

A CONCEPTUAL STUDY OF VAMAN KARMA IN AGADTANTRA

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ABSTRACT

Poisons are called Visha as they produce Vishad (Grief). Exposing to Visha, a course of Visha Vega (stage) is followed leading to death of the patient. Poison may be Jangam (Animate) or Sthavar (Inanimate-Vegetable and Mineral). Impact of Visha depends upon quantity, potency, retention time of it etc. Acharya Charak describes twenty-four therapeutic measures to treat. Shodhan Karma (Purification) helps to expel out Visha from body, decreasing mortality one of them, Vaman Karma (Emesis). As a tree stops growing as soon as its roots are cut, the poison does not spread or increase if its site is excised. Vaman Karma helps in the instantaneous expulsion of Poison. Selection of Vaman Karma depends upon Visha-Vega. Brihat-Trayi have described Vaman in different Visha-Prakar (types). For this review study Visha Vega will be analysed from Charak and Sushruta Samhita. Not in every Visha condition Vaman Karma is applicable. The study includes type of Visha, Vyadhi Avastha (condition of disease), Dosha dominancy, Dhatu Dushti (vitiation), symptoms developed, drugs to be used to induce Vaman Karma, conditions in which Vaman Karma should be avoided will be done from Brihat-Trayi Samhita and available literature. Timely application of this conceptual study will help to save lives.

KEYWORDS: *Agad, Visha, Vaman, Poison, Sarpa, Luta*

INTRODUCTION

Agadtantra is the branch of *Ashtang* (eight parts) *Ayurved* which deals with *Vyadhi* (disease) produced due to *Visha* and their management. *Agada*, Medicine against poison or toxin. *Agadtantra* is intended for diagnosis and management of various poisoning such as bites of *Sarpa* (snake), *Keeta* (insect), *Luta* (spider), *Mushka* (rats), improper use of poisons or mixture of drugs¹. In the course of any

Vyadhi, in its initial stage, it is in '*Anu Avastha*' (smallest form), further increases to maximum². Cold should be treated during the cold season and heat in the hot season, opportunity to treat the disease should not be allowed to lapse³. Treatment done before or after time, inadequate or superfluous treatment are not successful even in the curable conditions. In *Visha* condition, the disease development or perspective course

takes place instantly i.e. *Ashukari*. *Acharya Sushruta* suggests that when the lesion is progressing gradually and has penetrated slowly into the deeper tissues, it is not possible to root it out just as a fully grown tree⁴. Similarly, when *Visha* crosses *Dhatu* one by one, it gets difficult to save the patient leading to bad prognosis. In *Charaka Samhita* and *Ashtanga Samgraha* 8 Vegas⁵ where as in *Sushruta Samhita* seven Vegas of *Sthavar Visha*⁶ have been described. After entering the body, the *Visha*, immediately vitiates the blood further simultaneously vitiating all *Tridoshas* and their respective sites. It proves to be fatal for an individual after getting entered into the *Hridaya* (heart) which is the place of *Oja* (essence of all seven *Dhatu*). The poison first vitiates that specific *Dosha* by which it is predominantly, where the poison gets localised produces the effects first related to that *Adhisthana* (original site). The *Visha* possess all *Tikshna* (excessive sharp) properties and further it vitiates the other *Dosha* and *Dhatu*. The *Visha* never gets digested and which causes harm to the body. It gets obstructed by vitiated *Kapha* and interrupts the respiration.

CLASSICAL REVIEW

Table- 1 Reference of Vaman in General line of treatment in Visha

Sr no	Vyadhi Avastha	Reference
1	General <i>Visha chikitsa</i>	<i>Cha Chi</i> 23/35, <i>Cha Chi</i> 23/45, <i>Cha Chi</i> 23/63

It immediately brings the poisoned person to the unconscious state even when life is present within the body.

It is therefore important to understand these *Vega* and treatment described in each stage. In order to treat patient of *Visha*, twenty-four therapeutic measures have been described by *Acharya Charak*, one of them is *Vaman chikitsa*⁷. *Acharya Charak* has explained, as a tree stops growing as soon as its roots are cut, the poison does not spread or increase if its site is excise⁸. Here, *Vaman Karma* helps in the instantaneous expulsion of Poison taken orally. It is useful in *Jangam*, *Sthavar*, *Kritrima Visha*, *Panatyaya* (alcoholic), *Dhoomopahata* (smothering due to fumes) etc. In this article study of Indications and Contra-Indications of *Vaman Karma* in *Agadtantra* will be done.

