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## *Vamana Karma and its Therapeutics: A Review*

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### **Abstract:**

*Panchakarma is the Shodhana procedure mentioned in Ayurveda indicated in various disorders as well as in healthy individuals. As Ayurveda is a life science, which address both preventive as well as curative aspects. Here Vamana karma is been discussed in details about its therapeutics and contemporary use. Vamana is induction of emesis with due prior preparations - Purva Karma of Snehana and Swedana. Ayurveda mentions the primary indication of Vamana in vitiation of Kapha Dosha and elimination of Dosha from upper part of body –Urdhvanga. Here various Dosha Vitiating disorders in view of contemporary science along with its proposed mode of action is briefed in following study.*

**Keywords:** Panchakarma, Vamana karma, Kapha Dosha

### **Introduction:**

Ayurveda is science of life. It imbibes each and every aspect of human life. As mentioned in its *Payojana*, it refers to state the holistic ways for living a healthy life to fulfil ones *Purushartha*. Ayurveda states number of health keeping remedies and procedures to be practiced. *Panchakarma* – a *Shodhana* therapy is one such procedural treatment used for both preventive as well as curative counterpart. *Panchkarma* is one such process which helps in detoxification and offers various therapeutic benefits. *Panchkarma* involves five therapeutic procedures – *Karma*, *Vamana*, *Virachana*, *Basti*, *Nasya* and *Raktamokshana*.

In contemporary view, with the increase in pollution, our bodies are exposed to several toxins every day. The sources from which we are exposed to these toxins are, food, water, cosmetic items, the environment, and negative thinking - stress. While our bodies are highly capable of removing these harmful toxins, some toxins continue to accumulate and may become lodged in our organs. These are termed as *Ama* in Ayurveda terminology. Here *Panchakarma* is perceived as a holistic medium for detoxification of such accumulated toxins from the body. Detoxing the body has multi-

dimensional benefits like, it helps boost our immune system, improve mental as well as physical wellbeing, distress us and thus allow us to concentrate and improve sleep quality. This deep cleansing and detoxification can be achieved through *Vamana* therapy. In this treatment, multiple procedures are carried out to encourage the patient to vomit, leading to the cleansing of the body.

### ***Vamana Karma and Dosha –***

Primarily the *Vamana Karma* aims for the purification procedure for the vitiation of *Kapha Dosha*. Although the *Kapha Dosha* is present all over the body but specifically it is evident in upper part of body, throat region, head, stomach, *Rasa Dhatu*, *Jivha*, *Meda Dhatu* and liquid - *Aba Dhatu* of body. Here the *Kapha Dosha* are also at the minute cellular level hence any condition related to *Kapha Dosha* in the body or at cellular level, the procedure which is adopted for its regulation is *Vamana Karma*. *Kapha dosha* is made up of Earth and Water elements and is responsible for stability, structure, and lubrication in our body.

### ***Vamana Karma and Rutu-***

Ayurveda classics had mentioned six *Rutu* – seasons. Two months of a year represents a *Rutu* respectively. These *Rutu* – seasons have unique effect on our body *Dosha* system. The *Chaya* – local accumulation of *Dosha* in *Swasthana*, *Prakopa* – excessive accumulation of *Dosha* and *Prasarra* – spread of vitiated *Dosha* all over the body or *Prashama* – auto pacification of *Dosha* in accordance of *Rutu* can be stated as;

<b><i>Dosha</i></b>	<b><i>Chaya</i> <i>Swasthana</i></b>	<b><i>Prakopa</i> <i>excessive</i> <i>accumulation</i></b>	<b><i>Prashama</i> – <i>auto</i> <i>pacification</i></b>
<b><i>Vata</i></b>	<i>Grishma</i>	<i>Varsha</i>	<i>Sharada</i>
<b><i>Pitta</i></b>	<i>Varsha</i>	<i>Sharada</i>	<i>Hemanta</i>
<b><i>Kapha</i></b>	<i>Shishira</i>	<i>Vasanta</i>	<i>Grishma</i>

### ***Vamana Karma procedure-***

The *Panchakarma* procedure is carried out in three steps.

