



# “Study of type Virechan Chikitsa in Charak Chikitsa - A Literature Review”

<sup>1</sup> Pramod Bajirao Chougale.

M.D. (Samhita & Siddhant)

Associate Professor,

LRP Ayurved Medical College, Islampur. (MH)

<sup>2</sup> Dr. Aishvarya Pramod Chougale.

BAMS, MA Sanskrit Dept. Samhita & Siddhant.

LRP Ayurved Medical College, Islampur.(MH)

<sup>3</sup>Dr Dhairyashil Shrirang Patil

M.D. (Rachana Sharir)

## Abstract:

In Ayurveda there are so many types of Chikitsa i.e. 1, 2, 3, 4, 6, 8, and 18 types. In Charak chikitsa stan out of 30 chapters in 27 chapters virechan chikitsa is mentioned. The different type of virechan chikitsa is mentioned in Charak chikitsa. According to Sharangdhar four types of Virechan chikitsa is mentioned.

In some diseases mrudu virechan is mentioned & in some diseases tikshna virechan is mentioned. So this article is focusing on different type of virechan chikitsa is mentioned in Charak chikitsa.

**Keywords:** Virechan Chikitsa

## Introduction:

Virechan Chikitsa:

It is mentioned in Ayurveda under different disease chikitsa at different places in charak chikitsa sthan<sup>1</sup>. Virechana is one of the Panchakarma therapies wherein purgation is induced by drugs and it specifically aims at the elimination of excessive Pitta Dosha from the body. The Ayurvedic therapy of Virechana is one of the five sacred therapies of the Panchakarma, which can heal and purify the mind as well as the body from within. The word ‘Virechana’ refers to purging or any substance that might induce purgation in the body.

In case of accumulation of Pitta dosha, Virechana helps in detoxifying the body. Virechana helps patients with heart disease, asthma and diabetes. It is also beneficial for treating problems like piles, constipation, jaundice and inflammations. Virechana helps in deep cleaning of the whole gastrointestinal tract. It also cleans the body from poisoning.<sup>2</sup>

So, in Ayurveda the Virechan chikitsa are available to do in case of specific diseases. It is important to study the role of Virechan chikitsa in Ayurveda. This article is focusing on Virechan chikitsa in different diseases of chikitsa sthan.

### Aims & Objectives:

To study the importance of Virechan Chikitsa in Charak Chikitsa.

### Material & Methods:

Manual Searching & Collection.

Sn	Disease	Virechan Chikitsa
1	Pandu	Mrudu virechan
2	Mrudbhashanjanya Pandu	Tikshna virechan
3	Tamak shwash	virechan
4	Kamala	Mrudu Virechan
5	Pakshagaht	Tikshna Virechan
6	Udar	Nitya virechan
7	Vatrakta	Snehyukta virechan
8	Urdhwaga Raktpitta	Virechan
9	Pittaj Gulma	Virechan
10	Pittaj Kushtha	Virechan
11	Pittaj Grahani	Virechan
12	Atisar (Grathitha Mala )	Anuloman
13	Pittaj chhardi	Anuloman

**Discussion:****Types of Virechan:** <sup>3</sup>

1. **Anuloman:** Anulomana is the procedure, in which the drug used act on apakwa mala (undigested or partially processed), makes it pakwa and expels it by bringing it in the downward direction. It breaks down the samhanan of the mala and expels it from downward direction without any obstruction.
2. **Sransran:** It is the procedure in which the pakwa or apakwamala adhered to the koshta is expelled through downward direction. These drugs do not convert apakwamala into pakwa mala.
3. **Bhedan:** Forceful expulsion of baddha/ abadhha/ pinditamala. Meaning of bhedana is breaking, splitting, piercing dividing, separating etc.
4. **Rechan:** It is the procedure by which the drug liquefies the pakwa or apakwamala and evacuates it in watery form.

**Benefits of Virechan:** <sup>4</sup>

1. Slows down the ageing process.
2. Enhances the immune system of the individual.
3. Calms the mind and relaxes the body.
4. Improves digestion, metabolic power and cleans the gastrointestinal tract entirely.
5. Increase blood flow in every cell of the body and enhances the beauty of the individual.
6. A completely safe procedure for the removal of excess doshas from the body without any complications or side effects.

**Mode of action:** <sup>5</sup>

Purgatives eliminate excess Pitta from its site in the liver, gallbladder, and small intestine (it does not deal with the large intestine). The bitter purgatives like rhubarb, senna, or aloe also clean the liver and gallbladder decongest bile and remove obstructions to its flow. These herbs help in Pitta and liver disorders (e.g., gallstones).

Role of Virechan Chikitsa in Ayurveda is Preventive as well as curative therapy to the patients.

Virechan Chikitsa is useful in specific disorders in specific condition in Ayurveda. Virechan Chikitsa plays an important role in decreasing severity of Pitta dosha symptoms. In Charak chikitsa sthan the virechan treatment is mentioned in almost all pittaj types of diseases and also acharya charak mentioned the type of virechan at certain diseases.

**Conclusion:**

1. Role of Virechan Chikitsa in Ayurveda is Preventive as well as curative therapy to the patients.
2. Virechan Chikitsa is useful in specific disorders in specific condition in Ayurveda.
3. Virechan Chikitsa plays an important role in decreasing severity of Pitta dosha symptoms.

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