

**A CRITICAL ANALYSIS OF VARIOUS COMPLICATIONS  
OBSERVED DURING VAMANA(EMESIS) PROCEDURE AND  
SAMARJANA KRAMA (SEQUENTIAL DIET REGIME) AFTER IT IN  
70 PARTICIPANTS**

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**ABSTRACT :**

*Vamana* (Emesis) procedure is avoided practically by many physicians just because of the complications it produces. But, as the magnitude of the process is very big, it is very difficult to control a lot of factors involved in it. *Preshya*(Nurse or assistant), *Bhaishajya* (medicines), *Vaidya*(doctor)and*Atura*(patient) are the four factors which are responsible for any mishap during or after the procedure. Analyzing all the complications help in avoiding the same in future procedures. 70 patients were administered and checked for *vamana* as per the standard protocol. All the recordings were documented and followed. Various *vyapadas* (complications) were observed and documented. In the present study, all these clinical observations are discussed in detail.

**Key words:** *Vamana karma, Vyapada, Complications*

**INTRODUCTION:** All the five procedure in *Panchakarma* group, have their own set of advantages. But, if they are not carried out properly, they also have the set of complications which are termed as '*Panchakarma vyapada*'.

Various Factors influence the outcome of the *vamana* process. Helper, Medicine, Physician & Patient himself influence the process of *Vamana*<sup>6</sup>. If one failed to judge any of the following objects like *Dosha*, *Aushadha* (Medicine), *Desha* (Place), *Kala* (*Ritu*, time), *Satmya*, *Agni*, *Satva*, *Vaya* (Age) & *Bala* (Strength of the patient)<sup>7</sup>, it will lead to *Vyapada* (Complications ) as a result.

Various texts have enlisted various complications with their possible reasoning. These lists and the reasons help the physician to anticipate the complication and arrange the treatment to prevent it.

There are various complications mentioned in the texts as follows -

1. *Adhmana* (distension of abdomen), *Parikartika* (gripping pain), *Srava* (excessive discharge), *Hrdgraha*(Cardiac spasm), *Gatragraha* (spasm of limbs), *Jivadanam* (discharge of blood), *Savibhramsha* (improper action of medication), *Stambha* (rigidity), *Upadravah* (Serious afflictions), *Klamah* (Exhaustion) are narrated by Charaka as 10 complications due to underaction or over action of the drug, due to the defects of attendant, the medication, the physician or the patient<sup>3</sup>.

2. Sushruta had also mentioned 15 complications, Out of which *Adhmana*, *Jivadana*, *Hridayopasaranam*, *Parikartika*, *Parisrava*, *Angagraha*, *Vibandha* are common with those of Charaka. *Savasesausadhatvam*, *Jirnausadhatvam*, *Hinadosa*, *apahratatva*

(and movement of the humours in opposite direction) are different<sup>4</sup>.

3. VriddhaVagbhata explained 12 complications having some different afflictions like *Grathitvatva*, *Gaurava*, *Dosotklesa*, *Dhatusrava* etc<sup>5</sup>.

Ten Complications explained in *SiddhiSthana*, may be divided into these two broad categories. "It is not mandatory

that these symptoms should be produced after *Ayoga or Atiyoga of Vamana*<sup>8</sup> but they may be produced as an '*Upadrava*' of the act. Later on, he blended them in two divisions. i.e. *Ayoga*(lesser nature of *vamana* than expected) & *Atiyoga*(more nature of *vamana* than expected)<sup>9</sup>as-

**Table 1**

<i>Ayoga</i>	<i>Atiyoga</i>
<i>Adhmana</i>	<i>Parikartika</i>
<i>Srava</i>	<i>Jivadanam</i>
<i>Hrdgraha</i>	<i>Vibhramsa (Gudabhramsa &amp; Sanj nabhramsa)</i>
<i>Angagraha</i>	
<i>KandvadiVibhramsa</i>	
<i>Upadrava</i>	
<i>Klama</i>	

But practically while carrying out the *vamana* process, one may face various types of other complications also which might not have been mentioned in the texts. One must study them to anticipate before going for the treatment.

