

VIRECHANOPAGA GANA MEDICINES: A CRITICAL REVIEW

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ABSTRACT

Virechana is the second most therapy in the sequence as well as widely used especially for *pittaja* disorders. *Virechana* is one of the therapies used for expulsion of morbid *doshas* from the body in which the complications are not so major and risky. Expulsion of humors from lower route is called as *virechana*. Much more work on *virechana* has been done but medicines from *virechanopaga gana* are somewhat neglected till yet. *Virechanopaga* drugs help in proper *Virechana* or they synergize the action of *Virechana dravyas*. To make the procedure of *virechana* more efficient it is important to study on *Virechanopaga dravyas*. This study helps in understanding *virechanopaga* drugs and also helps us understanding how to use them in the main procedure.

Keywords *Virechana, Virechanopaga gana, Upaga.*

INTRODUCTION: *Panchakarma* therapy emphasizes on expulsion of aggravated bio humors from the body. *Virechana* is the second most therapy in the sequence as well as widely used especially for *pittaja* disorders¹. *Virechana* is one of the therapies used for expulsion of morbid *doshas* from the body in which the complications are not so major and risky. Expulsion of humors from lower route is called as *virechana*². So, expulsion of vitiated *pitta* or *kapha* associated with *pitta* through anal route is called *Virechana*.

Understanding of “Upaga”: The chapter from *Charaksamhita Sutrasthana* called *Shat Virechana Shatashritiya* has various drug combinations in the group of 10 medicines each. These combinations are called as “*Gana*”. The names of some *ganas* have “*Upaga*” as suffix, like—*Sneha-upagagana, Swedopagagana Gana* etc. Meaning of *Upaga* is approaching towards, going towards, being or staging in or on, following or belonging to, fit for, conducive to, approached or furnished with³. The medicines which help the chief/

main drugs to approach their targeted functions are said to be the “*Upaga*” drugs. Hence, medicines from these *ganas* help the chief drugs to carry out their respective functions more efficiently. Total seven *upagaganas* have been mentioned in this chapter related to the Panchakarma procedures. They are- *Snehopagagana, Swedopagagana, Vamanopagagana, Virechanopagagana, Asthapanopagagana, Anuvasanopagagana, and Shirovirechanopagagana*⁴.

Understanding of *Virechaka* drugs: The drugs which carry out the procedure of *Virechana* are called as *virechaka dravyas*. These drugs consist the properties like *ushna, tikshna, sukshma, vyavayi, vikasi*. *Panchabhautik* composition of *Prithvi* and *Jala mahabhuta* with *Adhobhagaharaprabhav*⁵ E.g. *Trivruta, Aragvadha, Tilvaka, Sudha, Saptala-Shankhini, Danti- Dravanti* etc.

Concept of upaga: As stated, before according to the definition of the word *upaga*, the medicines which help the chief drugs to carry out their functions are called as *upaga*. As mentioned by Chakrapani in

his commentary, the medicines which help *snehana dravyas* in carrying out their functions are said to be *snehopaga*. These drugs help and follow the action of ghee, oil etc. oleaginous drugs during their oleation process. For example, when chief oleaginous drugs are assisted by the *snehopaga* drugs like *meda*, *vidari*, *leucorice* etc. act more efficiently and also more strength. Likewise other *Upagaganas* can be explained in the same manner⁶.

When the drugs given in *Vamanopagaganas* like honey, leucorice etc. are used during *Vamana*, they enhance or support the action of *Vamaka* drugs and also make it more efficient. *Vamana* and *Virechana* are the procedures which are carried out with their respective chief

drugs. *Vamanopaga* and *virechanopaga* can be said as the drugs which assist the chief drugs in carrying out the procedure respectively. They may assist by enhancing the action of chief drugs and also by reducing the irritation caused by chief drugs, so as to make the procedure carry on smoothly with fewer complications. For example, Use of *yashtimadhu kwath* during the procedure of *vamana*. Therefore, these drugs help in maintaining rhythm of the process as well as act as a medium for the *doshas* that are getting expelled out through the respective procedure.

*VirechanopagaGana*⁷:

The *Virechanopagagana* contains following drugs: -

Table no. 1:- List of *Virechanopaga* drugs:-

Sr.no	Drugs	Latin Name	Parts to be used
1	<i>Draksha</i>	<i>Vitisvinifera</i> Linn.	Fruit
2	<i>Gambhari</i>	<i>Gmelinaarborea</i> Linn.	Fruit , roots
3	<i>Parushaka</i>	<i>Grewiaasiatica</i> Linn.	Fruit
4	<i>Abhaya</i>	<i>Terminaliachebula</i> Retz.	Fruit
5	<i>Amalaki</i>	<i>Emblicaofficinarum</i> Linn.	Fruit
6	<i>Vibhitaki</i>	<i>Terminaliabellirica</i> Roxb.	Fruit seeds
7	<i>Kuval</i>	<i>Zizyphus</i> sp.	Fruit
8	<i>Badar</i>	<i>Ziziphusmauritiana</i> Lam.	Fruit, roots, leaves
9	<i>Karkandhu</i>	<i>Ziziphusnummularia</i> (Burm.f.)W.&A.	Fruit
10	<i>Pilu</i>	<i>Salvadorapersica</i> Linn.	Fruit

*Properties of virechanopagadravyas*⁸:-

The properties of *virechanopaga dravyas* are not mentioned as of *virechaka dravyas*. Therefore, the drugs mentioned in

virechanopaga dashemani need to be studied in detail for understanding their functions. The table below helps in understanding *virechanopaga dravyas*.