AIMS AND OBJECTIVES

To explore the role of *Vaman Karma* in the management of *Visha*.

MATERIAL AND METHOD

The whole article is based on literary review collected from Classical *Ayurveda* Texts- *Charak Samhita*, *Sushruta Samhita*, *Ashtang Hridaya* etc.

2.	Annapana Raksha kalpa	Su Kalpa 1/ 77
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For specific Avastha, Dosha, Dhātu- Vaman Karma has been advised as shown in Table below.

Table-2 Different Visha Avastha and their Management

Sr no	Vyadhi Avastha	Lakshana / Examples	Reference
1	Amashaygata Visha (Poison enters into Stomach/ Place of Aam- Indigested food Juice)	Discolouration, sweating, asthenia, nausea, impairment of vision, decreased activity of heart and development of pimples all over the body.	Cha Chi 23/122 Su Kalpa 1/ 41
2	Shleshmik (Kapha Dominant) Visha	Vomiting, anorexia, nausea, salivation, retching, heaviness, feeling of cold, sweet taste in the mouth	Cha Chi 23/171, Cha Chi 23/180, A.H.U.37/21
3	Gara-Visha	Poisonous and non-poisonous animals mixed with eatables, Ahiphena, Arka, Bhallataka etc. Bhanga, Danti, Gunja, Metal preparations, Kesar dal, Fada beans, potato shoots, certain poisonous Mushroom, some drugs e.g. Monosodium Glutamate etc. food additives	Cha Chi 23/238, Cha Chi 23/239
4-A	Sthavar Visha- 1 st Vega	Bluish decolouration of tongue, stiffness, fainting, difficulty in breathing	Su. Kal 2/34, 40
4-B	Sthavar Visha- 2 nd Vega	Shivering, severe pain, burning sensation, severe pain in throat, enters into (stomach) Amashay, pain in Heart area	Su. Kal 2/35, 41
5	Dushi-Visha	Su Kalpa 2/50, A.H.U.35/38	
6	Sarpa-Dashta	Su Kalpa 5/18, Su Kalpa 5/19, 22	
6-A	Darvikar	4 th , 5 th , 6 th Avastha	Su Kalpa 5/21, Su Kalpa 5/22
6-B	Mandali	2 nd , 3 rd , 4 th , 5 th , 6 th Avastha	Su Kalpa 5/24, Su Kalpa 5/25,

			<i>Su Kalpa</i> 5/26
6-C Rajimati	2 nd , 3 rd , 4 th , 5 th , 6 th Avastha		<i>Su Kalpa</i> 5/28, <i>Su Kalpa</i> 5/29
6-D General Sarpa chikitsa	Heaviness, excessive salivation, Nausea		<i>Su Kalpa</i> 5/37 <i>A.H.U.</i> 36/55
7	<i>Vrischika</i> (Scorpion)	Due to predominance of <i>Kapha</i> - Vomitting, loss of appetite, excessive salivation, running nose, feeling cold- sweet taste in mouth. Loss of appetite, nausea, salivation, rhinitis, sweet taste in mouth, are observed.	<i>Su Kalpa</i> 7/134 <i>A.H.Ut.</i> 37/21, 39 <i>Su Kalpa</i> 8/43
8.	<i>Luta</i> (Spider)	Putrification with tendency of bleeding, fever, a burning sensation, diarrhoea, disorders due to vitiation of <i>Tri-Dosha</i> , pustular eruptions of various shapes, large sized circular skin patches, extensive, soft, reddish or a blackish spreading oedema.	<i>A.H.Ut</i> 37/75,76 <i>Su Kalpa</i> 8/42-43, <i>Su Kalpa</i> 7/134, 135 <i>A.H.U.</i> 37/24
9	<i>Mushika</i> (Hamsiran)	Aversion of food, yawning, horripilation	<i>Su Kalpa</i> 7/14,
9-A <i>Mushika</i> (<i>Chikavira</i>)	Headache, Swelling, Hiccough, Vomitting		<i>Su Kalpa</i> 7/15
9-B All types <i>Mushika</i> - If <i>Kapha Utklesh</i> (aggravation) symptoms appear			<i>Su Kalpa</i> 7/32, 35
10	<i>Alarka</i>	Bite by Rebid animal (e.g. Dog)	<i>Su Kalpa</i> 7/62
11	<i>Sarva-Visha-Pratishedha</i>		<i>Va Utta</i> 36/
12	<i>Madatyaya- Kapha-Pitta Pradhan</i> (Dominance)		<i>Cha Chi</i> 24 /142, 164
12-A <i>Panatyaya-Pittaja</i>	Excessive sweating, delirium, dry mouth, burning sensation, fainting, yellowness of body and eyes.		<i>Su Ut</i> 47/27
12-B <i>Kaphaja Panatyaya</i>	Vomiting, Chills, Salivation		<i>Su Ut.</i> 47/28
12-C <i>Pana-Ajirna</i>	Profound bloating of abdomen, Vomitting,		<i>Su. Ut.</i> 47/37