**AIM:** To analyze the complications observed during the *Vamana* procedure and *Samsarjana krama*(Diet regime) after it.

**OBJECTIVES:**

1. To enlist the various complications following the *vamana* procedure.
2. To assess the probable basic causes behind them.
3. To analyze the complications based on various parameters.

**MATERIALS AND METHODS:** 70 Subjects were selected from the OPD and IPD of Pakwasa Samanvaya Rugnalaya, Nagpur. They were analyzed with the proper inclusion and exclusion criteria for *Vamana*. Proper consent was taken of every patient.

**Inclusion criteria:**

- All the *Vamana arha* (fit for *vamana*) patients explained in texts\*.
- Patients with *kapha* and *kapha pitta* constitutions.
- Patients suffering from *kapha&pitta* diseases.
- Bronchial asthma, allergic bronchitis, sinusitis, COPD, productive cough, migraine, hyperacidity, anorexia, obesity, overweight, dyslipidemia, diabetes mellitus, skin diseases like acne vulgaris, psoriasis, eczema, dermatitis, lichen planus, vitiligo, Urticaria, falling and greying of hairs, inflammatory etc.

**Exclusion criteria:**

- All the *Vamana anarha* (clinically unfit) patients explained in texts
- The patients with serious heart, brain and kidney disorders.
- The patients with IDDM
- Chronic debilitating disease
- Malignant hypertension
- Pregnant ladies
- Patients not willing for IPD

**Procedure:** After three days of *pachana*(digestion), *snehapana* was done till the signs and symptoms of *samyaksnehana* arises. Then *abhyanga*(massage) and *swedana* (fomentation) were done on the gap day. On the next day, *Vamana* was administered. The process was carried out as per the protocol. After *Akanthapana*(upto full stomach)*vamaka yoga* was given for the initiation of the process.

The bouts were counted and the quantity was noted. After finishing the procedure, the residue or vomitus was counted with the special precautions to calculate the exact amount of expelled *doshas*. Records of Input - Output and other observations were maintained.

**Materials:** For measuring purpose a special measuring jar was used. Gloves, vessels for *Vamana* process were used as per requirement.

**Clinical study:**

After ceasing the *vamana* procedure all the signs and symptoms were followed. Almost all the procedures went smoothly barring some. *Vyapada*(complications) can be divided into three categories –

- A. Immediately during the procedure
- B. After passing 12 hours (*Dwitiyaannakala* – second round of food) to the completion of *Samsarjana Krama*.
- C. Initiating during the procedure and continuing after the procedure.

**Table 2. List of complications observed during *vamana***

Sr no	Signs and symptoms	Frequency
1	<i>Drava mala pravrutti</i> (defecation after <i>vamana</i> )	15
2	<i>Hrillasa</i> (nausea)	2
3	<i>Udarashoola</i> (pain in abdomen)	6
4	<i>Shirahshoola</i> (headache)	3
5	<i>Praseka</i> followed by <i>Chhardi</i> (vomiting after cessation of procedure)	2
6	<i>Hasta pada shoola</i> (pain in both upper and lower limbs)	1
7	<i>Pindikodweshtana</i> (Pain in legs)	2
8	<i>Mootradaha</i> (burning micturition)	2
9	<i>Nidranasha</i> (sleep disturbances or insomnia)	1
10	<i>Kanthadaha</i> (burning sensation in throat)	1
11	<i>Kanhashushkata</i> (pain in throat)	1
12	<i>Klama</i> (Exhaustion)	10
13	<i>Swedadhikya</i> (excessive sweating)	4
14	<i>Dourbalya</i> (weakness)	3
16	<i>Jeevadaana</i> (hematemesis)	5
17	<i>Adhmaana</i> (flatulence)	1
18	<i>Gudadaha</i> (burning sensation in anal region)	1
19	<i>Shwetasrava</i> (white discharge)	1
20	<i>Rajah pravrutti</i> (initiation of menses)	1
21	<i>Sheetaprachiti</i> (feeling of cold)	1

