

## Clinical Research

Effect of *Vasantic Vaman* and other *Panchakarma* procedures on disorders of various systemsMukesh Rawal, K. M. Chudasma<sup>1</sup>, R. V. Vyas<sup>2</sup>, B. P. Parmar<sup>3</sup>

Department of Kayachikitsa, Akhandananda Ayurveda College, Ahmedabad, <sup>1</sup>Department of Kayachikitsa, <sup>2</sup>RMO, <sup>3</sup>Superintendent and Principal, Tapibai Ayurved Hospital and Sheth J.P. Government Ayurveda College, Bhavnagar, Gujarat, India.

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## Abstract

*Kapha* is dominant and vitiated in *Vasant ritu* as it is described in Ayurveda. Acharya Chakrapani has said in chapter six, that not only *Vaman*, but all the five biopurification methods of the *Panchakarma* should be practiced in *Vasant ritu*. Out of the two best seasons in a year for purification, *Vasant* is better one. This pilot research study was carried out to see the effect of this biopurification process on different disorders. The results were marvelous, as symptomatically 58% relief was achieved.

**Key words:** *Vasant Ritu*, *Panchakarma*, Biopurification

## Introduction

While studying Chikitsa (Line of treatment) from the Ayurved text it was noticed that *Shodhan* is advised first. In the Ayurved Outpatient Department (OPD), it was noticed that before visiting the Ayurved OPD, patients try most of the modern medicines for their ailment till they visit an Ayurved physician, and hence, the ailment has already become chronic in most of the patients. Obstruction (*Sang*) pathology is observed due to vitiation of the *Doshas*. *Kapha* has the maximum ability for obstruction due to its attributes<sup>[1]</sup>. In *Vasant* (spring season) *Kapha* is dominant and it is stated that when '*Bahu Dosh Lakshana*' are present, *Panchakarma* should be performed.<sup>[2]</sup>

Today's quality of food and dietary habits, lifestyle, and changes in seasons are often the cause of saturation of toxins in the body, which according to Ayurved are *Malas* and *Aam*, and these are also the cause for vitiation of the *Doshas*. Unless and until the body becomes free from this *Mala*, *Aam* (toxic materials), and vitiated *Doshas*, the health state cannot be achieved.

Ayurveda has the best therapies in the form of *Panchakarma* to make the body free from these disease-causing factors. Even in lesser time, excellent results can be achieved, and after *Panchakarma*, the patient can be treated well with less consumption of medicines and that is within a short period, so it saves time as well as expenses of medicines.

Nowadays, *Panchakarma* is becoming much more popular. Our first aim for this project was to make people familiar with the traditional *Panchakarma* methods, and to our surprise,

tremendous response was received even though very little publicity was done. Our second aim was to check the efficacy of *Panchakarma* procedures on various disorders.

## Aims and Objectives

- To observe the effect of *Vaman* and other *Panchakarma* procedures done especially in the *Vasant ritu*
- To observe how the *Vaman* and other procedures correct the pathology

## Material and Methods

1. Patients attending the OPD and In-patient Departments (IPD) of the *Tapibai* Ayurvedic Hospital, Bhavnagar, and fulfilling the criteria, have been selected between the period of 1 April, 2009 to 15 June, 2009, irrespective of their sex and religion. Routine clinical examination was done in order to rule out any other pathology, which may cause trouble while performing the *Panchakarma* procedure. A special research Proforma was prepared and after detailed history was taken and examination was performed, the selected patients were categorized for the specific procedure. After acquiring knowledge about the presence of '*Bahu Dosh Lakshana*', fitness for *Panchakarma* was checked, and patients were excluded according to the exclusion criteria. X-rays, pathological investigations, and electrocardiograms (ECGs) were conducted wherever required.
2. Knowing their *Agni*, *Bala*, *Koshtha*, *Prakriti*, and other conventional clinical parameters, the procedure and course (Line of Rx) were designed.

