of <i>Ksheera</i> (ml)	2002.56
Quantity of <i>Yastimadhu Phanta</i> (ml)	2447.86
Quantity of <i>Lavanodaka</i> (ml)	983.33

Table 2: Age-wise distribution.

Age(year)	% of Patients
<20 years	10.56
21-30	27.46
31-40	21.83
41-50	9.86
51-60	1.4

Table 3: Gender-wise distribution.

Gender	% of Patients
Male	60.56
Female	39.43

Table 4: Agni-wise distribution.

Agni	% of Patient
<i>Sama</i>	65.49
<i>Vishama</i> (Irregular)	4.29
<i>Manda</i> (Weak)	23.23
<i>Tikshna</i> (Excessive)	6.33

Table 5: *Koshtha* -wise distribution.

<i>Koshtha</i>	%of Patients
<i>Mridu</i>	15.49
<i>Madhyam</i>	65.49
<i>Krura</i>	19.09

Table 6: *Prakriti* (constitution)-wise distribution.

<i>Prakriti</i>	% of Patients
<i>Vata</i>	4.669
<i>Pitta</i>	10.09
<i>Kapha</i>	16.51

V-K	14.79
P-K	28.49
V-P	22.93
Samdoshaj	2.52

Table 7: Assessment of dose and duration of Snehapana.

Subject of Assessment	Average
Minimum dose of Snehapana	31.93 ml
Maximum dose of Snehapana	178.42 ml
Total Quantity of Snehapana	615.26ml
Total Days of Snehapana	6.703 days

Table 8: Assessment of Samyak Snigdha Lakshana.^[14] (features of proper oleation).

Symptoms	% of Patients
Vatanulomana	89.99
Agnidipti	78.15
Angha Laghavama	76.47
Varcha Snigdha and asamshata	82.35
Mardvam and Snigdhatanga	77.31
Klama	56.66
Snehodvega	54.62
Shaithilya	57.14

Table 9: Assessment of Vamana Karma – Vegiki (bout).

Criteria	Average
Vegiki (No of vega)	7.04

Table 13: Change in vital parameters before and after Vamana Karma.

Parameter	% of Patients	Average Change by
Decrease in Systolic Blood pressure (mmHg)	30	12.11
Increase in Systolic Blood pressure (mmHg)	47.05	10.5
Decrease in Diastolic Blood pressure (mmHg)	28.23	13.11
Increase in Diastolic Blood pressure (mmHg)	43.52	10.78

Table 14: Change in Weight before and after Vamana Karma.

Parameter	% of Patients	Average change by
Weight increase	26.25	1.86 Kg
Weight Decrease	55	1.2045 Kg

Table 15: Change in Hematological investigation before and after Vamana Karma.

Parameter	% of Patients	Average change by
Increase in Hb(gm/dl)	64.28	0.566
Decrease in Hb(gm/dl)	26.78	0.7
Increase in TLC (cells/microliter)	23.21	1023.07
Decrease in TLC (cells/microliter)	76.78	3211.01

Outcome

The programme was successful and well accepted. Patients responded to the well-organized planning and cooperated accordingly. They are willing for the same again due to significant relief in their particular disease. Many of the patients were students also. It was really a great opportunity for all students to enhance their practical knowledge by seeing so many vamans at a time

Upvega	12.82
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Table 10: Average time required for Vamana Karma.

Aspect	Average time
Time taken to Start First vega (min)	30.146
Time taken for Completion of vamana (min)	54.155

Table 11: Vyapada (complications) of Snehapana.

Symptoms	% of Patients
Udagara Bahulaya	23.29
Chardi	9.15
Tiktasyata	4.92
Atisara	6.33

Table 12: Vyapada (complications) of Vamana Karma.

Symptoms	% of Patients
Adhamana	1.40
Jivadana -Rakta Darshana	7.04
Kasa	0.70

and managing all problems smartly. There were few cases of hematemesis which were managed accordingly. Overall it was a very much interesting programme, in which everyone participated actively. The event was recorded in India Book of Records as maximum number of Vamana therapies in a single day.

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