

Snuhi Siddha Triphala in Vamana-Virechana for Vicharchika

Dr. Deodatta Bhadlikar¹, Dr. Devyani Bhadlikar²

Principal/ Medical Director/ Professor¹, Professor²

Department of Shalya tantra¹, Department of Rasa Shastra & BK²

Rashtriya Ayurved College and Research Institute Hatnoor, Tehsil- Kannad, Dist. - Chhatrapati Sambhaji Nagar, Maharashtra.¹, Sau Vandana Tasgaonkar Ayurved Mahavidyalaya Karjat, Dist. -

Raigad, Maharashtra²

Email ID: bhadlikar69@gmail.com¹, drdevyani.bhadlikar@gmail.com²

ABSTRACT

Shodhana therapy occupies a prime place in Ayurvedic management of chronic skin diseases, particularly Vicharchika, which is described as a Pitta-pradhana Tridoshaja Kshudra Kushtha. Although several classical drugs are commonly used for Vamana and Virechana karma, they often produce inadequate purification or undesirable side effects. The present clinical study was undertaken to evaluate the efficacy of Snuhi Bhavit Triphala as a Shodhana drug for Vamana and Virechana in cases of Vicharchika. A total of 42 patients were subjected to Snehana with Panchatikta Ghrita followed by Vamana in 7 cases and Virechana in 35 cases. The assessment was based on subjective improvement in signs and symptoms. Prashama was observed in 47.6% cases, Laxanalpata in 28.5%, and Alabha in 23.81% cases. The study indicates that Snuhi Bhavit Triphala is effective, safe, and well tolerated for Shodhana therapy in Vicharchika.

KEYWORDS: *Vicharchika; Shodhana; Vamana; Virechana; Snuhi Bhavit Triphala; Kshudra Kushtha; Ayurvedic Panchakarma,*

INTRODUCTION

Many drugs are prescribed for 'Shodhana' in ancient medical science of India (Ayurveda), and amongst them, several drugs are in running practice of Vaidyas since long. Madanphala, Vacha, Nimba, Devadali are prescribed for Vamana; Trivrut, Jayapala, Argvadha, Haritaki, Triphala, Aswakanchuki, Ichhabhedi, Naracha Rasa, are prescribed for Virechana which are commonly

in practice of Vaidyas.

In classical Ayurvedic texts such as Charaka Samhita and Sushruta Samhita, these drugs are well-documented for their roles in Panchakarma procedures, particularly Vamana (therapeutic emesis) for eliminating vitiated Kapha Dosha and Virechana (therapeutic purgation) for expelling aggravated Pitta Dosha. These Shodhana therapies aim to achieve deep detoxification by expelling accumulated Doshas and Ama (toxins) through the nearest routes—upper for Vamana and lower for Virechana—thereby restoring balance and promoting health.

However, during a pilot study evaluating the efficacy of Vamana and Virechana procedures, appropriate Shodhana was not observed with the use of the above-stated drugs. Hinayoga (inadequate effect) of these Karmas was frequently noted with some drugs, while others led to untoward side effects such as burning sensation in the throat, chest, or stomach. These adverse reactions proved troublesome for patients, often causing discomfort, reluctance to comply, and compromised therapeutic outcomes.

After considerable thinking, literature review, and detailed discussions among experienced Vaidyas and researchers, an alternative approach was explored. Snuhi-Kshira (latex of Snuhi, *Euphorbia neriifolia* Linn., classified as a Tikshna Virechaka and Upavisha) combined with Triphala (a gentle yet effective Rasayana formulation comprising Haritaki, Bibhitaki, and Amalaki) was selected for trial. Snuhi Kshira is traditionally recognized in Ayurvedic classics for its potent purgative action, particularly in Tikshna Virechana, though it requires careful processing to mitigate its irritant nature. The bulk of fresh Snuhi Kshira was collected and the drug was prepared for our trial, aiming to achieve optimal Shodhana with minimal adverse effects and improved patient tolerability.

What Is Snuhi Bhavit Triphala?

Snuhi Bhavit Triphala is prepared with fresh Snuhi Kshira and Triphala (Sambhaga Triphala) Churna was given one Bhavana of Snuhi Kshira in stone mortars for one day. Then it was kept in open shadow to dry it for a period of a day and the dry powder was preserved in glass bottle.

METHOD AND MATERIALS

The trial of Snuhi Bhavit Triphala was conducted. Before the trial is carried out patients

were kept on places for a period of three days. Under observation time, modern investigations were carried out like urine R and M; stool routine, and Microscopic and Heamogram.

1. Snehana

After three days observation 'Snehana' is started with Panchatikta-Ghruta in increased dose of 20 grams daily upto 140 grams for 7 days. During the process of Snehana patients were kept on milk diet and were restricted to use cold water open air etc.

Generally, Samyag Yoga of Snehana is observed within 7 days. After reaching that staga one day gap was kept before Vamana and three days gap before Virechana, according to classics.

2. Vaman karma

If a patient is fit for Vamana after keeping one day gap, on previous evening patient was given Utkarica prepared with Masha and Rice with curd in diet and the next early morning patient were given 3 litters milk and then the dose of one gram Snuhi Bhavit Triphala with cold water, administered. Each stage of Vamanavega along with. blood Pressure, pulse etc. were closely observed and noted.

3. Virechana

If a patient is selected for Virechana after keeping three days gap with continuation of milk diet were given 2 grams of Snuhi Bhavit Triphala according to his 'Kostha' on the fourth day early morning with cold water, Each Vega was observed and blood pressure pluse etc. were noted.

