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A Critical Review on Vamana Oushadhis According to Different Acharyas

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ABSTRACT

Vamana Karma is one of the important therapeutic procedures of Panchakarma and is primarily indicated for the elimination of aggravated *Kapha Dosha* through the oral route. The therapeutic efficacy of *Vamana Karma* depends upon appropriate selection of *Vamana Dravyas* according to the Dosha Avastha, Rogi Bala, Roga Bala and the required intensity of *Vamana*. Different Acharyas have described various drugs possessing *Vamaka* properties, with variations in their number and selection. The present study aims to critically review the *Vamana Dravyas* mentioned by different Acharyas and to analyse their properties supporting *Vamana Karma*. A comprehensive literary review was conducted by examining the relevant references from Charaka Samhita, Sushruta Samhita and Ashtanga Hridaya. The identified drugs were comparatively analysed based on their *Rasa*, *Guna*, *Virya*, *Vipaka* and *Prabhava*, with relevant references from Panchakarma and Dravyaguna literature. Acharya Vagbhata has mentioned 22 *Vamana Dravyas* in Sutrasthana and 13 in Kalpa Siddhi Sthana, while Acharya Charaka has described *Vamana Dravyas* in Sutrasthana, Vimana Sthana, Chikitsa Sthana and Kalpa Sthana. Acharya Sushruta has also described several *Vamana Dravyas* in Sutrasthana. The analysis revealed a predominance of *Katu* and *Tikta Rasa*, *Laghu*, *Ruksha* and *Tikshna Guna*, *Ushna Virya* and *Katu Vipaka* among the reviewed drugs. These properties facilitate *Kapha Vilayana*, *Utkleshana*, separation, mobilization and upward expulsion of morbid Doshas. Certain drugs also possess specific *Vamaka Prabhava*, indicating that their action cannot be explained solely through Rasapanchaka. Thus, the *Vamana Dravyas* exhibit a coordinated pharmacodynamic profile supporting therapeutic emesis. Appropriate consideration of *Rasa*, *Guna*, *Virya*, *Vipaka*, *Prabhava*, *Matra*, *Yoga* and *Prayoga* is essential for rational selection and effective administration of *Vamana Karma*.

INTRODUCTION

Vamana is one among the *Panchakarma Chikitsa*. *Panchakarma* is a procedure in which *utklesha doshas* are expelled through the nearest route after *snehana* and *swedana*. *Vamana* is the process by which *apakva pitta* and *kapha* are forcefully expelled through the upper channels. *Panchakarma* by Acharya Charaka includes *Niruha vasti*, *Vamana*, *Virechana*, *Nasya*, and

Anuvasana vasti. *Pancha Shodhana Chikitsa* by Acharya Vagbhata and Sushruta includes *Niruha vasti*, *Vamana*, *Kayareka* (*Virechana*), *Siroreka* (*Nasya*), and *Asra Visruti* (*Rakta Moksha*).

Vamana is one of the major procedures in *Panchakarma* and is the best treatment for *kapha doshas*. In addition, it has been prescribed for *Pitta dosha* diseases too. It is a unique procedure for eliminating doshas from the body through the oral route.[1]

The root 'Vam' means 'Udgare', which is derived

from the root verb 'Udgru' interpreted as ejection, giving out, oozing, stream, eructation, echo and hissing sound.

'Tatra doshaharanam urdhvabhagam vamana sanjakam'

It is the process by which the doshas are expelled out through upper channels i.e. mouth.

Prabhava of Vamana includes: reduces drava and sleshma, works in the opposite direction to that of atisara, and by its self-action.[1]

Indications of Vamana according to different Acharyas are given in Table 1.[2,3,4]

Contraindications of Vamana mentioned by different Acharyas are given in Table 2.[2,3,4]

AIM AND OBJECTIVES

- To know about *Vamana dravyas* according to different Acharyas.
- To know about properties supporting Vamana.

