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Review Article: - Dietary Regimen During Vaman Panchakrama

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ABSTRACT

Ayurveda describe panchakarma therapies as a shodhan karma having advantage system of ayurvedic medicine in which body detoxification occurs through it in which specific role of each karma. Vaman is first shodhan karma of panchakarma. It is a therapeutic procedure administered mainly to eliminate the vitiated kapha dosha, through mouth by induction of vomiting. Kapha dosha is predominant in the upper portion of the body. Therefore it is preferred in diseases like shwas, kittiba-kushta (psoriasis), infertility, PCOD etc. IT Addition to kapha, it also expels pitta dosha certain extent emesis. Therapy is very effective in preventing kaphaja vikaras, if given as preventive therapy in the very early period of spring season. to get all benefits of this vaman karma patients must follow the diet before, during and after vaman karma. Hence specific sequential diet pattern is essential to maintain the body constituents.

Keywords: :- shodhan, vaman (emesis), pathya (Diet), snehapana (internal oleation).

Introduction:-

The vitiated doshas can be well compared with trees, unless the tree is uprooted from its root, it will grow in spite of its branches etc being copped off. Such is the case with the vitiated doshas, which go on causing diseases, disorders and degeneration, unless those are eliminated from their very root. The following are the karma which are termed as panchakarma Vaman, virechan, Basti, Nasya, Raktamokshan. Ayurveda mentioned Panchakarma therapy as a systemic manner which include purvakarma (Pre operative), Pradhan karma (operative) and paschat karma (post operative).

Karma of vaman include

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|-----------------------------|-----------------------------------------------|---------------------------------|
| 1. PURVA KARMA | 2. PRADHAN KARMA | 3. PASCHAT KARMA |
| 4. 1. Deepan | 11. 1. Madanphal yog sevan. | 16. 1. Dhuppan |
| 5. 2. Pachan | 12. 2. Aatur paricharya | 17. 2. Aatur pariharya Vishay |
| 6. 3. Aatur pariksha | 13. 3. vaman veg vinirnay | 18. 3. Samsarjan kram |
| 7. 4. Aatur siddhata | 14. 4. samyak hin atiyog lakshana –obsevation | 19. 4. Santarpan cikitsa |
| 8. 5. Vaman purva bhojanadi | 15. 5. observation of complication | 20. 5. vamnottar sodhan cikitsa |
| 9. 6. Abhyantar snehapana | | |
| 10. 7. Sarvangsehan swedan | | |

In vaman karma there are certain dietary measures and regimens specifically prescribed before, during and after the vaman karma. In aatur siddhata before dietary regimens.

Diet before Snehapana:- Administration of medicated sneha dravya in increasing order of dose till the body attends the sign of samyak snigdha lakshana. Internal oleation is the measure adopted as pre panchakarma procedure to bring doshas (morbid matters) from various parts of the body to koshta (alimentary track).

Diet Regimen:-

1. Food should be moderate in amount.
2. Anabhisheandi (food which don't causes obstruction like fast food).

3. Laghu supachya.
4. Having fresh food.
5. Drava (liquid rasam rice).

Diet During Snehapana:-

1. Use lukewarm water to drink, frequently till clear belching and good appetite observed.
2. Yavagu (hot liquid rice gruel) having pleasant smell, meat soup or green gram soup etc is ideal after digestion of fatty material.

Diet regimen at end of snehapana (day before vaman karma):- Vaman is advised in vitiated kapha (morbid matter) and associated other doshas from upper GIT .

The food and drink which excite kapha dosha such as meat soup, curd, sweets, milk and milk products, sugarcane juice, black gram kheer is advised.

Diet regimen after vaman karma:- peyadi samsarajana (gradual enhancement of digestive power starting from light liquid diet to heavy diet is advised).

Samsarjan kram schedule:

21. Day	22. Anna kala	23. In pravara shuddhi	24. In madhyam shuddhi	25. In heen shuddhi
26. Day 1	27. (a) morning	29.	31.	33.
	28. (b) evening	30. Peya	32. Peya	34. Peya
35. Day 2	36. (a) morning	38. Peya	40. Peya	42. Vilepi
	37. (b) evening	39. Peya	41. Vilepi	43. Krutakrut yush
44. Day 3	45. (a) morning	47. Vilepi	49. Vilepi	51. Krutakrut yush
	46. (b) evening	48. Vilepi	50. Akrut yush	52. Normal diet
53. Day 4	54. (a) morning	56. Vilepi	58. Kruta yush	60. Normal diet
	55. (b) evening	57. Akrut yush	59. Akruta mans rasa	61. Normal diet
62. Day 5	63. (a) morning	65. Kruta yush	67. Kruta mans rasa	68. Normal diet
	64. (b) evening	66. Kruta yush		69. Normal diet
70. Day 6	72. (a) morning	74. Akruta mans rasa	76. Normal diet	80. Normal diet
71.	73. (b) evening	75. Kruta mans rasa	77. Normal diet	81. Normal diet
			78.	
			79.	
82. Day 7	84. (a) morning	86. Kruta mans rasa	88. Normal diet	91. Normal diet
83.	85. (b) evening	87. Kruta mans rasa	89. Normal diet	92. Normal diet
			90.	

Peya-The rice cooked with addition of fourteen times of water till the rice is almost dissolved to become liquid this is called peya.

Vilepi-The rice cooked with addition of four times of water so that it becomes semi liquid and termed vilepi.

Yusha-It is a soup. Ten times of water is added to any one of the pulses and it is cooked properly so that it contain more liquid and less solid. When it is taken as such without adding anything it is termed as akrit yusha, but when added with salt and condiment as well as prepared with ghee then it is named as krita yusha.

Mamsrasa (meat soup): Meat juice is prepared by adding water then it is cooked properly. When it is taken as such without adding anything it is termed as akrit mansrasa, but when added with salt and condiment as well as prepared with ghee then it is named as krita mansrasa.

Discussion:-

Ayurveda laid special emphasis on various specific diet during this vaman panchakarma.

One must strictly follow these rules and regulations of diet to achieve success in vaman treatment.

Vaidya lolimbiraj mentioned in his work title vaidya jivana that “who adopts innate food for body and mind does not need any medicine and vice versa.

Conclusion:-

Diet and regimen plays important role in the success of Vaman Panchakarma Treatment modalities.

If one follow these dietary precautions will get rid of the diseases without any complications.

Vaman karma not only helps in kaphaj vyadhi it also helps to prevent kaphaj disorders and maintain the Healthy lifestyle.

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