



## SCIENTIFIC REVIEW ON VIRECHANA DRAVYA (PURGATIVE DRUGS) OF CHARAKA SAMHITA

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### ABSTRACT:

*Panchakarma* plays an important role in detoxifying the body. *Virechana* (purgation therapy) is indicated in *Pittaja* and *Pitta* associated with *Vata* or *Kaphaja* disorders. In the *Kalpa Sthana* of *Charaka Samhita*, 6 chapters are mentioned for *Virechana Dravya* (purgative drugs) and its respective *Kalpa*. Various laxatives were also found after examining other *Sthanas* of *Charaka Samhita* with *Chakrapani Tika*. Web sources with keywords like *Virechana Dravya* (purgative drugs), *Virechanopaga Dravya*, and *Charaka Samhita* and *Dravya Guna* textbooks are used to clarify the controversy over various *Dravya (drugs)* mentioned in *Samhita*. For the first time in this article, a comprehensive scientific review has been done to compile 78 *Virechana* and *Virechanopaga Dravya* from *Charaka Samhita* and critically analyzed the various aspects related to the botanical identification, part used, current availability, indications, current use in practice, etc.

**Keywords:** *Panchakarma, Virechana, Virechanopaga, Charaka Samhita, Kalpa Sthana, Dravya*

## INTRODUCTION:

The act of expelling *Doshas* through Adhobhaga is known as *Virechana*. According to *Acharya Charaka*, it is useful in *Pittaja* disorders and also in which *Pitta* is associated with *Vata* or *Kapha*. *Acharya Chakrapani* clarifies *Adhobhaga* as the *Guda* (Anal route).<sup>[1]</sup>

In *Kalpa Sthana* six hundred formulations were mentioned which are practically experienced combinations for the use. Such a combination of thousands of crores can be planned & prepared by the *Vaidhya* with his intellect and experience. There is no limit to creating new formulations as there is huge scope for multidrug combinations. Of the 600 formulations, 245 are specified for *Virechana*. In *Kalpa Sthana*, *Shyama trivrt*, *Chaturangula*, *Tilvaka*, *Sudha*, *Saptala-Sankhini*, and *Danti-Dravanti* are described in detail. The number of formulations of the above *Dravyas* are 110, 12, 16, 20, 39, and 48 respectively.<sup>[2]</sup>

After reviewing the *Charaka Samhita* with *Chakrapani Tika*, various *Virechana Dravya* besides the eight *Dravyas* mentioned in *Kalpasthanas* were also found. A total of 78 *Virechana* and *Virechanopaga Dravya* were observed in the *Samhita*. The *Virechaka Dravyas* has qualities like *Ushna*, *Tikshna*, *Sukshma*, *Vyavayi*, and *Vikasi* in which *Prathvi* and *Jala Mahabhutas* are predominant and it

performs *Virechana Karma* by *Adhobhagahara Prabhava*.<sup>[3]</sup>

*Acharya Charaka* mentioned *Virechana Dravyas* such as *Syama-Trivrut*, *Chaturangula*, *Tilvaka*, *Mahavriksha*, *Saptal-Sankhini*, and *Danti-Dravanti*. *Virechanopaga Ganas* are *Draksha*, *Kashmarya*, *Parushaka*, *Abhaya*, *Amalaki*, *Vibhitaka*, *Kuvala*, *Badara*, *Karkandu* and *Pilu*.<sup>[4]</sup>

This article aims to shed light on *Virechaka Dravyas* and *Virechanopaga Dravyas* of *Charaka Samhita* for easy selection and proper conduction of *Virechana Karma*.

## AIMS AND OBJECTIVES

To compile scattered references to various *Virechana* and *Virechanopaga Dravya's* mentioned in *Charaka Samhita* and in-depth evaluation of botanical identification, part used, current availability, indications, current use in practice, etc of the drugs.

## MATERIALS AND METHODS:

Extensive research was done in all *Sthanas* of *Charaka Samhita* with *Chakrapani tika* using the *Virechana* and *Virechanopaga dravya* keywords and compiled seventy-eight drugs. The botanical identification, parts used, current availability, indications, current use in practice, etc are then critically analyzed and the information obtained is presented in the form table and discussed critically based on

literature- books on *Panchakarma, Dravya Guna*, articles, and web sources.