## Inclusion criteria

1. Age group 12 years and above
2. Patients with *Bahu Dosh Lakshana*<sup>[3]</sup>

**Address for correspondence:** Dr. Mukesh Rawal  
Reader, Dept. of Kayachikitsa, Akhandananda Ayurveda  
College, Ahmedabad, Gujarat, India.  
E-mail: drmdraval@yahoo.com

**Exclusion criteria**

- Children below 12 years and pregnant women
- High-risk patients, for example, with severe hypertension (HT), Obese, Koch's, chronic diabetics, mio-cardial infarction.
- Patients with *Avar satva*

**Treatment course****Vaman karma**

<i>Langhan, Dipan, Pachan</i>	3 – 5 days
<i>Abhyantar snehan</i>	5 – 7 days
<i>Sarvang Abhyang and vashp Swed [peti (box)]</i>	eighth day
<i>Vaman</i>	ninth day
<i>Samsarjan krama (diet)</i>	3 – 7 days
<b>Total</b>	13 – 21 days

**Sampurna Panchakarma**

<i>Langhan, Dipan, Pachan</i>	3 - 5 days
<i>Abhyantar Snehan</i>	5 – 7"
<i>Sarvang abhyang and vashp Swed [peti (box)]</i>	eighth day
<i>Vaman</i>	ninth day
<i>Samsarjan krama</i>	3 – 7 days
<i>Abhyantar snehan</i>	3 days (ninth, tenth, and eleventh days after Vaman)
<i>Sarvang Abhyang and vashp Swed [peti (box)]</i>	Fourteenth day
<i>Virechan</i>	Fifteenth day
<i>Samsarjan krama</i>	3 – 7 days
<i>Vasti (3)</i>	
<i>Matra</i>	Ninth day
<i>Nirooha</i>	Tenth day
<i>Matra</i>	Eleventh day
<i>Nasya</i>	Twelfth day
<i>Raktamokshana</i>	Thirteenth day
<b>Total</b>	29 – 39 days
<i>Parihar kaal (Pathya aahar Vihar)</i>	1 month

**Medicines used for different procedures****Vamak yog****Madanfal Modak (Anubhut)****Contents**

<i>Madanphal pippali churna (Randia dumetorium)</i>	9 g
<i>Yashtimadhu (Glycerrhiza glabra)</i>	6 g
<i>Trikatu (Gingiber officinalis, Piper nigrum &amp; piper longum)</i>	3 g
<i>Saindhav (Rock salt)</i>	3 g
<i>Honey</i>	as required

**Vamanopag Dravya (For Aakanth paan)**

<i>Yashtimadhu phant</i>	4 liters
<i>Cow milk</i>	1 – 1.5 liters
<i>Lukewarm water (Boiled)</i>	1 liter
<i>Salt water</i>	1 liter
<i>Pashchatkarma</i>	
<i>Kaval Gandush</i>	With salt water + Haridra (curcuma longa)

**Virechan yog**

1. *Draksha (Vitus vinifera)* 1 tola (10 g)  
*Aaragvadh (Cassia fistula)* 1 tola (10 g)  
*Haritaki (Terminalia chebula)* 1 tola (10 g)  
*Katuki (Picrorrhiza kurroa)* 0.5 tola (5 g)  
*Kwath + Erand tail<sup>(4)</sup>*  
*Ichhabhedhi Rasa*, Two tablets (Baidyanath) if required
2. *Ichhabhedhi Rasa*, Three (Given to two patients.) tablets
3. *Abhayadi Modak*, Five tablets (Given to two patients.)
4. *Yog of nine dravya* (one patient.)  
(*Haritaki, Saindhav, Amalki, Guda, Vacha, Haridrai, Vidang, Sunth* cha.chi.1/25 – 26<sup>(5)</sup>)

**Vasti (Three days)**

<i>Anuvasan (Til tail)</i>	80 ml
<i>Nirooha (Dashmooladi)</i>	960 ml
<i>Matra (Til tail)</i>	60 ml
<i>Nasya</i>	
<i>Shadbindu tail</i>	(Five patients)
<i>Anu tail</i>	(One patient)
<i>Kshar tail</i>	(One patient)
<i>Goghrit</i>	(One patient)

**Raktamokshana (Siravedh)**

20 G scalp vein needle from right cubital vein

**Follow-up**

After completion of the procedure or course, the patients were advised to visit the OPD every week for follow-up for one month or till they were completely cured. Those who required further treatment after the *Panchakarma Shaman Chikitsa* was started were readmitted in the IPD.

