



## COMPARATIVE STUDY OF MADANAPHALA PIPPALI CHURNA WITH WHOLE MADANAPHALA CHURNA IN VAMANA KARMA.

<sup>1</sup>Phadol Ravindra, <sup>2</sup> More Manjusha.

<sup>1</sup>PG scholar, Department of panchakarma SSAM nashik, <sup>2</sup> Guide, Prof & HOD Department of panchakarma SSAM nashik

### ABSTRACT

*Panchakarma* plays an important role in *Ayurveda*. In *Panchakarma* “*Vamana*” is one of the complex procedure which deals with vitiated *Doshas*. *Madanaphala* (*Randia dumentorum*) is the main superior drug routinely used for *Vamana Karma*.

Although in *Samhita* it is stated that *Madanaphala pippali* should be used for *Vamana* but in today's practice whole *Madana phala churna* is also in use, Hence single case study of *Vamana* in healthy person has been carried out with *Madanaphala pippali* compare to whole *Madanaphala churna*. We observed significant difference in both *Vamana karmas* due to different *Vamaka yogas*.

This article would like to highlight discussion on the above study.

Key words – *Madanaphala Pippali Churna*, *Madanaphala Churna* and *Vamana karma*.

### INTRODUCTION

*Panchakarma*, the unique therapies of *Ayurveda*, attract the attention of people for the treatment of various disorders and also for their preventive and promotive effect. It is important to understand that the *Vamana Karma* is indicated for elimination of *Kapha Dosha* in diseased states e.g. *Kasa*, *Shwasa*. Also it is indicated in healthy individuals in different physiological states where *Kapha Dosha* is aggravated i.e. *Vasanta Ritu* (Spring). Thus it plays important role in preservation of health and prevention of disease. In the present study *Vamana Karma* has been selected for the healthy persons.

*Acharya Charaka* and *Sushruta* have advocated various procedures for *Vamana Karma* known as classical methods, where as some traditional methods are also being followed. The present study had been

planned to compare the classical and traditional *Vamana* procedures. In *Samhita* it is stated that *madanaphala pippali* should be used for *vamana* but in today's practice whole *madana phala churna* is easily available and it is in use. Hence single case study of *Vamana* in healthy person has been carried out with *madanaphala pippali churna*, compare to whole *madanaphala churna*.

### AIM

To compare the effect of *Madanaphala Pippali churna* and whole *madanaphala churna* in *Vamana Karma*.

### OBJECTIVES

- To assess the effect of *madanaphala pippali churna* in *Vamana Karma*
- To assess the effect of whole *Madanaphala churna* in *Vamana Karma*



- To compare the effect *Madanaphala Pippali* churna and whole *madanaphala churna* in *Vamana Karma*.

## MATERIALS & METHODS

- Healthy individual of same *Prakruti*.
- *Vamana karma- Sambhar Sangraha*.
- Whole *Madanaphala Churna*.
- *Madanaphala Pippali Churna*.
  - prepared by classical textual method (*Madanaphala sangraha vidhi*) *Chr Ka-1/13*

Ideal method of collection of *Madanaphala* for *Vamana-*

Season – *Vasanta & Grishma* (Feb to May)

Time – Early in the morning at the time of sunrise

Lunar mansion – in *Pushya Yoga*

Selection criteria for good *Madanaphala*- It should be fully matured (*Supakva*), good external features & character, having specific odor, not too much big or small

Classical method of storage- After selection of *Madanaphalas* it should be washed and cleaned. Then it's covered with dry grass and over that cow dung should applied. After application with those that are embedded in sac of black gram for 8 days.

This storage method causes some physiochemical changes in *Madanaphalas*. Externally it shows very soft, yellowish color and Very pleasant & sweet odor. Then *Madanaphalas* are kept out from sac of black gram & dried without direct contact with Sunrays. Seeds are separated and mix with curd and again dried. These dried seeds are stored in clean dry container for further use for *Vamaka Yoga*.