MATERIALS AND METHODS

A comprehensive search was conducted in all Sthanas of Ashtanga Hridaya Samhita, Charaka Samhita and Sushruta Samhita using the keyword Vamana. The drugs were then critically analysed. The Rasapanchakas and the obtained data are presented in the form of tables and discussed critically based on the literature — books on Panchakarma, Dravyaguna, articles and web sources.

LITERARY REVIEW

Acharya Vagbhata has mentioned 22 Vamana Dravyas in Sutrasthana and 13 Vamana Dravyas in Kalpa Sid-dhi Sthana.[5] Acharya Charaka has mentioned 38 Vamana Dravyas in Sutrasthana, 6 Vamana Dravyas in Vimanasthana, 9 Vamana Dravyas in Chikitsa Sthana and 10 Vamana Dravyas in Kalpa Sthana.[6] Acharya Sushruta has mentioned 25 Vamana Dravyas in Sutrasthana.[7]

DISCUSSION

The success of treatment depends upon proper administration, and complications arise due to improper administration. So proper selection of drugs plays an important role in achieving the utmost effect of therapy. Different Acharyas have described more than 20 drugs for Vamana Karma; among them, some formulations are used for Sadyo Vamana, some for Mridu Vamana, some for Madhyama Vamana, and some for Tikshna Vamana. The drugs are selected based on Dosha Avastha, Rogi Bala, Roga Bala, etc.

CONCLUSION

Analysis of the *Rasapanchaka* of the *Vamana Dravyas* reveals a distinct pharmacodynamic pattern that supports their role in therapeutic emesis. Among the *Rasa*, *Katu* and *Tikta* are the predominant tastes, while *Kashaya* is moderately represented and *Madhura* occurs in only a few drugs. *Katu Rasa* facilitates *Kapha vilayana* (liquefaction) and *Chedana* (disintegration), thereby aiding in the mobilization of *Kapha*. *Tikta Rasa* possesses *Ama-pachana*, *Rukshana*, and *Lekhana* properties, which help dry and detach *Kapha* from the gastrointestinal tract. *Kashaya Rasa* contributes through its *Lekhana* and *Stambhana* actions, assisting in the scraping of adhered *Kapha*. The limited presence of *Madhura Rasa* serves a supportive role by protecting the gastrointestinal mucosa, reducing excessive irritation, and improving the tolerability of *Vamana* formulations.

With respect to *Guna*, *Laghu*, *Ruksha* and *Tikshna* predominate among the *Vamana Dravyas*. *Laghu Guna* promotes easy movement through the body channels and facilitates the upward movement of doshas. *Ruksha Guna* reduces excessive moisture and the unctuous nature of *Kapha*, thereby facilitating its separation from tissues. *Tikshna Guna* enables deep penetration, loosens adhered doshas, and enhances the expulsion of *Kapha* during Vamana Karma.

Regarding *Virya*, the majority of the *Vamana Dravyas* possess *Ushna Virya*, while a smaller proportion exhibit *Sita Virya*. *Ushna Virya* is instrumental in promoting *Kapha vilayana* and *Utkleshana*, making the accumulated *Kapha* suitable for expulsion. The inclusion of certain *Sita Virya* drugs indicates that *Vamana* activity is not solely dependent on thermal potency but may also result from their specific Prabhava or their supportive role within Vamana formulations.

Table 4: Rasapanchakas of Vamana Dravyas[8]

