



## EFFICACY OF ERAND-SNEHA WITH DRAKSHA-KWATH IN VIRECHAN

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Article Received on 26/03/2018

Article Revised on 16/04/2018

Article Accepted on 06/05/2018

### ABSTRACT

Virechan is one of the major Panchakarma. It is a treatment of choice for many Pittaj Vikars. It is practised due to its properties of 'Mulacchedan' and 'Apunarbhav'. For the present study trial drugs selected were Erand-Sneha with Draksha-Kwath. It was found that this combination of drugs cause Samyak, Nirapad (Without any complications), Pittant Virechan in pilot study of five patients.

**KEYWORDS:** Virechan, Erand-Sneha, Draksha-Kwath.

### INRODUCTION

Panchakarma is a super speciality of Ayurveda. With Panchakarma, Ayurvedic treatments prove to be very effective in many diseases. Along with these five therapies, Ayurvedic shaman therapy cures many chronic diseases.

In Panchakarma, Virechan Karma is the act of expelling Doshas through Adhobhaga i.e. Guda.<sup>[1]</sup> Virechan is the most useful therapy practised for Pittaj Vikars.<sup>[2]</sup> Amlapitta, Shitapitta, Daha, Twakdushti, Kamala, Pandu etc. are some of the diseases cured by Virechan. Thus in present era, it is one of the treatments of choice for chronic, Pittaj vikars by many Vaidyas.

In this therapy, many drugs are mentioned in classical Ayurvedic texts as Virechan and Virechanopag dravyas, Srasan, Bhedan, Anuloman, and Rechan etc. These drugs can be used as a single or formulations. Total 245 Virechan Kalpas are given in classical texts.<sup>[3]</sup> These kalpas are found technically difficult to use in routine practise. So there is a need to use a simple, easily available and economical formulation. Also this drug must not create vyapadas. Considering all these facts, Erand-Sneha with Draksha-Kwath is selected for present study.

### AIMS

To study efficacy of Eranda sneha with Draksha kwath in Virechan.

### OBJECTIVES

- ✓ To study the literature of Eranda sneha and Draksha kwath.
- ✓ To study the literature of Virechan.

### MATERIALS AND METHOD

#### Materials

Trial drugs used for Virechan are Eranda Sneha and Draksha kwath in 1:3 proportions.

#### Methods

Patients indicated for Virechan were selected from Panchakarma OPD of institution and given vidhipurvak Virechan as following SOP.

#### Standard Operating Procedure (SOP) for Vidhipurvak Virechan.

Day	Drug	Dose	Action
1 to 5	Ampachak	500mg x BD	Pachan
6	Goghrita	30ml	Abhishyandan
7	Goghrita	60ml	Doshvilayan
8	Goghrita	90ml	Strotovishodhan
9	Goghrita	120ml	Strotovishodhan
10 & 11	Viram		Koshtabhigaman
12	Eranda sneha + Draksha kwath	1:3 proportion	Virechan
12 to 16	Samsarjankarma		Agnidipti

#### Inclusion Criteria

- Pitta pradhan vyadhis.
- Rakta pradoshaj vyadhis.
- Diseases having viparit gati.
- Diseases in extreme need to eliminate doshas.
- Mrudu koshti rugna.

**Exclusion Criteria**

- Incapable of tolerating the stress produced during Virechan.
- Ashukari rog.
- Sam avastha.
- Altered or disturbed mental conditions.
- Anal Injuries.
- Certain altered physique.
- Weak physical conditions.
- Adho marg pathology.

**Assessment Criteria**

Assessment was done after giving vidhipurvak Virechan from “Virechan –patrak” and with following assessment criteria’s.

**Subjective Criteria’s****OBSERVATIONS AND RESULTS****Table 1: Observations seen in Subjective Criteria.**

Sr. No.	Subjective Criteria’s	Patient 1	Patient 2	Patient 3	Patient 4	Patient 5
1	Indriya Prasad		✓	✓		
2	Laghuta		✓	✓	✓	
3	Agnivridhi	✓	✓	✓	✓	✓
4	Vit Pitta Kapha Vata Prapti	✓				
5	Vatanuloman	✓		✓		
6	Gaurava	✓				
7	Tandra					✓
8	Angamarda	✓				
9	Daurbalya			✓		✓
10	Tamapravesh					✓
11	Bhrama				✓	
12	Antiki	Pittanata	Pittanata	Pittanata	Pittanata	Kaphanta

Subjectively all Samyak virikta laxanas i.e. Laghuta, Daurbalya, Indriya Prasad, Agnivridhi were found. Also out of 5 patients, Pittanta Virechan was found in 4

It was done by assessment of Laingiki pariksha i.e. Samyak Virikta/AtiVirechan/Ayoga laxanas of Virechan.

