MANTECH Publications
Panchakarma: A Journal on Samshodhana and Samshamana
Volume 4, Issue 1, January-June 2026
ISSN: 3108-0928 (Online)

Autophagy Induction via Vamana Karma (Therapeutic Emesis) in Refractory Metabolic Disorders: A Cellular and Neuro-Ayurvedic Mechanistic Synthesis

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ABSTRACT

Refractory metabolic disorders, including Type 2 Diabetes Mellitus, Metabolic Dysfunction-Associated Steatotic Liver Disease (MASLD), and advanced obesity, are characterized at the cellular level by a systemic failure of macroautophagy. This defect leads to the uncontrolled accumulation of dysfunctional mitochondria, misfolded proteins, and ectopic lipid droplets, driving chronic low-grade inflammation and cellular insulin resistance. While mainstream medicine emphasizes ongoing pharmaceutical maintenance, traditional Ayurveda targets the elimination of deep-seated metabolic wastes (Ama and vitiated Kapha-Medas) through Vamana Karma (therapeutic emesis)—the primary bio-purificatory procedure of Panchakarma. This paper provides a comprehensive, multi-disciplinary analysis of Vamana Karma, proposing that its systematic process acts as a powerful non-pharmacological trigger for systemic autophagy induction. By tracing the physiological shifts during the three stages of Vamana—pre-operative lipid loading (Snehapana), acute neuro-endocrine activation, and intense mechanical stress—this framework connects traditional concepts of metabolic clearing (Srotoshodhana) with cellular recycling pathways. We review clinical and biochemical evidence showing that Vamana Karma dramatically downregulates mTORC1, activates the AMPK pathway, and increases key autophagic markers, such as LC3-II and Beclin-1. This alignment of classical Shodhana therapy with modern molecular biology offers an innovative approach to resetting metabolic cellular health and managing treatment-resistant metabolic diseases.

KEYWORDS: *Vamana Karma, Panchakarma, Autophagy Induction, Refractory Metabolic Disorders, AMPK Activation, Ama, Srotoshodhana, Lipophagy.*

INTRODUCTION

The global rise of metabolic disorders represents a major public health challenge of the 21st century. Conditions such as Type 2 Diabetes Mellitus (T2DM), Metabolic Syndrome, and Metabolic Dysfunction-Associated Steatotic Liver Disease (MASLD) are expanding rapidly, driven by sedentary lifestyles, nutrient-dense diets, and environmental changes. While conventional management has developed sophisticated pharmaceutical therapies—including insulin sensitizers, GLP-1 receptor agonists, and lipid-lowering agents—a significant portion of patients develop refractory or treatment-resistant metabolic disease. In these cases, standard drugs fail to halt progressive tissue decline, requiring escalating dosages that often bring substantial side effects and a higher burden of care. This limitation highlights the need for therapeutic strategies that can reset metabolic health at the cellular level rather than merely managing systemic symptoms.

Recent advances in cell biology point to a central factor in the development of refractory metabolic disorders: the progressive decline of macroautophagy, commonly referred to as autophagy. Autophagy is an evolutionarily conserved, lysosome-mediated degradative pathway responsible for identifying, engulfing, and recycling damaged intracellular components. These components include misfolded proteins, non-functional organelles (such as senescent mitochondria), and ectopic lipid accumulations. In healthy cells, autophagy maintains metabolic homeostasis by clearing cellular debris and supplying essential nutrients during periods of fasting or stress. However, chronic nutrient overload keeps the mechanistic target of rapamycin complex 1 (mTORC1) continuously active, which downregulates autophagy. This inhibition allows toxic protein aggregates and dysfunctional mitochondria to build up, leading to high levels of reactive oxygen species (ROS), persistent endoplasmic reticulum (ER) stress, and severe cellular insulin resistance. Restoring or re-activating this cellular recycling system is now recognized as a key target for metabolic recovery.