Sl.No.	Dravyas	Rasa	Guna	Virya	Vipaka	Prabhava
1.	Madana	Tikta, Madhura, Katu, Kashaya	Laghu, Ruksha	Ushna	Katu	Vamaka
2.	Madhuka	Madhura	Guru, Snigdha	Sita	Madhura	
3.	Bimbi	Tikta	Laghu, Ruksha, Tikсна	Ushna	Katu	
4.	Vishala / In-dravaruni	Tikta	Laghu, Ruksha, Tikсна	Ushna	Katu	
5.	Trapusa	Madhura	Laghu, Ruksha	Sita	Madhura	
6.	Kutaja	Katu, Tikta	Laghu, Ruksha	Sita- Ushna	Katu	
7.	Murva	Madhura, Tikta	Guru, Ruksha	Ushna	Katu	
8.	Devadali/ Jeemutaka	Katu, Tikta	Tikсна	Ushna	Katu	
9.	Krimighna/ Vi-danga	Katu, Kashaya	Laghu, Ruksha, Tikсна	Ushna	Katu	Krimighna
10.	Vidula	Tikta, Katu	Laghu, Ruksha	Ushna	Katu	
11.	Dahana/ Chitraka	Katu	Tikсна	Ushna	Katu	
12.	Kosataki/ Kri-tavedana	Tikta	Laghu, Ruksha, Tikсна	Ushna	Katu	
13.	Karanja	Katu, Tikta, Kashaya	Laghu, Tikсна	Ushna	Katu	
14.	Vacha	Katu, Tikta	Laghu, Tikсна	Ushna	Katu	Medhya
15.	Ela	Katu, Madhura	Laghu, Ruksha	Sita	Madhura	
16.	Sarshapa	Katu, Tikta	Tikсна, Snigda	Ushna	Katu	
17.	Iksuvaku	Tikta	Laghu, Ruksha	Sita	Katu	Vamaka
18.	Dhamargava	Tikta	Laghu, Ruksha, Tikсна	Ushna	Katu	
19.	Pippali	Katu	Tikсна, Laghu, Snigda	Anushna	Madhura	
20.	Prapunnada/ Chakramarda	Madhura	Laghu, Ruksha	Sita	Madhura	
21.	Kovidara	Kashaya	Laghu, Ruksha	Sita	Katu	
22.	Karbudara	Kashaya	Laghu, Ruksha	Sita	Katu	
23.	Arishta	Tikta, Kashaya	Laghu, Ruksha	Sita	Katu	
24.	Ashwaganda	Tikta, Kashaya	Laghu, Snigda	Ushna	Madhura	
25.	Bandhujeevaka	Kashaya, Tikta	Laghu, Ruksha	Sita	Katu	
26.	Lavana	Lavana	Laghu, Snigda	Anushna	Madhura	

Table 5: Vamana Dravya Guna and Karmukata (Actions)

Guna	Karmukata
Ushna virya	Liquefaction
Tikсна guna	Separation
Sukshma guna	Promotes entry into each and every channel of the body
Vyavaya guna	Pervades the entire body before digestion
Vikasi guna	Loosening of joints
Agni and Vayu	Upward movement of morbid matter

The *Vipaka* of most *Vamana Dravyas* is *Katu*, followed by *Madhura Vipaka*. *Katu Vipaka* helps sustain the *Kapha*-reducing effect even after digestion, thereby preventing the re-accumulation of *Kapha*. *Madhura Vipaka*, observed in a smaller group of drugs, contributes by preventing excessive depletion of bodily tissues and maintaining physiological balance following emesis.

Finally, several *Vamana Dravyas* possess a *Vamaka Prabhava*, indicating a specific emetic action that cannot be explained solely by their *Rasapanchaka*. This highlights the Ayurvedic principle that the therapeutic effect of a drug depends not only on its *Rasa*, *Guna*, *Virya*, and *Vipaka*, but also on its *Prabhava*, as well as factors such as *Matra* (dose), *Yoga* (combination), and *Prayoga* (method of administration). Consequently, the overall *Rasapanchaka* profile of *Vamana Dravyas* demonstrates a coordinated predominance of *Katu-Tikta Rasa*, *Laghu-Ruksha-Tikshna Guna*, *Ushna Virya*, and *Katu Vipaka*, all of which collectively facilitate the liquefaction, mobilization, and upward expulsion of *Kapha* during *Vamana Karma*.

