



## *Vamana karma in shalakyta tantra - a literary review*

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### Abstract -

*Vamana Karma*, also known as “medical emesis” or “medical vomiting”, is one of the five Procedures of *Panchakarma* which is used in treatment of *Kaphaj* disorders. *Panchakarma* procedure is the most essential part of *Ayurveda* treatments. In *Ayurved*, diseases of Ear, Nose, Throat & Head And Eye with their Management are studied in Branch Which is Called as *Shalakyta Tantra*.

Now a days *Shalakyta* (ENT & Ophthalmic) Diseases are Major Concerned Because patient does not want to go for surgical procedure. Looking towards *Ayurved*, there are lot of *Panchakarma* Procedures Advocated for *Shalakyta* (ENT & Ophthalmic) disorders. Among this *Panchakarma* Procedure *Vaman Karma* (medical emesis) is the Primary Procedure.

**Key Words-** *Vaman procedure/ Karma, Panchakarma, Shalakyta Tantra, Medical emesis or Vomiting, Kaphaj disorders, Ayurvedic Management for ENT & Ophthalmic Diseases, URTI.*

*Vamana Karma*, also known as medical emesis or medical vomiting, is one of the five principle procedure of *Panchakarma* which is used in management of *Kaphaj* disorders. *Panchakarma* is the most essential part of *Ayurveda* treatments. It is preventive, preservative, promotive, curative and rehabilitative therapy. *Vaman* Procedure is to eliminate vitiated *Kapha Dosha* (*URTI*) which in turn helps to prevent the forth coming *Kapha* disorders and associated *Pitta* disorders (Hyperacidity) or diseases originating or settled in the place of *Kapha* like bronchial asthma,

allergic bronchitis, rhinitis, sinusitis, migraine, GERD, Migraine etc. In Ayurved diseases of Ear, Nose, Throat & Head And Eye And Their Treatment are studied in Branch Which is Called as *Shalakya Tantra*.

Now a days ENT & Ophthalmic Diseases Are Major Concerned Because patient could not want to go for surgical procedure. Looking towards *Ayurved* there are lot of *Panchakarma* Procedures Advocated for this disorders. Among this *Panchakarma* Procedure *Vaman Karma* is the Primary Procedure.

*Vaman Karma* is also a prime treatment procedures for various Diseases which are related to *Shalakya Tantra* (Ear, Nose, Throat & Head And Ophthalmology). All the three *Acharya Of Ayurved* namely *Charaka*, *Sushruta* And *Vaghabhata* have been Explained Importance of *Vaman karma* in Concerned diseases of *Shalakya Tantra* (Ear, Nose, Throat & Head And Ophthalmology).

*Vaman karma in Shalakya Tantra* Can be described under the Following headings:

- a) *Vaman Karma in Karna Roga* (Diseases of Ear)
- b) *Vaman Karma in Nasa Roga* (Diseases of Nose)

- c) *Vaman Karma in Mukh Roga* (Diseases of Oral Cavity)
- d) *Vaman Karma in Shiro Roga* (Diseases of Head)
- e) *Vaman Karma in Netra Roga* (Diseases of Eye)

#### A) *Vaman Karma in Karna Roga* (Diseases of Ear): -

1) *Sushrutachrya* has described the indication of *Vaman Karma* in the "*UttarSthan Chapter 21 KarnatrogPratishedhiya*" and out of 28 Diseases indicated for "*KrumiKarna*" And "*KarnaKandu*". (Ref Su U 21/53-53 & 21/56)

2) *Vaghbhatachrya* has described the indication of *Vaman Karma* in "*UttarSthan Chapter 18 KarnarogaPratishedhiya*" and out of 25 diseases indicated for *Kaphaj Karnashool*, *KarnaNaad*, *Karna Badhriya* & *KarnaVidhradi*" (Ref. Ast. Hr. U 18/11 , 18/22 & 18/36)

The Ear diseases indicated for *Vaman Karma* are:

1. *KrumiKarna* (Otomycosis)
2. *KarnaKandu* (Seborrheic dermatitis in ear)
3. *KaphajKarnashool* (Ear ache)
4. *KarnaNaad* (Tinnitus)

5. *KarnaBadhirya* (Hearing Loss)

6. *KarnaVidhradi* (Ear Abscess)

**B) *Vaman Karma in Nasa Roga***

**(Diseases of Nose): -**

1. *Sushrutachrya* has described the indication of *Vaman Karma* in the “*UttarSthan Chapter 23 Nasagatrog Pratishedhiya*” and out of 31 Diseases indicated for “*Apinas,PutiNasya, PuyaShonita,Pratishyaya*. (Ref. Su U 23/3 ,23/6 &24/18)

2. *Charkachrya* has described the indication of *Vaman Karma* in the “*ChikitsaSthan Chapter 26 Trimarmiya*” and out of 10 Diseases indicated for “*Kaphaj Pratishyaya, Pinasa*”.

3. (Ref. Ch.Chi 26/150 & 26/155)

4. *Vagbhatachrya* has described the indication of *Vaman Karma* in the “*UttarSthan Chapter 20 NasaRogaPratishedhiya*” and out of 18 Diseases indicated for “*NasaRoga Samanya ,Kaphaj-Pratishyaya ,Putinasa,Apinas*”.

