

# Impact of *Vamana dhauti* in *Amalpipitta*: A Critical Review

Rekha BV, Chaudhari Krishnakumari Balvantbhai\*

## ABSTRACT

"*Amlapitta*" is one of the most common lifestyle disorder which leads to many complication like ulcer, gastritis, anemia, IBS, and malabsorption etc. The burden of lifestyle disorders is rapidly increasing worldwide. In spite of many available drugs in market there is no significance reduction in the prevalence and incidence of this illness which remarkably emphasis on the need of novel approaches in combating those illnesses. *Ayurveda* and *Yoga* an Ancient system of medicine which gives importance for *Shodanakarma* (purificatory processes) for diasese free life. In *Yoga shastra*, *Shatkarma* is mentioned for purification, *Vamana dhauti* is one of them. *Vamana dhauti* is a type of *Antar dhauti*. Which removes Kapha and pitta from stomach and helps in breaking the pathology of *amlapitta*.

**Key words:** *Amlapitta*, *Vamanadhauti*, *Shadkarma*, *Kunjalakriya*, Gastritis.

## INTRODUCTION

Changing in environment and lifestyle has led to different diseases one among them is *amlapitta*, *amlapitta* related to *annavaha srothas* and various research shows that the eatind of *viruddha ahara* (incomptable food) will cause *agnimandya* and there by *ajeerna* which is root cause for all the diseases. According to the Center for Disease Control and Prevention (CDC), more than 72 million adults are suffering from GERD and no state has a GERD rate less than 15% - the national goal. It also leads many complication like ulcer, gastritis, anemia, IBS, and malabsorption etc In spite of many available drugs in market there is no significance reduction in the prevalence and incidence of this illness which remarkably emphasis on the need of novel approaches in combating those illnesses.

### Etymology of Word *Amlapitta*

The word *Amlapitta* made up of two words, "Amla" + "Pitta"

## DEFINITION OF AMLAPITTA

Chakrapani has defined *Amlapitta* as "Amlapittam cheti amlagounodriktam pittam".<sup>1</sup> *Amlapitta* is a condition in which *Amla Guna* of *Pitta* is increased.

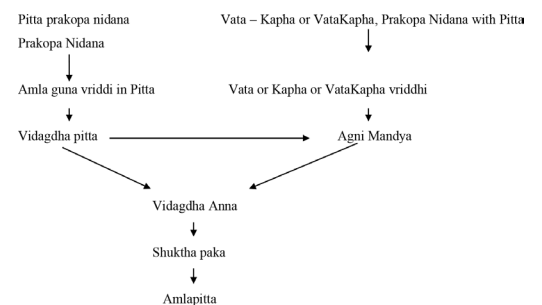
According to *Kashyapa*, *Vidagdha Annarasa* staying in *Aamashaya* attains *Shuktata* and produces *Amlapitta*.<sup>2</sup>

## NIDANA OF AMLAPITTA

*Nidana* pertaining to *Amlapitta* are explained in the different classics, which can be summarized under three headings,

*Ahara sambhandi*, *Vihara sambhandi*, *Anya* (includes *kala*, *desh*, *manasika vikaras* etc.) Table 1.

## SAMPRAPTI OF AMLAPITTA<sup>6,7</sup>



## POORVAROOPA OF AMLAPITTA

The *poorvarupa* of *Amlapitta* are not explained in the classics. Still however the *Alpamatra* of *Roopa* may be considered here as the *poorvarupa* of *Amlapitta* Table 2, *Roopa* of *Amlapitta* in Table 3.

## BHEDAS OF AMLAPITTA

Two types:<sup>10</sup>

1. *Urdhvaga Amlapitta*
2. *Adhoga Amlapitta*

According to *Acharya Kashyapa* and *Madhava* Table 4.

## VAMANA DHAUTI REVIEW

*Shatkarma* are 6 major procedures explained by *yoga shastra* for cleaning of the body these are the pre requisite for doing *pranayama*. *Vamana dhauti* one among them to remove toxins and promote proper digestion. This procedure is practiced early in the morning in empty stomach for cleaning GI track it is done by drinking lukewarm saline (*Akanta pana*).