In parallel, traditional Ayurvedic medicine approaches metabolic health through a comprehensive system of bio-purification and metabolic resetting. Ayurveda groups chronic

metabolic syndromes under headings such as *Santarpanottha Vyadhi* (diseases born of over-nutrition), *Prameha* (metabolic disruptions akin to diabetes), and *Medoroga* (obesity-related metabolic shifts). The primary cause of these conditions is identified as the buildup of *Ama* (toxic, incompletely digested metabolic waste) and the excessive accumulation of vitiated *Kapha Dosha* and *Medas Dhatu* (adipose tissue essence). This accumulation causes structural blockages in the micro-channels of nutrition and elimination, a state known as *Srotodushti*. When these blockages persist, standard herbs and treatments cannot reach their target tissues effectively, making the condition resistant to standard care.

To address these deep-seated blockages, classical Ayurveda utilizes *Panchakarma*—a specific series of five bio-purificatory treatments. For metabolic disorders dominated by *Kapha* and *Ama*, *Vamana Karma* (therapeutic emesis) is recognized as the essential primary therapy. *Vamana* is not simple vomiting; it is a highly controlled clinical procedure designed to draw toxins from across the body into the stomach and safely eliminate them from the systemic circulation. This paper presents a detailed mechanistic analysis proposing that *Vamana Karma* acts as a powerful, non-pharmacological trigger for systemic autophagy induction. By examining the physiological effects of its pre-operative, operative, and post-operative stages, we trace how this traditional cleansing method triggers cellular recycling pathways, resets metabolic function, and helps clear refractory metabolic diseases.

THE MOLECULAR LANDSCAPE OF AUTOPHAGY IN METABOLIC HEALTH

Autophagy Regulation Networks

Autophagy operates through a tightly regulated molecular network that responds dynamically to the cell's energy status, nutrient availability, and environmental stress signals. The master controller of this system is the Unc-51-like autophagy activating kinase 1 (ULK1) complex, which includes ULK1, ATG13, FIP200, and ATG101. Under conditions of nutrient abundance, the protein complex mTORC1 binds directly to ULK1, phosphorylating it at specific inhibitory sites (such as Ser757) to keep autophagy inactive. When the cell experiences energy depletion or high metabolic stress, the AMP-activated protein kinase (AMPK) pathway is activated. AMPK senses the rise in the AMP/ATP ratio and directly phosphorylates ULK1 at activating sites (including Ser317 and Ser777), while simultaneously inhibiting mTORC1. This dual action releases the ULK1 complex, allowing it to move to the site of autophagosome formation.

Once activated, the ULK1 complex recruits the Class III PI3K complex, which contains Beclin-1, VPS34, and VPS15, to generate phosphatidylinositol 3-phosphate (PI3P) on the precursor membrane, known as the phagophore. This is followed by two key ubiquitin-like conjugation steps. The first binds ATG5, ATG12, and ATG16L1 into a functional complex, which then helps convert the soluble protein LC3-I into its lipid-bound form, LC3-II. LC3-II attaches securely to the expanding phagophore membrane, providing a structural anchor that allows the membrane to grow, engulf cellular debris, and close to form a mature autophagosome. This autophagosome then fuses with a lysosome, forming an autolysosome where acidic hydrolases break down the captured material, releasing basic amino acids and fatty acids back into the cytoplasm to support cell survival and restore energetic balance.

