



A Comparative Clinical Study on *Tikshnavirechana Karma* of *Snuhiksheera Bhavit Katuki Churna* and *Ichhabhedi Rasa W.S.R* to *Krura Koshthi* Individuals

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ABSTRACT

Virechana is a common *panchakarma* procedure where purgation is induced by drugs to eliminate morbid *pitta dosha* to maintain state of health within the body. Among various *Virechaka* drugs mentioned, *Snuhi ksheera* is considered best for *Tikshna Virechana*. But *Jayapal* is widely used in practice.

This study was conducted to compares the effect of *Snuhiksheera Bhavit Katuki Churna* and *Jayapal (Ichhabhedi Rasa)* in *Tikshna Virechana Karma* in *Krura Koshthi* individuals. We compared both drugs on subjective and objective criteria. Among subjective criteria we have taken *Samyak Shuddhi Lakshana* of *Virechana* and we have developed some objective criteria to assess *Shuddhi* through *Virechana Karma*.

In this study total 60 patients were registered and divided into 2 groups. They were administered *Snuhiksheera bhavit katuki churna* and *Ichhabhedi Rasa*. The result of study was critically analyzed on statistical basis in gaining symptoms of *Samyak Shuddhi Lakshana* i.e. *Strotovishuddhi*, *Laghuta*, *Urja Agni*, *Praptishchavita Pitta Kaphanilanam*, *ManashchaTushti*. And other *Lakshana* i.e. *Vaigiki*, weight, initiation of *Vega*, time between *Vega*, associated complaints, defecation on next day.

After applying proper statistical tools following result were obtained. The overall effect of therapy in Group A showed that maximum number of volunteers (53.4%) had *PravarShuddhi* with discomfort, while 46.6% volunteers had *PravarShuddhi* without discomfort.

The overall effect of therapy in Group B showed that maximum number of volunteers (76.6%) had *PravarShuddhi* without discomfort, while 23.4% volunteers had *PravarShuddhi* with discomfort; none patient had *Madhyam Shuddhi* without discomfort or *Heena Shuddhi* in both groups.

Keywords –*Tikshna Virechana*, *Snuhi Ksheera*, *Ichhabhedi Rasa*, *Panchakarma*, *Krura Koshtha*.

INTRODUCTION

Ayurveda plays an important role in curing disharmonies caused due to lifestyle changes. *Virechana* is well acceptable, easily tolerable and equally effective. The process of eliminating vitiated *Doshas (Mala)* through *Adhomarga (Guda)* is known as *Virechana*¹. The *Virechana* therapy is medicated purification therapy that cleanses body from excess *Pitta* accumulation, morbid *Pitta Dosha*, *Kapha Dosha* accumulated at

Pittasthana and *Pitta samsargaja Doshas*² and also for vitiated *Vata Dosha*³. It is classified in 3 types as *Mridu*, *Madhyam*, and *Tikshna Virechana*.

Amongst the above three, *Tikshna Virechana* is helpful in *Pravar Shuddhi* especially in *Krura Koshtha* patient having enough strength⁴. These drugs cause numerous (*Mahavega*) motions and eliminate the *Doshas* in large quantity by quick (*Kshipra*) and gentle (*Sukha*) purgation without causing either much dizziness (*Glani*) or pain in heart area or anus or harmful to internal organs.⁵

Koshtha is a unique concept in *Ayurveda*. It is defined as nature of digestive tract, which represents motility of the intestines and movement of food and fecal matter of the stool. According to *Ayurveda*, *Koshtha* is divided into three categories - *Krura*, *Madhyam* and *Mridu Koshtha*. In *Krura Koshtha* *Vata* is more dominant in alimentary canal⁶, which reduces liquid content in the stool and resulting in elimination of hard stools.

Acharya Charaka mentioned different *Virechana* drugs, amongst them *Snuhiksheera* is considered best for *TikshnaVirechana*⁷. However, *Jayapal* is widely used in practice for *Tikshna Virechana*. Taking this into account it was thought that *Snuhiksheera Bhavit Katutki Churna* can offer better results with low doses too. This study was planned to compare the two drugs for knowing which would provide better result in *Tikshna Virechana*. To compare the results clinically patients with *Krura Koshtha* requiring *Shodhana* were selected as it is mandatory to treat diseases due to lifestyle changes.