Table no. 2: - Properties of *Virechanopaga* drugs

S n o.	Name of drug	Rasa- vipaka-virya	Samanyagunas	Gana	Use in diseases
1	<i>Draksha</i>	Rasa- Madhur Vipaka- madhur	<i>Snigdha</i> <i>Guru</i> <i>Mrudu</i> <i>Sara</i>	<i>Jeevaniya</i> <i>Virechanopaga</i> <i>Snehopaga</i>	<i>Pittajakaasa</i> (Ch. Chi. 18/91) <i>Pandu, Kamla,</i> <i>Gulma, Udara,</i>

		virya-sheeta	<i>vrushya</i> <i>Balya</i> <i>Bruhan</i> <i>Kanthyā</i>		<i>Jwara, Prameha</i> (<i>Ch. Chi. 16/62</i>) <i>Kshaya</i> (<i>Ch. Ni. 8/16</i>) <i>MutrarodhajaUdavarta</i> (<i>Su. U. 55</i>) <i>Madatyayajapipasa</i> (<i>A.H. Chi. 7</i>) <i>Mutrakruchcha</i> (<i>A.H. Chi. 11</i>)
2	<i>Kashmarya</i>	Rasa- tikta, kashaya, madhur Vipaka- katu virya – ushna	<i>Guru, Snigdha</i> <i>Pachaka, Ushna</i> <i>Shramahara</i> <i>Mrudurechaka</i> <i>Balya, Vrushya</i> <i>Raktasangraahi</i> <i>Keshyam, Rasayana</i> <i>Medhya</i>	<i>Virechanopaga</i> <i>Shothahara</i> <i>Vataprashaman</i> <i>a(Charak)</i> <i>Saarivaadigana</i> (<i>sushruta</i>)	<i>Raktatisara</i> (<i>Ch. Chi. 19-80</i>) <i>Garbhashushkata</i> (<i>Ch. Chi. 28-93</i>) <i>Vatarakta</i> (<i>Ch. Chi. 29-114</i>) <i>Daaha&trushnayuk</i> <i>tapittajaJwara</i> (<i>Su. U. 39-159-160</i>) <i>Palita</i> (<i>Sh.</i>)
3.	<i>Parushaka</i>	Rasa- madhur ,amala, kashaya Vipaka- madhur virya-sheeta	<i>Snigdha</i> <i>Guru</i> <i>Graahi</i> <i>Sheeta</i> <i>Pachaka</i>	<i>Virechanopaga</i> <i>Jwarahara</i> <i>Shramahara</i> <i>Madhuraskandha</i>	<i>Madatyayapipasa</i> (<i>Ch. Chi. 12/147</i>) <i>Rohini galaroga</i> (<i>B.P.</i>) <i>Vatarakta</i> <i>Yoniroga</i>
4.	<i>Abhaya</i>	Rasa- kashaya, amla Vipaka- madhur virya – ushna	<i>Varnya</i> <i>Sara</i> <i>Medhya</i> <i>Deepana</i> <i>Chakshushya</i>	<i>Virechanopaga</i>	<i>Shothaghna</i> <i>Kushthaghna</i> (<i>Su. Chi. 15</i>)
5.	<i>Amalaki</i>	Rasa- Amla, kashaya, Madhur Vipaka- amla madhur virya-sheeta	<i>Sheeta</i> <i>Ruchikar</i> <i>Daahaghna</i> <i>Kaphaghna</i> <i>Vibandhanashaka</i> <i>Aadhmaannashaka</i> <i>Avishtambha</i> <i>Rasayana</i>	<i>Virechanopaga</i> <i>Vayasthapana</i> (<i>Ch.</i>) <i>Parushakaadigana</i> (<i>Su.</i>)	<i>Rasayana</i> (<i>Ch. Chi. 1/85</i>) <i>Jwar</i> (<i>Ch. Chi. 3/183</i>) <i>Arsha</i> (<i>Ch. Chi. 9/203</i>) <i>Shweta pradara</i> (<i>Ch. Chi. 30/115</i>)

			<i>Vrushya</i>		<i>Visarpajajwar ((Ch. Chi. 11/66))</i> <i>Raktapitta (Ch. Chi. 4/53)</i> <i>Hikka (Ch. Chi. 17/96)</i> <i>Raktabhishyanda (Su. U. 12/49)</i> <i>Mutrakruchrata (Su. U. 58/40)</i> <i>Kaas (Su. U. 52/36)</i> <i>Prameha (Su. Chi. 16/7)</i> <i>Vatarakta (Su. Chi. 5/12)</i> <i>Swasthyarakshana (Su. Chi. 24/15)</i> <i>Vaajikarana (Su. U. 26/24)</i> <i>Paandu (Su. U. 44/18)</i> <i>Udavarta (Su. U. 55/24)</i> <i>Murcchha (Su. U. 46/19)</i>
6.	<i>Bibhita ki</i>	<i>Rasa – katu, tikta</i> <i>Virya – ushna</i> <i>Vipaka – Madhur</i>	<i>Laghu</i> <i>Keshavruddhikara</i> <i>Bhedana</i> <i>Himasparsha</i>	<i>Virechanopaga</i>	<i>Granthivisarpa (Ch. Chi. 11)</i> <i>Shotha (Ch. Chi. 17)</i> <i>Ashmari (Su. Ni. 3)</i> <i>ShwaasKaas (A. H. Chi. 3)</i> <i>Shuklaroga (A. H)</i>
7.	<i>Kuvala</i>	<i>Rasa- Madhur</i> <i>Vipaka- Madhur</i> <i>Virya – Sheetra</i>	<i>Sara</i> <i>Trutshamana</i> <i>Deepana</i> <i>Laghu (Su.)</i> <i>Hrudya</i> <i>Hikkanigrahana</i> <i>Shramaprashtamana</i> <i>m</i>	<i>Virechanopaga</i> <i>Swedopaga</i>	<i>Bhasma (Vangasen)</i>

8.	<i>Badar</i>	Rasa-Madhur Vipaka-Madhur Virya – Sheeta	<i>Snigdha</i> <i>Bhedana</i> <i>Kaphavataghnapitte</i> <i>navirudhyate (Ch.)</i> <i>Sara</i> <i>Trutshamana</i> <i>Deepana</i> <i>Laghu (Su.)</i> <i>Hrudya</i> <i>Hikkanigrahana</i> <i>Shramaprashtamana</i> <i>m</i>	<i>Virechanopaga</i> <i>Swedopaga</i> <i>Udardaprasham</i> <i>an</i>	<i>Arsha (Ch. Chi. 9/8)</i> <i>Atisaar (Ch. Chi.</i> <i>10/34) (Su. U. 40)</i> <i>Madaatyayajadda</i> <i>aha (Ch. Chi.</i> <i>12/158)</i> <i>Swarabheda&Kaas</i> <i>(Ch. Chi.22/179)</i> <i>Pliha (A.H. Chi. 15)</i> <i>Pravahika (B.P.)</i>
9.	<i>Karkan dhu</i>	Rasa-Madhur Vipaka-Madhur Virya – Sheeta	<i>Pittashleshmaprakopini (Ch.)</i> <i>Sara</i> <i>Trutshamana</i> <i>Deepana</i> <i>Laghu (Su.)</i>	<i>Virechanopaga</i>	<i>Pradara (shodhal)</i>
10.	<i>Pilu</i>	Rasa- katu, kashaya, madhur Vipaka – katu Virya – ushna	<i>Laghu</i> <i>Snigdha</i> <i>Tikshna</i> <i>Vishaghna</i> <i>Jwaraghna</i>	<i>Virechanopaga</i> <i>(Ch.)</i> <i>Shirovirechanagana (Ch.&Su.)</i> <i>Jwarahara (Ch.)</i> <i>Katuskandha</i> <i>(Ch.)</i>	<i>Madatyayajapipasa</i> <i>(Ch. Chi. 12)</i> <i>Aanaha (Ch. Chi.</i> <i>18)</i> <i>Gulma (Su. U. 42)</i> <i>Arsha (A. H. Chi. 8)</i>

