

Vamana therapy (Therapeutic emesis) unique way of bio cleansing in chronic diseases

Gopakumar S¹

Every human cell undergoes various types of exogenous and endogenous challenges due to the changes in life styles and environmental impacts. Accumulation of unwanted metabolic wastes and free radical related cell injuries together lead to multidimensional diseases. In most of such clinical conditions, Ayurvedic *panchakarma* therapy has an upper hand in treatment protocol. Classical *panchakarma* treatment eliminates the cellular level metabolic wastes and maintains the internal environment in a balanced way. *Panchakarma* therapy treatments have got equal pharmacokinetics in body and mind. The biphasic action of *panchakarma* is attributed to their impact on hormones, enzymes and neurotransmitters. Among the *panchakarma* therapy, *vamana* (Therapeutic emesis) is an unparalleled treatment procedure which eliminates the *kapha dosha* related metabolic wastes. Moreover *vamana* therapy improves micro circulation, thus satisfying the nutritional needs of different tissues under different systems. Apart from this, *vamana* therapy has got immunomodulant effect in dermatological and respiratory conditions. Autoimmune mediated skin diseases, allergic respiratory diseases, drug addiction and related health issues etc are some of the common practical indications of *vamana* therapy.

In this presentation three different cases will be discussed in which *vamana* was the main treatment procedure. The cases belong to Psoriasis, Bronchial Asthma and Drug addiction. All three patients were subjected to classical *vamana* therapy in Govt Ayurveda College, Hospitals. Different types of medicines were used for *snehapana* (Internal oil/ghee administration) and *vamana*. Following the *vamana* therapy, all the three patients had undergone internal medicines with specific diet schedule. All the three cases got significant relief from the respective complaints. All the three *vamana* procedures are video documented. The details of individual case management with special reference to *vamana* therapy will be presented in the seminar.

Key words: *Vamana*, *Panchakarma*, Therapeutic emesis, Psoriasis, Bronchial asthma

1. Govt Ayurveda College, Kannur, Kerala, India. e-mail: drgopakumar73@yahoo.com