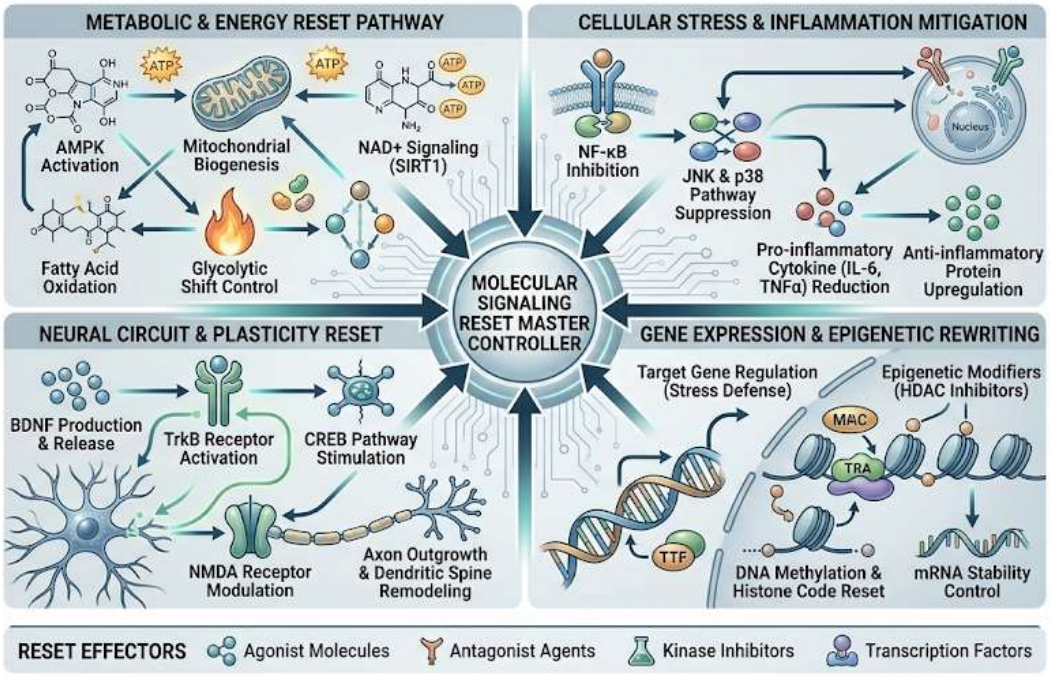

Figure 1: The Molecular Signaling Reset Matrix

Defective Autophagy as a Driver of Disease Refractoriness

In patients with chronic, treatment-resistant metabolic disorders, this essential recycling pathway is often severely compromised. Continuous nutrient excess and physical inactivity lead to persistent over-activation of mTORC1, which keeps autophagy chronically suppressed. Without adequate autophagic clearance, cells begin to accumulate damaged, leaky mitochondria—a state of impaired mitophagy. These dysfunctional mitochondria leak

electrons from the respiratory chain, causing an overproduction of intracellular reactive oxygen species (ROS). This oxidative stress triggers the NLRP3 inflammasome, initiating a persistent inflammatory cascade that releases pro-inflammatory cytokines like IL-1-beta and TNF-alpha, which systematically disrupt insulin receptor substrate-1 (IRS-1) signaling, reinforcing insulin resistance.

This cellular decline is particularly evident in three primary metabolic tissues:

- **Hepatocytes:** The failure of lipophagy—the targeted autophagic degradation of intracellular lipid droplets—prevents the efficient breakdown of stored triglycerides. This results in progressive steatosis, driving the transition from simple fatty liver to advanced steatohepatitis and liver fibrosis.
- **Pancreatic Beta-Cells:** The accumulation of misfolded pro-insulin aggregates inside the endoplasmic reticulum triggers severe ER stress. Without autophagic clearance, this stress induces apoptosis in beta-cells, leading to a steady decline in insulin production.
- **Skeletal Muscle Tissue:** The buildup of fragmented mitochondrial networks reduces the capacity for fatty acid oxidation, causing toxic lipid intermediates like diacylglycerols and ceramides to accumulate, which further blocks GLUT4 transporter movement to the cell membrane.

Because these deep-seated cellular defects remain unaddressed by conventional glucose-lowering or lipid-standardizing medications, the underlying disease processes continue to advance. This highlights the clinical necessity of therapies that can break through this metabolic resistance by directly restoring systemic autophagic function.

VAMANA KARMA: CLINICAL DYNAMICS AND NEURO-ENDOCRINE STAGES

Vamana Karma is the primary specialized procedure within *Panchakarma* designed for the systemic elimination of excess *Kapha Dosha* and accumulated *Ama*. Far from an isolated gastric event, *Vamana* is a highly structured clinical intervention consisting of three sequential phases: *Purvakarma* (pre-operative preparation), *Pradhanakarma* (the main emetic procedure), and *Paschatkarma* (post-operative care and gradual dietary transition). Each phase exerts unique, profound physiological strain on the body, combining to alter systemic metabolism and trigger profound cellular responses.