Mechanism of action of virechanopaga gana medicines:

The mode of action of *virechaka* drugs is almost the same because they have more or less the same properties. The *Virechana* drug spread throughout the body of cellular level due to its pharmacological properties. *Virechanadrugs* consist of *Ushna*, *Teekshna*, *Sukshma*, *Vyavayee*, *Vikashi* properties and *AdhobhagaharPrabhava*.

- *Virechandravya* when administered get absorbed by its *Veerya*. It reaches to *Hridaya* and *DashaDhamani* and then it reaches to *sukshmatisukshmasrota* i.e. Micro and macro channels of the body.

• *Ushna Guna* has *Agneya* property which leads to the *vishyandana* i.e. liquification of the *doshasanghata*. This

facilitates movement of morbid *Doshas* towards *Kostha*.

- *Teekshna Guna* leads to the breakage of *mala* and *doshas* in micro form that helps in quick excretion. *Pranava bhava* of *Sukshma Guna* opens micro channels and makes the movement of *Doshas* towards *Kostha*.
- *Vyavayee Guna* helps these drugs to spread quickly throughout the body and starts their action before its digestion.
- *Vikashi Guna* leads to loosening of the bond between *Dosha* and *Dhatu* causing *Dhatu Shaithilya*.
- From all these properties *Doshas* are driven to *Kostha*.

These drugs consist of *Prithvi* and *Jala Mahabhootas* which are heavy in nature

and *adhobhagahar prabhav* which helps in expulsion of *Dosha* from *Adhobhaga*(anal route)⁹.

Dominance of properties of *virechanopagaganamedicines*:

Table no. 3: - Dominant properties of *virechanopaga* drugs

Sr. no.	Chief property	Properties	% of drugs havng these properties
1.	<i>Rasa</i>	<i>Madhur rasa</i>	80
2.		<i>Kashaya rasa</i>	50
3.		<i>Amla rasa</i>	30
4.		<i>Katu rasa</i>	20
5.	<i>Viapka</i>	<i>Madhur vipaka</i>	80
6.		<i>Amla vipaka</i>	10
7.		<i>Katuvipaka</i>	20
8.	<i>Veerya</i>	<i>Ushnaveerya</i>	40
9.		<i>Sheetaveerya</i>	60

The action of *dravyas* or drug is mainly based on the *gunas* it contains. Drugs given in *Virechanopaga Dashemani*, more commonly have the properties of *Madhur rasa* with *Madhur vipaka* and *sheetavirya*. *Rasas* of *Virechanopaga Dravyas* are chiefly *Madhura*, *Kashaya* and *Amla Rasa*. Hence, they show the dominance of *Prithvi* and *Jalamahabhutas*.

Acharya Charak has mentioned predominance of *Prithavi* and *Jala mahabhuta* drugs for *Virechana Karma*¹⁰. Hence, when thinking about

virechanopaga dashemani most of the drugs have the properties same as *virechana* drugs, but as said before the chief drugs which carry out the procedure of *virechana* are said to be *virechakadravyas* but these *virechanopaga* are not the chief one.

Hence *virechanopaga* are the medicines which help the chief or main *virechakadravyas* to carry out the procedure of *virechana*.

***Virechanopaga* medicines used by other Acharyas: -**

Table no. 4: - *Virechanopaga* drugs according to other Ayurvedaacharyas

Charak	<i>Mulini¹¹</i> Novirechan opagamenti oned	<i>Phalini¹¹</i> : - <i>Abhaya.</i>	<i>Ksheera¹¹</i> : - Novirechan opagamenti oned	<i>Pakwashy agata</i> <i>dosh</i> <i>nirharana</i> <i>rthavirech ana</i> <i>Dravyas¹²</i> : - <i>Triphala</i> <i>Pilu</i> <i>Draksha</i>	<i>Virechan Opaga¹³</i> : - <i>Draksha</i> <i>Kashmarya</i> <i>Parushaka</i> <i>Abhaya</i> <i>Amalaka</i> <i>Bibhitaka</i> <i>Kuvala</i> <i>Badara</i> <i>Karkandhu</i> <i>Pilu</i>	<i>Virechana Dravyas</i> <i>Angraha¹⁴</i> <i>Pilu</i> <i>Draksha</i> <i>Gambhari</i> <i>Phaalsaa</i> <i>Badar</i> <i>Amalaki</i> <i>Haritaki</i> <i>Bibhitak</i>
<i>Sushru ta¹⁵</i>	<i>Haritaki</i> <i>Bibhitaki</i> <i>Amalaki</i> ,		<i>Sangraha¹⁶</i>	<i>Triphala</i> <i>Pilu</i> <i>Kuvala</i>	<i>Hrudaya¹⁷</i>	<i>Triphala</i>

