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.

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 (Suvarnaskshiri)
- Kutki (Hellbore)
- Cow’s urine
- Mango juice

Indications for Virechana

- Most pittagenic disorders
- Skin diseases
- Chronic fever
- Hemmorroids (piles)
- Abdominal tumors (gulma)
- Spleenomegaly
- 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