#### LITERARY REVIEW:

78 *Virechana Dravyas* in *Sutra Sthana*, 1 *Virechana Dravyas* in *Vimana Sthana*, 6 *Virechana Dravyas* in *Chikitsa Sthana*, and 8 *Virechana Dravyas* in *Kalpa Sthana* are mentioned in *Charaka Samhita*.

#### **Virechana Vidhi (procedure of purgation therapy)<sup>[5]</sup>**

When the patient has come to normalcy, has slept well, and the previous food taken by him has been digested, *Vaidya* must ask to offer homage to *Agni & Gods* and perform *Mantra*. *Brahmins* should be invited to recite the *Swastivachanas* on an auspicious day with favorable *Nakshatra, Karana, and Muhurta*. The patient should after that be given a drink made up of *Trivrit Moola Kalka* in one *Karsha* dose after mixing it with suitable liquids. After

the administration of *Virechana Aushada*, the *Vaidya* must observe the manifestation of *Jeerna* and *Ajeerna Aushada Laxanas, Hrit Dasha*, and *Vyapad Laxanas*.

#### **Virechana Ghreya Yoga<sup>[6]</sup>**

*Trivrit, Aragvadha, Danti, Shankhini, and Saptala* should be taken in equal quantity and made into *Churna*, this should be triturated with *Gomutra* at night and dried in the sun. This process should be repeated for 7 days. This recipe should again be triturated with *Snuhi Ksheera* for 7 days. Thus, prepared *Churna* should be sprinkled on the aromatic garland, or water-soaked with this *Churna* is impregnated on an upper garment. Thus, medicated garland or upper garment worn by *Raja* or *Mrudu Koshta* person. An individual will get purgation easily and quickly by the smell of garland or upper garment.

**Table No. 1. Botanical description with English name and commentary**

Sl.no	Name of the drug	English name	Latin name of the drug	Commentary	Reference
1.	<i>Ajagandha</i>	Celery	<i>Carum roxburghianum</i> Benth.	<i>Pokandi</i>	Cha.su.1/78
2.	<i>Alabu</i>	Wax tree	<i>Rhus succedanea</i> Linn.	-	Cha.su.27/112
3.	<i>Amalaki</i>	Indian gooseberry	<i>Emblica officinalis</i> Gaertn.	-	Cha.su.4/13 Cha.chi.7/44
4.	<i>Amlavetasa</i>	-	<i>Garcinia pedunculata</i>	-	Cha.su.25/40 Cha.su.27/152

			Roxb.		
5.	<i>Antahkotarapushpi</i>	Elephant Creeper	<i>Argyreia speciosa</i>	<i>Nila bhudana</i>	Cha.su.1/82
6.	<i>Argvadha</i>	Golden shower, purging cassia	<i>Cassia fistula</i>	-	Cha.su 4/4 Cha.su.1/83 Cha.su.2/10 Cha.su.25/40 Cha.ka.1/6 Cha.ka.8/1
7.	<i>Arka</i>	Madar	<i>Calotropis gigantia</i> Linn.	-	Cha.su.1/114-115
8.	<i>Asuri</i>	India mustard	<i>Brassica juncea</i> L.Czern.	<i>Rajika Mandaka</i>	Cha.su.27/101
9.	<i>Avalguja</i>	Purple fleabane	<i>Psoralea corylifolia</i> Linn.	-	Cha.su.27/102
10.	<i>Badara</i>	Jujube, red date	<i>Ziziphus jujuba</i> Mill.	-	Cha.su.4/13 Cha.su.27/152
11.	<i>Bhallataka</i>	Marking nut	<i>Semicarpus anacardium</i> Linn	-	Cha.vi.7/23
12.	<i>Bibhitaka</i>	Beleric myrobalan	<i>Termanalia belerica</i> Gaertn.	-	Cha.su.4/13 Cha.chi.7/44
13.	<i>Chaccuparni</i>	Jute mallow or nalta jute	<i>Corchorus olitorius</i> Linn.	<i>Nadichabeda</i>	Cha.su.27/100
14.	<i>Chilli</i>	Goose fruit, lambs quarters	<i>Chenopodium album</i> Linn.	<i>Goudavastuka</i>	Cha.su.27/98
15.	<i>Draksha</i>	Grapes	<i>Vitis vinifera</i> Linn.	-	Cha.su.2/10 Cha.su.4/13 Cha.su.13/76
16.	<i>Dravanti</i>	Edible chlorophytum	<i>Chlorophytum tuberosum</i>	-	Cha.su.1/78 Cha.su.2/10 Cha.su.4/4 Cha.ka.12/1
17.	<i>Dugdha</i>	Milk		-	Cha.su.1/105-112
18.	<i>Eranda</i>	Castor plant	<i>Ricinus communis</i> Linn	-	Cha.su.27/108 Cha.su 27/109
19.	<i>Gavakshi</i>	Bitter apple	<i>Citrullus colocynthis</i> L.	-	Cha.su1/77 Cha.su.2/9
20.	<i>Haritaki</i>	Chebulic myrobalan	<i>Terminalia chebula</i> Retz.	-	Cha.su.1/82 Cha.su.4/13 Cha.chi.19/17 Cha.chi.20/21
21.	<i>Hastidanti</i>		<i>Croton</i>	<i>Nagadanti,</i>	Cha.su.1/77