				<i>Badara</i> <i>Karkandhu</i> <i>Kashmary</i> <i>Parushaka</i> <i>Draksha</i>		
<i>Sharan gdhara</i> ^{18,19}	<i>deepanapac hanadhyaya</i> Novirechan opagamenti oned	<i>Draksha</i>	<i>Draksha</i> <i>Triphala</i>	<i>Varsha</i> <i>rutu-</i> <i>Draksha</i> <i>Sharad-</i> <i>Draksha</i>	<i>Hemantaru</i> <i>tu-</i> <i>Shishir-</i> <i>Grishma-</i> <i>Sravarutu</i> <i>N</i> <i>o</i> <i>virechanop agamenti oned</i>	<i>Virehanaka lpa :-</i> <i>Triphala</i>
<i>Yogartnakar</i> ²⁰	<i>Rechana</i> <i>Triphala</i>	<i>Varsha:</i> <i>& Sharad: -</i> <i>Draksha</i> <i>Shishir</i> <i>& Vasanta,</i> <i>d</i>	<i>Grishma-</i> <i>no</i> <i>virechanopa</i> <i>ga</i> <i>explained</i>	<i>Vataprak</i> <i>opa- no</i> <i>virechanopa</i> <i>ga</i> <i>explained</i>	<i>Pittaprakop</i> <i>a- Draksha</i> <i>Kaphaprak</i> <i>opa-</i> <i>Triphala</i>	<i>Sukhakara</i> <i>Virecha</i> <i>na –</i> <i>Abhaya</i> <i>Sukhakara</i> <i>Virechana-</i> <i>Triphala</i>
<i>Vangas ena</i> ²¹	<i>15-16</i> <i>Haritaki</i>	<i>19-20</i> <i>Kaphaprak</i> <i>opa-</i> <i>Triphala</i>	<i>23-</i> <i>Triphala</i>	<i>25-26-</i> <i>Haritaki</i> <i>27-</i> <i>Haritaki</i>	<i>Varsha&Sh</i> <i>arad-</i> <i>Draksha</i> <i>Grishma&</i> <i>Sarvarutu-</i> <i>Novirechan</i> <i>opagamenti oned</i>	<i>Aishvaryav</i> <i>anamanush</i> <i>ya-</i> <i>Novirechan</i> <i>opagamenti oned</i>
<i>Chakra datta</i> ²²	<i>3-8</i> <i>Sukumar-</i> <i>Novirechan</i> <i>opagamenti oned</i>	<i>Uttam</i> <i>Novirechan</i> <i>opagamenti oned</i>	<i>Pittarogi-</i> <i>Novirechan</i> <i>opagamenti oned</i>	<i>Kapharog</i> <i>a-</i> <i>Haritak</i>		

Table no. 5: - Use of virechanopagagana medicines in all over the text as virechana or anuloman or any other laxative form (charaka)

Sr. No.	Name of drug	Use explained	Reference
1.	<i>Draksha</i>	Explained as a virechanartha dravyas in <i>Pakwashayagata dosha</i> for virechana.	Ch.Su.2/10
		As a virechanopaga	Ch.Su.4/13

		As a cause for <i>virechana</i> in <i>mrudukoshtha</i>	Ch. Su. 13/67
		In <i>mrudukoshtha</i> for <i>virechana</i> in <i>pittajagulma</i>	Ch. Chi. 5/130
		For <i>vibandha</i> as a content of <i>ashtashataarishta</i>	Ch. Chi. 12/32-33
		<i>Anulomanartha</i> in <i>pittaja chhardi</i>	Ch. Chi. 20/26
		<i>Doshanulomana</i> in <i>pittaja madatyaya</i>	Ch. Chi. 24/126
		<i>Virechana</i> in <i>pittajamutrakruchcha</i>	Ch. Chi. 26/49
		<i>Virechana</i> in <i>pittajahrudroga</i>	Ch. Chi. 26/90
		For <i>virechana</i> in <i>Kashmaryadin kwath</i>	Ch. Chi. 29/85
		As an <i>anupana</i> for <i>Varsha rutukaalin virechana</i>	Ch. K. 7/56
		For <i>virechana</i> in <i>pandurogahara kwatha</i>	Ch. K. 12/30
		For <i>doshanulomana</i> in <i>gudadaaha</i> due to <i>basti</i>	Ch. Si. 8/16
2.	<i>Kashmarya</i>	As a <i>virechanopaga</i>	Ch. Su. 4/13
		For <i>virechana</i> in <i>Kashmaryadi kwath</i>	Ch. Chi. 29/85
3.	<i>Parushaka</i>	As a <i>virechanopaga</i>	Ch. Su. 4/13
		<i>Virechana</i> in <i>pittajahrudroga</i>	Ch. Chi. 26/90
4.	<i>Abhaya</i>	As a <i>virechanopaga</i>	Ch. Su. 4/13
		As a content of <i>vatanulomani yavaagu</i>	Ch. Su. 2/29
		<i>Anulomarth</i> in <i>chhardi</i>	Ch. Chi. 20/21
		In <i>virechanayoga</i> for <i>yoni dosh</i>	Ch. Chi. 30/253-255
5.	<i>Amalaki</i>	As a <i>virechanopaga</i>	Ch. Su. 4/13
		<i>Bhedana</i>	Ch. Su. 26/50
		For <i>vibaddhavarchapippali</i> and <i>amalaki siddha yavagu</i>	Ch. Chi. 3/184
		<i>Vatanulomana</i> as <i>triphala</i>	Ch. Chi. 3/208-209
		For <i>virechana</i> in <i>kushtha</i> as <i>triphala</i>	Ch. Chi. 7/44
		For <i>virechana</i> in <i>visarpajajwara</i> as <i>triphala</i>	Ch. Chi. 21/66
		In <i>virechanayoga</i> for <i>yonidosh</i> as <i>triphala</i>	Ch. Chi. 30/253-255
6.	<i>Bibhitaki</i>	As a <i>virechanopaga</i>	Ch. Su. 4/13
		<i>Vatanulomana</i> as <i>triphala</i>	Ch. Chi. 3/208-209
		For <i>virechana</i> in <i>kushtha</i> as <i>triphala</i>	Ch. Chi. 7/44
		For <i>virechana</i> in <i>visarpajajwara</i> as <i>triphala</i>	Ch. Chi. 21/66
		In <i>virechanayoga</i> for <i>yonidosh</i> as <i>triphala</i>	Ch. Chi. 30/253-255
7.	<i>Kuvala</i>	As a <i>virechanopaga</i>	Ch. Su. 4/13
8.	<i>Badar</i>	As a <i>virechanopaga</i>	Ch. Su. 4/13
		<i>Bhedana</i>	Ch. Su. 27/141
9.	<i>Karkandhu</i>	As a <i>virechanopaga</i>	Ch. Su. 4/13
10.	<i>Pilu</i>	As a <i>virechanopaga</i>	Ch. Su. 4/13
		Explained as a <i>virechanarthadravyas</i> in	Ch. Su. 2/10

		<i>Pakwashayagata dosha for virechana.</i>	
		As a cause for <i>virechana</i> in <i>mrudukoshtha</i>	Ch. Su. 13/67
		<i>Pilu siddha ghrita</i> as <i>bhedana</i>	Ch. Chi.13/145
		As <i>anulomana</i> in <i>udavarta</i>	Ch.chi. 17/87

Table no. 6: - Use of virechanopaga in kalpasthana:

S r. N o.	<i>Yoga Name</i>	Contents of <i>Yoga</i> with <i>matra</i>	<i>Virecha nopaga</i> used	Form of usage of <i>virecha nopaga</i>	<i>Phalashruti</i>	Refe renc e
1.	<i>Trivruta</i>	<i>Trivrutamula kalka 1 karsha + Triphalakwatha</i>	<i>Amalaki Haritaki Bibhitaki</i>	<i>Kwatha</i>	<i>Sukhavirechaka, useful in sukumar, Bala, vruddha and mrudukoshtha</i>	Chi Ka. 7/13
2.	<i>Trivruta</i>	$\frac{1}{2}$ <i>bhagaTrivruta + 1 bhagaHaritaki + Gomutra</i>	<i>Haritaki</i>	<i>Churna</i>	<i>Sukhavirechaka, useful in sukumar, Bala, vruddha and mrudukoshtha</i>	Chi Ka. 7/15
3.	<i>Trivruta</i>	<i>Trivruta moola churna 1 bhaga Kashmaryaphal a rasa $\frac{1}{2}$ bhaga</i>	<i>Kashmar ya</i>	<i>Phalara sa</i>	<i>Virechanakarak</i>	Chi Ka. 7/20
4.	<i>Trivruta</i>	<i>Trivruta moola churna 1 bhaga Draksha rasa $\frac{1}{2}$ bhaga</i>	<i>Draksha</i>	<i>Rasa</i>	<i>Virechanakarak</i>	Chi Ka. 7/20
5.	<i>Trivruta</i>	<i>Trivruta moola churna 1 bhaga Pilu rasa $\frac{1}{2}$ bhaga</i>	<i>Pilu</i>	<i>Rasa</i>	<i>Virechanakarak</i>	Chi Ka. 7/20
6.	<i>Trivruta (Avaleha)</i>	<i>Ikshurasa – 1 kudava Draksharasa - 1 kudava Pilu rasa - 1 kudava Parushaka rasa - 1 kudava Sita – 1 pala Madhu – 1 kudava Trivrutachurna – $\frac{1}{2}$ kudava</i>	<i>Draksha Pilu Parusha ka</i>	<i>Rasa</i>	<i>Useful in sukumara, aggravated pitta dosha.</i>	Chi Ka. 7/26 – 27

7.	<i>Trivruta Avaleha</i>	<i>Maatulnga rasa – 1 kudava</i> <i>Abhayaswarasa – 1 kudava</i> <i>AmalakiSwaras a – 1 kudava</i> <i>Shriparniswaras a – 1 kudava</i> <i>Kola swarasa – 1 kudava</i> <i>Daadimaswaras a – 1 kudava</i> <i>Sahakaarphalac hurna</i> <i>Kapittamajjach urna</i> <i>Amal phalachurna</i> <i>Trivrutachurna</i> <i>Twakachurna</i> <i>Nagakesharchur na</i> <i>Ela churna</i> <i>Madhu</i>	<i>Abhaya</i> <i>Amalaki</i> <i>Kola</i> <i>Badar</i>	<i>Swarasa</i>	<i>Sampannavyaktiwit hkaphapurnasharir</i>	<i>Chi Ka.</i> <i>7/30-31-32</i>
8.	<i>Virechana karaka modaka</i>	<i>Sharkara</i> <i>Triphala</i> <i>Shyama trivrta</i> <i>Pippali</i> <i>Madhu</i>	<i>Amalaki</i> <i>Haritaki</i> <i>Bbhitaki</i>	<i>Churna</i>	<i>Sannipatikajwara</i> <i>Urdhvagaraktapitta</i> <i>Samanyajwara.</i>	<i>Chi Ka.</i> <i>7/36</i>
9.	<i>Trivrutamodaka</i>	<i>Trivrutachurna – 3 shaana</i> <i>Triphalachurna – 3 shana</i> <i>Vidanga – 1 shaana</i> <i>Pippali - 1 shana</i> <i>Yavakshara - 1 shana</i> <i>Ghruta, Madhu</i>	<i>Amalaki</i> <i>Haritaki</i> <i>Bibhitaki</i>	<i>Churna</i>	<i>Gulma, Pleeha</i> <i>Udara, Shwaas</i> <i>Halimaka,</i> <i>Arochaka</i> <i>Kaphavatajanyavya adhi.</i>	<i>Chi Ka.</i> <i>7/37</i>
10.	<i>Kalyanakaguda</i>	<i>Vidangachurna – 1 karsha</i> <i>Pippalimulachu</i>	<i>Amalaki</i>	<i>Swarasa</i>	<i>Mandagni, Jwar</i> <i>Muurcha,</i> <i>Mutrakruchcha</i>	<i>Ch. Ka.</i> <i>7/40-</i>

		<i>rna – 1 karsha</i> <i>Triphalachurna – 1 karsha</i> <i>Dhanyakachurna – 1 karsha</i> <i>Chitrakchurna – 1 karsha</i> <i>Marichchurna – 1 karsha</i> <i>Indrayavachurna – 1 karsha</i> <i>Ajaajichurna – 1 karsha</i> <i>Gajapippalichurna – 1 karsha</i> <i>Panchalavana – 1 karsha</i> <i>Ajamodachurna – 1 karsha</i> <i>Tilataila – 8 pala</i> <i>Shvetatrivruta – 8 pala</i> <i>Amalakiswarasa – 3 prastha</i> <i>Guda – ½ tula</i>		<i>Arochaka, Anidra</i> <i>Gaatrashoola</i> <i>Kaas, Shwaas</i> <i>Bhrama, Kshaya</i> <i>Kushtha, Prameha</i> <i>Gulma, Udara</i> <i>Bhagandara</i> <i>Grahani</i> <i>Paandu.</i>	45	
1.	Vyoshaadigutika	<i>Vyoshachurana – 1 bhaga</i> <i>Twakachurana – 1 bhaga</i> <i>Patra churana – 1 bhaga</i> <i>Mustachurana – 1 bhaga</i> <i>Ela churana – 1 bhaga</i> <i>Vidangachurana – 1 bhaga</i> <i>Amalakichurana – 1 bhaga</i> <i>Abhayachurana – 1 bhaga</i> <i>Dantimulachura</i>	<i>Amalaki</i> <i>Abhaya</i>	<i>Churna</i>	<i>Mutrakruchcha</i> <i>Jwar</i> <i>Vamana</i> <i>Kaas</i> <i>Shwaas</i> <i>Bhrama</i> <i>Kshaya</i> <i>Jwara</i> <i>Paandu</i> <i>Vishavikara</i> <i>Mutravikara</i>	<i>Ch.</i> <i>Ka.</i> <i>7/46-</i> <i>49</i>