**Assessment criteria**

1. The patients were diagnosed on the basis of cardinal signs and symptoms of the related disease.
2. The patients were checked for *Bahu Dosh Lakshana* and fitness for a particular procedure or complete course.
3. Symptoms were graded as mild, moderate, severe, and very severe, and were denoted as given herewith:

Category	Grade	Symbol
mild	1	+
moderate	2	++
severe	3	+++
very severe	4	++++

4. The effect of the treatment was evaluated as per the above gradation. On the basis of the symptomatic improvement reported by the patients, examination assessment had been done, with statistical analysis.

**Observation and Results**

The general observations are shown in Tables 1 to 4 and the results are shown in Table 5.

**Table 1: General observations**

<b>Number of patients</b>	<b>30</b>
Male	21
Female	9
OPD level Treatment	19
IPD	11
Age group	15 – 70 years
15 – 25	3
26 – 35	10
36 – 45	4
46 – 55	4
56 – 65	7
66 – 70	2
Total	30

**Examination**

Family History	positive in seven patients
Past history	positive in six patients
Drug History	positive in 13 patients

**Habits**

<i>Beedi</i>	Five patients
Tobacco	Five patients
Alcohol	One patient

**Disease history**

DM	HT	CA
1	1	1

**Prakriti**

V	2
P	2
K	6
VP	7
VK	5
PK	4
VPK	1

**Upadrav**

No major complication observed, only one patient S/f CCF having leg edema got weakness, while on *Samsarjan krama* (diet), so was shifted to the Sir T. (Local - General) hospital.

**Symptomatology****Symptoms**

*Aasankashtata, Naasavansh vakrata, Amlodgaar, Paalitya, Anurjata Twak (Shit pitta), Shirah shool, Bahumutrata, Shool - Kati to parshni, Daah, Shool (Ans te parshni), Drashtimaandhya, Shool (Ans to kurpar), Hrillas, Shwaskastata, Jirna Pratishyaaya (sinusitis), Supti - Hasta paad, Kaas, Taarunyapitika, Kandu, Twak mandal, Kaphashtivan, Twak shwetatva, Khalitya, Twak vivarnata, Lasikagranthi vridhhi, Naasastrav, Naasarodh.*

Above symptoms were categorized according to the systems

**Discussion**

Although 50 patients were registered, only 30 patients were

**Table 2 : Diagnosis wise observations**

Disease	No. of patients
<i>Ajirna</i> (Indigestion)	1
<i>Amlapitta</i> (Acidity)	2
<i>Anurjataa - Praanvaha</i> (Resp. Allergy)	1
<i>Anurjataa Twak</i> - [shit pitta (Urticaria)]	1
Ek - kushtha (Psoriasis)	6
Gridhrasi + Sthoulya (Obesity)	1
Gridhrasi (sciatica)	1
<i>Uccharaktachaap</i> (HT)	1
<i>Jirna Pratishyaya</i> (DNS)	5
<i>Manyaashool</i> (Cervical Spondylosis)	2
<i>Lasikagranthi arbud</i> (Lymphoma)	1
<i>Madhumeha</i> (DM-6 years)	1
<i>Paalitya</i> (graying of hair)	1
<i>Shirah shool - Vataj</i> , (Headache)	1
<i>Shwitra</i> (Leucoderma)	2
<i>Tamakshwaas</i> (DNS + asthma)	1
<i>Taarunyapitica</i> (Acne)	1
<i>Kshudrakushtha</i> (Skin Disease.)	1
Total	30

