

Clinical Outcomes of Virechana Karma in Gudagata Vata - A Case Study

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Abstract: *Gudagata Vata is a localized Vata disorder characterized by abdominal pain, Aanaha (distension), flatulence, and altered bowel habits. If left untreated, it significantly affects quality of life. Panchakarma, particularly Virechana Karma, is advocated for its role in expelling vitiated Doshas and improving gut function. Methodology: A 23-year-old male with abdominal pain and distension persisting for six months was managed with a systematic Panchakarma protocol. Adopted line of treatment is virechana karma.snehapana done with Dadimadhya ghrita and virechana karma done with Trivrita Avaleha.*

Keywords: Gudagata Vata, Virechana Karma, Panchakarma, Ayurveda, Trivrita Avaleha

1. Introduction

Ayurveda describes Vata Vyadhi as a broad group of disorders arising from aggravated Vata Dosha. Among them, Gudagata Vata refers to Vata localized in the rectal region (Guda), leading to abdominal pain, Aanaha (distension), flatulence, and bowel irregularities [1]. Prolonged derangement of Apana Vata can result in chronic digestive dysfunction, affecting overall health and quality of life. Modern medicine correlates these symptoms with functional gastrointestinal disorders such as irritable bowel syndrome (IBS) and chronic constipation [2]. However, conventional management largely provides symptomatic relief, while Ayurveda emphasizes root-level purification through Panchakarma. Virechana Karma, one of the five prime purification therapies, is especially effective in disorders where vitiated Doshas accumulate in the Pakvashaya (large intestine). The therapy expels morbid Doshas through the anal route, restores Agni, and normalizes Vata function.

Aim and objectives: To Assess the effect of *Virechana Karma* in Gudagata Vata.

2. Case Report

Personal details

Age/Sex: 23-year-old male

Address -Udaipur

OPD no- 15854/10708

Occupation- student

Marital status- unmarried

Socio-economic -middle class

Weight- 69.7 kg.

Height-5ft

Presenting complaints: Abdominal pain and distension (Aanaha) for six months, with irregular bowel habits.

Associated symptoms: Loss of appetite, occasional nausea.

Past medical history: No significant illness.

Family history: No significant illness

Physical examination: Mild abdominal tenderness, distension, sluggish bowel sounds.

Vitals examination

Blood Pressure: 120/80 mmHg

Pulse rate: 78/min

Respiration rate: 16/min

Diagnosis

Based on Ayurvedic principles, the condition was diagnosed as Gudagata Vata.

Treatment plan

Deepana, Pachana, Snehpana, Abhyanga, Swedana, Virechana is the line of treatment decided.

Ashtavidha pariksha[3]

1	Nadi(pulse)	Vata Pittja	5	Shabda(speech)	Sama
2	Mala(stool)	Sama	6	Sparsha(skin)	Samshitoshna
3	Mootra(urine)	Avikrita(pale yellow)	7	Drika(eyes)	Prakart
4	Jivha(tongue)	Nirama(uncoated)	8	Aakriti(posture)	Sama

Dashavidha pariksha[4]

1	Prakriti	Vata-pittaja	6	Sara	Madhyama
2	Vikriti	Vataj	7	Sahanana	Madhyama
3	Pramana	Madhyama	8	Ahara shakti	Uttama
4	Sattava	Uttama	9	Vyayama shakti	Madhyama
5	Satmaya	Madhyama	10	Vaya	Madhyamavastha

Treatment protocol

Treatment protocol				
	Treatment	Drug Name		Days
1	Deepana-Pachana	Panchkol Churna (3g twice daily), Lahsunadi Vati(250 mg thrice daily)		10 DAYS
2	Snehpana	Dadimadhya ghrita		7 DAYS
		Days	Dadimadhya ghrita	
		1 st day	60ml	
		2 nd day	100ml	
		3 rd day	130ml	
		4 th day	150ml	
		5 th day	160ml	
		6 th day	170ml	
		7 th day	175ml	
3	Abhyanga	Kotamchukadi Taila		3 DAYS
4	Swedana	Sarvanga swedana		3 DAYS
5	Virechana	Trivrita Avaleha (30 g) early morning on an empty stomach.		1 DAY

Shodhana Chikitsa: Virechana karma**Poorva karma:****Deepana-Pachana**

Panchkol Churna (3 g twice daily) and Lahsunadi Vati (250 mg thrice daily) was given for *Deepana* and *Pachana* karma with warm water for 10 Days to improve Agni and digest Ama.

Snehapana: *Snehpana* was given with Dadimadhya ghrita [5,6] in increasing dose for 7 days as 60ml-100ml-130ml-150ml-160ml-170ml-175ml.

Swedana: Sarvanga Abhyanga with Kotamchukadi Taila [7] followed by Bashpa Swedana for 3 days.

Pradhana Karma**Virechana Karma:**

Administered with Trivrit Avaleha (30 g) [8] early morning on an empty stomach.

Observation: Patient achieved uttam Shuddhi (moderate purification) with 49 Vegas (purgative bouts), indicating adequate expulsion of morbid Doshas.

Paschat Karma

After Samyak virechana, prvar sudhdhi sansarjana krama [9] was advised.

3. Results

Post-therapy, the patient showed: Complete relief from abdominal pain and distension, Improved appetite and digestion, Regularized bowel movements, No adverse events during therapy or follow-up.

	Before treatment	After snehpana	After virechana karma
Weight	69.7kg	67.9kg	64.9kg
x-ray			

4. Discussion

This case underscores the clinical relevance of Virechana Karma in Gudagata Vata. The therapeutic sequence worked synergistically:

Deepana-Pachana eliminated Ama and corrected Agni dysfunction, which is the root cause of Aana. Snehapana mobilized morbid Doshas and pacified aggravated Vata. Virechana with Trivrit Avaleha directly targeted the Pakvashaya, expelling accumulated Doshas and restoring Apana Vata function. Sansarjana Krama ensured gradual restoration of digestive power, preventing relapse. Modern studies have highlighted parallels between Panchakarma

therapies and gut detoxification, suggesting their role in regulating gut microbiota, motility, and reducing gastrointestinal inflammation [10,11]. Thus, the results support the efficacy of Virechana Karma not only from the Ayurvedic perspective but also through emerging biomedical insights.

5. Conclusion

This case study highlights that a systematically executed Virechana Karma can provide substantial relief in Gudagata Vata. It is safe, effective, and capable of improving gastrointestinal health and overall well-being. Further

controlled clinical studies are recommended to validate its efficacy in more cases.

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