

VIRECHANA: Purgation

Virechana is the administration of purgative substances for the cleansing of pitta through the lower pathways. Give virechana 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.

Indications for Virechana

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

Contraindications for Virechana

Childhood and Old age
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 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 (Suvrnaskshiri)
Kutki (Hellbore)
Cow's urine
Mango juice