(Ref.Asht.Hri.U 20/1,20/13 & 20/20-21)

The Nose diseases indicated for *Vaman Karma* are:

1. *Apinas* (Atropic Rhinitis)

2. *Putinasya* (Ozaena)

3. *PuyaShonita*(Sanguineous discharge in sinusitis)

4. *Pratishyaya* (Rhinitis)

5. *KaphajPratishyaya* (Allergic Rhinitis)

6. *Pinas* (Atropic Rhinitis)

7. *PutiNasa* (Fungal Rhinosinusitis)

8. *NasaRoga Samanya* (Diseases of Nose)

**C) *Vaman Karma in Mukh Roga***

**(Diseases of Oral Cavity): -**

1. *Sushrutachrya* has described the indication of *Vaman Karma* in the “*ChikitsaSthan Chapter 22 MukhRogaChikitsa*” and out of 65 Diseases indicated for “*Arochak, Upakush,Rohini,Samanya*”

2. (Ref.Su.Chi.22/220,22/19 &22/60).

3. *Charkachrya* has described the indication of *Vaman Karma* in the “*ChikitsaSthan Chapter 26 Trimarmiya*” and out of 64 Diseases indicated as “*Samanya Chikitsa*”. (Ref.Ch.Chi.26/187)

4. *Vagbhatachrya* has described the indication of *Vaman Karma* in the “*UttarSthan Chapter 22 MukhRogaPratishedhiya*” and out

of 75 Diseases indicated for  
“*DantaNadi*”

(Ref.Asht.Hri.U.22/40)

The Oral Cavity diseases indicated for  
*Vaman Karma* are:

1. *Arochak* (Bitterness of Mouth)
2. *Upakush*(Pyorrhea alveolaris)
3. *Samanya MukhRoga*. (Stomatitis)
4. *DantaNadi* (Alveolar Sinus)

**D) *Vaman Karma in Shiro Roga*  
(Diseases of Head): -**

1. *Sushrutachrya* has described the indication of *Vaman Karma* in the “*UttarSthan Chapter 26 ShiroRogaPratishedh*” and out of 11 Diseases indicated for “*Kaphaj Shiroroga*” (Ref.Su.U.26/19)
2. *Charkachrya* has described the indication of *Vaman Karma* in the “*ChikitsaSthan Chapter 26 Trimarmiya*” and out of 05 Diseases indicated for “*Khalityadi Roga*” (Ref.Cha.Chi.26/262)

**I.** *Vagbhatachrya* has described the indication of *Vaman Karma* in the “*UttarSthan Chapter 24 ShiroRogaPratishedh*” and out of 19

Diseases (*Shirogat and Kapalgat Roga*) indicated for “*Kaphaj & Sannipataj Shiroroga and Khalityadi Roga*”

(Ref.Asht.Hri.U.24/13-14 & 24/33)

The Diseases of Head indicated for  
*vaman* Are:

1. *Kaphaj ShiroRoga*. (Headache due to Sinusitis)
2. *Khalitya*. (Alopecia)
3. *Sannipataj ShiroRoga*. (Headache)

**E) *Vaman Karma in Netra Roga*  
(Diseases of Eye): -**

**I.** *Sushrutachrya* has described the indication of *Vaman Karma* in the “*UttarSthan Chapter 11- ShleshmabhishandPratishedh,12- RaktabhishandPratishedh,13- LekhyaRogaPratishedha*”and out of 76 Diseases indicated for “*KlinnVartma, BalasGratith, LekhyaRogaSamanyaChikitsa*” (Ref.Su.U.12/47, Su.U. 11/11, Su.U.13/3)

**2.** *Vagbhatachrya* has described the indication of *Vaman Karma* in the “*UttarSthan Chapter 09 VartmaRogaPratishedh*” and out of 94 Diseases indicated for “*Kafoklishta Vartma, PakshmaShaata and Kukunaka*”.

(Ref.Asht.Hri.U. 9/18-19, 9/22-23, 9/24 & 9/31)

The Diseases of Eye indicated for Vaman are:

1. *KlinnaVartma* (Purulent Conjunctivitis)
2. *Balasgratith* (Cyst of Conjunctiva/ Chemosis)
3. *LekhyaRogaSamanya* (Procedure of Scraping)
4. *Kaphoklishta Vartma* ( Oedema of eyelid /Acute purulent Conjunctivitis)
5. *PakshmaShaat* (Madarosis)
6. *Kukunaka* (Ophthalmia Neonatorum)

#### Conclusion: -

*Panchakarma* is the most essential treatments of diseases of Ear, Nose, Throat & Head And Eye . As *Vaman Karma* is Indicted for *Urdhvajatrugat Roga* (Ear, Nose, Throat & Head And Eye Diseases). As per Basic principal of Ayurvedic Treatment Before giving treatment for any Disease; purification of body is necessary. According to Ayurved Accumulation of *Dosh* is happen in *Koshtha* (Abdomen); so to remove disease from its root or for management of a chronic diseases and to Avoid its recurrence we should do *Panchakarma* Procedure.

*Vaman Karma* helps to pull out *dosha* from *Koshtha* (Abdomen).

According to Ayurved literature Diseases of *Shalaky Tantra* is having *Kapha Dosh* Dominance. Primary Treatment for Any diseases having *kapha dosha* dominance is *Vaman Karma*. It is preventive, preservative, promotive, curative and rehabilitative therapy

So it is Concluded that before going to treat (Before *Aushadhi Chikitsa*) above said diseases of *Shalaky tantra* once should do *Vaman Karma* with respective usefull *Vaman dravya* (Drugs used for Emesis)

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