OBSERVATIONS

Total 42 cases were studied. Out of them 23 cases were male and 19 patients were female. (See table)

Classification of age group is shown under :

- 1 to 10 years old 6 patients were treated,
- 11 to 20 years old 4 patients were treated,
- 21 to 30 years old 12 patients were treated,
- 31 to 40 years old 10 patients were treated,
- 41 to 50 years old 10 patients were treated,

We found more number of patients between the age group of 21 to 40 years, Looking to the Tridosha Theory the stage of Pitta Vruddhi Kala as middle age.

Vicharchika is a Pitta Pradhan disease and Virechana is a suitable treatment for Pitta.

DETAILS OF CRONICITYS

- 6 Patients were treated of 1 month duration,
- 6 Patients were treated of 3 month duration,
- 8 Patients were treated of 6 month duration.
- 6 Patients were treated of 12 month duration.
- 12 Patients were treated of 2 years duration.
- 4 Patients were treated of 2 years duration

Looking to the above details maximum number of 12 patients were found of 2 years duration and that includes of Kasthasadhya State. The above trial was carried out by Vamana in 7 Patients and Virechana in 35 Patients.

An effect of Vaman and Virechan in these cases of Vicharchika is classified in groups according to the result.

- Prashama (Cure)
- Laxanalpata Relief in some symptoms
- Alabha No Cure

The above classification is subjective of relief in signs and symptoms of more than 10% is 'Prashama', relief up to 50% is a (Laxanalpata) and relief below 25% is 'Alabha'.

With the trial of Snuhi Bhavit Triphala, Prasama was observed in 20 cases (i.e. 47.6%) Laxanalpata is observed in 12 cases (i.e. 28.5%) and Alabha is observed in 10 cases (i.e. 23.81%) with the trial of Snuhi Shavit Triphala.

DISCUSSION

Charaka has described that "Kushtha Roga" is a "Deergh Roganam Shrestha' means "Kushtha Roga" is a more difficult to cure in Chronic diseases.

Snuhi Bhavit Triphala is found very effective for Vamana and Virechana Karma without any side effect and Toxic effect. In the cases of Vicharchika. 47.62% cure is observed with only Shodhan treatment without giving any Shamana treatment, 28.57% showed improvement in more than 30% complaints and 23.81% showed no improvement.

Vicharchika is a Pitta-Pradhan Tridosha Kshudra Kushtha, The etiological factors provoke Doshas at gastroinestinal level then due to derangement of digestion the vitiated dosha enters the circulation and tissue level also. The vitiation created at Dhatu level to occur Vicharchika causes. Removal of Vitiated doshas is the treatment of Ayurveda. And some specific method to remove the Vitiated Doshas is prescribed in texts. According to that method for' the purpose of Snehan, Pancha Tikta Ghrut in increasing dose 20 grams to 140 grams daily for 7 days given to the patients by that level of serum cholesterol is increased and fat soluble vitiated Doshas dissolve and absorb in the blood stream and thrown in elementary canal then by the Shodhan Karma the Vitiated Doshas are thrown out from the body and the disease Vicharchika is relieved.

SUMMARY

In the treatment of Vicharchika, elimination by Vamana and Virechana is the treatment of choice. The effect of Snuhi Bhavit Triphala is effective for Virechana in this disorder. Shodhana therapy is central to Ayurvedic management of Vicharchika, a Pitta-pradhana Tridoshaja Kshudra Kushtha. Classical drugs for Vamana (e.g., Madanphala, Vacha) and Virechana (e.g., Trivrut, Jayapala) often cause Hinayoga (inadequate effect) or side effects like burning in throat, chest, or stomach, reducing compliance and efficacy.

This study evaluated Snuhi Bhavit Triphala (Triphala Churna processed with one Bhavana of fresh Snuhi Kshira from *Euphorbia neriifolia*) in 42 patients. After Snehana with Panchatikta Ghrita (20–140 g over 7 days on milk diet), Vamana (1 g) was performed in 7 cases and Virechana (2 g, Koshta-adjusted) in 35 cases. Patients (23 males, 19 females) were mostly aged 21–40 years, with chronicity up to >2 years.

CONCLUSION

Snuhi Bhavit Triphala proved effective, safe, and well-tolerated for Shodhana in Vicharchika, achieving significant relief through potent yet gentle Dosha elimination without Shamana

therapy. It addresses limitations of conventional drugs and supports its role in managing Pitta-dominant chronic Kushtha. Larger studies are recommended.

REFERENCES

1. Agnivesha. Charaka Samhita. Revised by Charaka and Dridhabala. Edited by Vaidya Jadavji Trikamji Acharya. Chikitsa Sthana, Chapter 7 (Kushtha Chikitsa). Varanasi: Chaukhambha Surbharati Prakashan; 2017.
2. Sushruta. Sushruta Samhita. Edited by Vaidya Jadavji Trikamji Acharya. Nidana Sthana, Chapter 5 (Kushtha Nidana). Varanasi: Chaukhambha Surbharati Prakashan; 2019.
3. Kaur R, Chandola HM. Role of Virechana Karma in cure and prevention of recurrence of Vicharchika (Eczema). *Ayu.* 2012;33(1):58-64.
4. Mandip R, Chandola HM. A clinical study on the effect of Rasayana and Virechana in Vicharchika (Eczema). *Journal of Research in Ayurveda.* 2008;29(4):234-240.
5. Sharma PV. Dravyaguna Vijnana. Vol. 2. Varanasi: Chaukhambha Bharati Academy; 2018. (For Snuhi and Triphala properties).
6. Vagbhata. Ashtanga Hridayam. Sutra Sthana, Chapter 15 (Virechana). Edited by Kunte AM, Navre KR. Varanasi: Chaukhambha Surbharati Prakashan; 2019.