

Clinical Importance of *Vamana Karma* in *Tamakshwasa*: A Review

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Abstract

Vamana Karma (medicated emesis) is the act of eliminating the vitiated *Kapha* through the mouth. *Vamana Karma* is the internal purificatory practice described in Ayurveda which helps to clean the body of excess amount of the vitiated *Kapha*, *Pitta Doshas* consecutively. *Tamak Shwas* means a state in which a sense of darkness prevails due to movement of *Prana Vayu* in wrong direction. It is a disease in which the patient experience severe symptoms of respiratory distress resemble like Bronchial asthma. Bronchial asthma is a syndrome of variable airflow obstruction. *Vamana* is the first line of treatment for *Utkleshitavastha* of *Tamakshwasa*. In Ayurveda, *Shaman* and *Shodhana* treatment is mentioned. We can't deny the importance of *Vamana Karma* in *Tamakshwasa*, because *Kapha* is the foremost *Dosha* that needs to be taken care of than others. In this article an attempt has been made to search the research works conducted on *Vamana Karma* related to *Tamakshwasa* and to establish its role in *Tamakshwasa*

Data Source: The related data were collected from various research article from the years 2011 – 2019 and from the classical texts Charak samhita, Sushrut samhita and Astang hrudaya Observations: Total 16 various reaserches found and overall outcome is *vamanakarma* is effective in *tamakshwasa*. *Vamanakarma* is very effective in *tamakshwasa* in *utkleshavastha* because *kaphadosha* can easily eliminate from body

Keywords: *Ayurveda*, *Tamakshwasa*, *Sadyovamana*, *Bronchial Asthama*, *Vamana*, *kapha dosha*, *therapeutic emesis*.

Introduction

The aim of Ayurveda is to maintain and promote the health of healthy as well as to treat the disease of the diseased person.^[1] The five procedures of biopurification *Vamanna* (medicated emesis), *Virechana* (induced purgation), *Basti* (medicated enema), *Nasya* nasal

insufflation, *Raktamokshana* (bloodletting) purify the body system by removing vitiated *Dosha* from the body.^[2] As far as the *Ritucharyaadhyaya* is concerned in Ayurved *Samhitas*, all the sages have advised *Vamana* as *Samshodhana Karma* in *Vasantritu* for healthy and diseased person.^[3] *Vamana Karma* (emesis) is the act of eliminating the vitiated *Kapha* through the mouth.^[4] It is indicated in many diseases viz. *Kasa*, *Putinasa*, *Shwasa*, *Kushtha*, *Amlapitta*, *Sleepada*, *Apasmara*, *Agnimandya*, *Unmada*, *Visha*, *Granthi*, *Garavisha*, *Arbuda*, *Stanyadosha*, *Medo-roga*, *Atisara*, *Prameha*, *Pandu*etc.^[5] *Tamakashwasa* constitutes of two words i.e. *Tamaka* and *Shwasa*. The word 'Tamaka' is a specified source of Dhatu "Tamglanou" which means Sadness.^[6] The name of *Tamakashwasa* is due to the fact that, the symptoms or attack of this disease hapen

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suddenly at night and also during the time of attack, the breathing difficulty is so severe that patient feels entering into the darkness (*Tama Pravesha*). Bronchial asthma is a highly prevalent disease and in most of the etiopathogenesis and symptomatology it is the one of distressing disease and quite common in all age groups. It is a chronic, inflammatory and episodic in nature. It can be severe, sometimes fatal. As per the W.H.O. by the year of 2020, asthma along with COPD will become the third leading cause of death.^[7] *Tamakshwas* *Tamakshwas* viz. dyspnoea, hack and chest snugness are like that of bronchial asthma. Additionally a portion of the etiological elements like presentation to smoke, dust are comparable. As indicated by Ayurveda, rehased and long haul introduction to different etiological variables. Causes vitiation of the elements of *Pranavayu* (breathing), which over some undefined time frame starts basic change (*Sthanvaigunya*) in the lungs. Flexibility and perfection (*Mruduta* justas *Masrunatva*) at the site begin changing to hardness and unpleasantness (*Kathinatva*, *Kharatva*) which hampers the ordinary narrowing and dilatation process (*Sankocha* and *Vikasaprakriya*). To battle the change, emission of mucous (*Shleshma*) increments, however further dries due to *Rukshaguna* and close the bronchial spaces (*Srotas avarodh*) diminishing the lumen of bronchus. Breathing gets troublesome and worked (*Alpalpa*, *Kupita*, *Sashabda*, *Sashoola*). After serious hacking a modest quantity of thick and clingy mucous (*Avila*, *Tantula* and *Styana shleshma*) is expectorated. This clears the aviation route and patient feels better as he can relax. These sorts of rehased assaults for a time of over one year realize a lasting or irreversible change in the structure of lungs (*Sthanvaigunya*). Subsequently the sickness becomes 'Yappa' which implies quiet can't be relieved off by prescription.^[8] In Ayurveda *Shaman* and *Shodhana* treatment is mentioned. We can't deny the importance of *Vamana Karma* in *Tamakshwasa*, because *Kapha* is first than other humors *Vamana Karma* detoxifies the body & enhance the elasticity of lung tissue & develops natural immunity of the body. Hence, it is the need to review the topic. In this article an attempt has been made to search the researchers conducted on *Vamana Karma* related to *Tamakshwasa* to establish its role in *Tamakshwasa*. Hence the presence review of study was undertaken to critically analyze the roll of *Vamana Karma* in *Tamakshwasa*.