22	<i>Krucchra vamana</i> (vomiting with a lot of difficulty)	1
23	<i>Bhrama</i> (giddiness)	1
24	<i>Shwasavruddhi</i> (dyspnea)	1
25	<i>Mano Aswasthya</i> (anxiety)	2

Here, under the term *vyapada*, the signs and symptoms which need immediate attention in the form of medicines or other interventions, are taken in consideration. Along with above mentioned classical signs and symptoms, some others were also observed.

Maximum no of patients i.e. 15 patients showed *drava mala pravrutti* after *vamana*. 10 patients suffered from *klama* followed by six numbers of patients who suffered from *udarashoola*. Five patients had suffered from *jeevadanam* complication. 4 patients had profuse *swedapravartana*. Complaints of *dourbalya* and *Shirahshoola* were told by 3 patients each. *Hrillasa*, *praseka* followed by *chhardi*, *pindikodveshtana*, *manoaswasthya*, *mootradaha* were seen in two patients each. *Hasta padashoola*, *kanthadaha*, *kanthashushkata*, *nidranasha*, *adhmaana*, *gudadaha*, *Shwetasrava*, *rajah pravartana*, *Sheetaprachiti*, *kruchhra Vamana*, *bhrama* and *shwasavrudhi* were the other signs and symptoms which were observed in one patient each.

All the above signs and symptoms can be classified into following three categories –  
A. Complications during the process –  
*Udarashoola*(pain in abdomen),  
*Kanthadaha*(burning sensation in throat)  
*Kanthashushkata*(pain in throat),  
*Swedadhikya*(excessive sweating),  
*Jeevadaana*(hematemesis),  
*Adhmaana*(flatulence),  
*Sheetaprachiti*(feeling of cold),  
*Krucchra vamana* (vomiting with a lot of difficulty),  
*Bhrama*(giddiness),  
*Shwasavruddhi*(dyspnea),  
*Mano*

*aswasthya* (Anxiety) are the signs and symptoms.

B. Complications immediately after completion of the procedure –  
*Drava mala pravrutti*, *Hrillasa*, *Udarashoola*, *Klama*, *Daurbalya*, *Nidranasha*, *Shwetasrava*, *Raja pravartana*, *Hasta pada shoola*, *Mootradaha*, *Pindikodveshtana*, *Shirahshoola*

C. Complications initiated during the procedure and continued after the procedure –  
*Drava mala pravrutti* (expulsion of liquid feces), *Udarashoola* (abdominal pain), *Chhardi* (vomiting).

**DISCUSSION:** *Adhmaana*, *Parikartika* (Burning sensation in anal region - *Guddaha*), *Srava* (*praseka* followed by *chhardi* and *Shwetasrava*), *jeevadanam*(hematemesis), *klamah*(exhaustion) are the symptoms which are expressed by texts also and found in the present study too. *Hrudgraha*, *gatragraha*, *vibhramsha*, *stambhah* and *Upadrava* are the other signs and symptoms which were not observed during the present study. Possible reasoning behind the present complications can be considered as follows.

*Kanthadaha* (burning sensation in the throat) is the symptom observed because of the irritation and friction of the throat due to continuous expulsion of the vomitus. Excessive shading off mucosal covering may be causing the irritation inside the throat.

*Kanthashushkata* (dryness in the throat) – it might be caused due to the excessive dehydration from the body. It might be the sign of the dehydration.

*Swedadhikya*(excessive sweating) – it is the temperature balancing act of the body. Body has to maintain the temperature balance between the core temperature and superficial temperature. During the *Vamana* procedure, the internal temperature gets excessively increased due to overactivity of the stomach and intestinal muscles. It raises the vascular supply towards GIT and the core temperature gets raised. To protect the other organs at the core, body has to divert the blood supply from core to periphery and heat is evaporated through the sweating.