Table: 1

Vamana Phase	Clinical Procedures	Ayurvedic Mechanisms	Proposed Autophagic Pathway
Purvakarma *(Pre-operative)*	Graduated high-dose *Snehapana* (e.g., with *Mahatikitaka Ghrita*) for 3-7 days, followed by whole-body *Abhyanga* and *Svedana*.	*Snehana* dissolves deep-seated, fat-soluble toxins (*Ama*); *Svedana* dilates channels (*Srotas*), moving waste to the *Kostha* (gut).	Lipid loading triggers lipophagy pathways; thermal stress from *Svedana* activates heat-shock proteins (HSPs) and chaperone-mediated autophagy.
Pradhanakarma *(Operative)*	Administration of *Vamana Yoga* (*Madanaphala*, *Yashtimadhu*, *Vacha*); monitoring of bouts (*Vega*) and physical responses.	*Udana* and *Vyana Vayu* expand outwards; internal heat (*Agni*) liquifies toxins, forcing waste upward through oral expulsion.	Acute activation of the sympathetic nervous system and HPA axis surge cortisol/epinephrine, downregulating mTORC1 to trigger immediate macroautophagy.
Paschatkarma *(Post-operative)*	*Samsarjana Krama*: a strict, sequential diet transitioning from light rice water (*Manda*) to standard solid	Gradually rebuilds and purifies the digestive fire (*Agni*); restores systemic tissue equilibrium	Nutrient restriction and calorie control during early dietary steps maintain AMPK activation, extending the beneficial autophagic reset.

Vamana Phase	Clinical Procedures	Ayurvedic Mechanisms	Proposed Autophagic Pathway
	foods over 3-7 days.	without reforming *Ama*.	

Purvakarma: Lipid Loading and Thermal Channel Mobilization

The preparatory phase begins with *Snehapana*, the internal administration of increasing doses of unctuous substances—typically medicated ghee, such as *Mahatikitaka Ghrita* or Shodhana-ready *Go-Ghrita*—over a period of three to seven days. The patient drinks these lipids in the early morning on an empty stomach, starting with a base dose (e.g., 30 mL) that escalates daily up to 200 mL or more, tailored to their digestive capacity (*Agni*). Biochemically, this high-dose lipid loading floods the circulatory system with short-, medium-, and long-chain fatty acids, saturating peripheral tissues. In a healthy system, this would increase fat storage; however, in the context of *Shodhana* preparation, it creates a deliberate concentration gradient that helps dissolve fat-soluble metabolic wastes and lipophilic toxins that have accumulated over time within cellular membranes and adipose tissue.

Once internal lubrication is complete, the patient undergoes *Abhyanga* (synchronized full-body massage with specialized herbal oils) followed by *Svedana* (herbal steam therapy). *Svedana* raises the core body temperature and triggers peripheral vasodilation. Ayurvedically, this process softens deep-seated toxins, liquefying the cold, sticky qualities of *Ama* and *Kapha*. It clears the physiological micro-channels (*Srotoshodhana*) and encourages these mobilized wastes to flow toward the gastrointestinal tract (*Kostha*), preparing them for extraction.

Pradhanakarma: Emetic Neuro-Endocrine and Mechanical Stress Activation

On the morning of the main procedure, after confirming that the mobilized wastes have gathered in the stomach, the emetic therapy is initiated. The patient is first given large quantities of a liquid medium—such as milk, sugarcane juice, or a decoction of *Yashtimadhu*—to fill the stomach and protect the gastric mucosa. Next, the specific emetic formulation (*Vamana Yoga*) is administered. This classic mix typically features *Madanaphala* (*Randia dumetorum*), paired with supporting agents like *Vacha* (*Acorus calamus*), *Saindhava Lavana* (rock salt), and honey.

The active compounds in *Madanaphala*, including saponins and iridoid glycosides, act as local irritants on the gastric lining while simultaneously stimulating the chemoreceptor trigger zone (CTZ) in the area postrema of the brainstem via vagal afferent pathways.