		<i>na – 2 bhaga</i> <i>Trivrutamulach</i> <i>urana – 8 bhaga</i> <i>Sharkara – 6</i> <i>bhaga</i>				
1 2.	<i>Pathyaadimodak</i> <i>a</i>	<i>Pathyachurna –</i> <i>2 prasruta</i> <i>Amalakichurna</i> <i>- 2 prasruta</i> <i>Urubakchurna -</i> <i>2 prasruta</i> <i>Trivrutachurna</i> <i>– 1 pala</i>	<i>Amalaki,</i> <i>Haritaki</i>	<i>Churna</i>	<i>Sampanna&</i> <i>Sukumar rugna</i>	<i>Ch.</i> <i>Ka.</i> <i>7/50</i>
1 3.	<i>Trivrutyadimoda</i> <i>ka</i>	<i>Trivrutachurna</i> <i>– 1 karsha</i> <i>Haimavatichurn</i> <i>a – 1 karsha</i> <i>Shyama churna</i> <i>– 1 karsha</i> <i>Nilinichurna – 1</i> <i>karsha</i> <i>Gajapippalichur</i> <i>na – 1 karsha</i> <i>Pippalimulachu</i> <i>rna – 1 karsha</i> <i>Mustachurna –</i> <i>1 karsha</i> <i>Ajamodachurna</i> <i>– 1 karsha</i> <i>Duralabhabachur</i> <i>na – 1 karsha</i> <i>Shunthichurna -</i> <i>1 pala</i> <i>Guda - 20 pala</i> <i>Ghrutabharjana</i> <i>with hinga,</i> <i>sauvarchalalava</i> <i>na, vyosha,</i> <i>yavani,</i> <i>vidalavana,</i> <i>jeera, vacha,</i> <i>ajagandha,</i> <i>triphala,</i>	<i>Haritaki</i> <i>Amalaki</i> <i>Bibhitak</i>	<i>Churna</i>	<i>Triksoola</i> <i>Vankshanashoola</i> <i>Hridayashoola</i> <i>Bastishoola</i> <i>Kopshthashoola</i> <i>Arsha</i> <i>Pleeha</i> <i>Hikka</i> <i>Kaas</i> <i>Shwaas</i> <i>Aruchi</i> <i>Kaphavruddhi</i> <i>Udavarta</i>	<i>Ch.</i> <i>Ka.</i> <i>7/52-</i> <i>55</i>

		<i>chavya, chitrak, dhanyak, tumbaru, dadima (churna of each dravya)</i>				
1 4.	<i>Varsha rutuprayojyavirechana yoga</i>	<i>Trivrutachurna – 1 bhaga Indrayavachurna – 1 bhaga Pippalichurna – 1 bhaga Vishvabheshaja churna – 1 bhaga Madhu Draksha rasa</i>	<i>Draksha</i>	<i>Swarasa</i>	<i>Varsha rutu</i>	<i>Ch. Ka. 7/56</i>
1 5.	<i>Sharad rutuprayojyavirechana yoga</i>	<i>Trivrutachurna Duralabhabhachurna Mustachurna Sharkarachurna Udichyachurna Chandana churna Yashtimadhuchurna Sehundachurna Draksha rasa</i>	<i>Draksha</i>	<i>Swarasa</i>	<i>Sharad rutu</i>	<i>Ch. Ka. 7/57</i>
1 6.	<i>Sarvarutuprayojyavirechaniya yoga</i>	<i>Trivrutachurna – 1 bhaga Shyaamachurna – 1 bhaga Duralabhabhachurna – 1 bhaga Vatsakachurna – 1 bhaga Gajapippalichurna – 1 bhaga Nilinichurna – 1 bhaga Triphalachurna – 1 bhaga Mustachurna –</i>	<i>Amalaki Haritaki Bibhitaki</i>	<i>churna</i>	<i>Sarvarutu</i>	<i>Ch. Ka. 7/61-62</i>

		<i>1 bhaga</i> <i>Katukachurna – 1 bhaga</i> <i>Ghruta/ mamsarasa/ ushnajala</i>				
1 7.	<i>Tryushanadyachurna</i>	<i>Tryushanachurna – 1 karsha</i> <i>Triphalachurna – 1 karsha</i> <i>Hinguchurna – 1 karsha</i> <i>Trivrutchurna – 1 pala</i> <i>Sauvarchalalavana - ½ karsha</i> <i>Amlavetasachurna – ½ pala</i>	<i>Amalaki</i> <i>Haritaki</i> <i>Bibhitaki</i>	<i>Churna</i>	<i>Gulma</i> <i>Paarshvashoola</i>	<i>Ch.</i> <i>Ka.</i> 7/63- 64
1 8.	<i>Trivrutaadivirechana yoga</i>	<i>Trivrutachurna – 1 bhaga</i> <i>Triphalachurna – 1 bhaga</i> <i>Dantimulachurna – 1 bhaga</i> <i>Satalachurna – 1 bhaga</i> <i>Vyoshachurna – 1 bhaga</i> <i>Saindhavalavan – 1 bhaga</i> <i>Amalaka swarasa</i> <i>bhavana 7 days</i>	<i>Amalaki</i> <i>Haritaki</i> <i>Bibhitaki</i> <i>Amalaki</i>	<i>Churna</i> <i>Amalaki</i> <i>swarasa as a</i> <i>bhavana</i> <i>dravya</i>	<i>Virechanakarak</i>	<i>Ch.</i> <i>Ka.</i> 7/65
1 9.	<i>Gulmanashakatrivruta yoga</i>	<i>Shyama mula – 1 bhaga</i> <i>Trivrutamula – 1 bhaga</i> <i>Amalaka – 1 bhaga</i> <i>Ghrutasiddhata</i>	<i>Amalaki</i>	<i>Churna</i>	<i>Gulma</i>	<i>Ch.</i> <i>Ka.</i> 7/67- 68
2 0.	<i>Chaturangula (balakartha yoga)</i>	<i>Chaturangulamajja</i> <i>Ddrakshaswras</i>	<i>Draksha</i>	<i>Swarasa</i>	<i>For children</i>	<i>Ch.</i> <i>Ka.</i> 8/8

