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Role of Vaman karma In Vataj Hridroga

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Abstract-

Hridroga (heart disease/ cardiovascular disease) is most common disease in present era, due to stress and sedentary life style. Cardiovascular disease discussed in *Ayurveda* under *hridroga*. *Hridroga* are one such disorder which has contributed heavily to mortality rate worldwide young adults. *Hridroga* is one of the life style disorder. *Panchkarma* is the five bio-purificatory procedure of Ayurveda plays a pivotal role in the management of life style disorder. *Panchkarma* can be practised in all condition according to *rogibala* and *rogivastha*, so there is a need to practice *panchkrama*. According to classics in medical situation like *hridroga*, so than *panchkarma* can be justified as modality of management in various severe medical condition in preventive and curative aspects. The first amongst the *panchkarma* is *vamankarma*. It is to be known that *vamankarma* is generally contraindicated in *hridroga*. However in classics it is mentioned that *vamankarma* as modality of management of *vataj hridroga*.

KEYWORDS- *Hridroga*, *Vamankarma*, *Panchkarma*, *Rogibala*, *Rogivastha*.

AIMS AND OBJECTS:

Aim- Aim is to review role of *vamankarma* in *vataja hridroga*.

Objective –

1. To review literature of *vataja hridroga*.
2. To review role of *vamankarma* in *vataj hridroga*.

Introduction-

Amongst *dashpranayana*, *hridaya* is most important *ayatana*. *Hridaya* is also the most prominent *marma* in three *sadyapranahara marma* i.e. *shira*, *basti* and *hridaya*. *Hridroga* is disease of *marma* (vital organ) which is seat of *chetana*/ many vital activities. In *Ayurveda* all the heart disease or cardiovascular diseases comes under the broad classification of *hridroga*. *Ayurvedic* concept of *hridroga* is somewhat difficult to understand in correlation with modern pathology and aetiology, but *ayurvedic* treatment of *hridroga* is much effective and preventive. In present times, increasing evidence of cardiac disorder it is necessary to assume *hetus* or etiology of *hridroga* as some lifestyle modification. *Panchkarma* is most effective on *hridroga* according to *rogibala* and *rogavastha*. However *panchkarma* / *shodhan* can be incorporated as preventive measure taking in consideration of *bala* of *rogi* and proper assessment of *avastha* of disease.¹ *Vamankrama* is mostly imported for extraction of vitiated *doshas* from body.²

Methodology –

Definition of *vamana*-

तत्रदोषहरणम् उर्ध्वभागम् वमनसंज्ञकम् । च्. क.1/4

The action of expelling the impurities i.e. vitiated *doshas* through the upper channel is known as *vamana*.³ Literally *vamankrama* means to persuade therapeutic vomiting or expelling out the contents of the stomach including vitiated *doshas* through oral route which is indicated for the purification of *urdhawabhag* (upper part) of the body . it's main *sthan kaphadosha*.

तत्रोत्क्रिष्टे श्लेष्ममपि पित्तसंसृष्टे वा तत्स्थान गते वा पित्ते अनिले वा श्लेष्मोत्तरे वा वमनाचरेत्...। आ. सं. 27/4

Vaman emesis is to be administered in condition where *kapha* has undergone increases either alone predominately or in association of *pitta* or when *pitta* and *vata* have got localised in the seats of *kapha*.⁴

If the *vamankarma* is adopted properly, lightness of body clarity of pericardium (*hridaya*) throat (*kantha*) and head (*shira*) happen and weakness are usual symptoms following *samyaka shuddhi* proper purification⁵. *Vamankarma* especially used in *kaphaja* disorder. *vamankarma* contraindicated in *hridrogas* but *Acharya Sushruta* mentioned *vamankarma* is used in *vataja hridroga* and *Dalhanacharya* explain that why *vamankama* used in *vataja hridroga*.⁶

Review of *hridroga*-

The earliest dicription of *hridroga* is available in *Charak samhita*⁷, followed by *Sushrut samhita*⁸ and *Ashtang hridaya*. *Acharya Charaka* and *Vagbhata* has described *hridroga* as a part of other chapter while while *Acharya sushruta* has devoted a separate chapter to deals with the disease⁹.

Types of *hridroga*-

In *Charak samhita* and *Astang hridya samhita* five types of *hridroga* are mentioned viz *vataja*, *pittaja*, *kaphaja* and *sannipatika* and *krimija*, *sushruta* has omitted *sanipatika* variety. *Vataja hridroga* in modern era means angina like pain dominant. Nature of pain is somewhat distributing in character although it is because of *vata*¹⁰. Among these vatic type is seems to be ischemic heart category.