Aims and objectives:

1. To evaluate the effect of *Snuhiksheera Bhavit Katuki Churna* in *KruraKoshtha*.
2. To study the effect of *Ichhabhedi Rasa* in *KruraKoshtha*.
3. To compare the effect of *Snuhiksheera Bhavit Katuki Churna* and *Ichhabhedi Rasa* in *KruraKoshtha*.

MATERIAL AND METHODS

Total 60 *Virechanarha* volunteers having *Krura Koshtha* were selected irrespective of sex, religion, education, occupation, economic status etc. were selected from the O.P.D and I.P.D of Shubhdeep Ayurveda Medical College and Hospital (P.G institute), Indore (M.P).

Inclusion criteria:

1. Healthy volunteers having *Krura Koshtha*⁸.
2. *Virechana Yoga*⁹ volunteers having *Krura Koshtha*.
3. Age group between 16yr to 60 yr¹⁰.

Exclusion criteria:

1. Age group below 16 yr and above 60 yr.
2. *Virechana Ayogya* volunteers¹¹.
3. Volunteers with *Mridu* to *Madhyam Koshtha*.
4. Patients with *Alpa Bala* and *Alpa Dosha Dushti*.
5. Patients with *Asadhya Rogavastha*.

Preparation of *Snuhiksheera Bhavit Katuki Churna*: On the basis of previous work done on this *Yoga* we had adapted this procedure¹². *Snuhiksheera* was collected from nearby herbal garden in *Sharad Ritu* and *Shodhana* was done with *Chincha Swarasa* to remove its toxic effects. Then a single *Bhawana* of *Snuhiksheera* was given to *Katuki Churna* followed by drying in shadow. This preparation was used in this study for *Virechana Karma* in group A.

***IchhabhediRasa*:** It was used as mentioned in *BhaisjyaRatnavali -40/ 61-62 (Udararogadhikara)* for *Virechana* in group B.

Procedure: -Virechana Karma Vidhi.

Volunteers were selected randomly and divided in two groups having 30 volunteers each. Before treatment written consent was taken from volunteers.

Purvakarma:

1. **Amapachana-** Before starting *Snehpana*, *Sunthi Churna* 3gm bd with warm water after meals till *Ama Pachana Lakshanas*¹³ appear in both groups.

2. **Snehapana**– It was administered in both groups with *Shudhha GoGhrita* mixed with a pinch of *Saindhava Lavana* for 3-7 days in increasing order or until *Samyaka Snighda Lakshana*¹⁴ appears (whichever achieved first).

3. **Abhyanga & Swedana-** *Abhyanga* with *Murchhit Tila Taila* and *Sarvang Vashpa Swedana* with *Dashmoola Kwatha* was given for 3 days prior to *Virechana* in both groups.

- Patient was advised to take *Laghu, Ushna* diet that does not cause aggravation of *Kapha* during the *Vishrama Kala* (i.e three days gap period).

Pradhana Karma:

- Then patient was instructed to take *Virechaka Yoga* with *Anupana* after *Kaphakala* is passed (i.e. between 9am -10 am) and then wait until *Virechana Vega* start.
- **Group A:** 30 randomly selected volunteers were given *Snuhiksheera Bhavit Katuki Churna* (3-5 gm with *Draksha Kwatha* 100 ml) as *Virechaka Yoga*
- **Group B:** 30 randomly selected volunteers were given *Ichhabhedhi Rasa* (dose-250mg to 500mg with *Draksha Kwatha* 100 ml) as *Virechaka Yoga*.
- After commencement of *Vega* proper monitoring was done and patient was advised to take *Draksha Kwatha* after every *Vega* to initiate them without discomfort.
- Thereafter, when *Virechana* stopped, patient was advised to take rest and instructed to follow behavioral and dietetic regimens.

Paschat Karma:

Samsarjana Karma was performed according to type of *Virechana Karma Shuddhi*. Patient was given detailed instruction about the diet to be followed i.e. *Peya, Vilepi, Akrut Yusha/ Mamsarasa and Krut Yusha/ Mamsarasa*.

Timelines:

Total study period: Till the enrolment of required number of patients.

