

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

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

| | | | | | |
|---------|---------------|--|---|---|---|
| 8. | Badar | Rasa- Madhur Vipaka- Madhur Virya – Sheeta | Snigdha Bhedana Kaphavatagnapitte navirudhyate (Ch.) Sara Trutshamana Deepana Laghu (Su.) Hrudya Hikkanigrahana Shramaprashamana m | Virechanopaga Swedopaga Udardaprasham an | Arsha (Ch. Chi. 9/8) Atisaar (Ch. Chi. 10/34) (Su. U. 40) Madaatyayajadda aha (Ch. Chi. 12/158) Swarabheda&Kaas (Ch. Chi.22/179) Pliha (A.H. Chi. 15) Pravahika (B.P.) |
| 9. | Karkan dhu | Rasa- Madhur Vipaka- Madhur Virya – Sheeta | Pittashleshmaprakop ini (Ch.) Sara Trutshamana Deepana Laghu (Su.) | Virechanopaga | Pradara (shodhal) |
| 1 0. | Pilu | Rasa- katu, kashaya, madhur Vipaka – katu Virya – ushna | Laghu Snigdha Tikshna Vishaghna Jwaraghna | Virechanopaga (Ch.) Shirovirechanag ana (Ch.&Su.) Jwarahara (Ch.) Katuskandha (Ch.) | Madatyayajapipasa (Ch. Chi. 12) Aanaha (Ch. Chi. 18) Gulma (Su. U. 42) Arsha (A. H. Chi. 8) |

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 sukshmasukshmasrota 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. | Rasa | <i>Madhur rasa</i> | 80 |
| 2. | | <i>Kashaya rasa</i> | 50 |
| 3. | | <i>Amla rasa</i> | 30 |
| 4. | | <i>Katu rasa</i> | 20 |
| 5. | Viapka | <i>Madhur vipaka</i> | 80 |
| 6. | | <i>Amla vipaka</i> | 10 |
| 7. | | <i>Katuvipaka</i> | 20 |
| 8. | Veerya | <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>Mulini</i> ¹¹ Novirechan opagamenti oned | <i>Phalini</i> ¹¹ : - <i>Abhaya</i> . | <i>Ksheera</i> ¹¹ : - Novirechan opagamenti oned | <i>Pakwashy agata dosh nirharana rthavirech ana Dravyas</i> ¹² :- <i>Triphala Pilu Draksha</i> | <i>Virechan Opaga</i> ¹³ : - <i>Draksha Kashmarya Parushaka Abhaya Amalaka Bibhitaka Kuvala Badara Karkandhu Pilu</i> | <i>Virechana Dravyas Angraha</i> ¹⁴ <i>Pilu Draksha Gambhari Phaalsaa Badar Amalaki Haritaki Bibhitak</i> |
|-------------------------------|---|---|---|---|---|---|
| <i>Sushruta</i> ¹⁵ | <i>Haritaki Bibhitaki Amalaki,</i> | | <i>Sangraha</i> ¹⁶ | <i>Triphala Pilu Kuvala</i> | <i>Hrudaya</i> ¹⁷ | <i>Triphala</i> |