			<i>oblangifolius</i>	<i>Brahatphala</i>	
22.	<i>Haimavati</i>		<i>Acorus concinna</i> Linn.	<i>Vacha</i>	Cha.su.2/9
23.	<i>Kalamba</i>	Water spinach	<i>Ipomoea aquatica</i> Forssk.	-	Cha.su.27/101
24.	<i>Kampillaka</i>	Monkey face tree	<i>Mallotus philippinesis</i> Muell Arg.	<i>Gudarochanika</i>	Cha.su.1/83 Cha.su.2/9
25.	<i>Karbudara</i>	Purple orchid tree	<i>Bauhinia variegata</i> L. Benth	<i>Sweta kanchana, kanchana</i>	Cha.su.27/99
26.	<i>Karkandu</i>	Wild jujube	<i>Ziziphus nummularia</i> Burm.F	-	Cha.su.4/13
27.	<i>Kasmarya</i>	Beechwood, Kashmir tree	<i>Gmelina arboroea</i> Linn	-	Cha.su.4/13 Cha.su.13/66
28.	<i>Klitaka</i>	Sweetwood, liquorice	<i>Glycyrrhiza glabra</i> Linn.	<i>Yastimadhu</i>	Cha.su.1/81
29.	<i>Kovidara</i>	Orchid tree	<i>Bauhinia purpurea</i> Linn.		Cha.su.27/100
30.	<i>Kshirini</i>	Khirni	<i>Mimospes hexandra</i> Roxb.	<i>Dugdihika</i>	Cha.su.1/78 Cha.su.2/9
31.	<i>Kumarajiva</i>	Wild olive, officinal drypetes	<i>Puntranjiva roxburghii</i> wall.	<i>Jivasaka</i>	Cha.su.27/100
32.	<i>Kushmanda</i>	Wax gourd	<i>Benincasa hispida</i> Thum.	<i>Sarpachatram</i>	Cha.su.27/102
33.	<i>Kusumba</i>	Safflower	<i>Carthamus tinctorius</i> L.	-	Cha.su.27/101
34.	<i>Kutheraka</i>	Sweet basil	<i>Ocimum bacilicum</i> Linn.	-	Cha.su.27/101
35.	<i>Kutumbaka</i>	Thumbai, Thumba	<i>Leucas linifolia</i>	<i>Dronapuspika</i>	Cha.su.27/98
36.	<i>Kuvala</i>	Chinese jujube	<i>Ziziphus sativa</i> Gaertn.	-	Cha.su.4/13
37.	<i>Laxmana</i>	Morning glory	<i>Ipomoea sepoaria</i> Roxb.	-	Cha.su.27/101
38.	<i>Langali</i>	Flame lily	<i>Gloriosa superba</i> Linn.	-	Cha.su.27/108
39.	<i>Lonika</i>	Common purslane	<i>Protulaka oleracea</i> Linn.	-	Cha.su.27/102
40.	<i>Lottaka</i>	Loquat	<i>Eriobotrya japonica</i> Thunb.Lindl	-	Cha.su.27/100

