Department :- Ayurved Samhita & Siddhant

Topic: Pakshaghate Virechanam

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Pakshaghata

- One among the 80 vataja nanatmaja vyadhis
- Vatavyadhi is one among the ashtamahagadas
- Presented with the symptoms ;
  - Karmakshaya/cheshta nivrutti of one paksha
  - Vakstambha
  - Ruja
  - Achetana paksha
- Mainly two types b/s etiology;

margavarana janya (samsrushta) and dhatukshaya janya

- Samsrushta lakshanas include;

daha, santapa, murcha – pitta samsrushta
shaitya, gourava, shopha – kapha samsrushta

Virechana

तत्र दोषहरणमूर्ध्वभागं वमन संज्ञकम,अधोभागं विरेचन संज्ञकम् .....।

Cha.Ka. 1/4

विरेको मुखपीतं गुदमार्गेणान्तःस्थितस्य दोषस्य निःसारणं

A.H.Su 1/25 (chakrapani)

विपक्वं यदपक्वं वा मलादि द्रवतां नयेत् रेचत्यपि तज्ज्ञेयं रेचनं त्रिवृता यथा ।

Sha.Sam. Pu 4/7

Benefits of virechana

बुद्धेः प्रसादं बलमिन्द्रियाणां धातुस्थिरत्वं बलमग्निदीप्तिम् ।
चिराच्च पाकं वयसः करोति विरेचनं सम्यगुपास्यमानम् ।।२७।।

Su.Chi 33/27

- Prasadana of budhi and indriyas
- Improves shareera and indriya bala
- Stability of dhatus
- Agni deepana
- Provides deerghayu

शरीरशुद्धिकारणं हि विरेचनं, तच्छुद्धौ मनसो विशुद्धिः, मनःशुद्धौ बुद्धिप्रसाद उपपन्न एवेत्यतो बुद्धिप्रसादं करोतीत्युक्तम्।

Virechana in pakshaghata

Pakshaghata chikitsa is explained by different acharyas in different manner. But all the chikitsa sutras include virechana (shodhana) as a line of management.

This can be justified by the following facts explained based on the etiopathogenesis, lakshanas and chikitsa of pakshaghata.

Pakshaghata chikitsa sutra

स्वेदनं स्नेहसंयुक्तं पक्षाघाते विरेचनम्||१००||

Cha.Chi 28/100

पक्षाघातोपद्रुतमम्लानगात्रं सरुजमात्मवन्तमुपकरणवन्तं चोपक्रमेत् |
तत्र प्रागेव स्नेहस्वेदोपपन्नं मृदुना शोधनेन संशोध्यानुवास्यास्थाप्य च यथाकालमाक्षेपकविधानेनोपचरेत्; वैशेषिकश्चात्र मस्तिष्क्यः शिरोबस्तिः [२] , अणुतैलमभ्यङ्गार्थे, साल्वणमुपनाहार्थे, बलातैलमनुवासनार्थे; एवमतन्द्रितस्त्रींश्चतुरो वा मासान् क्रियापथमुपसेवेत ||१९||

पक्षाघातचिकित्सितमाह- पक्षाघातेत्यादि| अम्लानगात्रम् अहीनगात्रम्| सरुजमिति सह रुजया वर्तते यः सः तम्| यस्य तु पक्षार्धमचेतनमवेदनं च सोऽसाध्यः, यदा तु पुनरीषत्कर्मण्यमीषच्चेतनं च तदा कृच्छ्रसाध्यः| यथाकालं कालस्यानतिक्रमेण; तद्यथा- वान्तस्य पक्षाद्विरेचनं, विरिक्तस्य सप्तरात्रादनुवासनम्, अनुवासितस्य स्नेहलक्षणे सत्यास्थापनम्, आस्थापितस्य सद्यः पुनरनुवासनमिति| आक्षेपकविधानेन अपतानकविधानेनेत्यर्थः, आक्षेपकापतानकयोरेकविषयत्वात्| वैशेषिकमित्यादि| मस्तिष्क्यः शिरोबस्तिविशेषः, स च स्नेहाक्तपिचुप्लोतादिधारणेन योजनीयः| एवमित्यादि| अतन्द्रितः अनलसः||१९||