## **Rasapanchaka-**

*Latin name: Randia dumetorum- linn*

*Rasa: Kashaya, Madhura, Tikta, Katu*

*Guna: Laghu, Ruksha*

*Veerya: Ushna*

*Vipaka: Katu*

*Prabhava: Vamaka*

*Bhautik Sanghatan: Akash, Tej, Vayu*

## **Selection of subject -**

Individuals are selected from OPD of *Panchakarma* Department of S.S.A.M. & Hospital.

Irrespective of religion, sex, occupation, caste, and so forth.

## **Inclusion criteria**

- Age between 18 and 60 years

- Healthy individual
- Who gives written consent for *Vamana Karma*.

#### Exclusion criteria

- Age below 18 years and above 60 years
- Individuals having any physical or mental illness like hypertension, tuberculosis, carcinoma, other life-threatening, and complicated diseases, and major systemic illnesses, pregnancy.
- Who does not gives written consent for *vamana karma*.
- Individuals who do not give regular follow up more than 1 day.

#### Procedure adopted

Volunteers' written consent in Hindi was taken and information about the study was provided in information sheets on the '0'

#### Details of Procedure, drug, dose, and duration for CASE A -

Procedure	Drugs and Dose	Duration
<i>Deepana and Pachana</i>	<i>Panchakola Churna</i> 2gm bd before meal with warm water.	Three days
<i>Snehapana</i>	<i>Murchhit Go-Ghrita</i> – as per <i>Koshtha and Agni</i>	Five days
<i>Sarvanga abhyanga and Swedana</i>	<i>Murchhit tila taila</i> during <i>vishrama kala</i> after <i>samyaka sneha pana</i>	Two days
<i>Vamana karma</i>	<i>Madanaphala pippali churna</i> 6.3 gm ( <i>Antarnakhamushti</i> ) + <i>Makshik</i> 10 ml + <i>Saindhava</i> 3 gm <i>Vamanopag dravya</i> - 1. <i>Yashtimadhu kashaya</i> 2. <i>Saindhava jala</i>	One day

day. Physical examination along with physiological parameters assessment was done before, during and after *Vamana*. Routine haematological investigations were done before *Vamana* to exclude underlying pathology, if any

#### SOP of *Vamana karma* -

*Vaman vidhi* as mention in *charak kalpasthana* 1/13-14

#### CASE STUDY -

We had selected two healthy individual for this study.

**CASE A:** In this case *Vamana Karma* was performed by *Madanaphala Pippali Churna* (prepared by classical *Madanaphala Sangraha Vidhi. Ch. K 1/13*) as *vamakayoga* and SOP was followed.

**CASE B:** In this Case *Vamana Karma* was performed by *whole Madanaphala Churna* as *Vamakayoga* and SOP were followed.

<i>Dhumapana &amp; Gandusha</i>	<i>Dhumpana- Vacha, shunthi, haridra, pippali, Guggula Gandush- KoshnaJala</i>	Just after <i>Vamana</i>
<i>Sansarjana karma</i>	Diet as per mention in <i>Charak siddhi</i> 1/11	Seven days

### Details of Procedure, drug, dose, and duration for CASE B -

Same procedure as above was followed for CASE B except *Vamakyog* was replaced by *Madanaphala churna* 12 gm + *Saindhava* 6 gm. + *Makshik* 15 ml.

After *Vidhipurvak Vamana*, *Samsarjana Karma* was advised to both individuals and follow up was taken after 10 days.