| | | | | | | |
|--|--|---|---|--|--|--|
| | | | | <i>Badara</i> <i>Karkandhu</i> <i>Kashmary</i> <i>Parushaka</i> <i>Draksha</i> | | |
| Sharan gdhara ^{18,19} | deepanapac hanadhyaya 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> | Hemantaru tu- Shishir- Grishma- Sravarutu Novirechan opagamenti oned | <i>Virehanaka</i> <i>lpa :-</i> <i>Triphala</i> |
| Yogara tnakar ²⁰ | Rechana <i>Triphala</i> | Varsha: &Sharad: - <i>Draksha</i> Shishir &Vasanta, d | Grishma- no virechanopa ga explained | Vataprak opa- no virechano paga explained | Pittaprakop a- <i>Draksha</i> Kaphaprak opa- <i>Triphala</i> | Sukhakar Virecha na – <i>Abhaya</i> Sukhakar Virechana- <i>Triphala</i> |
| Vangas ena ²¹ | 15-16 <i>Haritaki</i> | 19-20 Kaphaprak opa- <i>Triphala</i> | 23- <i>Triphala</i> | 25-26- <i>Haritaki</i> 27- <i>Haritaki</i> | Varsha&Sh arad- <i>Draksha</i> Grishma& Sarvarutu- Novirechan opagamenti oned | Aishvaryav anamanush ya- Novirechan opagamenti oned |
| Chakra datta ²² | 3-8 Sukumar- Novirechan opagamenti oned | Uttam Novirechan opagamenti oned | Pittarogi- Novirechan opagamenti oned | Kapharog a- <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 <i>virechanartha dravyas</i> in <i>Pakwashayagata dosha</i> for <i>virechana</i> . | Ch.Su.2/10 |
| | | As a <i>virechanopaga</i> | 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> | |
| | <i>As a cause for virechana in mrudukoshtha</i> | Ch. Su. 13/67 |
| | <i>Pilu siddha ghrita as bhedana</i> | Ch. Chi.13/145 |
| | <i>As anulomana in udavarta</i> | Ch.chi. 17/87 |

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

| S r. N o. | Yoga Name | Contents of Yoga with matra | Virecha nopaga used | Form of usage of virecha nopaga | Phalashruti | Refer ence |
|--------------------|-------------------------------|--|--|--|---|--------------------------------------|
| 1. | <i>Trivruta</i> | <i>Trivrutamula kalka 1 karsha + Triphalakhwatha</i> | <i>Amalaki Haritaki Bibhitaki</i> | <i>Kwatha</i> | <i>Sukhavirechaka, useful in sukumar, Bala, vrudha and mrudukoshtha</i> | <i>Chi Ka. 7/13</i> |
| 2. | <i>Trivruta</i> | <i>½ bhaga Trivruta + 1 bhaga Haritaki + Gomutra</i> | <i>Haritaki</i> | <i>Churna</i> | <i>Sukhavirechaka, useful in sukumar, Bala, vrudha and mrudukoshtha</i> | <i>Chi Ka. 7/15</i> |
| 3. | <i>Trivruta</i> | <i>Trivruta moola churna 1 bhaga Kashmaryaphal a rasa ½ bhaga</i> | <i>Kashmar ya</i> | <i>Phalara sa</i> | <i>Virechanakarak</i> | <i>Chi Ka. 7/20</i> |
| 4. | <i>Trivruta</i> | <i>Trivruta moola churna 1 bhaga Draksha rasa ½ bhaga</i> | <i>Draksha</i> | <i>Rasa</i> | <i>Virechanakarak</i> | <i>Chi Ka. 7/20</i> |
| 5. | <i>Trivruta</i> | <i>Trivruta moola churna 1 bhaga Pilu rasa ½ bhaga</i> | <i>Pilu</i> | <i>Rasa</i> | <i>Virechanakarak</i> | <i>Chi Ka. 7/20</i> |
| 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 – ½ kudava</i> | <i>Draksha Pilu Parusha ka</i> | <i>Rasa</i> | <i>Useful insukumara, aggrevated pitta dosha.</i> | <i>Chi Ka. 7/26 – 27</i> |

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

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

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

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| | | <i>chavya, chitrak, dhanyak, tumberu, 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 Duralabhachurna 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 Duralabhachurna – 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> |