Treatment period: 18 days

Follow up period: 1 month

Assessment criteria

Table No. 1 – Showing Scoring Pattern Of Subjective And Objective Criteria

Scoring →	0	1	2	3
Criteria				
Srotovishuddhi	Feeling of constipation after <i>Virechana</i>	Feeling of distension after <i>Virechana</i> .	No feeling of satisfaction after <i>Virechana</i>	Feeling of <i>Koshtha Laghava</i> after <i>Virechana</i>
Laghuta	Feeling of <i>Guruta</i> with discomfort after <i>Virechana</i>	Feeling of <i>Guruta</i> without discomfort after <i>Virechana</i>	Feeling of <i>Laghuta</i> but can't perform routine work	Feeling of <i>Laghuta</i>
Urja agni	No feeling of hunger after <i>Virechana</i> upto night.	Feels slight hunger at night after <i>Virechana</i>	Feels slight hunger just after <i>Virechana</i>	Feeling extreme hunger just after <i>Virechana</i>

Praptisch vitapittakapha anilanam	Not observed	<i>Pitta</i> observed but not <i>Kapha</i>	<i>Kapha</i> observed.	All <i>Lakshana</i> Observed.
Mansch tushti	No feeling of well-being	Feeling of well-being next day.	Feeling of well-being at night.	Feeling of well-being just after last <i>Vega</i> .
Initiation of vega	>3 hr.	2- 3 hr.	1-2 hr.	< 1hr.
Time between vega	>30 min	15-30 min	10-15 min	1-9 min.
Associated complaints	>3 <i>Lakshana</i> observed during every <i>Vega</i> .	2-3 <i>Lakshana</i> observed during every <i>Vega</i> .	1-2 <i>Lakshana</i> observed during every <i>Vega</i> .	0-1 <i>Lakshana</i> observed during every <i>Vega</i>
Defecation on next day	Not passed / feeling constipated.	After 2 pm	Between 12- 2 pm	Normal next day before 12:00 noon.

OBSERVATION

Table No. 2 – Showing Observation Of Virechana Karma

Average dose of <i>Virechana Yoga</i>	<i>Snuhiksheera bhavit kutaki churna</i> (Group A)	3.9 gm
	<i>IcchabhediRasa</i> (Group B)	358.3 mg
Average time taken for initiation of <i>Vega</i>	Group A	1.6 hr
	Group B	2.17 hr
Average number of <i>Vega</i>	Group A	15.2
	Group B	20.7
<i>Kaphanata lakshana</i>	Group A	86.6% patients
	Group B	96.6% patients

Table No.3 - Showing Observation Of Subjective And Objective Criteria

Criteria	Maximum grade	Group A	Group B	Total	%
<i>Srotovishuddhi</i>	Feeling of <i>Koshtha Laghava</i> after <i>Virechana</i>	19	23	42	70%
<i>Laghuta</i>	Feeling of <i>Laghuta</i>	14	24	38	63.4%
<i>Urja agni</i>	Feeling of extreme hunger just after <i>Virechana</i> .	15	23	38	63.4%
<i>Praptishch Vitapittakapha anilanam</i>	All <i>Lakshana</i> Observed.	12	20	32	53.33%
<i>ManschTusht</i>	Feeling of well- being just after <i>Virechana</i>	12	19	31	51.66%
<i>Vaigiki</i>	11-20	18	13	31	51.6%
Initiation of <i>Vega</i>	< 1hr.	16	6	22	36.66%
Time between <i>Vega</i>	10-15 min	9	10	19	31.66%
Defecation on next day	Normal next day before 12:00 noon.	18	11	29	48.33%
Associated complaints	0-1 <i>Lakshana</i> observed during every <i>Vega</i> .	16	24	40	66.66 %
Weight reduction	0-2 kg	15	13	28	46.7%

RESULTS AND DISCUSSION**Table No.4** – Showing Overall Result Obtained In Both Groups.