### Criteria for Assessment

•

### OBSERVATIONS:

Assessment criteria		For Case A	For Case B
<i>Vegiki</i>	<i>Vega</i>	11	08
	<i>Upavega</i>	03	05
<i>Maniki</i> (calculated by O/P – I/P)		1200ml ( approx.- 2prastha)	510ml (approx.- 1prastha)
<i>Antiki</i>		<i>Pittanta</i> (clear <i>pitta</i> was observed) by <i>darshan pariksha</i>	<i>Pittanta</i> (clear <i>pitta</i> was not observed) assess by <i>prashna pariksha</i>
<i>Laingika</i>	<i>Swayampravrutti</i>	✓	✓
	<i>Kalepravrutti</i>	✓	✓
	<i>Indriya prassanata</i>	✓	✓
	<i>Anganam laghavam</i>	✓	✓
	<i>Kantha shuddhi</i>	✓	✓

	<i>Daurballya</i>	✓	✓
	<i>Gurugatrata</i>	-----	✓

### 1. *Vaigiki* (based on the number of bouts)

Self-induced and projectile *Vega* was the main quality expected in the first *Vega* of *Vamana Karma*, which was found in case A. It might be because *Madanaphala pippali churna* had more *Tikshana* and *Vamaka Prabhava* (strong emetic property).

Number of *Vegas* (11 *Vegas*) are more in *Vamana* induced by *Madanaphala Pippali Churna* in Case A while as number of *Vegas* are less in Case B (8 *Vegas*) induced by whole *madanaphala churna*.

Also we had seen that number of *Upavegas* are more in *Vamana* induced by whole *Madanaphala Churna* (5 *Upavegas*), than that of *Vamana* induced by *Madanaphala pippali churna* (3 *Upavega*). Although *Vega* depends on many things like, patient's intake, cooperation, *Satva*, and so on.

### 2. *Maniki* (based on quantity)

As per *Maniki* criteria *pravar shuddhi* (approx.- 1200ml/ 2 *prasth*) was observed in case A. and *avar shuddhi* (approx.- 510ml/ 1*prasth*) was observed in case B.

### 3. *Antiki* (based on end point)

The clear yellow, greenish, *Pitta* (*Pitaharivarni*) was observed in Case A (*Darshan pariksha*). In Case B, *katukasyata, tiktasyata, was found* (*prashn pariksha*) but clear *pitta darshan* was not observed.

### 4. *Laingiki* (based on signs and symptoms)

*Samyaka Vamita Lakshanas* indicate the process of *Vamana* and the subjective

feeling of the individual after *Vamana Karma*.

It was observed that *dourballya api-prassnata* in case A.

*Udargourava, dourballya & Gurugatrata* are markedly seen in case B. its may be because of the greater number of *Vega* and *Pittanta Lakshana* in Case A

## RESULT AND DISCUSSION

In our classical text it has clearly mention that *Madanaphala Pippali Churna* is use as *vamaka yoga* but in day today practice it is difficult to follow *Madanaphala Sangraha Viddhi* and we use whole *Madanaphala Churna* as *Vamaka Yoga* which is easily available.

Dose of *Vamana Yoga* – from above Case study, dose of *Madanaphala pippali churna* was *Antarnakhamushtti* (6.3 gm) and the dose of whole *Madanaphala Churna* was 12 gm. *Phala pippli churna* was more potent and have more emetic property so that it requires small dose which is easily accept and swallowed by individual as compare to whole *mdanaphala churna*.

Self-induced and projectile *Vegas* was observed in both cases but number of *Vegas* and *Upavegas* shows significant difference in both cases.

*Yathakramena Dosh darshanm* was observed in both cases, in CASE A – *Darrshanpariksha* and CASE B – *prashna pariksha* which are significant tools.

In CASE A *Maniki* was 1200 ml and in CASE B it was 510ml

*Samyaka Vamita Lakshana* was seen in both cases but *Dourbally Gurugatrata*, *Udargourav* were present in CASE B

by classical *Ayurvedic* textual method is more effective than *whole madanaphala churna* in *vamana karma*.

From above case study we can conclude that *Madanaphala pippali churna* prepared

Table 1: Showing *Vegas and Upavegas* both cases.