		eruptions, burning sensation	
13	<i>Dhumopahata</i>	Dyspnoea, excessive sneezing, tympanites, cough, burning sensation and redness of the eyes, smoke in the expired air, no perception of any smell and similarly no recognition of any taste, dull hearing, thirst burning and fever, depression and fainting	<i>Su Sutra</i> 12/33
14	<i>Pita Visha</i> - To protect Heart		<i>Su Kalpa</i> 1/85
15	<i>Viruddha-Aahar</i> (Consumption of opposite properties food or act)	Sterility, blindness, erysipelas, ascites, eruptions, insanity, fistula, foetal diseases, even death	<i>Cha Su</i> 26/103

In above mentioned conditions and relative *Lakshana*, *Vaman Karma* have been advised if required.

Table No 3- Vaman Karma in Upa-Visha treatment

Sr No	Example	Action	Vaman Treatment	Reference
1	<i>Vatsanabh</i> – Plant origin- Cardiac poison	Hypotension, chest pain, bradycardia, paralysis of all nerves of muscles	Drinking of (<i>Akanthapana</i>) <i>Aja-Dugdha</i> (Goat milk)	<i>Ayurved Prakash</i> 6/84
2	<i>Karaveera</i> / Oleander Plant origin- Cardiac poison	Hypotension, ventricular tachycardia, acute abdominal pain with diarrhoea etc.	<i>Takra</i> (ButterMilk)	(<i>Chkita Prabhakar</i>)
3	<i>Dhattura</i> – Plant origin- Neuro toxic poison	9D's (e.g., dryness of mouth, drowsiness, delirium)	<i>Madhura Dravya</i> (drugs sweet in taste), <i>Sharkara Jala</i> (Water with sugar)	<i>A.S.Ut.</i> 40-103
4	<i>Bhanga</i> - Plant origin-	Euphoria with disorientation and	<i>Saindhava</i> , <i>Pippali</i> and <i>Madanphala Majja</i> in same	-

	Neuro toxic poison	drowsiness, tachycardia, hypotension, burnt rope odour	quantity with 4 times <i>Kantakari swarasa</i> or <i>Kwath</i> (Decoction)	
5	Arsenic (<i>Hartal</i>)	Fulminant- death due to peripheral vascular failure Gastro-enteric- acute abdomen, vomiting, incontinence Diarrhoea, rice water stool Narcotic-CNS depression, coma, death	<i>Vaman Karma</i>	A.S.U 40/76

Vamankarma in specific- *Vaman Karma* should be conducted in the patient only if he is conscious. *Acharya* have advised to treat patient of Snake bite with full regard to the nature of *Desha* (place), *Prakriti* (Constitution), *Satmya* (suitability), *Rutu* (Season), stage of poisoning and high-low resistance. According to these medicines should be selected for *Vaman* too. *Vaman Karma* should be induced with strong *Vamak* drugs in a person of *Kaphaja* nature afflicted with a *Kapha* aggravating poison during winter season or who develops chill, salivation, fainting fits or intoxication⁹.