Criteria	Group A			Group B			p-value
	Mean	S. D	S. E	Mean	S. D	S. E	
<i>Srotasvishuddhi</i>	2.60	0.56	0.10	2.70	0.60	0.11	> 0.01
<i>Laghuta</i>	2.23	0.40	0.16	2.8	0.85	0.07	< 0.01
<i>Urjaagni</i>	2.77	0.75	0.14	2.30	0.43	0.08	< 0.01
<i>PraptishchaVatapittakapahanilanam</i>	2.23	0.73	0.13	2.67	0.48	0.09	< 0.01
<i>Manschtushti</i>	2	0.98	0.18	2.57	0.63	0.11	< 0.01
<i>Vaigiki</i>	15.5	5.07	0.93	20.77	4.48	0.82	< 0.001
Initiation of <i>Vega</i>	1.83	0.87	0.16	2.4	0.72	0.13	< 0.01
Time between <i>Vega</i> (min)	1.43	1.01	0.18	2.1	0.88	0.16	< 0.01
Defecation on next day	2.43	0.82	0.15	1.67	1.21	0.22	< 0.01
Associated symptoms	2.27	0.98	0.18	2.8	0.41	0.07	< 0.01
Weight reduction(kgs)	2.67	1.21	0.22	3.13	1.17	0.21	> 0.01

Interpretation – mean score (x), standard deviation (S.D), standard error (S.E). The result was interpreted as

- ✓ P > 0.05 – insignificant improvement
- ✓ P < 0.05 and P < 0.01 – significant improvement
- ✓ P < 0.001 – highly significant improvement

Table no. 5 - Total Effect of Therapy

Effect	Group A		Group B	
	No. of patients	Percentage	No. of patients	Percentage
<i>Heena Shuddhi</i>	0	0%	0	0%
<i>Madhyam Shuddhi without discomfort</i>	0	0%	0	0%
<i>Pravar Shuddhi with discomfort</i>	16	53.4%	7	23.4%
<i>Pravar Shuddhi without discomfort</i>	14	46.6%	23	76.6%

Total effect of therapy: In group A: The overall effect of therapy showed that maximum number of patients (53.4%) had *Pravar Shuddhi* with discomfort, while 46.6% patients had *Pravar Shuddhi* without discomfort,. **In group B:** The overall effect of therapy showed that maximum number of patients (76.6%) had *Pravar Shuddhi* without discomfort, while 23.4% patients had *Pravar Shuddhi* with discomfort, none patient had *Madhyam Shuddhi* without discomfort or *Heena Shuddhi* in both groups.

Discussion on Subjective Criteria

Srotovishuddhi: *Srotovishuddhi* is achieved when *Vikruta Pitta, Kapha, Mala* etc. which are causing *Marga Avarodha* is expelled out through *Virechana* hence *Vyadhi Shamana* occurs. All *Srotas* may have this type of *Avarodha*, though *Avarodha* of any *Srotas* can be removed by *Virechana* however; *Avarodha* of *Purishvaha, Annava* and *Rasava* is especially removed by *Virechana*.

Laghuta: After *Samyaka Virechana* person feels *Laghutvam* because *Vikruta Dosha, Dushya* and *Ama* etc. are eliminated. For every 500ml of fluid elimination, one pound of weight will be decreased. Hence person feels lightness in the body.

Urja Agni: After *Samyaka Virechana* *Agni* will be little bit increased as all the *Dosha* and fluid contents are eliminated, hence the person feels *Kshudha* and *Trishna*

Praptishch Vitapittakapha anilanam: There should be sequential elimination of *Mala, Pitta, Kapha* and *Vayu*. *Virechana* is aimed to eliminate the morbid *Pitta* from the body which is present in the

Adhoamashaya. After complete *Pitta* is eliminated, it is the turn of *Kapha* to come out which is present in *Amashaya*. So, presence of *Kapha* at the end indicates the completion of process. This is a sign of *Samyak Virechana*.

ManschTushti: Elimination of morbid factors from the body person feels *Prassanta* of *Manas*. *Indriyas* become capable of perceiving their senses.

Discussion on Objective Criteria

Vaigiki: Both the drugs used in the study were *Tikshna Virechaka* and capable of producing *Pravara Vega*. But due to use of drugs in lesser dose more volunteers showed *Madhyama Vega*.

Initiation of Vega: *Virechana* drugs acts after attaining *Pakva Awastha*. The commencement of *Vega* depends on digestion of *Virechaka Yoga*. Thus, initiation of *Vega* took place 1- 2 hour in maximum volunteers as this much time is required for digestion.

Time between Vega: Good *Virachaka* drug should have minimum time between *Vegas* for proper elimination.

Defecation on Next day: Within 24 hrs patient's bowel habits should be normal. If patient is constipated this shows *Vata Prakopa*.