Symptomatology of *vataja hridroga* -

Ayurvedic term	Modern term	Charaka samhita	Sushrut samhita	Astang sangraha	Astang hridaya
<i>Shunyata</i>	Sensation of void in cardiac region	+	-	+	+
<i>Vepathu</i>	Tremors	+	-	+	+
<i>Veshthan</i>	Cardiac crams	+	-	+	+
<i>Stambha</i>	Cardiac beats to heaviness	+	-	+	+
<i>Uttambujam</i>	Severe pain in cardiac region	+	-	+	+
<i>Jeerana atyarth vedana</i>	Post prandial pain	+	-	-	-
<i>Ayamyate</i>	Dawning pain	-	+	+	+
<i>Tudhyate</i>	Crushing pain	-	+	-	-
<i>Nibhrmyate</i>	Piercing pain	-	+	-	-
<i>Deeryate</i>	Creaking pain	-	+	+	+
<i>Sphotyate</i>	Pricking pain	-	+	-	-
<i>Patyate</i>	Splitting pain	-	+	-	-
<i>Shulyate atyartham</i>	Sever pain	-	-	+	+
<i>Bhidyate</i>	Cutting pain	-	-	+	+
<i>Shushyate</i>	A sense of dryness	+	-	+	+
<i>Shvasa-rodha</i>	Dyspnoea	-	-	+	+
<i>Pramoha</i>	Stupor	+	-	+	+
<i>Daraha</i>	Tachycardia	+	-	-	-
<i>Dravaha</i>	Palpitation	+	-	+	+
<i>Akaswant dinata</i>	Sudden sense of depression	-	-	+	+
<i>Shoka</i>	Grief	-	-	+	+
<i>Bhaya</i>	Feat	-	-	+	+
<i>Shabd- asahishnuta</i>	Intolerance to sound	-	-	+	+
<i>Alpa nidrata</i>	Insomnia	-	-	+	+

Treatment *vamankarma* in *vataja hridroga* mentioned by *Acharya Sushruta*

वातोपसृष्टे हृद्ये वामयेत स्निग्धमातुरम् ।

द्विपन्चमूलक्वाथेन सस्नेहलवेन तु ॥
 पिप्पल्येलावचा हिंगु यवभस्मानि सैन्धवम् ।
 सौवर्चलमथो शृण्ठि अजमोदा च चूर्णितम् ।
 फ लधान्याम्लकौल्य दधि मधासवादिभि ।
 पाययेत विशुद्धम् च स्नेहेनान्यतमेन वा ॥

In *vataja hridroga*, the patient should be first treated with *sneha* and then made to vomit (out the content of his stomach) with a draught of the decoction of *dvipanchmula* , (*dashmula*) mixed with salt and *sneha*.

After being purged, should be made to take a pulverised compound coating of *pippali, ela, vacha, hingu, yavakshara* and *ajmoda* through the medium of the juice of acid fruits, fermentedrice boiling, decoction of *kultha*, curd, wine (*asava*) or with any kind of *sneha* .

The patient should be made to have his meal of mature *shali* rice with the soup of any *jangala* meat cooked with clarified butter; oil duly cooked with *vayu* subduing drugs should be applied as a *vati* in as adequate quantity in the case .¹

DASHPANCHMULA (LAGHUP ANCHMULA= GURUPANCHMULA)

DRAVYA	LATINE NAME	RASA	VIRYA	VIPAKA	GUNA
SAHLIPARNI	DESMODIUM GANGETICUM	MADHURA, TIKTA	SHITA	MADHURA	GURU, SNIGHDHA
PRUSHNPARNI	URARIA PICTA	MADHURA, TIKTA	SHITA	MADHURA	LAGHU, SNIGHDHA, TIKSHNA
BRUHATI	SOLANUM INDICUM	TIKTA, KATU	USHNA	KATU	LAGHU, SNIGHDHA, TIKSHNA
KANTKARI	SOLANUM XANTHOCARPUM	TIKTA, KATU	USHNA	KATU	LAGHU, RUKSH, KHAR
GOKSHUR	TRIBULUS TERRESTRIS	MADHURA	SHITA	MADHURA	GURU, SNIGHDHA
AGNIMANTH	PREMNA MUCRONATA	TIKTA, KATU KASHAYA, MADHURA	USHNA	KATU	LAGHU, RUKSHA
SHONAK	OROXYLUM INDICUM	TIKTA, KASHAYA	SHITA	KATU	LAGHU, RUKSHA
PATALA	STEREOSPERMUM SUAVEOLENS	TIKTA, KASHAYA	ANUSHANA	KATU	LAGHU, RUKSHA
BILVA	AEGLE MARMELOS	KATU, TIKTA, KASHAYA	USHANA	KATU	LAGHU , SNIGHDHA, TIKSHNA
GANBHARI	GMELIA ARBAREA	TIKT A, KASHAYA, MADHUR	USHANA	KATU	GURU

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