*Sheetaprachiti* (shivering) – Sometimes due to excessive sweating the body temperature suddenly goes down. Through shivering, the temperature is balanced again.

*Jeevadanam* (expulsion of blood through vomiting) –during the *Vamana* karma, any broad bleeder may get damaged, resulting into the bleeding. It is the serious condition and may prove fatal.

*Krichhra Vamana* (vomiting with discomfort) –patients with less humors when come across with the medicines of lesser strength or potency produce the bouts with difficulty.

*Bhrama* (giddiness) – dehydration due to excessive fluid loss is the cause very often. But, sometimes, due to sudden head movements during the *Vamana* karma may create abrupt changes in vestibule cochlear canal. That may create giddiness in some patients.

*Shwasavrudhi*(tachypnea) –sometimes repeated bouts of vomiting creates imbalance between the inhalation and exhalation rhythm. In some patients due to anxiety also, increase in respiratory rate was observed.

*Mano aswasthya* (anxiety) – due to uncommon procedure, due to scaring nature of the procedure, some patients may feel anxiety throughout the procedure. It becomes problematic if the patient remains anxious throughout process. One does not follow the instructions properly. Almost all the patient has a little anxiety in the initial phase of the process, but as the process moves on, it subsides and the patient cooperates thereafter.

*Klama*(exhaustion) – patients got exhausted physically and psychologically a lot of times either during the procedure or after the procedure. Due to dehydration, muscular fatigue, severe nausea and anxiety, patients felt like exhausted during the procedure. They suddenly got collapsed and started showing feeble pulse and sudden drop in blood pressure. They were very late in responding and unable to perceive the orders. In these patients, the immediate cessation of the procedure and moving them to fresh ventilated room become mandatory.

*Hasta padashoola*(pain in hands and legs) and *Pindikodveshtana* (cramps in calf muscles) – process of vomiting produces a lot of stress on skeletal muscles. It also dehydrates the body upto certain levels. Both these factors are responsible for pain in skeletal muscles and cramps in calf muscles.

*Nidranasha* (Insomnia)–Due to anxiety and exhaustion, sometimes patient suffers insomnia.

*Drava mala pravrutti*(passage of liquid feces) –Humors are expelled through oral route during the proper *Vamana*. When the medicines, given by the oral route starts passing down through anal route during or after *Vamana*, it is considered as ‘*Ayoga*’ of *Vamana*. (Ch Si 6/34)

*Gudadaha*(burning sensation of anal region) – This typical symptom was expressed by one patient. The patient suffered from loose motions after Vamana process as the humors started passing through the anal route. Due to increased frequency, anal sphincter gets irritated and the patient suffered from the burning sensation of the anus.

*Shwetasrava* and *Rajah Pravrutti*(leucorrhea and initiation of menstruation)–one patient showed these two symptoms after *Vamana* on the next day onwards. It might be due to *vatanulomana* and clearing the path of *Kapha*.

*Praseka* (excessive salivation) –*Vamaka* medicines with their *veerya*(potency) start the process of liquefying humors and shifting them from channels to GIT. But in *Alpabala*(low physical strength) patients with the strong medication, the process of stimulation goes on and it creates excessive salivation as a result. In these patients, sometimes, salivation is followed by vomiting also.

*Hrillasa* (nausea) – When the *vamaka* medicines are having low strength and the humors are present in large quantity, it is not possible for the medicines to create the strong urge of vomiting. So it ends up producing feeling of nausea. The medicines remain inside *amashaya*(stomach) causing irritation to the mucosa creating nausea.

**CONCLUSIONS:** Apart from *vyapadas* explained in texts, practically other complications can also be observed during or after the Vamana procedures. Those mentioned in texts are mere guidelines to caution the physician to be attentive and analyze the patients on the basis of *Koshtha*(nature of GIT), *kala*(Time),

*satva*(strength of mind),*satmya*(adaptability),*bala*(physical strength)and all the other factors to avoid *vyapadas* and get the maximum benefits from the procedure.

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