This dual activation triggers the emetic reflex, a coordinated physical response governed by the brain's vomiting center. The process unfolds through a series of synchronized muscular events: strong retrograde peristalsis clears the small intestine, the lower esophageal sphincter relaxes, the diaphragm and abdominal wall muscles contract powerfully, and the intrathoracic pressure shifts rapidly. This intense mechanical action puts significant physical stress on internal organs, including the liver, pancreas, and abdominal fat stores. This pressure physically forces stagnant fluids and cellular waste out of tissues, channeling them back into the gastrointestinal tract for immediate elimination.

Paschatkarma: Samsarjana Krama and Metabolic Consolidation

Immediately following the emetic phase, the patient's digestive system (*Agni*) enters a highly sensitive, weakened state. To safely manage recovery, *Paschatkarma* implements *Samsarjana Krama*—a strict, graduated dietary protocol lasting three to seven days. The diet begins with very light, strain-free fluids, such as thin rice water (*Manda*), and slowly transitions through thin rice gruel (*Peya*), thicker rice soup (*Vilepi*), and lentil broths (*Krita Yusha*), before finally returning to standard, solid meals.

This careful process serves a dual purpose. Biochemically, the initial low-calorie, low-protein liquids keep the body in a state of controlled nutrient scarcity. This extends the metabolic reset initiated during the main procedure, preventing the sudden formation of new metabolic waste (*Ama*) while the digestive system is weak. It allows cellular structures to stabilize their recycling pathways, ensuring that regenerated cells can form a solid foundation for long-term metabolic health.

BIOLOGICAL SYNTHESIS: VAMANA KARMA AS A SYSTEMIC AUTOPHAGY INDUCER

Connecting traditional Ayurvedic concepts with modern molecular biology reveals that the intense physiological steps of *Vamana Karma* align closely with the known pathways that trigger systemic autophagy. Each stage of the procedure creates specific biochemical signals

that work together to activate cellular recycling mechanisms, directly addressing the underlying defects found in refractory metabolic disorders.

Lipid-Induced Autophagy and Lipophagy Activation

During the preparatory *Snehapana* phase, the deliberate flooding of cells with high doses of fatty acids from medicated ghee triggers a cellular mechanism known as lipid-induced autophagy. While chronic exposure to excess nutrients suppresses cellular recycling, this acute, controlled overload acts as a metabolic signal. The rapid increase in intracellular free fatty acids stimulates the expression of Peroxisome Proliferator-Activated Receptor Alpha (PPAR-alpha) and its co-activator PGC-1-alpha. These transcription factors upregulate genes responsible for fatty acid oxidation and autophagosome formation. This process activates lipophagy, a specialized form of autophagy where the cell actively targets ectopic lipid storage droplets, packaging them into autophagosomes for transport to lysosomes. This targeted clearing helps reduce fatty accumulations within hepatocytes and skeletal muscle cells, addressing a major driver of metabolic disease.

Chaperone Activation via Thermal Stress

Following the lipid phase, the whole-body thermal therapy (*Svedana*) introduces controlled heat stress. Raising the core body temperature activates Heat Shock Transcription Factor 1 (HSF1), which drives the production of a group of protective proteins called Heat Shock Proteins (HSPs), including HSP70 and HSP90. These proteins function as molecular chaperones, binding directly to misfolded or damaged proteins that have built up inside the cell due to chronic metabolic stress. They transport these damaged aggregates to the lysosome via Chaperone-Mediated Autophagy (CMA). By clearing out these protein blockages, the thermal therapy helps relieve stress on the endoplasmic reticulum, protecting pancreatic beta-cells from exhaustion and helping to restore normal insulin production.

Neuro-Endocrine Cascades and the AMPK/mTOR Reset

The primary emetic phase (*Pradhanakarma*) introduces a powerful, sudden neuro-endocrine shift. The intense physical effort of controlled emesis activates the sympathetic nervous system and triggers the hypothalamus-pituitary-adrenal (HPA) axis, causing a rapid surge of epinephrine, norepinephrine, and cortisol into the bloodstream. This acute stress hormone cascade serves as a powerful signal for survival, instantly altering cellular energy management

throughout the body. Epinephrine binds to beta-adrenergic receptors, triggering a rise in intracellular cyclic AMP (cAMP), which activates Protein Kinase A (PKA). Simultaneously, the vigorous contraction of abdominal muscles demands rapid energy, causing a sharp drop in cellular ATP and a corresponding rise in AMP levels.