Su.Chi. 5/19

स्नेहनं स्नेहसंयुक्तं पक्षाघाते विरेचनम्।

A.H. Chi 21/44

एकाङ्गरोगिणमम्लानगात्रं स्नेहस्वेदोपपन्नं मृदुना संशो
धनेन संशोध्यानुवास्यास्थाप्य चोक्षेपकविधानेनोपचरेत्।
विशेषतो बलातैलमनुवासनार्थे।
दोषसंसर्गे यथासंसर्गम्।
कुक्कुटीं वा रसायनविधानेनोपयुञ्जीत।।२७।।

एकाङ्गरोगिणं पक्षाघातिनम्। अम्लानगात्रं शोषरहितम्। सुबोधम्। दोषान्तरसंसर्गे संसर्गदोषापेक्षया। रसायवविधाने कुक्कुटी 'सुरा-सुरैः क्षीरसमुद्रमन्थ' इत्यादिना वक्ष्यते।।२७।।

A.S. Chi 23/27

- The chikitsa sutras explained by Acharyas include virechana as a main line of treatment

- Virechana in different forms like, mrudu shodhana, snigdha virechana are explained

- As per Susruta, virechana should be carried out 15 days after vamana and it should be followed by anuvasana basti after 7 days

Vatasya upakrama

वातस्योपक्रमः स्नेहः स्वेदः संशोधनं मृदु।
स्वाद्वम्ललवणोष्णानि भोज्यान्यभ्यङ्गमर्दनम्॥१॥
वेष्टनं त्रासनं सेको मद्यं पैष्टिकगौडिकम्।
स्निग्धोष्णा बस्तयो बस्तिनियमः सुखशीलता॥२॥
दीपनैः पाचनैः सिद्धाः स्नेहाश्चानेकयोनयः।
विशेषान्मेद्यपिशितरसतैलानुवासनम्॥३॥

A.H. Su 13/1-3

कृतस्नेहस्वेदस्य च संशोधनम्। तच्च मृदु-न तीक्ष्णम्, तीक्ष्णस्य वातकोपहेतुत्वात्।

- Vata roga upakrama includes mrudu shodhana as per Vagbhata
- This should be done after snehana and swedana
- Mrudu shodhana is indicated as teekshna shodhana can cause vata prakopa

Pakwashaya is vatasthana

पक्वाशयकटीसक्थिश्रोत्रास्थिस्पर्शनेन्द्रियम्।
स्थानं वातस्य, तत्रापि पक्वाधानं विशेषतः।।१।।

A.H.Su 12/1

पक्वाशयगते चापि देयं स्नेहविरेचनम्।
बस्तयः शोधनीयाश्च प्राशाश्च लवणोत्तराः।।५।।

Su.Chi 4/5

यति तु सदोषत्वान्न निवर्तन्ते ततः सर्वशरीरगेऽपि वायौ
विशेषः पक्वाशयाश्रिते मृदुस्नेहविरेचनं तिल्वकसर्पिः
सातलामृतमेरण्डतैलं वा क्षीरेण दद्यात्।
एवं हि विशुद्ध-
स्रोतसोऽनावृतः पवनो विचरन्नाशु शान्तिमेति।

A.S. Chi 23/4

- The natural abode of vata is pakwashaya
- In pakwashaya gata vata, sneha virechana is indicated by Susruta and Mrudu sneha virechana by Vagbhata
- Virechana removes the avarana to vata and passifies prakupita vata

Upadhatu of rakta

गृहीत्वाऽर्धं शरीरस्य सिराः स्नायूर्विशोष्य च||५४||

Cha.Chi 28/54

रसात् स्तन्यं ततो [११] रक्तमसृजः कण्डराः सिराः|
मांसाद्वसा त्वचः षट् च मेदसः स्नायुसम्भवः [१२] ||१७||

Cha.Su. 15/17

- The involvement of sira and snayu in the samprapti of pakshaghata is told by Charaka
- Sira is the upadhatus of Rakta dhatu
- The chikitsa for rakta dhatu is rakta mokshana and virechana

Involvement of majja

अत्यवाक्शिरसो नस्यं मस्तुलुङ्गेऽवतिष्ठति।

Cha.Si.9/101

मस्तुलुङ्गोऽविलीनघृताकारा मस्तकमज्जा।

Su.Sha.10/42 (Dalhana)

या एव पित्तधर कल सा एव मज्जाधर कला |

(Dalhana)