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**Table 1: Nidana of Amlapitta.**<sup>3-5</sup>

| Aharaja            |                    | Viharaja           | Anyaja   |
|--------------------|--------------------|--------------------|----------|
| Abhojana           | Ikshuvikara        | Bhukte bukte snana | Manasika |
| Atibhojana         | atisevana Ushna    | Bhukte bukte       | Chinta   |
| Amapurana          | rasa atisevana     | avagaha Bhukte     | Shoka    |
| Vishamashansana    | Drava atisevana    | bukte divaswapa    | Krodha   |
| atisevana Katurasa | Kulattha atisevana | Vegadharana        | Bhaya    |
| atisevana Amla     | Madya atisevana    |                    | KALAJA   |
| Adhyasana          | Ruksha atisevana   |                    | Varsha   |
| Gurubhojana        | Bhrustadhanya      |                    | Pravrut  |
| Gorasatisevana     | atisevana          |                    |          |
| Phanita-atisevana  |                    |                    |          |
| Pishta-atisevana   |                    |                    |          |

**Table 2: Roopa of Amlapitta.**<sup>8</sup>

|          |            |            |
|----------|------------|------------|
| Avipaka  | Tiktodgara | Hriddaha   |
| Klama    | Amlodgara  | Kanthadaha |
| Utklesha | Gaurava    | Aruchi     |

**Table 3: Vishistha Rupa.**<sup>9</sup>

| Vataja   | Pittaja  | Kaphaja         |
|----------|----------|-----------------|
| Shoola   | Bhramaha | Shareera guruta |
| Angasada | Vidaha   | Chardi          |
| Jrumbha  |          |                 |

**Table 4: Bheda on amlapitta.**<sup>11</sup>

| Kashyapa           | Madhava                |
|--------------------|------------------------|
| Vatika Amlapitta   | Sanila Amlapitta       |
| Paittika Amlapitta | Sanila Kapha Amlapitta |
| Slesmika Amlapitta | Sakapha Amlapitta      |
|                    | Slesmapitta Amlapitta  |

Upashaya Anupashaya

Upashaya and anupashaya according to Kashyapa Table 5.

**Table 5: Upashaya and anupashaya according to Kashyapa.**<sup>12</sup>

|         |                           |
|---------|---------------------------|
| Vataja  | Snigdha Upashaya          |
| Pittaja | Mahura and Sita Upashaya  |
| Kaphaja | Ruksha and Ushna Upashaya |

## TERMINOLOGY

Vamana dhauti made of two words vamana means vomiting – eject matter from the stomach, dhauti means to cleanse. It is also known as kunjala kriya because water forcefully expelled from stomach just like elephant spray water from trunk.<sup>15</sup>

### *Vamana dhauti* procedure

- Purva Karma.
- Pradhana Karma.
- Paschat Karma.

#### a. Purva Karma

Time of the procedure: early in the morning in empty stomach.<sup>16</sup>

Systemic and local examination of the patient.

Preparation of the *Vamana dhauti* Dravya.

3-4 liters of lukewarm water, Tamra patra.<sup>17</sup>

### Method of preparation of Vamana Dravya

Take 3- 4 Liters of water and boil it well, add salt to the water in a proportion of one teaspoonful per liter of water. Stir well and keep in separate jar for drinking. We recommend that the water be lukewarm as of body temperature.<sup>18,19</sup>

#### b. Pradhana Karma

After examination, the patient is made to sit on the chair in a comfortable posture. Asked the patient to drink the *Vamana dhauti* Dravya i.e. the warm salted water. Until he feels the stomach and throat is full.

## POSTURE

Sit in the chair comfortably with back bend forward so that vomiting becomes easier.

## PROCESS OF VAMAN DHAUTI

Subject is made to drink water continuously, uninterruptedly until the stomach is full and can no more take a single drop of water further then given one more glass. This may be a little difficult but it is essential to fill the stomach as fully as possible. Under these circumstances the urge to throw out the water from the stomach hardly needs to be stimulated, it may even occur spontaneously. 6 medium sized glasses (300ML) of water are about the average number required to fill the stomach. Then from a standing position bend forwards to any container dedicated to collect vomitus. Make sure the trunk is as horizontal as possible. Then open your mouth as wide as possible. This should induce the water to suddenly and effortless. Gush out from the stomach. Continue in this way until there is no more water in the stomach. This is indicated when tickling the back of the throat does not bring up any more water. Now it completes the vamanadhauti procedure.

#### c. Paschat Karma

Patient is advised to face wash, Kavala, and Gandusha with lukewarm water and Rapid exhalation to remove the water remaining in the GI tract, then rest in Shavasana.

## CONTRAINDICATION

Most people can do this practice but it is contraindicated in hernia, Hypertension, CVD Cardiovascular diseases, Headache (migraine, Tension headache, cluster headache etc.) Epilepsy, recent surgeries, pregnancy and menstruation.<sup>21</sup>

## DISCUSSION

### ROLE OF NIDANAPANCHAKA AS A DIAGNOSTIC TOOL IN AMLAPITTA

### PROBABLE MODE OF ACTION OF VAMANDHAUTI KARMA

*Amlapitta* is mainly due to pitta dosha, acharya madhava has narrated all the treatment modalities aiming towards maintaining equilibrium