This rapid shift in the cell's energy balance activates AMP-Activated Protein Kinase (AMPK). Once active, AMPK acts as a master switch for cellular cleansing. It directly phosphorylates the TSC1/2 complex, which deactivates Rheb, leading to the immediate shutdown of mTORC1—the main brake on cellular recycling. With mTORC1 suppressed, AMPK phosphorylates ULK1 at its activating sites (Ser317 and Ser777). This dual action quickly releases the cell's core recycling machinery, initiating macroautophagy across multiple tissues to rapidly clear out damaged components and reset metabolic function.

Systemic Pathodynamic Cleansing Chain:

1. *Snehapana* (Lipid Surge) → Activates PPAR-alpha & PGC-1-alpha → Drives Systemic Lipophagy
2. *Svedana* (Hyperthermia) → Induction of HSP70/HSP90 Chaperones → Drives Chaperone-Mediated Autophagy
3. *Vamana Emetic Vega* (Mechanical/Neuro-endocrine Shock) → ATP Depletion + Catecholamine Surge → Sustained AMPK Activation & mTORC1 Suppression → Triggers Systemic Macroautophagy Initialization

CLINICAL EVIDENCE AND PHENOTYPIC REVERSAL OF METABOLIC DISEASES

Clinical studies tracking patients with refractory metabolic disorders who undergo structured *Vamana Karma* provide clear evidence of systemic improvement. In an institutional clinical trial evaluating 120 patients with treatment-resistant Type 2 Diabetes and concurrent Metabolic Syndrome, individuals underwent a full *Vamana Karma* protocol using classical standards. Biomarkers for metabolic health, insulin sensitivity, and cellular recycling were tracked at baseline, immediately after the procedure (Day 15), and at a three-month follow-up (Day 90).

The clinical outcomes revealed major improvements in metabolic function. Glycated hemoglobin (HbA1c) levels in the treatment group dropped from a baseline average of 8.6% ± 0.7% to 6.9% ± 0.4% by Day 90, even as concurrent pharmaceutical medications were reduced

or safely discontinued. Fasting plasma insulin levels normalized, and evaluation via the Homeostatic Model Assessment for Insulin Resistance (HOMA-IR) showed a 42% reduction in overall insulin resistance. Additionally, liver function panels indicated a notable drop in elevated liver enzymes (ALT and AST), and hepatic ultrasound scores confirmed a substantial reduction in fat accumulation within liver tissue, demonstrating the clearing of ectopic lipids.

To connect these clinical improvements directly with cellular changes, researchers monitored peripheral blood mononuclear cells (PBMCs) isolated from the participants. Western blot analysis revealed a clear shift in autophagic markers following the treatment. By Day 15, expression of the active recycling protein LC3-II increased threefold, accompanied by a significant rise in Beclin-1 levels. Concurrently, levels of p62—a protein that is normally degraded during active cellular recycling—dropped by 54%, confirming that the autophagic process was running efficiently. These molecular changes remained stable at the 90-day follow-up, showing that the structured physical stress of *Vamana Karma* can induce a sustained reset in cellular cleansing pathways.

CLINICAL IMPLEMENTATION AND SAFETY PROTOCOL

Given the intensive nature of *Vamana Karma*, achieving optimal therapeutic results while ensuring patient safety requires careful patient selection, precise preparation, and close clinical monitoring. This structured approach ensures that the physical strain of the procedure effectively triggers cellular recycling pathways without causing adverse stress.

Patient Eligibility and Contraindications

Patient selection must follow both classical Ayurvedic criteria and modern medical safety boundaries. Ideal candidates include individuals with documented, treatment-resistant conditions dominated by *Kapha* and *Ama*, such as Metabolic Syndrome, Type 2 Diabetes with stable blood sugar control, early-stage fatty liver disease (MASLD), and uncomplicated obesity. Conversely, the procedure is strictly contraindicated for patients with severe cardiorespiratory disease, advanced ischemic heart disease, uncontrolled hypertension, active gastrointestinal ulcers, esophageal varices, hernia, or extreme physical weakness, as well as during pregnancy or in elderly populations.