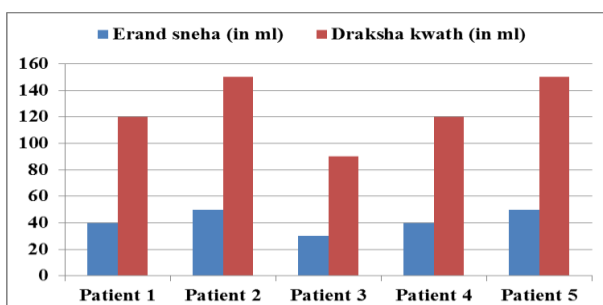
**Objective Criteria’s**

1. Quantity of Erand Sneha and Draksha kwath (in ml)
2. Vegarambha kala
3. Average Duration between two mala vegas
4. Number of mala vegas (Vegiki Pariksha)
5. Total duration of Virechan Karma

patients and Kaphanta was found in only one patient. It may be due to Vata and Pittashamak, Mrudu, Snigdha Guna of Erand and Draksha.

**Table 2: Observations seen in Objective Criteria.**

Sr. No.	Objective Criteria	Patient 1	Patient 2	Patient 3	Patient 4	Patient 5
1	Quantity of Erand Sneha and Draksha kwath (in ml)	40 120	50 150	30 90	40 120	50 150
2	Vegarambha kala	41 min	130 min	135 min	90 min	50 min
3	Average Duration between two mala vegas	32 mins	36 mins	43 mins	38 mins	31 mins
4	Number of mala vegas (Vegiki Pariksha)	5	5	7	6	8
5	Total duration of Virechan Karma	2.50hrs	6.32hrs	6.30 hrs	4.30 hrs	4.10 hrs

**Fig. 1: Observations showing in Quantity of Erand Sneha and Draksha kwath (in ml).**

All the five patients were given trial drugs Erand Sneha and Draksha kwath in 1:3 proportions. It proves that Virechan is started with Swayampravrutta and completed successfully.

We can say that Erand Sneha is effective for Virechan when it is given with Draksha kwath in 1:3 proportions.

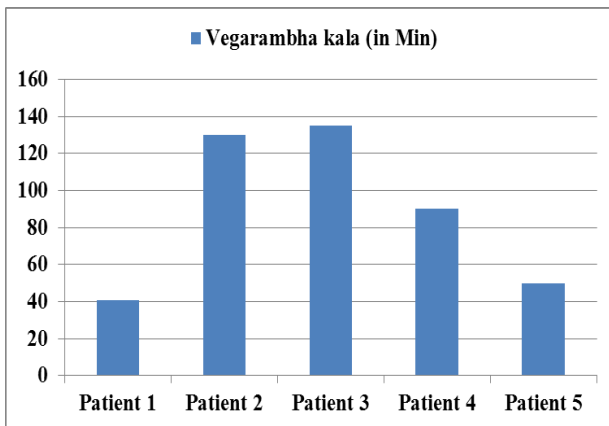


Fig. 2: Observations showing in Vegarambha kala.

It is observed that mala-vega started within approximately after 6 0to 90 min after giving Virechan dravya.

It may be Mrudu, Snigdha properties of Erand and Draksha. These drugs acts slowly and samprapti starts slowly.

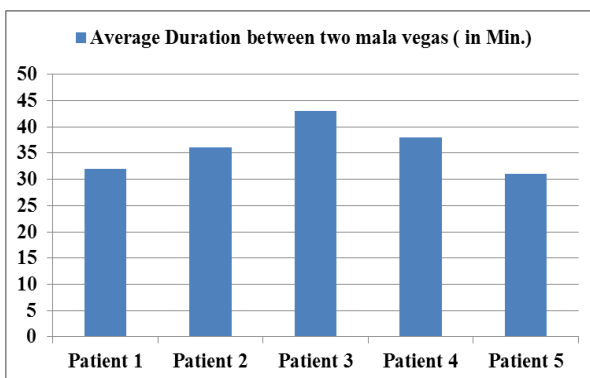


Fig. 3: Observations showing in Duration between two mala vegas.