Need of Study: According to the WHO disease will become the third leading cause of death. In Ayurveda *Shaman* and *Shodhana* treatment is mentioned. We can't deny the importance of *Vamana Karma* in *Tamakshwasa*, because *Kapha* is first than other humours *Vamana Karma* detoxifies the body & increases the elasticity of lung tissue & develops natural immunity of the body. Hence, it is the need to review the topic. The present review is aimed at analyzing the clinical importance of *Vamana Karma* in *Tamakshwasa*. All the classical references regarding *Vamana Karma* & *Tamakshwasa* are taken for the present study. The published articles regarding *Vamana Karma* and *Tamakshwasa* are from pubmed and scopes are taken

Observations: The observations in the study are broadly divided into two parts. First observation deals with understanding the role of *Vamana Karma* in *Tamakshwasa* based upon the description in various classical literatures and the second is the role of *Vamana Karma* in *Tamakshwasa* as per the data of various research work conducted till date.

Charaka Samhita: Both (*Hikka* and *Shwasa*) are overseen indistinguishably because of their indistinguishable etiology area. The patient of *Tamakshwasa* ought to be overseen first with unctuous sudation by the cylindrical, bed and bolus strategy after he is dealt with salted oil. With this, the mucus gets condensed, to move into the channels, goes to the *Amashya* because of this the entry or channels get mollified and *Vayu* come back to its typical course. After full sudation patient ought to be given the eating routine comprising of rice with unctuous substance alongside meat, soup of fish or pig or with the supernatant greasy layer of curd. Along these lines when *Kapha* is expanded, he ought to be encouraged to take emesis blended in with *Pippali*, rock salt and nectar.^[9]

Sushrut Samhita: In Sushrutchikitsa Sthan 33rd chapter indications for *Vamana* is mentioned.^[10] But procedure of *Vamana* in *Tamakshwasa* is not mentioned in detailed.

Astang Hrudaya: In Astanghrudaya Samhita *Mrudu Vamana* is mentioned in *Shwasa*. After full sudation patient should be given the diet consisting of unctuous substance i.e. meat of boar and the supernatant fatty layer of curd.^[11]

