

## **Virechana: Purgation**

by Vasant Lad, B.A.M.S., M.A.Sc.

Virechana is the administration of purgative substances for the cleansing of pitta through the lower pathways. During panchakarma, virechana is given 3 days after vamana, or directly if vamana is not indicated for a particular individual. In either case, it is necessary to firstly do 3 days of internal oleation, and preferably both snehana (oleation) and svedana (sweating), which are purva karma. Virechana cleanses blood toxins, the sweat glands, kidneys, stomach, small intestine, colon, liver, spleen, and rakta vaha srotas.

### **General Indications**

Most pittagenic disorders  
Skin diseases  
Chronic fever  
Hemorrhoids (piles)  
Abdominal tumors (gulma)  
Splenomegaly  
Hepatomegaly and Jaundice  
Worms  
Erysipelas  
Gout  
Glaucoma  
Attention Deficit Disorder (ADD)

### **General Contraindications**

Childhood and Old age (over 80)  
Acute fever  
Diarrhea  
Dehydration  
Debility and Weakness  
Emaciation  
Bleeding from rectum or lung cavities Excess snehana or svedana  
Foreign body in the stomach  
Immediately after vamana or basti  
Low agni or indigestion  
Prolapsed rectum  
Severe, chronic constipation with hard stool  
Ulcerative colitis

### **Substances Commonly Used for Virechana**

Triphala  
Castor oil

Senna (Sona mukhi)  
Sat Isabgol (Psyllium Seeds)  
Flaxseeds  
Prunes  
Raisins  
Bran  
Cow's milk  
Cow's milk and 2 tsp ghee  
Aloe Vera  
Bhumi Amalaki  
Black Sesame Seeds  
Salt  
Dandelion root  
Nishottara (Jaipal or Croton seed)  
Yellow Thistle (Suvarnaskshiri)  
Kutki (Hellbore)  
Mango juice