



Review Article

## CONTRIBUTION OF VANGASENA IN THE FIELD OF PANCHAKARMA

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### ABSTRACT

There are many references for *Panchakarma* in *Brihat trayi* and many *Yogas* for *Shodhana* therapy. *Vangasena samhita* is unique which covers all the subjects of *Astangas* with some specific *Panchakarma* procedures which are unique one. It contains many points explained in *Brihat trayi* along with some special things like *Yogas, Matras*.

**Yogas-** mentioned some new *Yogas* for *Shodhana* (*Aushadhi Kalpana*)

**Matra** -mentioned specific dosage of *Snehapana* and *Dravya matra* for *Shodana* based on *Agni* and *Kostha*.

**Speciality**-some special *Basti's* like *Kshara basti* and *Vaitarana basti* explained under the *Amavata* context which is most effective one.

**Highlights**-For the first time mentioned *Vardhamana matra* of *Snehapana* with dosage and *Vardhamana matra* of *Matra basti* with dosage and duration.

Many such unique concepts explained by *Vangasena* under *Panchakarma*. Most of the *Yogas* and procedure are not being in present day to day practice hence for the reason here an attempt made to highlight the important *Yogas* and concepts of *Panchakarma* explained by *Vangasena* and make implementation of concepts in practice for the maximum efficacy and beneficial.

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## INTRODUCTION

*Vangasena Samhita* written by *Vangasena* and belongs to the medieval period 12th AD. Specially covers all subjects of *Astangas* along with *Panchakarma*. The treatise contains 11, 572 verses arranged in 104 chapters. It contains *Astangas* of *Ayurveda*. Explained the *Nidana Panchaka* and treatment in detail. Among the 104 chapters, *Vangasena* has allocated 8 chapters exclusively for *Panchakarma*. Many new concepts and *Dravya matra*, special *Yogas* and special *Bastis* explained under the *Panchakarma*. Many new *Yogas* mentioned and *Dravya matra* as per condition based on *Kostha* & *Agni* mentioned by *Vangasena* in present practice many special concepts of *Vangasena* are not in practice hence for the reason here try to highlight some special contributions of *Vangasena* in the field of *Panchakarma*.

### Panchakarma

*Vamanam rechanam nasyam niruhaschaanuvasanam |Ghneyam panchavisham karma vidhanam tasya kathyate ||*<sup>(1)</sup>

*Vamana, Virechana, Nasya, Nirooha basti, Anuvasana basti* are said to be *Panchakarma*.

### Snehapana

*Sopaanktarlagho koshte niraame veekshya paavakam | Paayayitvaa bhishak sneham kathushnam vaari paayayet ||*<sup>(2)</sup>

One should administer *Sneha* keeping into consideration of *Niramavastha* and *Agni bala*. After *Snehapana* give *Katu ushna jala* for *Pana*.

### Bhallataka taila prayoga<sup>(3)</sup>

- *Bhallataka taila* should be taken with *Sheetala jala*.
- *Bhallataka taila* start with *Trikarshika matra* i.e., 30gms increase every time 5gms upto 120gms.
- Later increase 20gms every time upto 240gms.
- 30gms-120gms-240gms *Jaghanya, Madyama, Uttama matra prayoga* respectively.

### Snehapana Matra and Duration<sup>(4)</sup>

- *Uttama matra* - given once and digest in 24 hrs.
- *Madyama*- given for 3days digest in 12 hrs
- *Kaniyasi*-given for one week digest in 6 hrs
- One should take *Sneha* for 3, 4, 5, 6 days after 7<sup>th</sup> day *Sneha* becomes *Satmya*.

### Sadhya snehana<sup>(5)</sup>

- Indicated in *Bala, Vrudda, Sneha parihara asahishnu, Sneha dweshi, Trishnalu*.
- *Yogas*
- *Snigda Mamsarasa, Sneha bharjita peya*
- *Peaya* prepared by *Tila, Tandula* and *ghruta*
- *Dharoshna ksheera*,
- *Sneha* with *Lavana*,
- *Ksheera* kept in *Ghruta sharkara lipta* pot does *Sadhya snehana*

### Swedana

- *Purva karma* for *Shodana, Basti* and *Nasya*.<sup>(6)</sup>
- *Swedana* is given with *Mamsa, Tila, Valuka* by the method of *Kumbi, Pinda, Prastara Istika, Sankara* etc.<sup>(7)</sup>