It is observed that duration between two mala vegas was 30 to 40 min.

Trial drug is Mrudu Virechak. So mala vegas comes slowly and rugna bala remains stable throughout the procedure.

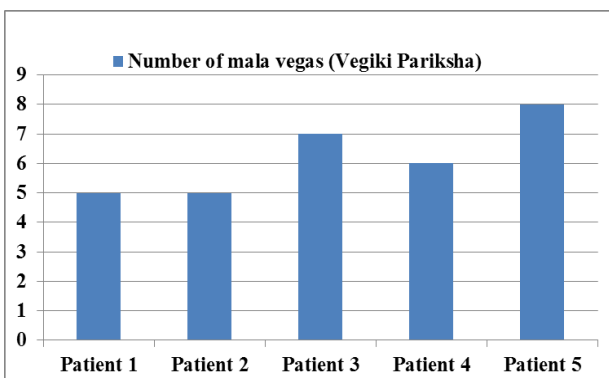


Fig. 4: Observations showing in Number of mala vegas (Vegiki Pariksha).

It is observed that average total numbers of Mala vegas were 6/7. Also no Vaman vega was found in any of the patients.

In classical text Vegiki Pariksha is 30/20/10 in pravar/madhyam/avar shuddhi. In the present study in 6/7 mala-vegas pravar shudhi is found It may be probably Draksha kwath increases the potency of Erand Sneha when used together.

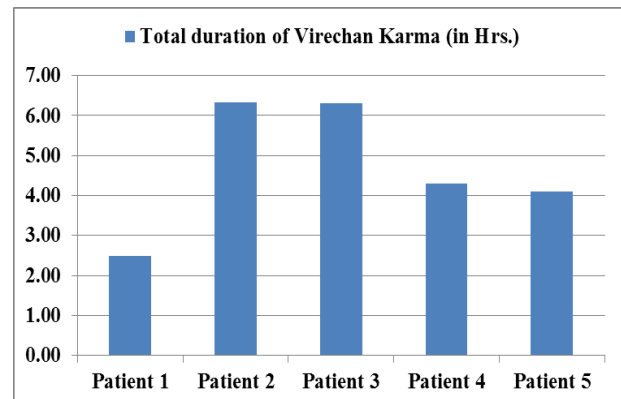


Fig. 5: Observations showing in Total duration of Virechan Karma.

It is observed that average duration of Virechan Karma was 5 to 6 hrs .Average duration between two mala vegas is more so the total duration of Virechan karma increases. It may be Mrudu property of trial drugs.

**DISCUSSION**

**Probable mode of action**

**Properties of Erand Sneha and Draksha kwath**

	Rasa	Virya	Vipak	Gunas
Erand sneha <sup>[4]</sup>	Madhur, Katu Kashaya	Ushna	Madhur	Snigdha, Tikshna, Sukshma
Draksha <sup>[5]</sup>	Madhur	Sheeta	Madhur	Snigdha, Guru, Mrudu

Due to Snigdha, Mrudu, Sukshma gunas samprapti started slowly. Pratham vegarambha kala extends too long. No Vaman vegas were found. It may be probably as Erand is adhobhagahar in nature. No vyapad were found throughout the procedure, probably due to Mrudu property.

Average duration between two mala vegas and thereafter duration of karma is more. It may be probably due to Snigdha and Mrudu Gunas.

**Characteristics of Mrudu Virechan**

- ✓ The Virechan in which first mala vegas starts after 1 to 2 hrs.
- ✓ Duration between two mala vegas are 30/40 min.
- ✓ Antiki pariksha is Pittanta.
- ✓ Number of mala vegas are 6/7.
- ✓ Rugna bala remains stable throughout the procedure.

- ✓ No vyapadas are found.
- ✓ Total duration of Virechan takes 6/7 hrs.

### CONCLUSION

Erand Sneha with Draksha kwath is effective as an Mrudu Virechan.

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