**Table 3: Karma wase observations**

Type of Karma	No. of Karmas	Remark
Snehan (Abhyantar)	136	22 patients
Swedan (Sarvang)	53	22 patients
Vaman	20	Pittant 16, Kaphant 4. Veg. Max.12, Min. 4
Virechan	12	Veg. Max.12, Min. 4
Vasti	37	Pittant. 8, Kaphant 4 Veg. Max.20, Min. 2
Nasya	55	13 patients, 7 days – 7, 1 day - 6 patients
Raktamokshna	7	7 patients
Complete PK	6	6 patients
Other		

selected for *Panchakarma* treatment; the remaining patients either did not fulfill the criteria or required only *Shaman Chikitsa*. There were more male patients (21) compared to females (9). The most interesting thing was that the average age of the patients was 43 years; this shows that middle-aged patients are prone to obstruction (*Sang*) pathology! The patients who required the complete *Panchakarma* course were between 35 to 60 years. In this age, diseases like diabetes mellitus (DM), HT, *Asthma*, and Arthritis limits the lifestyle of the person. Therefore, *Panchakarma* should be promoted in this age group, to improve their lifestyle by either preventing them from the above disorders or making them free of it. Better prognosis is observed in this age group and practice too.

*Prakriti* (constitution)-wise, maximum patients belonged to the *Vata – Pitta* (7 patients, 23.33%), followed by *Kapha* (6 patients, 20%), and *Vata Kapha* (5 patients, 16.66%) *prakriti*. As *Vasant ritu* was the *Kapha*-dominating season, maximum

**Table 4 : List of symptoms**

System	Lakshana (Symptoms)	
Skin	<i>Kandu</i>	
	<i>Daah</i>	
	<i>Tarunyapitika</i>	
	<i>Twak mandal</i>	
	<i>Twak shwetatva</i>	
	<i>Twak vivarnata</i>	
	<i>Twakdalan</i>	
	<i>Vali(lalaat)</i>	
	<i>Vipadika</i>	
	<i>Anurjata Twak(Shit pitta)</i>	
	G.I.Tract	<i>Amlodgaar</i>
		<i>Hrillas</i>
		<i>Udardaah</i>
<i>Udargaurav</i>		
<i>Udarshool</i>		
<i>Udarvruddhi</i>		
<i>Urodaah</i>		
<i>Vibandh</i>		
Nervous System	<i>Aasankashtata</i>	
	<i>Shirah shool</i>	
	<i>Shool (kati te parshni)</i>	
	<i>Shool(Ans te kurpar)</i>	
	<i>Supti (Hasta - paad)</i>	
	<i>Vibandh</i>	
Respiratory	<i>Nasavansh vakrata</i>	
	<i>Kaas</i>	
	<i>Kaphashthtivan</i>	
	<i>Naasanaah</i>	
	<i>Nasarodh</i>	
	<i>Nasastrav</i>	
	<i>Shwaskashtata</i>	
	<i>Kshavthu</i>	
Others	<i>Lasika granthi vriddhi</i>	
	<i>Drashtimaandhya</i>	
	<i>Sthoulya</i>	
	<i>Khaalitya</i>	
	<i>Paalitya</i>	
	<i>Uccharaktachaap</i>	
	<i>Madhumeha</i>	

patients were of *Jirna pratishyaya* with DNS (5) and *Ek kushtha* (6), which were *Kaphaj vikara*. Disease-wise the number of patients was less for any particular disease, so the statistical data was made system-wise, hence that result of *Panchakarma* could be observed in different systems. Maximum symptoms were of skin diseases (n – 29), followed by respiratory (n – 18), *Vata vikara* (n – 13), and G.I. tract (n – 11). This showed that the environment of this area (Bhavnagar) was disturbing the respiratory system and the organ, skin, more than any other; this might be due to excess humidity. Remarkable results were achieved in these four systems — skin, G.I. tract, respiratory, and *Vataj vikara*, that is, arthritis and nervous system disorders. Results in hair, Obesity, *Arbud*, *Madhumeha*

(DM), and *Uccharaktachaap* (HT) were insignificant due to less number of patients. Good results were observed in *Vataj vikara*, G.I.tract, skin, and Respiratory, with  $P < 0.001$ , and percent-wise 65.38, 65, 58.20, and 45, respectively.