Table 1: Studies conducted on *Vamana Karma*

Year	Title of study	Author	Outcome	Type of vamanadravya used
2011. ^[12]	A comparative study between the efficacy of <i>Vamana & Virechana Karma</i> in the management of <i>Tamakshwasa</i> (Bronchial Asthma).(Mar-2011)	Kundan Gadhvi	<i>Vamana Karma</i> is having comparatively better results followed by <i>Shaman Chikitsa</i> .	Madanphaladadhi yoga
Sept, oct. 2013. ^[13]	Scope of <i>Vamana Karma</i> in the management of <i>Tamakshwasa</i> –A critical review with clinical evidences.	Pillai Vishnu, M Ashvini Kumar.	<i>Sadyovamana</i> is very effective in <i>Vegavastha</i> .	Madan phalachurna
2015. ^[14]	A study on the role of <i>Vamanam</i> on serum bilirubin and calcium levels.	Vijaya lakshmi Narra	<i>Vamana Karma</i> can improve the functional and metabolic activities of the body.	Madanaphala pippali Churna
30.05.2016. ^[16]	A Holistic Approach of Ayurveda Towards Bronchial Asthma.	Kshiteeja Choudhary and Alok kumar Srivastava.	<i>Vamana Karma</i> is effective and quick responding in <i>Tamakshwasa</i> . So <i>Vamana Karma</i> can be best option for <i>Tamakshwasa</i> management.	Not mentioned
6.6.2016. ^[17]	An Ayurvedic Review on management of <i>Tamakshwasa</i>	Kimmiseth, Nitesh Anand	<i>Vamana Karma</i> is very effective During <i>Vegavastha</i> .Due to <i>Srothorodha</i> patient carves for free flow of <i>Prana Vayu</i> so it can be removed by <i>Vamana Karma</i> and free flow of <i>pranavayu</i> may occur.	Madanaphalachurna
2017. ^[18]	Efficacy of <i>Vamana Karma</i> with <i>Ikshvaku Ksheera Yoga</i> in the management of <i>Tamakshwasa</i> (bronchial asthma)	Shweta G. Patil, Anup B. Thakkar	<i>Ikshvaku Ksheera Yoga</i> is safe, efficacious and best emetic yoga in bronchial asthma due to its <i>Samshodhana</i> , <i>Bhedaka</i> and <i>Kaphanissaraka</i> properties. Its clinical efficacy on bronchial asthma also suggested that the <i>Ikshvaku Ksheera Yoga</i> is extremely potent emetic drug to induce self, projectile <i>Vega</i> which relieves the symptoms of the disease immediately and it also provides prevention by reducing frequency and severity of symptoms of <i>Tamakshwasa</i> for longer duration.	Ikshvakusheer yoga
1.6.2017. ^[19]	<i>Vamana Karma</i> in <i>Tamakshwasa</i> : A case stuey	Aparna Bagul	<i>Vamana</i> therapy has substantial role in treating <i>Tamakshwasa</i> ,not only symptomatically but also to cure the disease from root.	Madanaphala yoga
March 2017 ^[20]	Management of <i>Tamakshwasa</i> with <i>Shodhana</i> and <i>Rasayana</i> : A case study.	Tribhuvan pareekh	<i>Vamankarma</i> followed by <i>Rasayana</i> is good line of treatment proved in <i>Tamakshwasa</i> .	Madanaphala yoga
2017 ^[21]	A Review on Ayurvedic Management of <i>Tamakshwasa</i> (Bronchial Asthma)	Dharmaveer Choudhari	<i>Vamana</i> therapy is effective in adult patients. <i>Vamana</i> with <i>Snehahana Swedana</i> liquefies the thick sticky bronchial secretion and help in expectoration (Removal of <i>SamaKaphaDosha</i>)	Not mentioned
2018 ^[22]	Evaluation of Efficacy of <i>Jimutaka</i> and <i>Madanaphala Vamana</i> in <i>Tamakshwasa</i> -A Comparative Study	Mayuri Garge and Shweta Parve	<i>Jimutaka Yoga</i> is highly significant So,it can be better option for <i>Madanaphala</i> .	Jeemutaka and Madanphala
10.07.2018 ^[23]	A Comparative Randomized Clinical Study to Evaluate the Effect of <i>Sadyo Vamana</i> and <i>Simhyadi Kwatha</i> in the Management of <i>TamakaShwasa</i> /Bronchial Asthma	Priyadarshini A.M., Shrilatha Kamath T and G. Shrinivasa Acharya	<i>Sadyo Vamana</i> and <i>Simhyadi Kwatha</i> , both have shown improvement in almost all the parameters of <i>Tamakshwasa</i> .But comparatively <i>Sadyovamana</i> have shown better results in <i>Tamakshwasa</i> .	Not mentioned

Year	Title of study	Author	Outcome	Type of vamanadravya used
Nov. 2018 ^[24]	<i>Arkapatri (Tylophoraasthmatica</i> (Burm. F.) Merrill) in <i>Tamakshwasasa Vamaka Dravya: A Case Study</i>	Kavyashree M.R, Hegde Prakash L, Harini A	<i>Arkapatri Patra Swarasa</i> has showed significant improvement as an emetic single drug in reducing the symptoms of <i>Tamakshwasa</i> . It reduces the requirement of bronchodilator puff.	Arkapatri swarasa.
Dec. 2018 ^[25]	Management of Bronchial Asthma Through Ayurveda: A Critical Review	Pawle Tribhuwansingh, Shukla H.M., Chhajed A.	<i>Vamana Karma</i> is having significant result in Balwan (strong) patient of <i>Tamakshwasa</i> .	Not mentioned
2.02.2019 ^[26]	<i>Sadyovamana</i> in <i>Tamakshwasaan Atyaikchikitsa</i> – A case report	Ghanshyam jadhav	<i>SadyoVamana</i> is having considerable importance because its role in treating <i>Tamakshwasa</i> is significantly effective.	Lavana jala
Jan. 2019 ^[27]	A Comparative Clinical Study of <i>Vamana</i> and <i>Virechana</i> in the management of <i>Tamakshwasa</i>	Akhilanath Parida, Satyasmita Jena	<i>Vamana</i> with <i>Pippali Churna</i> statistically significant in <i>Tamakshwasa</i> .	Pippali Churna
1.4.2019 ^[28]	The Study of the Efficacy of <i>Vamana</i> in <i>Swastha</i> and <i>Rugna</i> in <i>Vasant Rutu</i>	Aparna Bagul	<i>Vamana Karma</i> is effective in <i>Tamakshwasa</i> . After <i>Vamana Karma</i> signs and symptoms of <i>Tamakshwasawasa</i> reduced in that entire <i>Vasant Rutu</i> .	Madanaphala yoga

