

A REVIEW OF PHARMACOLOGICAL ACTION OF MATERIALS USED IN VIRECHANA KARMA

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ABSTRACT

Ayurveda emphasizes preventive & curative therapies along with various methods of purification (Panchakarma). *Virechana* therapy is useful for vitiated *Pitta & Kapha*. *Virechana Karma* is medicated induction of purgation by ingestion of herbal medicine.

In this method vitiated doshas are expelled out of the body by mean of increase peristaltic movements of intestine. For maximum benefit, it must be practiced only after *poorva karma* has been administered.

In this study the common *Virechana* drugs in *Vruddhatraya* were selected and their chemical constituents and pharmacological actions were reviewed, also the mechanism of action related to *Virechana Karma* has proposed.

Stimulating /irritant laxatives are more indicated for flaccid or atonic constipation that is characterized by a loss of bowel tone and thus an infrequency of bowel movements. Examples are : *Operculina turpethum* Linn, *Baliospermum montanum* Muell, *Euphorbia nerifolia* Linn., *Cassia fistula* Linn., *Ricinus communis*.

It could be build a hypothesis that *Snehana* as a *purva karma*, helps to presence of fatty foods in duodenum and stimulates Cholesystokinin hormone which leads to gall bladder contraction to *Pith Virechana*.

Croton tiglium acts on gall bladder and liver, and it could be used in severe constipation and jaundice and skin diseases in occasions of *Pith Virechana*. But should be confirmed about bowel obstructions.

Key words : Pharmacological action, *Virechana Karma*, Review