- Masthishka is the adhishtana of pakshaghata
- Charaka refers mastishka as mastulunga
- Dalhana says mastulunga is "avileena ghritakara mastaka majja"
- Dalhana further says pittadhara and majjadhara kalas have the same origin
- In pittadhara kala vikriti virechana is the best shodhana
- In majja dushti "kaale shudhi" is the treatment

Concept of anubandha – avarana

दाहसन्तापमूर्च्छाः स्युर्वायौ पित्तसमन्विते |
शैत्यशोथगुरुत्वानि तस्मिन्नेव कफान्विते ||४२||

Ma.Ni.22/42

पित्तावृते विशेषेण शीतामुष्णां तथा क्रियाम्|
व्यत्यासात् कारयेत् सर्पिर्जीवनीयं च शस्यते||१८४||
धन्वमांसं यवाः शालिर्यापनाः क्षीरबस्तयः|
विरेकः क्षीरपानं च पञ्चमूलीबलाशृतम्||१८५||
मधुयष्टिबलातैलघृतक्षीरैश्च सेचनम्|
पञ्चमूलकषायेण कुर्याद्वा शीतवारिणा||१८६||
कफावृते यवान्नानि जाङ्गला मृगपक्षिणः|
स्वेदास्तीक्ष्णा निरूहाश्च वमनं सविरेचनम्||१८७||
जीर्णं सर्पिस्तथा तैलं तिलसर्षपजं हितम्|
संसृष्टे कफपित्ताभ्यां पित्तमादौ विनिर्जयेत्||१८८||

Cha.Chi 28/184-189

संसृष्टे कफपित्ताभ्यां पित्तमादौ विनिर्जयेत्||१८८||

Cha.Chi.28/188

- Pittanubandha and kaphanubandha pakshaghatas are explained by Madhava nidana
- These can be compared with the margavarana by pitta and kapha doshas to vata leading to pakshaghata
- Virechana is mentioned in the treatment of these two conditions
- Whenever there is association of both pitta and kapha along with vata, pitta should be passified first
- The main treatment for pitta is virechana

कुर्यादावृतमार्गे तु सस्नेहं मृदु शोधनम्।।२५।।

Cha.Chi.9/25

- Margavarana is one among the main pathology behind any vatavyadhi

- Mrudu shodhana is indicated as a treatment for margavarana

Prana vata vikruti

- Pakshaghata is most commonly compared with CVA stroke, ischemia being the commonest
- It is caused by the lack of oxygen supply to the brain tissues
- This can be compared with the obstruction to prana vata
- The normal gati of prana vata is from above downwards
- Virechana brings the prana vata in normal path

Additional points

- Virechana is indicated in different dhatu dushtis like rakta, mamsa, majja, sukra etc
- Virechana checks the sangha type of srotodushti encountered in pakshaghata
- Impairment of mana, budhi, indriya can occur in pakshaghata which can be corrected by virechana
- Virechana imparts strength to the body and stabilizes all dhatus. Hence it can be advised in dhatukshaya janya pakshaghata also

(Cha.Su.28/25, Cha.Si.1/17, Su.Chi.33/27, A.H.Su.18/60)

Research article

LITERARY REVIEW

Pharmacokinetics of Vamana & Virechana Karma

** Dr. Gopesh Mangal, **Dr. Om Prakash Sharma, ***Dr. R. S. Sharma*

• Virechana may enhance the amount of neuropeptides by cleansing the completely GI tract, as a result, the quantity of neuropeptides may rise that in turn may affect the brain and modify its various functions. Based on the above findings, we can affect brain physiology to a highly considerable extent through Virechana. Hence, Virechana could be used in all diseases of brain.

•The break down of cell constituents secondary to this injury also causes an increase in the number of small molecules within cytoplasm with increased intracellur fluid. If water continues to accumulate it may produce clear vacuoles means vacular degeneration. In Virechana, the water loss from gut may shift this intracellur fluid to colon and thus restrict vacuolar degeneration. Therefore, Virechana can help in all the disease, which are due to ischemia and vacuolar degeneration

Research work conducted

" A CLINICAL STUDY TO EVALUATE THE EFFICACY OF VIRECHANA KARMA IN PAKSHAGHATA "

BY

Dr. RAKSHA KUMARI

B.A.M.S

- Fast improvement in speech, sensory aspects and muscle strength are observed through the study.

- Slow improvement in the finer movements is observed

Conclusion

From all the above, references and research works the conclusion can be drawn that "virechana" has its own importance in the management of pakshaghata.

THANK YOU

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