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Table 1: Indications of Vamana

Ashtanga Hridaya	Charaka Samhitha	Susrutha Samhitha
Nava Jwara	Pinasa	Visa
Athisara	Kushta	Shosha
Adha Pittasruk	Navajwara	Vishamaagni
Rajayakshma	Rajayakshma	Mandaagni
Kushtam	Kasa	Unmada
Meha	Swasa	Apasmara
Apachi	Galagraha	Slipada
Granthi	Galaganda	Arbuda
Slipada	Slipada	Vidaarika
Unmada	Meha	Medhoroga
Kasam	Mandaagni	Meha
Swasa	Viruddhanna	Garavisa
Hrillasa	Ajirnanna	Jwara
Visarpa Sthanya Dosha	Visuchika Alasaka	Aruchi
Urdha Roga	Vishapita	Avipaka
	Garapita	Apaci
	Vishadasta	Granthi
	Visha dagdha viddha	Aamathisara
	Adhoh Shonita Pitta	Hridroga
	Praseka	Chitta Vibrama
	Durnama	Visarpa
	Hrullasa	Vidradhi
	Arochaka	Ajeerna
	Avipaka	Mukhapraseka
	Apachi	Hrillasa
	Apasmara	Swasa
	Unmada	Kasa
	Atisara	Karna Srava
	Sopha	Adhijihwa
	Pandu	Galasuntila
	Mukhapaka	Sonita Pitta
	Dushta Sthanya	
	Sleshma vyadhayo	

Table 2: Contraindications of Vamana

Ashtanga Hridaya	Charaka Samhitha	Susrutha Samhitha
Garbhini	Kshata	Timira
Ruksha	Ksheena	Urdhwavata
Kshudhitha	Atisthula	Gulma
Nithya Dukhitha	Atikrusha	Udara
Bala	Bala	Krimi
Vridha	Vridha	Srama
Krusha	Durbala	Arti
Sthoola	Shrantha	Kshataksheena
Hidrogi	Pipasita	Krusam
Kshath	Kshudhitha	Athivridhha
Durbala	Karmahata	Mutrapureesh
Timira	Bharahata	Avataroga
Krimikoshta	Adhvahata	Swaropagadha
Urdha Pravarttha Vayu And Asruk	Upavasa Prasakta	Adhyayana Prasaktha
Datha Vasthi	Maithuna Prasaktha	Duscharidi

Ashtanga Hridaya	Charaka Samhitha	Susrutha Samhitha
Hatha Svara	Adhyayama Prasakta	Trit
Mutraghata	Vyayama Prasaktha	Baala
Udara	Chinta Prasaktha	Urdhaga Rakthapitta
Gulma	Kshama	Kshudhitha
Durnama	Garbhini	Ruksha
Athyagni	Sukumara	Garbhinu
Arsas	Samvritta Koshta	Udavarta
Udavartha	Duschardana	
Bhrama	Urdhva Rakthapitta	
Ashteela	Prasaktha Chardhi	
Parswa Ruk	Urdhvavata	
Vatarogi	Asthapita	
	Anuvasita	
	Hrudroga	
	Udavarta	
	Mutraghata	
	Pliha Rogagulma	
	Udara	
	Asthila	
	Svaropaghata	
	Timira	
	Shirashularta	
	Sankhashulartha	
	Karnashularta	
	Akshishulartha	

Table 3: Vamana Dravyas According to Different Acharyas

Sl.No.	Ashtanga Hridaya	Charaka Samhitha	Susrutha Samhitha
1.	Madana	Madanaphala	Madanaphala
2.	Madhuka	Jeemutaka	Jeemutaka
3.	Lamba	Ikshvaku	Ikshvagu
4.	Nimba	Dhamargavam	Dhamargava
5.	Bimbi	Vatsaka	Kritavedana
6.	Visala	Kritavedana	Sarshapa
7.	Trapusa		Pippali
8.	Kutaja		Karanja
9.	Murva		Prapunnada
10.	Devadali		Kovidara
11.	Krimighna		Karbudara
12.	Vidula		Arishta
13.	Dahana		Ashwagandha
14.	Citra		Vidula
15.	Kosataki		Bandhujeevaka
16.	Karanja		Bimbi
17.	Kana		Indravaruni
18.	Lavana		Chitraka
19.	Vaca		
20.	Ela		
21.	Sarshapa		

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