		<i>a/ kwath</i>				
2 1.	<i>Chaturangula</i>	<i>Chaturangulam ajja 1 prasruta Suramanda – 1 anjali Kola swarasa</i>	<i>Kola</i>	<i>Swarasa</i>	<i>Jwar Hrudroga Vatarakta Udavarta Balakvruddha Kshatayukta (Ch.K.8/5)</i>	<i>Ch. Ka. 8/9- 10</i>
2 2.	<i>Chaturangula</i>	<i>Chaturangulam ajja 1 prasruta Suramanda – 1 anjali Amalakiswarasa</i>	<i>Amalaki</i>	<i>Swarasa</i>	<i>Jwar Hrudroga Vatarakta Udavarta Balakvruddha Kshatayukta (Ch.K.8/5)</i>	<i>Ch. Ka. 8/9- 10</i>
2 3.	<i>Aragvadha siddha ghruta</i>	<i>Aragvadhjamajj a Dugdha Ghruta Amalaka swarasa</i>	<i>Amalaki</i>	<i>Swarasa</i>	<i>Jwar, Hrudroga Vatarakta, Udavarta Balakvruddha Kshatayukta (Ch.K.8/5)</i>	<i>Ch. Ka. 8/9- 13</i>
2 4.	<i>Tilvaka</i>	<i>Tilvakachurna 1 panitalamatra Dadhi – takra- suramanda- gomutra- badaranirmitasi dhu</i>	<i>Badara</i>	<i>Swaras</i>	<i>Virechaka</i>	<i>Ch. Ka. 9/6</i>
2 5.	<i>Tilvaka</i>	<i>Tilvakachurna 1 panitalamatra Amalakiswarasa</i>	<i>Amalaki</i>	<i>Swarasa</i>	<i>Virechaka</i>	<i>Ch. Ka. 9/6</i>
2 6.	<i>TilvakaSauveer</i>	<i>Meshashrungib harada Abhayabharada Pippalibharada Chitrakamulabh arada Samabhagapari maan me kwatha Yavachurna</i>	<i>Abhaya</i>	<i>Kwatha</i>	<i>Virechaka</i>	<i>Ch. Ka. 9/7</i>

		<i>Make sauveer</i>				
2 7.	<i>Lodhraavaleha</i>	<i>Triphalakwatha Ghruta Madhu Phaanit Lodhrachurna Avaleha</i>	<i>Amalaki Haritaki Bibhitaki</i>	<i>Kwatha</i>	<i>Shreshthavirechaka</i>	<i>Ch. Ka. 9/12- 13</i>
2 8.	<i>Snuhiksheerbhav itagudapaanaka</i>	<i>Tryushanachurn a – 1 bhaga Triphalachurna – 1 bhaga Dantichurna – 1 bhaga Chitrakchurna – 1 bhaga Trivrutachurna – 1 bhaga</i>	<i>Amalaki Haritaki Bibhitaki</i>	<i>Churna</i>	<i>Pand, Gulma Udar, Kushtha Dushivisha Shotha, Prameha Unmada, Balvanarugna (Cha. Ka. 10/5)</i>	<i>Cha. Ka. 10/1 4</i>
2 9.	<i>Snui</i>	<i>Snuhiksheerkalk a Amalaka swarasa</i>	<i>Amalaki</i>	<i>Swarasa</i>	<i>Pandu, Gulma Udar, Kushtha Dushivisha, Shotha Prameha, Unmada Balvanarugna (Cha. Ka. 10/5)</i>	<i>Cha. Ka. 10/2 0</i>
3 0.	<i>Saptala&Shankh ini</i>	<i>Saptala Yavatikta Suramanda Saindhavalavan a Piiluswarasa</i>	<i>Pilu</i>	<i>Swarasa</i>	<i>Hridayaroga Kaphavatajagulma</i>	<i>Ch. Ka. 11/7</i>
3 1.	<i>Saptala&Shankh ini</i>	<i>Saptala Yavatikta Suramanda Saindhavalavan a karkandhuswar asa</i>	<i>Karkand hu</i>	<i>Swarasa</i>	<i>Hridayaroga Kaphavatajagulma</i>	<i>Ch. Ka. 11/7</i>
3 2.	<i>Saptala&Shankh ini</i>	<i>Saptala Yavatikta Suramanda Saindhavalavan</i>	<i>Kola</i>	<i>Swarasa</i>	<i>Hridayaroga Kaphavatajagulma</i>	<i>Ch. Ka. 11/7</i>

		<i>a</i> <i>Kola swarasa</i>				
3 3.	<i>Saptala&Shankh ini</i>	<i>Saptala Yavatikta Suramanda Saindhavalavan a drakshaswarasa</i>	<i>Draksha</i>	<i>Swarasa</i>	<i>Hridayaroga Kaphavatajagulma</i>	<i>Ch. Ka. 11/7</i>
3 4.	<i>Saptala&Shankh ini</i>	<i>Saptala Yavatikta Suramanda Saindhavalavan a Badarswarasa</i>	<i>Badar</i>	<i>Swarasa</i>	<i>Hridayaroga Kaphavatajagulma</i>	<i>Ch. Ka. 11/7</i>
3 5.	<i>Saptala&Shankh ini</i>	<i>Saptala Yavatikta Suramanda Saindhavalavan a Parushakaswar asa</i>	<i>Parusha ka</i>	<i>Swarasa</i>	<i>Hridayaroga Kaphavatajagulma</i>	<i>Ch. Ka. 11/7</i>
3 6.	<i>Saptalashankhini ghruta yoga</i>	<i>Saptalakalka Shankhinikalka Amalaka kwatha</i>	<i>Amalaki</i>	<i>Kwatha</i>	<i>Gulma, Krutrimvisha Hrudaroga, Kushtha Shoth, Udara</i>	<i>Ch. Ka. 11/1 2-16</i>
3 7.	<i>Saptala&Shankh ini</i>	<i>Laghupancham ulakalkadugdha SaptalaShankhi nikalka - 1 bhaga Trivruta - 1/2 bhaga With haritakikwatha</i>	<i>Haritaki</i>	<i>Kwath</i>	<i>Virechana</i>	<i>CH. K.11/ 9-11</i>
3 8.	<i>Dantidravanti yoga</i>	<i>Dantidravantim ulakalka – 1 aksha Kola swarasanirmitsi dhu</i>	<i>Kola</i>	<i>Swarasa</i>	<i>Gulma Udar</i>	<i>Ch. Ka. 12/7- 8</i>