### Precautions<sup>(8)</sup>

- Cover the *Akshi* with *Vatahara dravya* paste (*Dashamoola*).
- *Hrudaya, Vrushana, Dristi- Mrudu Swedana* indicated.
- *Vankshana- Madyama sweda* indicated
- *Sarvaan swedaannivaate cha jeernenne va cha kaarayet* |<sup>(9)</sup>

### Indication based on *Dosha* Predominance<sup>(10)</sup>

- *Vata - Upanaha sweda*
- *Pitta - Drava sweda*
- *Kapha -Tapa and Ushma sweda*
- *Meda kaphavruta-Niragni sweda*

### Vamana

*Sharatkaale vasante cha praavrutkaale cha dehinaam | Vamanam rechanam chaiva kaarayetkushalo bhishak ||*<sup>(11)</sup>

- *Vamana and Virechana* is indicated in *Vasanta, Sharat kala*.
- *Kaphe kapholbane chaapi vamanam samprashasyate* |<sup>(12)</sup>

*Vamana*-indicated in case of *Kapkhobana*

### Contra indications<sup>(13)</sup>

- *Timira, Gulma, Pandu roga, Kshata ksheena* etc
- *Krimi kosta, Varcho abhighata*
- In such conditions if *Kapha* is in *Utklistavastha* one should treat it by *Vamana* with *Madhukambu*.<sup>(14)</sup>

### Pre and operative procedures

#### *Purvakarma*<sup>(15)</sup>

- *Kapha utkleshaka ahara*
- *Snehana* and *Swedana*

#### *Pradhana karma*<sup>(16)</sup>

- *Vamana aushadhi paana*
- Sit on knee heighted chair
- Tingling throat with *Eranda naala*

### Indication of Drugs and *Matra*<sup>(17)</sup>

- *Kapha dosha - Katu, Tiksha ushna*.
- *Pitta dosha - Swadu, Sheeta*
- *Samsrista vata - Swadu, Lavana, Amla*
- *Swarasa - one Pala*
- *Kwatha - Dravya* one *Kudava* (160gms) + *Jala* one *Adaka* (2.6litrs)- boil and reduce to half-use for induction of *Vamana*.

### Indication of *dravya* based on *Dosha*<sup>(18)</sup>

- *Kapha* predominance - *Priyangu + Kusta + Madanaphala + madhuka + Saindava + Nimba kashaya*.
- *Kapha, Pittaja* condition (*Gada-visha*) *Tandula jala + Priyangu kalka*-given at *Purvahna*.

### *Akantha Pana*<sup>(19)</sup>

- Indicated in case of *Bala, Vrudda, Krishna, Bhiru*
- *Ksheera, Dadhi, Takra, Yavagu* should be given for *akanth paana Ayoga, Atiyoga* Management
- If after taking *Vamana dravya* vomiting not occur decoction of *Amalaki, Pippali, Nimba* should be given to drink.

### In case of *Atiyoga*<sup>(20)</sup>

- *Yavasa, Musta, Madhuka, Rasanjana churna* with *Madhu* and *Grhita* should be given
- If Tongue is inverted-*Kavala*,
- If Protruded-*Tila, Draksha kalka* application.

### Benefits of *Vamana*<sup>(21)</sup>

Person who under goes *Vamana* will never suffer from *Kaphaja vikara, Nidra, Tandra, Asya dourgandhya, Swarabheda, Guruta, Kandu, Grahani* etc

### *Virechana*<sup>(22)</sup>

*Rutau vasante sharadi dehashuddhau virechayet | Anyadaatyayike kale shodhanam sheelayebhudhah || Pitte virechanam yunjaadoshe pittolbaneapicha | Pitaamatyulbaneekrutya snehe swede krute sati ||*

*Virechana* is indicated in *Pittolbana* condition

- *Virechana* should be given followed by *Vamana Matra* of *Dravya*
- *Mrudu kosta-1 Karsha Ushnodaka-1 Pala*
- *Madyama kosta-1/2 Pala Ushnodaka-2 Pala*
- *Krura kosta-1 Pala Churna -1/2 the quantity, Ushnodaka-3 Pala Sneha-1/2-1 Pala*

### *Yogas* based on *Dosha*

- *Vata - Trivruth + Saindava + Shunti* given with *Jangala Mamsa rasa* or sour gruel<sup>(23)</sup>
- *Pitta - Trivruth churna* given with decoction of *Swadu dravya*<sup>(24)</sup>
- *Kapha - Trikatu* with *Triphala kashaya* or with *Goarka, Pippali + Shunti + Trivruth + Yavakshara*<sup>(25)</sup>
- In case of *Sukumara-Sharkara + Kshoudra + Trivruth churna + Twak patra + Maricha*<sup>(26)</sup>
- *Sarva doshagna- Haritaki + Saindava + Pippali* + given with *Ushnodaka*<sup>(27)</sup>

