

# **Critical Review of Virecana karma in the Management of Netrarogas**

## **Abstract**

Introduction - Panchakarma is integral part of any branch of Ashtanga Ayurveda, they play a vital role along with Kriyakalpa in the management of Netrarogas. Virechana is the 2<sup>nd</sup> therapy in the sequence of Panchakarma where there is evacuation of doshas through Adhomarga. Virecana is most widely used purification procedure especially for Paittika disease because the doshas are eliminated in large quantity with less stress and having lesser complications. It is also useful in the disorders of Pitta associated with Vata and Kapha. Sneha Virecana is recommended in all patients except in Snigdha Shareera. Ruksha Virecana is indicated in the patients of snigdha Shareera. Virecana is advisable in Netrarogas like Timira, Abhishyanda, Kaca, Akshipaka as Purvakarma to Kriyakalpa which is included under Pradhanakarma.

Methodology - Review for the study is done based on the Authentic books of Ayurveda such as Charaka Samhita, Sushruta Samhita , Astanga Sangraha, Astanga Hrudaya and searched in various websites to collect information on the relevant topics.

Results - In Netrarogas the line of treatment can be divided into 3 procedures. Purvakarma which includes Panchakarma for proper Shodana of Kaya and Shiras like, Vamana, Virecana, Nasya, Basti and Raktamokshana. Among these Virecana is considered as best because it can be administered in Kevala Pitta, Shleshma Samsrusrta Pitta, Pitta Sthanagata Shleshma and Prabhuta Pitta in Kaphasthana. Pradhana Karma includes actual procedures of Kriyakalpa and Paschatkarma for Pariharavishaya and Samsarjana krama.

Discussion - Virecana does Malanulomana, Vatanulomana and Pitta Kapha Sodhana. Samyak Virecana renders Srotovishudhi, Indriyaprasada, Laghuta, Agnivrudhi etc. So, after Virecana the dushita Pitta is corrected and thus leads to proper functioning of eyes which is the site of Alocaka pita and renders good vision.

Conclusion - Virecana has specific role in the management of Netrarogas at different level.