Treatment-wise *Vaman* was carried on 20 patients. Just within a month (from 7 April to 6 May, 2009), on some days, at a time three *Vaman* were done! This was possible due to good teamwork, better selection of patients, *Purvakarma*, and good management. *Upadrav* was observed only in one patient who was suffering from psoriasis, and also had Congestive Cardiac Failure (CCF). In *Vataj vikara*, *Vasti* was practiced; three patients underwent *Yogvasti karma*, mostly suffering from sciatica. Remarkable results were achieved in patients with Deviated Nasal Septum (DNS) and respiratory allergy by *Nasya*. So this proved that *Nasya* was a good procedure for respiratory allergy and sinusitis. *Raktamokshana* was practiced mostly in patients suffering from psoriasis and good results were observed.

### Effect of therapy

Skin-related symptoms like *Kandu* (itching), *Daah* (burning sensation), and *Vaivarnya* (discoloration) were relieved in a very short period after *Vaman* and *Virechan karma*. In the G.I. tract an excellent result was achieved in symptoms like *Amlodgar*, *Hrillas* (nausea), *Udardaah* (abdominal burning), *Urodaah* (heart burn), and *Vibandh* (constipation). *Vasti karma* immediately relieved the pain in sciatica and arthritis. *Vaman* gave good result in a patient with HT; a systolic pressure of 160 dropped to 140 after the procedure and was stable at 140 even after *Samsarjan krama*! *Nasya* was good for sinusitis, DNS, and respiratory allergy. Symptoms like *Kaas* (coughing), *Nasarodh* (nasal obstruction), *nasastrav* (runny nose), and *Kshavthu* (sneezing) were relieved immediately. After a *nasya* course of seven days, during follow-up, it was given once a week for two months, and also *Pratimarsha Nasya* was taken in the morning daily for a month, at home. Such a line of treatment was good to eradicate the disease completely.

### Mode of action

*Vaman* is very effective in *Kaphaj vikara*. This was also observed in the patients of *Tamak Swas* (bronchial asthma). The wheezing sound and ronchi were totally absent after *Vaman karma*, and *Vaman* is the ultimate therapy to make the patients totally free from bronchial asthma. The concept of *Panchakarma* is to bring the vitiated *Doshas* from *Shakha* (branches and not the extremities – skin, *Rakta – shukra dhatu*) to *koshtha*<sup>[6,7]</sup> with the help of *Purvakarma*, and eradicate them through the nearest outgoing path of the body.<sup>[7]</sup> *Vaman* removes the vitiated *Kapha* from the stomach and half part of the duodenum, whereas, *Virechan* acts on the *Pitta dosha* from half part of the duodenum to the ileocecal junction or till the umbilicus, that is, the small intestine, which is 20 – 25 feet in length. *Vaman* and *Virechan* remove *Kapha* and *Pitta* from the *Koshtha*. They are driven toward the *Koshtha* with the help of *Snehan* and *Swedan*. In this manner *Vaman* and *Virechan* act on the vitiated *Doshas* of the whole body.

*Vasti* acts on the *Vaat*-dominating area, that is, the *Pakyashyaya* (large intestine), which is the root of all other types of *Vata* and also it is the root of very important systems like *Mutravah* and *Malavah*, that is, the Excretory system. The vitiated *Vata* may irritate the nervous system and according to Ayurveda, *Vasti*

**Table 5: Effect of Panchakarma**

System/Dis./organ	N	MEAN		(% ) Relief	STDEV	SE	T	P value
		BT	AT					
Skin	29	2.31	0.96	58.2	1.04	0.19	6.93	< 0.001
G.I.Tract	11	1.81	0.36	65	0.60	0.18	6.5	< 0.001
Respiratory tract	18	2.22	1.22	45	0.59	0.14	7.14	< 0.001
Vatvikar	13	2	0.69	65.38	0.48	0.13	9.81	< 0.001
Hair	2	2	0.5	75	0.7	0.5	3	< 0.10
Med (Fat)	2	2	1.5	25	0.7	0.5	1	< 0.10
Arbud	2	3	2	33.33	1.41	1	1	< 0.10
DM	1	3	2	33.33	0	0	0	0
Eye (Drashtimandhya)	1	2	2	0	0	0	0	0
HT	1	2	1	50	0	0	0	0