### Special *Virechana yogas*

- *Abhayadya Modaka*<sup>(28)</sup>
- Indicated in *Pandu, Kasa, Vishama jwara, Jangha uru parshwa udara shulagulma, Bhagandara, Kusta, Mutrakrichra* etc.
- *Manibhadra modaka*<sup>(29)</sup>
- *Kusta, Kshaya, Kasa nashaka*
- Indicated in *Bhagandara, Pliha, Udara*
- *Vrudda* becomes *Taruna*.
- *Gudadya modaka*<sup>(30)</sup>
- *Grahani, Pandu, Arsha, Kusta nashaka*
- *Gudastaka - Trikatu + pippali moola + Trivruth + danti + citraka + guda*
- *Bala agni varna vruddikaraka*
- Indicated in *Shotha, Gulma udavarta, Pliha, Pandu*

### **Basti**

- *Basti* is beneficial in case of *Vata*, *Pitta*, *Kapha* and *Sannipataja* conditions

### **Types**

- *Nirooha* - *ksheera* and *kashaya*
- *Anuvasana* - *Sneha basti*
- *Uttara basti*

### **Matra of Anuvasana basti** <sup>(31)</sup>

- *Uttama* -6 Pala
- *Madyama*-3 Pala
- *Heena*-1 ½ Pala

### **Method of administration** <sup>(32)</sup>

- Start with 2 Pala increase every day ½ Pala till reaches 6 Pala, 3 Pala, 1 ½ Pala.
- Powder of *Devadaru*, *Vacha*, *Saindava*, *Satahva*, *Kusta* should be mixed 6,4,2 *Masha pramana*, for *Uttama*, *Madyama*, *Heena matra* respectively.
- Powder of 1 *Masha Saindava*, *Shatavha* should be added.

### **Highlights of Basti**

- *Sneha basti* should not be given in *Avishudda* person if in case given it will not serve its purpose.
- In case of excess of *Vata* one can go with *Sneha basti* without *Shodhana*.
- In case of *Bahu vata*, and *Rukshata* one should give 2-3 *Sneha basti* first later go for *Nirooha basti*.
- *Snigda ahara* is contra indicated during *Snigda basti* course causes intoxication leads to *Mada Murcha*.
- If *Sneha basti* not comes out and not show any untoward effect it should be ignored.
- If it causes any complications seen one should not give *Basti* again,
- *Kusta* + *betel nut* + *Takra* by its *Teekshna ushna sara guna* does *Anulomana*.
- *Trivruth* + *Haritaki* + *Gomutra*-for *Vatanulomana*.
- In case *Nirooha Basti* not come out after one *Muhurta* it should be eliminated by *Nirooha Basti* prepared by using *Kshara*, *Amla*.
- If patient was not *Shodhita* prior the *Sneha basti* it causes *Angasadana*, *Admana*, *Shula swasa*, *Pakwashaya guruta*.
- In such cases give *Teekshna Nirooha Basti*, or *Anuvasana basti* with *Teekshna dravya*.

### **Some special Sneha bastis**

- *Guduchi taila* -*Sarva vatahara*
- *Jivantyadi yamaka*- *Brimhana*, *Vatapitta hara*, *Bala*, *Shukra* and *Agni vardhaka*, *Mutra*, *Retas*, *Rajo dosha hara*.

### **Nirooha basti combination on basis of Doshik predominance**

#### **Vata**

- *Madhu*-3 Pala
- *Sneha*-6 Pala
- *Kalka*-12 Pala
- *Kashaya* -3 Pala

### **Pitta**

- *Madhu*-4 Pala
- *Sneha*-2 Pala
- *Kalka*2 Pala
- *Kashaya*-4 Pala

### **Kapha**

- *Madhu*-6 Pala
- *Sneha*-3 Pala
- *Kalka*-12 Pala
- *Kahaya*-3 Pala

### **Instructions**

- *Anuvasana basti* should be give for two days and after proper *Snehana* go for *Nirooha* on third day.
- After administration of *Anuvasana basti* ask patient to lie for 30 sec after which ask to sit in *Utkata avastha* to evacuate *Basti*.