Table No – 4 Drugs used in Vaman Procedure-

Sr no	Drugs	Reference
1	<i>Madanphala</i> (<i>Randia dumetorum</i>), <i>Alabu</i> (<i>Langenaria Vulgaris</i>), <i>Bimbi</i> (<i>Cephalandra Indica</i>), <i>Koshataki</i> (<i>Luffa actangula</i>) with <i>Dadhi</i> (curd), <i>Udashvita/Takra</i> (<i>Buttermilk</i>), <i>Tandulambu</i> (rice water)	<i>Su. Kalpa.</i> 1/41
2	<i>Sukshma Tamra Choorna</i> (Impure Copper powder), <i>Jatukarna</i> - use of <i>Madanphala</i>	<i>Cha Chi.</i> 23/239
3	<i>Koshatakyadi Dravya</i>	<i>Su Kalpa.</i> 5/22
4	<i>Mamsarasa</i> (Meat Juice), <i>Sarpi</i> (<i>Ghrita</i>), <i>Shukta</i> (type of alcohol), <i>Kshaudra</i> (Honey), <i>Dadhi</i>	<i>Su Kalpa</i> 5/37
5	<i>Yashtimadhu</i> (<i>Glycerrhiza Glabra</i>), <i>Madanphala</i> , <i>Ankola</i> (<i>Alangium</i>)	<i>A.H.U.</i> 37/75

	salviifolium), <i>Jalini, Sinduravaraka</i>	
6	<i>Shrisha</i> (Leaves, Bark, Root, fruits) (<i>Albizzia Lebbek</i>), <i>Ankola</i>	<i>A.H.U.37/76</i>
7	<i>Aragwadhadi Kwath</i>	<i>Su. Kalpa. 7/14</i>
8	<i>Jalini, Madanphala, Ankotha</i>	<i>Su. Kalpa.7/15</i>
9	<i>Shukakhya, Koshavati Mula, Madanphala Devadali phala</i> with <i>Dadhi</i>	<i>Su.Kalpa.7/34</i>
10	<i>Madya, Draksharasa</i> (<i>Vitis vinifera</i>), Water for <i>Aakantha-Pan</i>	<i>Cha. Chi. 24/142</i>
11	<i>Madhura Kashay Dravya</i> with <i>Madhu, Sharkara</i> , sugar-cane juice	<i>Su. Ut.47/27</i>
12	<i>Madya</i> mixed with Juice of <i>Bimbi</i> and <i>Vidula</i>	<i>Su.Ut.47/28</i>
13	<i>Ikshvaku, Dhamargava, Vrikshaka, Kakovhaya, Udumbarika</i> (<i>Kshirapaka</i>)	<i>Su.Ut. 47/36</i>
14	<i>Sarpi, Ikshurasa</i> , Milk, <i>Sharkara-Ambu</i> , liquid with <i>Madhura</i> and <i>Amla rasa</i>	<i>Su Su 12/33</i>
15	<i>Pippali, Madhuka, Kshaudra</i> with Sugar, Sugar-cane Juice, water	<i>Su.Kalpa.1/85</i>

It can be observed that *Vamak* drugs (*Madanphala, Bimbi* etc.) and *Vamnopaga* (Mild Drugs- *Madhuka, Sharkara*), *Vishghna* drugs (*Ankotha, Shirisha*) are advised to induce *Vaman* process.

Repeated use- Here, in *Visha Chikitsa*, *Sadya Vaman* should be given with above mentioned drugs. Process should be repeated if required.

Pashcat Karma- After properly conducted *Vaman Karma*, considering *Agni* (digestive power) and *Koshtha* of the patient, other purification treatment, *Shaman* medicine e.g. *Agadpan* (anti-poisonous) should be given to patient. E.g. in *Gara-Visha*, after *Vaman*

using impure *Tamra Choorna, Agadpana* should be given.

DISCUSSION

Effect of poison depends upon below mentioned factors- Composition of toxic agents, Particle size of a compound, P^H of a substance, Dose and concentration of substance, Route of administration. These affect time of onset of reaction, severity, duration of clinical symptoms, can predict the degree of toxicity and possible target system.