Associated Complaints : Study was conducted by *Tikshna Virechana Yoga* some patients had complaint of nausea, abdominal cramp, etc but maximum volunteers showed least associated complaint this may be due to use of *Virechanopaga Kwatha* after every *Vega*, which increases palatability and eases the process of *Tikshna Virechana*.

Weight reduction: *Virechana* not only reduces the fluid content in the body but it definitely improves BMR thus resulting in weight reduction. During the follow-up it was observed that reduced weight was not increased even after 2 – 3 months.

Probable Mode of action of *Virechaka yoga*:

Icchabhedhi Rasa:

It is the most widely used drug for *Tikshna Virechana*. It acts as pacifier of *Vata* and *Kapha*. It can produce much *Virechana Vega* even in low doses too. Its main ingredient is *Jayapal* which is mentioned as *Virechaka* drug in *Charak Kalpasathana*. Ingredients of *Icchabhedhi Rasa* have *Tikshna*, *Ushna*, *Yogavahi* properties. *Jayapal* due to its *Tikshna guna* breaks the *Doshasanghata* and removes *Srotorodha*. *Ushnaguna* pacifies *Vata* and *Kapha dosha* and also aids in dissolution of *Dosha*. *Parada* and *Gandhaka* due to their *Yogavahi* action spread the drug in whole body within short time and it reaches to minute channels of the body and eradicates the accumulation of *Doshas*. It spreads in the whole body due to its infiltrative property. *Tankan* present in *Icchabhedhi Rasa* has *Kshariya* property which helps in increasing *Dravatvain Pakwashaya* and easy removal of morbid *Doshas*. *Maricha* and *Shunthi* acts as *Agnideepak*.

Snuhiksheera Bhavit Katuki Churna:

Among all *Virechana Dravyas* *Snuhi* is designated as *Tikshnatama* i.e. drastic purgative. It alleviates the *Kapha* and *VataDosha*. It has *Tikshna Rechana* property thus produces numerous *Vega* without much effort and expels *Dosha* in liquefied form in large amount. Due to its *Ushna* and *Tikshna Guna* it aids in cleaning of *Srotorodha* and removes congestion from the body. *Snigdha Guna* restricts *Vataprakopa*. It easily destroys the accumulation of *Doshas* and helps in easy removal of *Dosha* from the body if used in proper manner. On the other hand, *Katuki* has *Bhedana* action on *Doshas* i.e. it brings them out by breaking *Doshasanghata* of *Shakagata* as well as *Koshthagata Doshas*. It has *TiktaRasa* which alleviates *Kapha Dosha* and it also has *Deepana* property. *Katuki*, when combined with *SnuhiKsheera*, due to their properties *Dosha Pachana* occurs and morbid *Doshas* are expelled which produces *Dhatu Shodhana*.

CONCLUSION:

Pravar Shuddhi can be achieved in *Krura Koshti* individuals only through proper use of *Tikshna Virechana* drugs. *Snuhi ksheera Bhavit Katuki Churna* and *Ichhabhedhi Rasa* both can produce *Pravar Shuddhi*, due to their *Tikshna Virechana* property. Though *Snuhi ksheera Bhavit Katuki Churna* is a *Kashtha Aushadhi* but it produces *Vaigiki Shuddhi* nearly similar to the *Ichhabhedhi Rasa* which is a *Rasa Aushadhi*. It can be used in conditions when *Pravar Shuddhi* is required but where use of *Rasa Aushadhi* has to be avoided. Initiation of *Vega*, less associated complaints and Defecation on next day was found better in *Snuhi ksheera Bhavit Katuki Churna* group, proving its rapid action and efficacy for *Shodhana purpose*. It produces less complications arising during *Virechana* procedure. It may produce much better result if given in increased dose and more number of *Bhawana* can also increase its potency.

Ichhabhedhi Rasa provides much better results in showing *Samyak Virechana Lakshana*. *Laghuta*, *UrjaAgni*, *Praptishch vita pitta kapha anilanam*, *Mansch Tushti*, *Vaigiki*, less Time between *Vega* were found better in *Ichhabhedhi Rasa* group, proves it as a good *Tikshna Virechana* drug though sometimes along with some complications like weakness, vomiting, *Vataprakopa*. It was observed in the study that when *Virechanopaga Kwatha* was administered after every *Vega*, accelerated the process of *Virechana* as well as it prevents *Vataprakopa*, *Daha*, and prevents weakness due to the process.

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