1. *Purva Karma* – *Pachana*, *Snehana* and *Swedana*
2. *Pradhana Karma* – *Vamana* with *Vamak Dravya* and *Vamanopag Sambhar Dravya*
3. *Paschyat Karma* – *Sanasrjan Kram* – *Agni Sndhukshana*

### ***Purva Karma –***

It includes *Pachana*, for any *Ama* in the system which is hindrance for the main procedure of *Vamana*. Here some *Deepana* – *Pachana* medication like *Chitrakadi Vati*, *Hingvashtaka Churna*, *Kankayana Vati*, *Trisama Gutika* are prescribed. After attaining *Nirama Avastha*, the patient is subjected for *Snehana* and *Swedana* procedures. In *Snehana* – oiliation therapy the *Sneha Dravya* is

used both externally in form of massage and also internally for *Snehapana*. Following it the patient has to undergo *Swedana* – Sudation therapy. It helps to open up pores all over the body and can be related to *Strotomukh Vivarana*. To facilitate easy and optimum expulsion of *Dosha*.

#### ***Pradhana Karma* –**

In this step patient is made to drink *Vamanopag Dravya* like *Yashti Phanta*, *Ikshu Rasa* or *Godugdha*. It is termed as *Akanthapana*. Then the *Vamak Dravya Chatana* is given which contains *Madana Phala Pippali Churna*, *Saindhava*, *Ela Churna* etc. by the virtue of emetic properties of *Vamak Dravyas* and *Vamanopag Dravya*, the vomiting is induced by showing symptoms of nausea, excessive salivation, sweating and chest tightness. Within stipulated time the *Vega* of *Vamana* commences and thus the *Dosha* along with *Vamak Dravya* are expelled out through vomiting.

#### ***Paschyat Karma* –**

Firstly after completion of *Samyak Vamana*, *Dhompsona* is indicated in order to evacuate the excess of *Kapha* remaining elsewhere in the nasal part or throat region. Then patient is asked to take through rest and observe the urge of hunger. The digestive fire – *Agni* is thereby kindled by diet including warm, easily digestible foods like rice gruel, lentil soup, and steamed vegetables.

Mode of action in *Vamana Karma*

*Bahu Dosha Avastha* or *Dosha Utklesha* through *Purva Karma* – *Snehana Swedana*

*Utklesha* at cellular level as well as all over the body

Administration of *Ushna*, *Tikshna*, *Vikasi Vamak Dravyas*

Circulation all over the body

Shifting the *Dosha* which are aggravated to *Maha Strotasa*

Vitiated *Dosha* brought to *Amashaya*

By the *Prabhava* of *Vamak Dravya* the *Dosha* are expelled out through mouth as *Vamana*

#### **Indication of *Vamana*:**

It is performed in *Vasanta Rutu*, when there is vitiation of *Kapha Dosha* naturally. Also *Pitta* disorders or diseases originating or settled in the place of *Kapha* are subjected to *Vamana Karma*. It is primary treatment of *Kapaha Dosha Dushti*. Hence the disorders related to *Kapha Dosha* and their dependent *Dhatu*, *Mala* are indicated for *Vamana Karma*. These can be stated as follows,

- *Bhau Dosha Avasta* of *Kapha* and *Pitta*
- *Rasa Dushti* – resulting in skin disorders, *Kushta*, *Pitika*, *Kandu*
- In conditions of *Pranavaha Strotas Dushti* like, bronchial asthma, allergic bronchitis, rhinitis, sinusitis etc.
- *Pitta* vitiation and symptoms like migraine, hyperacidity, indigestion etc.
- *Kapha* vitiation and its contemporary symptoms like obesity, overweight, dyslipidemia,



diabetes mellitus, hypothyroidism etc.

### Inference:

*Vamana Karma*, a therapeutic emesis procedure in Ayurveda, is a vital *Panchakarma* detox therapy aimed at expelling vitiated *Kapha Dosha* from the body. In present day scenario, number of disorders are related to improper metabolism and are originated from *Amashaya*. Here the production of *Ama* and improper *Rasa Dhatu* results in further progression of disorder. Hence to keep a check on this *Vamana* procedure can be considered as a holistic approach for preventive as well as curative in given conditions. When done properly with following steps of *Purva Karma*, *Pradhana Karma* and *Paschyat Karma*, *Vamana* helps to enhances immunity and prevents disease recurrence, aligning the body and mind toward optimal health.

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