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| | | <i>1 bhaga Katukachurna – 1 bhaga Ghruta/ mamsarasa/ ushnajala</i> | | | | |
| 1 7. | <i>Tryushanadyach urna</i> | <i>Tryushanachurna – 1 karsha Triphalachurna – 1 karsha Hinguchurna – 1 karsha Trivrutchurna – 1 pala Sauvarchalalavana - ½ karsha Amlavetasachurna – ½ pala</i> | <i>Amalaki Haritaki Bibhitaki</i> | <i>Churna</i> | <i>Gulma Paarshvashoola</i> | <i>Ch. Ka. 7/63- 64</i> |
| 1 8. | <i>Trivrutaadivirec hana yoga</i> | <i>Trivrutachurna – 1 bhaga Triphalachurna – 1 bhaga Dantimulachurna – 1 bhaga Saatalachurna – 1 bhaga Vyoshachurna – 1 bhaga Saindhavalavana – 1 bhaga Amalaka swarasa bhavana 7 days</i> | <i>Amalaki Haritaki Bibhitaki Amalaki</i> | <i>Churna Amalaki swarasa as a bhavana dravya</i> | <i>Virechanakarak</i> | <i>Ch. Ka. 7/65</i> |
| 1 9. | <i>Gulmanashakatri vruta yoga</i> | <i>Shyama mula – 1 bhaga Trivrutamula – 1 bhaga Amalaka – 1 bhaga Ghrutasiddhata</i> | <i>Amalaki</i> | <i>Churna</i> | <i>Gulma</i> | <i>Ch. Ka. 7/67- 68</i> |
| 2 0. | <i>Chaturangula (balakartha yoga)</i> | <i>Chaturangulam ajja Ddrakshaswras</i> | <i>Draksha</i> | <i>Swarasa</i> | <i>For children</i> | <i>Ch. Ka. 8/8</i> |

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| | | <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> |

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| | | <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>Snuhiksheerbhavitagudapaanaka</i> | <i>Tryushanachurna – 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>Snuhi</i> | <i>Snuhiksheerkalka 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&Shankhini</i> | <i>Saptala Yavatikta Suramanda Saindhavalavana Piiluswarasa</i> | <i>Pilu</i> | <i>Swarasa</i> | <i>Hridayaroga Kaphavatajagulma</i> | <i>Ch. Ka. 11/7</i> |
| 3 1. | <i>Saptala&Shankhini</i> | <i>Saptala Yavatikta Suramanda Saindhavalavana karkandhuswarasa</i> | <i>Karkandhu</i> | <i>Swarasa</i> | <i>Hridayaroga Kaphavatajagulma</i> | <i>Ch. Ka. 11/7</i> |
| 3 2. | <i>Saptala&Shankhini</i> | <i>Saptala Yavatikta Suramanda Saindhavalavana</i> | <i>Kola</i> | <i>Swarasa</i> | <i>Hridayaroga Kaphavatajagulma</i> | <i>Ch. Ka. 11/7</i> |

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| | | <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 - ½ 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> |

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| 3 9. | <i>Dantidravanti yoga</i> | <i>Dantidravantim ulakalka – 1 aksha Badarswarasani rmitsidhu</i> | <i>Badar</i> | <i>Swarasa</i> | <i>Gulma Udar</i> | <i>Ch. Ka. 12/7- 8</i> |
| 4 0. | <i>Dantidravanti yoga</i> | <i>Dantidravantim ulakalka – 1 aksha Piluswarasanir mitsidhu</i> | <i>Pilu</i> | <i>Swarasa</i> | <i>Gulma Udar</i> | <i>Ch. Ka. 12/7- 8</i> |
| 4 1. | <i>DantidravantiAv aleha</i> | <i>Danti&dravanti mula Amalakikwatha Phaanita- 2 bhaga Ghruta Shyama kalka – 1 bhaga Trivrutkalka – 1 bhaga Chaturangulaka lka – 1 bhaga Tilvakkalka – 1 bhaga Snuhikalka – 1 bhaga Saptalashankhin ikalka – 1 bhaga</i> | <i>Amalaki</i> | <i>Kwatha</i> | <i>Vatajatrushna Pittajajwar</i> | <i>Ch. Ka. 12/1 2</i> |
| 4 2. | <i>DantidravantiAv aleha</i> | <i>Danti and dravantikalka Bibhitakaswara sa</i> | <i>Bibhitak a</i> | <i>Swarasa</i> | <i>Virechana</i> | <i>Ch. Ka. 12/1 5</i> |
| 4 3. | <i>Dantimulakwath a for panduroga</i> | <i>Dantimula 2 pala Draksha ½ prastha Kwatha</i> | <i>Draksha</i> | <i>Kwatha</i> | <i>Pittajakaasa Panduroga</i> | <i>Ch. Ka. 12/3 0</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 Mahabhutadhikya*

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 drug</i> | <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 Mahabhutadhikya* can be observed. It shows that these medicines have the natural tendency towards the downward 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 *Kalpasthanas* 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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