Discussion

Role of *Vamana Karma* in *Tamakshwasa* is described in various classical literatures. Out of *Bruhatrayee*, in *Charak Samhita Adhyaya 17th* there is a detailed description of *Vamana* procedure in *Tamakshwasa*. But in *Sushrut Samhita* it is not mentioned. In *Sushruta Samhita adhyaya 33rd* of *Purvardha Chikitsa sthan* while describing the indication of *Vamana* there is description of *Shwasavyadhi*. However, the process of *Vamana Karma* not mentioned separately *Tamakshwasa*. In *Ashtangh hrudayam Mrudu Vamana* is mentioned briefly.

16 studies have been conducted on the role of *Vamana Karmain Tamak Shwasa*, out of 16 studies 7 are clinical studies, 4 are case studies and 5 are review studies. In this studies, different type of *Vamana Dravyas* are used such as *Madanphala dadhi*, *Madanphalachurna*, *Ikshwaku ksheer Madanaphala yoga*, *Jeemutaka churna Arkapatri swaras*, *Lavana jala*, *Pippalichurna* as an emetic drug. *Vamana Karma* is radical treatment to treat *Kapha* malady just as *Tamakshwasa*. *Vamana karma* treats the *Tamakshwasa* by dispensing with causative factor *Kapha* from its fundamental site of amassing. *Vamana* scrubs the various sorts of harmful materials from the body. *Vamana Karma*, one of the purging treatments reestablishes the *Agni* (impeded digestion) by acting at cell level.^[29]

Vamana Karma or *Sadyo Vamana* can be the choice treatment or procedure in *Vegakalinavastha*. In *Vegagavastha doshas* are in excited stage means ready to expell out from the body. So *Abhyanga and Swedana* followed by *Vamana Karma* are useful for *Vilayana* of this *Grathitha Kapha*, thereby removing the *Sanga* (Obstruction of airway). Once the *Kapha* is removed from airways, it flows back to its base in *Amashaya* from where it is expelled out by *Vamana*.^[30] *Susruta* also explained the *Chikitsa* of *Shwasa* is *Urdhva Shodhana in balvan* patient that is *Mrudu Vamana* after *Abhyanga* and *Swedana*. Whereas *Vagbhata* explains that *Utpattisthan* or the place of origin of this *Vyadhi* is *Amashaya*, srotas involved here are *Prana*, *Anna* and *Udakavaha* and the *Vyaktasthana* being *Urawhich* happens because of obstruction of normal movements of *Vata* by *Kapha*.

Both *Sadyo Vamana* and *Sneha Poorvaka Vamana* are having equally good effect in relieving the signs and symptoms of *Tamakshwasa* but *Sadyo Vamana* can be planned only when *Utkleshkshana* is present in the patient. Though the immediate relief rate was almost equal in both *Sadyo Vamana* and *Sneha Poorvaka Vamana* it can be clearly noted from the above available data that there is relief rate obtained just after *Vamana Karma*.

A central emetic drug induces vomiting by directly stimulation of the vomiting centre. These drugs also

stimulate gastric muscles, diaphragm, G.I.T. and also increase peristalsis. Their action is more prompt. Instead of these factors, some other factors also play role in the process of emesis. During the underlying episodes of emesis, the substance of the upper gastro-intestinal tract up to the pylorus alone comes out. Rehashed emesis makes a negative weight inclination towards the lumen of the upper gastro intestinal tract while hypertonic saline water causes a positive osmotic slope towards the lumen. The two reason a constrained extraction of effectively separable substances from the cells of the lumen and those containing waste metabolites arranged close by incidentally. Along these lines, unreasonable lipid that was devoured during the preliminary days blebs into the lumen with the water-solvent substances, which are separated out because of the osmotic slope. Rehashed emesis likewise causes the age of the negative weight slope up to them.

Limitation of the study: Present work includes data obtained from researches conducted in last 9 years i.e. 2011 to 2019 only

Conclusion

From this review it can be concluded that *Vamana Karma* is having significant clinical importance in *Tamakshwasa*. *Sadyovamana* is also having very much importance without any *Snehana Karma* because of already *Utklisthavastha* of the *Dosha* in the disease.

Future studies can be conducted on large number of patients of *Tamakshwasa* to establish its efficacy and mechanism of action.

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