Highly significant  $P = < 0.001$ , Not significant  $P = < 0.10$ , N = No. of symptoms present in a particular system in all the patients

is the best solution for pain, it removes the cause of pain by eliminating the vitiated *vaat*. This vitiated *Vata* may be the cause of pain in patients of *Sandhishool* (arthritis).<sup>[8]</sup>

*Nasya* is very effective in the disorders of the nasopharyngeal tract, it removes the vitiated *Kapha* that gets thickened, obstructs the nostrils and the opening of the sinuses, resulting in the obstruction of the function of *Vata* and as a result DNS and sinusitis (*Jirna Pratishyaya*) may develop. *Nasya* breaks this pathology by lubricating the nasopharyngeal tract, and thus it not only removes the sticky *Kapha*, but also subdues the vitiated *Vata* by its Oleating quality. Such a miraculous action was also observed in the treatment of DNS, Sinusitis and Allergy.

*Raktamokan* (blood letting) removes the vitiated *Pitta* and toxins within the blood. It is a marvelous treatment for the patients of Psoriasis and other skin disorders. We had six patients of psoriasis and remarkable results were achieved by *Raktamokshana*. The complete *Panchakarma* course was practiced as an effort toward complete remission of the disease.

## Conclusion

The above figures, data, statistics, and discussion conclude that *Vasantic vaman* and *Panchakarma* were very effective in the disorders of the skin, G.I. tract, Respiratory, and *Vata vikara*. We observed an excellent result in patients belonging to Bhavnagar city and district. Such a type of treatment should be practiced in all areas of the state and country. Ayurveda physicians should play a major role to eradicate lifestyle-disturbing diseases like allergy, asthma, skin disorders, and arthritis by practicing and promoting *Panchakarma*. *Panchakarma* is the sure shot weapon of Ayurveda and it should be applied wisely. While handling OPD and IPD it has also come to my notice that when the above-mentioned diseases progress they become complicated to treat and an emergency arises. If we increase the literacy and awareness in the common people by organizing such treatment programs then there will be fewer emergencies in the medical field. If each and every Ayurveda physician and student gets a basic knowledge of Practicing *Panchakarma*, then it will be a great gift of Ayurveda to society, By organizing this project I have contributed in a small way toward this cause, by taking the help of my colleagues and seniors, and training all the 33

interns, masseurs, nursing staff, ayahs, and ward-boys in the art of *Panchakarma*.

Even modern medicine has a limited solution for the management of such diseases, whereas, Ayurveda has better medicines, concepts, and procedures. Nowadays, *Panchakarma* is becoming a blessing for the treatment of such lifestyle limiting diseases. This fact is also noticed while sitting in the OPD when we got the referrals from modern physicians, who surprisingly send their relatives for Ayurveda and *Panchakarma* treatment.

This effort of mass *Panchakarma* treatment is just an example to promote *Panchakarma* in the society. Dr. Clarke of Philadelphia stated that, 'If all the physicians of modern medicine treat the patients according to the concepts of *Charak* and *Sushrut*, there will be less work remaining in the field of medicine!'

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## हिन्दी सारांश

# वासंतिक वमन एवं पंचकर्म का विविध संस्थानों की व्याधियों पर प्रभाव

मुकेश रावल किशोरसिंह चुडासमा राजेन्द्र व्यास बी.पी.परमार

वसंतऋतु में कफ का प्रकोप होता है। यह विकृत-प्रकुपित कफ वायु एवं पित्त के मार्ग में संग (अवरोध) निर्माण कर अनेक व्याधियों को जन्म देता है। वसंतऋतु को कफ के शोधनार्थ श्रेष्ठ ऋतु आचार्य चक्रपाणी ने कहा है तथा इस ऋतु में वमन कर्म तथा संपूर्ण पंचकर्म चिकित्सा करनी चाहिए। ऐसा च.सू.अ. ६ की टीका में कहा है। इस विधान की पुष्टि हेतु रुग्णालय में शिबिर का आयोजन कर ३० रुग्णों पर वमन एवं संपूर्ण पंचकर्म का परिणाम देखा गया जिसमें लाक्षणिक उपशय ६८ % मिला एवं श्वसन, अन्नवह संस्थान, वातविकार एवं त्वचा रोग पर उत्साहजनक परिणाम मिला।