

EVALUATION OF LAINGIKI SHUDHI IN VAASANTIKA VAMANA

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ABSTRACT

Ayurveda, the holistic science believes in the concept of *loka purusha saamya*, ie whatever changes happens in the environment it will definitely impart the changes in the man, with this regard ,the concept of *ritu shodhana* holds a very dominion place in Ayurveda. One among this is *vamana* in *Vasanta ritu*, here in this project 30 volunteers are selected for *vamana karma* in *vasanta ritu* and are assessed with the *laingiki shudhi lakshanas* and it shows that the *laingiki lakshanas* varied from individual to individual with *Indriya shudhi* & *Shareera laghuta* as the highest attained *lakshana* in the 30 subjects.

Key words: *Vamana, laingiki lakshanas, Ritu vamana*

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INTRODUCTION

Since centuries man has believed in the concept of prevention of any difficulties that occur to him. To achieve this particular aspect the quest started in the mankind for more betterment of his living condition. As a result of these quests, we are here with so many comforting & amazing discoveries that can prevent us with colliding with the difficulties. Likewise our acharyas also found various methods and regimens to be followed just to prevent the upcoming diseases to the mankind. One among those methodology is *Rutu Shodhana*. *Rutu shodhana* not only just prevents us from getting ill, but also imparts a healthy living to our lifestyles. According to the *doshas* & their *sanchaya* in the respective *rutus*, that particular *shodhana* is done for individual *doshas*. In *vasanta rutu*, as *kapha* gets *sanchaya*, it is necessary to remove that *dosha* to prevent it from further *kopana*, hence *vamana karma* is indicated in *vasanta rutu* especially in the *chaitra masa*.

The assessment of *vamana karma* is done with the occurrence of *samyak lakshanas* of *vamana karma*. these *samyak shudhi* includes 4 parameters ie *Antiki shudhi*, *Vaigiki shudhi*, *Maniki shudhi*, *Laingiki shudhi*. Among these *shudhis* *laingiki shudhi* has been considered as the supreme one by the *acharya chakrapanidutta* while commenting on the *charaka samhita*.

Hence this project was taken with an objective to evaluate the *laingiki shudhi*

in the subjects who have undergone *vasantika vamana* and to critically analyze the *lakshanas* which were present in the patients.

Materials & Methods: 30 patients / volunteers were selected for the study from Jaya Chamarajendra Institute of Indian Sciences.

Inclusion criteria: Age between 16 to 60 years

Healthy individuals (predominantly *kapha sanchita* volunteers)

Exclusion criteria:

Patients suffering from tuberculosis, IHD, HTN, Cardiac diseases.

These 30 volunteers were subjected to *vasantika vamana* after assessing their *koshta*, *agni* & other parameters, with proper *snehapana*, *abhyanga*, *Sweda* & *vishrama kala*.

Vamana was done with *madanaphala* yoga along with *yashtimadhu phanta* & *saindhava jala* as *vamanopaga dravyas* with required quantities. In every patient *ksheera* was used as *aakantapana dravya* before giving *madanaphala* yoga.

Soon after the *vamana karma*, the *laingiki*, the *laingiki shudhi* was assessed in patients and the readings of those *lakshanas* was recorded in each patients.

Observations & Results: The classical *laingiki shudhi* were compiled and assessed that in each patient after *Vamana*. The observational reading were like this.

Table 1: Showing the observations of individual laingiki lakshanas in individual patients

Sl no	Shudhi lakshanas	Present in no. of patients
1	<i>Kramaat kaphapitta anilaagamana</i>	23
2	<i>Swayam avasthaanam</i>	17
3	<i>Hrit shudhi</i>	08
4	<i>Paarshva shudhi</i>	25
5	<i>Moordha shudhi</i>	21
6	<i>Indriya shudhi</i>	28
7	<i>Kale pravruithi</i>	19
8	<i>Anati mahati vyatha</i>	25
9	<i>Sroto shudhi</i>	12
10	<i>Shareera laghuta</i>	28
11	<i>Dourbalya</i>	09
12	<i>Kanta shudhi</i>	21
13	<i>Kapha sraava</i>	19

Among 30 volunteers 28 patients got the lakshanas of shareera shudhi & indriya laghuta which is the highest attained lakshanas & least being hrit shudhi and dourbalya. The other lakshanas are in between highest and the lowest.

Among these 13 lakshanas, based on the number attained it can again be

classified into pravara, madhyama & avara shudhi.

le 1-4 = avara shudhi

5-9 = madhyama shudhi

10-13= pravara shudhi

Accordingly the results are stated below- table no 2

1-4	05
5-9	19
10-13	06

DISCUSSION

Majority of the volunteers had indriyaprasada, shareera laghuta, parshva, murdha shudhi, kramat doshanirharana, this implies that there was proper vama karma occurred in

most of the volunteers and vasanta rutu supports for proper conduction of vama karma as majority had Madhyama shudhi without any complications

CONCLUSION

Vasantika vamana is highly beneficial for volunteers of kapha & Kapha-pitta prakruti as well as patients suffering from kapha and associated pittaja disorders. Proper adaptation of vamana procedure as per classics is highly advised so as to avoid any further complications to the patient by assessing dushya, desha, bala, kaala, prakruti, satva, saatmya, vaya etc criteria.

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