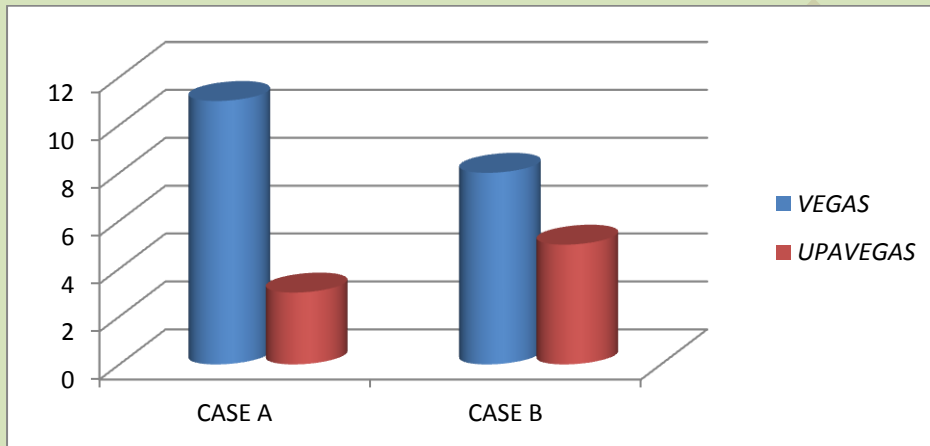
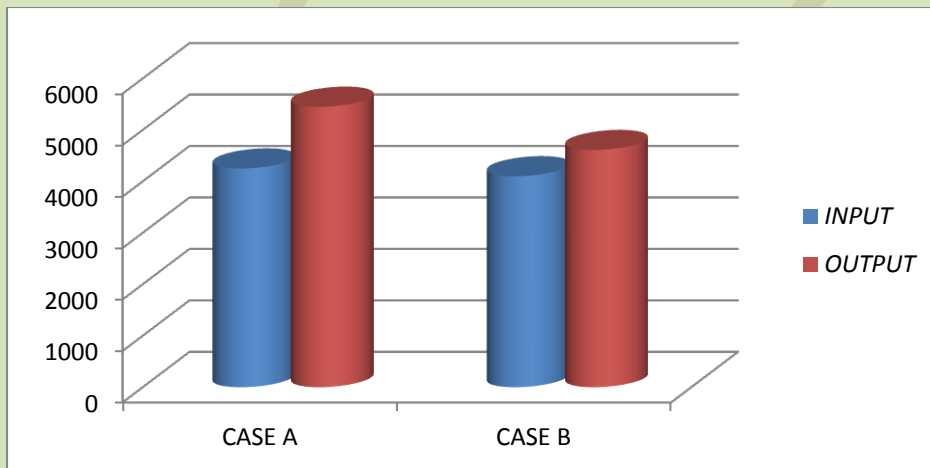


Table 2: Showing input (I/P) and output (O/P) in both cases.