### **Samyak nirooha**

- *Mutra*, *Purisha*, *Vayu nirgaman* successive order and *Laghuta* of *Sharira* are *Samyak nirooha laxanas*.
- *Manastusti*, *Snigdata*, *Vyadhi nigraha* are the *Laxanas* of proper administration of *Asthapana* and *Anuvasana basti*.

### **Dwadasha prasrutaka basti**

- *Saindava*-1 *Aksha*
- *Honey*-2 *Prasruta*
- *Sneha*-3 *Prasruta*
- *Kalka*-1 *Prasruta*
- *Kashaya*-4 *Prasruta*
- *Addetives*-2 *Prasruta*

### **Character of well prepared Basti**

*Dhaarayetyaushadham paani na tishthatyavalipya cha |  
Na karoti cha seemantam suniruhah prayojitah ||*

- Does not wash hand
- Does not stick
- Does not create any blot

### **Picchila Basti**

- *Vidarikand*, *Nagabala*, *Sleshmataka*, *Shalmali* along with blood of *Varaha*, *Kukkuta* etc.
- Dose-12 Pala

### **Utkleshana basti**

- *Eranda moola*, *Pippali*, *Madhuyasti*, *Saindava*, *Haphusha phala kalka*.

### **Dosha hara**

- *Shatahva*, *Mashuka*, *Bilwa*, *Kutaja*, *Kanji*, *Gomutra*

### **Shamana**

- *Priyangu*, *Madhuka*, *Musta*, *Rasanjana*, *Ksheera yuta Shodhana*
- *Shodana dravya sidda*

### **Lekhana basti**

- *Triphala*, *Gomutra*, *Kshpudra*, *Kshara*, *Ushakadi prativapa*.

**Brimhana basti**

- *Brimhana dravya* with *Madhura kalka sarpi* along with *Mamsa rasa*.

**Panchatikta nirooha**

- *Meha, Abhishyandi nashaka*

**Yapana basti**

- *Kshoudra, Gruta, Ksheera, Taila* each one *Prasruta + hapusha, Saindava* one *Aksha*

**Siddha basti**

- *Gomutra 8 Pala, Guda, Amlavetas* one *Pala* and *Shatahva, Saindava* each one *Aksha*
- Indicated in *Amavata, Udavarta*.

**Kshara basti**

- Quantity of *Amlika* and *Guda 2 Pala* remaining as *Siddha basti*.
- Indicated in *Mutra kruchra, Udavarta* etc

**Mutra basti**

- *Gomutra 8 Pala, Eranda moola kashaya 4 Pala*, honey and *Sneha 2 Pala, Guda, Madana Pala* etc
- *Sarva vyadhi hara*

**Vaitarana basti**

- *Saindava- Karsha, Amlika* one *Pala, Guda ½ Pala, Gomutra 4 Pala, Ishat sneha*
- Alleviates *Urusthamba, Kati uru prista shotha, Gridrasi hara*

**Ardha matrika basti**

- *Dashamoola 8 Pala, oil, honey 2 Pala, Kalka saindava* one *Aksha*
- *Vatarakta, Kshaya, Kasa, Ashmari* etc.
- *Vata pitta kapha, Sannipatika avastha*

**Nasya****Types**

- *Pratimarsha*
- *Avapida*
- *Pradhamana*
- *Shirovirechana*
- *Nasyam*

**Importance**

- In case of *Vata* disorders like *Shirokapmpa Ardita, Nasya* is beneficial
- In case of *Sthamba, Suptata, Guruta Shiro Virechana* is beneficial
- *Sharad vasanth ritu*-healthy individuals-*Purvahna kaala*.
- *Varsha, Shishira, Greeshma- Sayam* or *Madhyahna*.
- After *Nasya Karma* one should avoid *Manasthapa, Krodha* etc.

**Matra**

- *Prathama -8 Bindu*
- *Dwithiya-shukti*
- *Tritiya-pani shukti*
- *Shiro virechana*
- *4,6,8 Bindus* moderate, medium, strong respectively.

**Dravya as per Dosha**

- *Taila- Vata* associated *Kapha*
- *Vasa- Vata*
- *Sarpi Majja- Pitta*

**Special Nasya yoga**

- *Shunti, Guda, Pippali, Saindava- Nasika, Karna, Netra, Shiro roga hara*

**Conclusion:**

- Practical application of concepts as per *Vangasena* may give better result
- Most practical clear concepts seen in *Vangasena as Matra kala of Dravya* to administer
- More Research works should conduct as per *Vangasena*

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