To start the treatment, *Vaidya* should first decide- *Samprapti Ghatak* (factors for pathogenesis), *Avastha. Visha* after entering the body passes from one *Kala* to another

Kala which are located in between *Dhatu* and thus gives rise to *Vegas*. Initially *Dosha* in whose place the poison is located should be treated first. Here, *Vaman Karma* helps in the instantaneous expulsion of Poison taken orally.

Vaman Karma- The oral expulsion of upper gastrointestinal contents resulting from contractions of gut & thoracoabdominal wall musculature. Excessive distention or irritation of the duodenum provides an especially strong stimulus for vomiting. *Vamak* drugs have *Ushna*, *Tikshna*, *Sukshma*, *Vyavayi*, *Vikasi* properties. *Vyavaayi Guna* escapes the normal digestion by *Jatharagni*, reach in the whole body and starts acting immediately. *Sookshma Guna* helps to reach them up to the minute channels. *Doshas* are digested and liquefied by *Ushna Guna* and detached from the *Srotasa* because of *Tikshna* and *Vyavayi Guna*. *Sara Guna* which help the detached *Doshas* to reach the *Koshtha*, from where they are expelled out, *Prabhava* which according to drug throws the *Dosha* out¹⁰. Without undergoing digestion, *Vamak* drugs expel out vitiated dosha through oral route instantly.

Amashaya -*Visha* is located in a place of *Kapha Dosha*, *Vaman* expel out *Visha* through nearest external orifice. E.g. *Pittaja-Panatyaya*, though *Vaman* is not indicated

for *Pitta Dosha*, *Vaman* is given to expel out vitiated *Pitta* from *Kapha Sthan* i.e. *Amashaya*.

Kapha Dosha- aggravating poison causes vomiting, anorexia, nausea, salivation, retching, heaviness, feeling of cold, sweet taste in the mouth. Administration of *Vaman Karma*, expel out *Visha* easily.

Slow acting poison- If the patient is afflicted with *Dushi-Visha*, or if the poison is located in the blood, then along with venesection, *Vamana* etc. *Panchkarma* should be administered¹¹.

Protection of Heart- If a man has taken poison his heart should be well protected and then he should be made to vomit with a portion of *Pippali*, *Madhuka*, Honey, sugar, Sugar-cane Juice and water etc.

Shodhan Dravya as Vamak- In *Ayurvedic* science, *Aja Dugdha* is advised in *Vatsanabha* (*Aconitum ferox*) *Shodhan* (purification). The administration of Goat's Milk is used as a counteracting therapy by inducing vomiting till stops automatically, indicating the toxic effects of aconite are nullified¹². The processing of *Vatsanabha* with *Aja Dugdha* during its purification enhances the lipid-solubility and bioavailability of its active compounds while also reducing its inherent toxicity. It may be the reason; *Acharya* have used the same *Shodhan Dravya* in its internal purification.

Administration of Aja milk should be continued till vomiting stops and milk settles inside the stomach¹³.

In contemporary science, in following conditions either Emesis or Gastric lavage/ Decontamination have been advised. Stomach wash/ Decontamination / Gastric Lavage- Vatsanabha, Karveera, Hritpatra (Digitalis), Tobacco (Tamraparni), Cerebella Odollam, Kupilu (Strychnos), Dhattura, Bhanga, Jaypala, Gunja, Arka, Snuhi, Arsenic, Mercury, Copper in all these poisoning types.

Basic outcome of poison management-

1. Enhances elimination of poison
2. Reduce absorption of poison e.g. Gastric Lavage/ Stomach wash/ Emesis i.e. Vaman
3. Neutralise toxin- by using specific antidotes- In Vaman Karma Acharya have advised to use Vishghna Dravya as Choorna or Kwatha form (Dual action of Vamak and Antidote)

CONCLUSION

In the treatment of Visha immediate medical attention, identification of poison, supportive care, use of antidotes and medications are extremely important. Timely administration of Vaman Karma can expel out vitiated Kapha and Visha from Amashaya and Rasadi Dhatu, reducing morbidity and mortality. Different Acharya have described use of Vaman Karma as per Dosha, Dhatu, Sthan etc. This article will be helpful to

understand application of Vaman Karma in diseases described in Agadtantra with Vishghna Drugs with Yukti (Idea).

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