3 9.	<i>Dantidravanti</i> <i>yoga</i>	<i>Dantidravantim</i> <i>ulakalka – 1</i> <i>aksha</i> <i>Badarswarasani</i> <i>rmitsidhu</i>	<i>Badar</i>	<i>Swarasa</i>	<i>Gulma</i> <i>Udar</i>	<i>Ch.</i> <i>Ka.</i> <i>12/7-8</i>
4 0.	<i>Dantidravanti</i> <i>yoga</i>	<i>Dantidravantim</i> <i>ulakalka – 1</i> <i>aksha</i> <i>Piluswarasanimir</i> <i>mitsidhu</i>	<i>Pilu</i>	<i>Swarasa</i>	<i>Gulma</i> <i>Udar</i>	<i>Ch.</i> <i>Ka.</i> <i>12/7-8</i>
4 1.	<i>DantidravantiAv</i> <i>aleha</i>	<i>Danti & dravanti</i> <i>mula</i> <i>Amalakikwatha</i> <i>Phaanita- 2</i> <i>bhaga</i> <i>Ghruta</i> <i>Shyama kalka –</i> <i>1 bhaga</i> <i>Trivrutkalka – 1</i> <i>bhaga</i> <i>Chaturangulaka</i> <i>lka – 1 bhaga</i> <i>Tilvakkalka – 1</i> <i>bhaga</i> <i>Snuhikalka – 1</i> <i>bhaga</i> <i>Saptalashankhin</i> <i>ikalka – 1</i> <i>bhaga</i>	<i>Amalaki</i>	<i>Kwatha</i>	<i>Vatajatrushna</i> <i>Pittajajwar</i>	<i>Ch.</i> <i>Ka.</i> <i>12/12</i>
4 2.	<i>DantidravantiAv</i> <i>aleha</i>	<i>Danti and</i> <i>dravantikalka</i> <i>Bibhitakaswara</i> <i>sa</i>	<i>Bibhitak</i> <i>a</i>	<i>Swarasa</i>	<i>Virechana</i>	<i>Ch.</i> <i>Ka.</i> <i>12/15</i>
4 3.	<i>Dantimulakwath</i> <i>a for panduroga</i>	<i>Dantimula 2</i> <i>pala</i> <i>Draksha ½</i> <i>prastha</i> <i>Kwatha</i>	<i>Draksha</i>	<i>Kwatha</i>	<i>Pittajakaasa</i> <i>Pandu roga</i>	<i>Ch.</i> <i>Ka.</i> <i>12/30</i>

Looking towards the formulations given in *kalpasthana* it is observed that *Amalaki* is the most frequently used drug for *virechana* process as an *anupana* or with the main formulations as a

content. *Amalaki* is *Amla*, *Kashaya*, *madhur* in taste with *amlavipaka* and *shetavirya*. It is also described as *bhedana*, *vibandhanashana* & is also a *rasayana*. It has *Prithvi* and *Jala Mahabhutadhiikya*

according to its properties. Hence, may be due to these properties it is the most used drugs and also palatable and *ruchikara* as stated above, which makes it easier to use. *Amalaki* is suggested for the maximum times i.e. 21 followed by *Haritaki* and *Bibhitaki*. *Draksha* is used for only 7 times in *kalpasthana* which in today's era is the most commonly used drug.

How to use virechanopaga dravyas practically

As suggested in *vamana* procedure, for better outcome of *vamana*, *vamanopaga*

medicines are administered with *vamaka* medicine, till the expulsion of *pitta*²³. The similar way may be used for the *virechanopaga* medicines during *virechana* procedure for better outcome. They may be administered during the whole day of *virechana* as per necessity.

Various *kalpanas*(Formulations/ way of preparations) used of *Virechanopagadravyas*:-

The most used formulation of *Virechanopaga* medicines given in *Kalpasthana* is *swarasa*

Table no. 7: - Various nos. of formulations of *Virechanopaga*

<i>Virechanopaga</i> drug	<i>Swarasa</i>	<i>Churna</i>	<i>Kwatha</i>
<i>Draksha</i>	6	-	1
<i>Kashmarya</i>	1	-	-
<i>Parushaka</i>	2	-	-
<i>Abhaya(Haritaki)</i>	1 (-)	1 (9)	1 (3)
<i>Amalaki</i>	7	10	4
<i>Bibhitaki</i>	1	2	7
<i>Kuvala</i>	-	-	-
<i>Badara + Kola</i>	8	-	-
<i>Karkandhu</i>	1	-	-
<i>Pilu</i>	3	-	-

DISCUSSION: *Virechana* is one of the karmas in pentad of panchakarma which is most commonly practiced as it has fewer complications comparatively. Various research works has been done over *Virechana karma* in context of its standardization, its utility in various diseases, mode of action, various *kalpas* and drugs of *virechana* etc. But the drugs from 4th chapter of Charak *Sutrasthana* called as *virechanopagas* has been neglected in terms of research. Hence, this study helps us reveal the properties, use and formulations of *virechanopaga* drugs. *Upaga gana* medicines enhance the action of their respective chief drugs. *Virechanopaga* medicines may help the chief drugs in carrying out the procedures

more efficiently. The mode of action of *virechana* drugs is already specified. One has to understand the action on *virechanopaga* according to their properties. The dominance of *madhura rasa*, *madhura vipaka* & *sheeta virya* with *Prithvi* and *Jala Mahabhutadhidhikya* can be observed. It shows that these medicines have the natural tendency towards the downwared direction.

Virechanopaga medicines might have the action at *Mahasrotas* level only. *Virechaka* drugs act throughout the body due to their *vyavayi* and *vikasi* action. *Virechanopaga* drugs might help in propelling *doshas* and *malas* towards downward direction once they are brought into the *mahasrotasa* or *koshtha* by *virechaka* drugs. They act more

locally than all over the body. They might be helping to hold the body strength with their *sheeta veerya* against strong penetrating and hot properties of *virechaka* drugs. They help in continuing the action of *virechaka* drugs once started by regularly removing the *doshas* in controlled manner. They might be helping in reducing the discomfort created by *virechaka* drugs.

The formulation *swarasa* is used at maximum times which needs good digestive power for the action as it is considered as *guru* amongst all the 5 *kalpanas*. The use of this specific formulation in compare to *churna* and *kwatha* also indicate the dominance of *pruthvi* and *apa mahabhutas*.

CONCLUSION:

Virechanopaga dravyas act according to the properties they have, which assist those of *virechaka dravyas*. The dominant properties of *virechanopaga* are *Madhur rasa*, *Madhur vipaka* and *sheeta virya*. It shows the dominance of *apa* and *pruthvi* mahabhuta which help or assess the action or function of the *Virechaka* drugs. When *kalpas* from *Kalpasthana* are studied, *Virechanopaga* medicines are used with various *virechaka* drugs as supportive medicines. *Amalaki* was the most used *Virechanopaga dravya*. It is also observed that *virechanopaga* medicines are used in *swarasa* medium more frequently.

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