

# **INTERNATIONAL JOURNAL OF AYURVEDA360**



**AYURVEDA  
360**

**PEER-REVIEWED  
BIMONTHLY JOURNAL**



**| [www.ayurveda360.in/journal](http://www.ayurveda360.in/journal)**

**ISSN**

**PRINT:**

**3048-7382**

**ONLINE:**

**3048-7390**

**2025  
VOLUME 1  
ISSUE 5  
MARCH-  
APRIL**

REVIEW ARTICLE

Access this article online



Website:  
[www.ayurveda360.in/journal](http://www.ayurveda360.in/journal)

ISSN  
PRINT: 3048-7382  
ONLINE: 3048-7390  
Bimonthly Journal

Publication History:

Submitted: 01-March-2025  
Revised: 02-April-2025  
Accepted: 14-April-2025  
Published: 15-April-2025



How to cite this article:

J. Nandeesh, Mangal G., Panja A.K., & Sharma, B. K. (2025). Clinical Interpretation of Samyak, Heena, and Atiyoga in Vamana-Virecana: Analysis Based on the Kalpanacatushka of Carakasamhita and Its Commentaries. *International Journal of Ayurveda360*, 1(5), 412–420. <https://doi.org/10.63247/3048-7390.vol.1.issue5.15>

Clinical Interpretation of Samyak, Heena, and Atiyoga in Vamana-Virecana: Analysis Based on the Kalpanacatushka of Carakasamhita and Its Commentaries

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Abstract

Introduction:

*Vamana* (emesis) and *Virecana* (purgation) are integral purification therapies in Ayurveda, designed to detoxify the body by expelling accumulated *dosha*. These therapies are widely used to restore balance and treat various health conditions, but their effectiveness depends on precise administration.

Methods:

This review article analyzes the clinical signs of proper, inadequate, and excessive administration of *Vamana* and *Virecana*, based on the classical texts of *Carakasamhita* and its commentaries. By assessing the therapeutic outcomes of these therapies through key symptoms, we provide a framework for evaluating the efficacy and safety of these treatments.

## Results:

The signs of *Samyak* (proper), *Heena* (inadequate), and *Atiyoga* (excessive) administration were explored, highlighting the various indicators of successful detoxification as well as potential complications arising from improper therapy. These symptoms include the restoration of vital functions, improved appetite and digestion, and the expulsion of dosha in a controlled manner. Inadequate or excessive administration can lead to symptoms such as abdominal distension, excessive salivation, and fatigue.

## Discussion & Conclusion:


Effective *Vamana* and *Virecana* therapies require careful monitoring of the patient's response to ensure that the therapy is neither overdone nor insufficient. Clinical assessment through these signs allows practitioners to adjust treatment protocols, maximizing benefits and minimizing adverse effects.

By understanding and evaluating the signs of proper, inadequate, and excessive purification therapy, Ayurveda practitioners can ensure optimal therapeutic outcomes, promoting a balanced and healthy body.

**Keywords:** *Vamana*, *Virecana*, Ayurveda purification, *Samyak* signs, *Heena* signs, *Atiyoga* complications

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