## ANALYSIS OF NIDANA TABLE 6

**Table 6: Analysis of Nidana.**

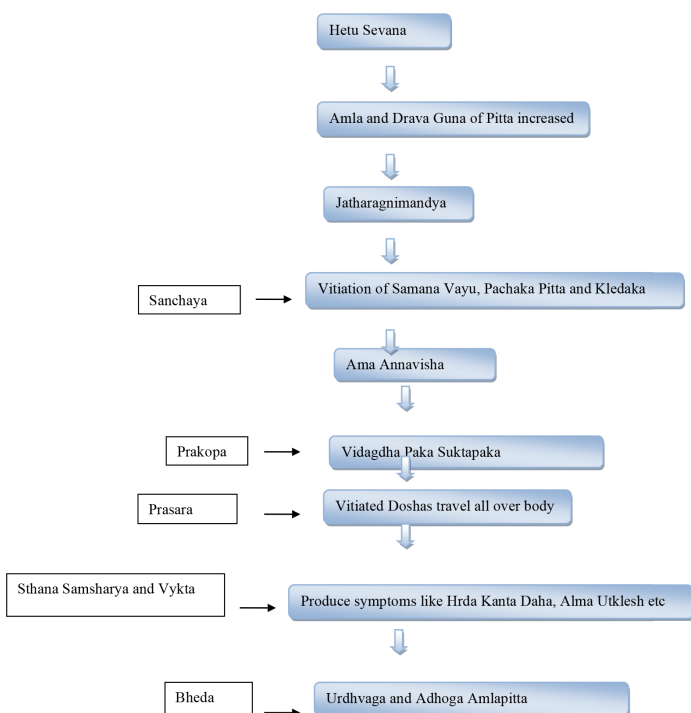
|                     |   |
|---------------------|---|
| Vata Prakopa        | Vegadharana (suppression of natural urges), Ruksha Atisevana                        |
| Pitta prakopa       | Usha Atisevana, Drava- Atisevana, Kulatha Atisevana, Katu-Amla Rasa Atisevana       |
| Kapha prakopa       | Adhyashana, Gurubhojana, Ikhuvikara Atisevana, Bhukte Bhukte Diwaswapna             |
| Pitta Kapha Prakopa | Madhya Atisevana  |
| Kapha pitta prakopa | Pishta Atisevana, Bhukte Bhukte Snana, Bhukte Bhukte Avagaha                        |
| Tridosha prakopa    | Phanita Atisevana, Virrudha, Vishamashana   |
| Agnimandya          | Ajeerna, Amapurana, Adhyashana, Atibhojana, Vishamashana                            |
| Srotas              | Purishvaha Srotas - Ajeerna, Adhyashana, Vegadharana<br>Annavas Srotas - Atibhojana |

## ANALYSIS OF LAKSHNA TABLE 7

**Table 7: Analysis of Lakshna.**

|        |   |
|--------|---|
| Vata   | Vidbheda, Shiroruja, Hritshula, Adhmana Antrakujana, Romaharsha |
| Pitta  | Amlaudgara, Kantadha, Hritdaha, Utklesha                        |
| Kapha  | Gaurava, Angasada, Gurukoshata                                  |
| Srotas | Avipaka, Aruchi   |

## SAMPRAPTI CORRELATION WITH SHAD KRIYAKALA



## UPASHAYA IN AMLAPITTA TABLE 8

| TYPES OF AMLAPITTA | UPASAYA                   | EXAMPLE           |
|--------------------|---------------------------|-------------------|
| Vataja             | Snigdha Upashaya          | Ksheera           |
| Pittaja            | Madhura and Sita Upashaya | Yastimadhu Ghrita |
| Kaphaja            | Ruksha and Ushna Upashaya | Sunthi            |

of kapha and pitta dosha, to achieve the same vamandhouthi is the best. *Vamandhouthi* mainly acts on Amashaya and Annava Srotasa. It neutralizes the acid balance in stomach thus helpful in counteracting Tivra Jatharagni., Salt water- helps in osmosis removes toxins from cells. And also help in liquification of Achadita and Avalipta Dhatugata Ama. Suddhikriya resulting in metabolism. In this way *Vamana dhauti* is the best possible helps to maintain the homeostasis of the stomach through its cleansing effect.

## CONCLUSION

The *Vamana dhauti* is best possible technique of cleansing and removal of toxins of the upper GI track. *Vamana dhauti* is the simple processor which cleans stomach very effectively without much diatic rule as in vama. Impact of *Vamana dhauti* is all most equal to vama with all the benefits of shodhana kriya thus it prevents all the diseases which produced by indigestion. Cannot change your food habits and certainly cannot remove mental and emotional tension. And hence in the current global crisis of lifestyle disorder, practice of *Vamanadhauti* can give a major breakthrough by preventing most of the complication of Amalipitta and suppressing it in rudimentary stage.

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## CONFLICT OF INTEREST

The authors declare that there is no conflict of interest.

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