**1. Whole Madanphala churana and Madanphala**



2. *Madanaphalapippali churna and Madanphala with pippali*



**BIBLIOGRAPHY:**

1. Charaksamhita- Dr. Brahmanad  
Tripathi, Chokhamba, Surabharati,  
Prakashan

2. Sushrutsamhita- Dr. Anantaram Sharma,  
Chokhamba, Surabharati, Prakashan



3. Bhavprakash-Nighantu- Gangasahay Panday, Chokhamba, Vishwabharati, Prakashan

4. Dravyagun-Vidnyan- Dr.P.V.Sharma, Chokhamba, Vishwabharati, Prakashan

5. Dravyaguna-Vidnyan- Dr.V.M.Gogate, Pimplapure and co-publishers

6. Illustated Panchakarma- Dr.Shinivas Acharya.

7. Vyavharik Panchakarma- Sukhayu publication, Dr.Nachiket Vachasundar

8. Ayurvedic Pharmacology and Therapeutic uses of medicinal plants- Dr.V.M.Gogate, Bharatiya Vidya Bhavan

9. Materia Medica

10. API,e-books

**Vamana patrak - Case A**

Sr no.	Veg a	Upve ga	Kala	BP mm of hg	Puls e Per min	Vegavarnana by panchvidha pariksha	Inpu t MI	Outp ut MI	Symptoms
1	✓		7:45 Am	130 /90	80	Saghosha, Tanustrava, Alp-Fenyuktta	1100	660	Hrullasa, Romharsha, chhardivat prachiti.
2	✓		7:57a m	138 /90	86	Picchil strava, sakafa, Nirghosh	400	700	Nasastrava, Netrastrava
3		✓	8:04a m	130 /90	84	Styana dravabahul, Nirghosha, Nirgandha	350	650	Udargaurav+++ , mukhamadhurya
4	✓		8:12a m	136 /90	84	Avishesh gandha, Dravabahul, alp-Snigdha.	300	750	Udargaurava++ , Ud arshool+++
5	✓	✓	8:17a m	140 /90	90	Ishatpitvarni, katukasyata, durgandhita	500	480	Shirshshool+++ , Ud agaurav+
6	✓		8:23a m	140 /90	100	Saghosha, Pitaharitvarni, vistragandhi, sadrava	250	350	Katukasyata, Kanta-Urodaha++++
7	✓		8:23a m	138 /80	104	Tiktasyata, vistragandha,	--	440	Netra- oshtha mukha lalima, Udarshool++





8	✓		8:27a m	130 /80	98	Alp-pitvarni, Dravabahul	350	420	Udarshool+, Netra nasa strava
9	✓	✓	8:30a m	130 /80	90	Dravabahul, Nirghosha	400	450	Uro-Udarlaghava, Kanthavishuddhi
10	✓		8:32a m	120 /60	90	Dravaswarup	300	300	Dourballya- apiprassnata,
11	✓		8:33a m	120 /60	82	Jalavata Dravaswarup, Nirgandh, Nirghosh	300	250	Anati Mahati Vedana
	<b>Total Vega- 11</b>	<b>Total Upve- ga- 3</b>	<b>Total time- 48mi n</b>				<b>Total I/P- 4250</b>	<b>Total O/P- 5450</b>	<b>Swayamprvarutti, KalepravruttiKra mat Kapha-pitta- anilascchya. Indriyaprasanata, Angalaghva.</b>

**Vamana patrak - Case B**

Sr no.	Veg a	Upve ga	Kala	BP mm of hg	Puls e Per min	Vegavarnana by panchvidha pariksha	Inpu t MI	Outpu t MI	Symptoms
1	✓	✓	7:40 Am	130 /90	80	Saghosha, Tanustrava, Alp- Fenyukta	1250	760	Hrullasa, chhardivat prachiti.
2	✓		7:52a m	138 /90	86	Picchil strava, sakafa, Nirghosh	400	780	Nasastrava, Netrastrava
3	✓	✓	8:10a m	130 /90	90	Styana dravabahul, Nirghosha, Nirgandha	550	720	Udargaurav+++, mukhamadhurya
4	✓		8:16a m	138 /90	98	Ishatpitvarni, katukasyata, durgandhita	500	680	Shirshool+++,Udar shool+++
5	✓	✓	8:22a m	140 /90	108	Saghosha, vistragandhi, sadrava, Tiktasyata	350	550	Tiktasyata, Kanta- Urodaha++++



6	✓		8:27a m	130 /80	98	Dravabahul Nirghosh	350	320	Udarshool++ Udargaurav++
7	✓	✓	8:30a m	120 /80	90	Dravabahul, Nirghosha	400	450	Udarshool+,
8	✓	✓	8:42a m	110 /60	90	Dravaswarup	300	350	Dourballya++
	<b>Total I vega -8</b>	<b>Total Upve ga- 5</b>	<b>Total time- 62mi n</b>				<b>Total I I/P- 4100</b>	<b>Total O/P- 4610</b>	<b>Swayamprvarutti, Kalepravrutti, Udargaurava,Dour ballya, Gurugatrata.</b>