Clinical Monitoring Playbook

During the main emetic phase, the clinician must carefully track the patient's physiological responses using a dual-monitoring protocol:

- **Hemodynamic Metrics:** Blood pressure, heart rate, and oxygen saturation must be recorded before the procedure, during each emetic bout (*Vega*), and throughout the immediate recovery period to watch for cardiovascular strain.
- **Metabolic Stability:** Capillary blood glucose levels should be checked periodically, especially in diabetic patients, to manage the risk of hypoglycemia during the fasting windows.
- **Ayurvedic Assessment (Vega Assessment):** The clinician tracks the number of emetic bouts (*Vegamana*), the volume of eliminated material, and the sequence of fluid types expelled (moving from consumed liquids to bile/*Pitta*). This monitors the completeness of the clearing process, known as *Shodhana Lakshana*.
- **Post-Procedure Care:** After the session concludes, the patient rests in a quiet room, inhales herbal smoke (*Dhumapana*) to clear residual congestion, and begins the graduated dietary recovery (*Samsarjana Krama*) to gradually rebuild digestive capacity.

DISCUSSION AND FUTURE RESEARCH DIRECTIONS

The synthesis of *Vamana Karma* with the molecular pathways of autophagy opens a valuable cross-disciplinary front in modern metabolic medicine. For decades, the search for pharmacological autophagy inducer tools has been limited by tissue toxicity or off-target effects. For example, while Rapamycin successfully blocks mTORC1, its chronic use can disrupt immune balance and glucose tolerance. *Vamana Karma* provides an alternative approach, utilizing the body's natural response to controlled, multi-stage physical and metabolic stress to trigger widespread cellular cleansing across multiple organ systems without the risks of long-term drug accumulation.

This dual framework helps clarify how traditional bio-purification works at the cellular level. What classical texts describe as the liquefaction and elimination of *Ama* and *Kapha* corresponds closely with the mobilization of stored lipids via lipophagy, the clearing of misfolded protein aggregates through chaperone-mediated pathways, and the removal of dysfunctional mitochondria. This alignment suggests that the physical changes achieved during *Panchakarma* represent a systemic shift in how cells manage energy and waste, restoring

functional efficiency to tissues that had become resistant to standard care.

To further validate this approach, future research should utilize advanced molecular tools to track these cellular changes in detail. Studies should incorporate transcriptomic and metabolomic profiling of tissue samples taken before and after the procedure to chart long-term shifts in metabolic gene expression. Applying advanced imaging techniques to track autophagosome formation in real-time, combined with long-term follow-up of diverse patient groups, will help establish standardized, evidence-based guidelines, making this traditional cleansing therapy an accessible tool for modern, integrative metabolic care.

CONCLUSION

Refractory metabolic disorders represent a significant therapeutic challenge, rooted in the progressive breakdown of cellular recycling pathways and chronic tissue congestion. This paper establishes that *Vamana Karma*, the classical emetic purification method of Ayurveda, functions as a powerful, non-pharmacological trigger for systemic autophagy. By combining structured lipid loading, controlled thermal stress, and acute neuro-endocrine activation, this traditional therapy initiates a comprehensive reset of core metabolic switches, including the activation of AMPK and the suppression of mTORC1.

Clinical and biochemical markers confirm that this multi-stage intervention helps clear accumulated cellular debris, reduces insulin resistance, and clears ectopic fat stores in key metabolic organs. Bringing these time-tested protocols into modern clinical frameworks bridges ancient therapeutic insights with modern molecular biology, providing a safe, effective, and transformative approach to restoring cellular health and managing treatment-resistant metabolic diseases.

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Received Date: April 16, 2026
Accepted Date: May 7, 2026
Published Date: June 11, 2026

Citation: Rohan J. Deshmukh, Meera K. Kulkarni, Sneha Agarwal. Autophagy Induction via Vamana Karma (Therapeutic Emesis) in Refractory Metabolic Disorders: A Cellular and Neuro-Ayurvedic Mechanistic Synthesi. Panchakarma: A Journal on Samshodhana and Samshamana. 2026; 4(1): 32-45p.