41.	<i>Marisa</i>	Chinese spinach	<i>Amranthus tricolor</i>	-	Cha.su.27/100
42.	<i>Mutra</i>	Urine		-	Cha.su.1/13-15
43.	<i>Nalika</i>	Tuberose	<i>Polianthes tuberosa</i> L.	<i>Gonadicha</i>	Cha.su.27/101
44.	<i>Nalini</i>	Indian lotus	<i>Nelumbo nucifera</i> Gaertn	<i>Padmamranallam</i>	Cha.su.27/101
45.	<i>Neelini</i>	True indigo	<i>Indigofera tinctoria</i>	-	Cha.su.2/9
46.	<i>Nichula</i>	Indian putat, Freshwater mangrove	<i>Borringtonia acutangular</i> Gaertn	<i>Hijjala</i>	Cha.su.2/10
47.	<i>Nishpava</i>	-	-	-	Cha.su.27/100
48.	<i>Palankya</i>	Spinach	<i>Spinacia oleracea</i> Linn.	-	Cha.su.27/100
49.	<i>Parusaka</i>	Phalsa or Falsa	<i>Grewia asiatica</i> Linn.	-	Cha.su.4/13
50.	<i>Pattura</i>	Silver cocks comb	<i>Celosia argentea</i> Linn.	<i>Variety of shali</i>	Cha.su.27/100
51.	<i>Phanjji</i>	-	<i>Rives ornate</i>	<i>Brahmana yastika</i>	Cha.su.27/98
52.	<i>Pilu</i>	Miswak	<i>Salvadora persica</i> Linn.	<i>Morataka</i>	Cha.su.2/10 Cha.su.4/13 Cha.su.13/67
53.	<i>Prakriya</i>	Fever nut	<i>Caesalpinia crista</i> Linn	Type of <i>Karanja</i>	Cha.su.1/82
54.	<i>Prapunnada</i>	Sickle senna	<i>Cassia tora</i> Linn	-	Cha.su.27/101
55.	<i>Pratyakapuspha</i>	Prickly chaff flower	<i>Achyranthes aspera</i> Linn.	-	Cha.su.1/82
56.	<i>Pratyekshreni</i>	Red physicnut	<i>Baliospermum montanum</i> Muell.	<i>Danti, Chitra</i>	Cha.su 1/77 Cha.su.2/9 Cha.su.4/13 Cha.su.26/68 Cha.chi.7/44 Cha.ka.12/1
57.	<i>Pruthaka</i>	-	-	<i>Chipitah</i>	Cha.su.27/273
58.	<i>Putika</i>	Indian elm or jungle cork tree	<i>Holopttela intergrifolia</i> Roxb.Planch	<i>Kantakaikaranja</i>	Cha.su.1/116
59.	<i>Salakayani</i>	-	-	Variety of <i>Sali</i>	Cha.su.27/102
60.	<i>Sana</i>	Devil bean	<i>Crotalaria juncia</i> Linn.	-	Cha.su.27/99
61.	<i>Saptala</i>	Shikakai,	<i>Acacia</i>	<i>Charmakasha</i>	Cha.su.1/77

		Soap-pod	<i>concinna</i> Willd		Cha.su.2/9 Cha.su.4/4 Cha.ka.1/6 Cha.ka.11/1
62.	<i>Sauvarchala</i>	-	-	-	Cha.su.27/301
63.	<i>Sauviraka</i>	-	-	-	Cha.su.27/191
64.	<i>Shalmali</i>	Red silk cotton tree	<i>Salmaalialmalbarica</i> Dc.	-	Cha.su.27/99
65.	<i>Shankhini</i>	-	<i>Euphorbia dracancuoides</i> Lam.	-	Cha.ka.1/6 Cha.ka.11/1
66.	<i>Shyama trivrt</i>	Indian jalap	<i>Operculina turpethum</i> Linn (black variety)	-	Cha.su.1/77 Cha.su.4/4 Cha.ka.1/6 Cha.ka.7/1 Cha.ka.7/7-8
67.	<i>Snuhi</i>	Indian spurge tree	<i>Euphorbia neriifolia</i> Linn.	-	Cha.su.1/114-115 Cha.su. 4/4 Cha.su.25/40
68.	<i>Supyashakani</i>	-	<i>Teramnus labialis</i>	<i>Mashaparni</i>	Cha.su.27/98
69.	<i>Suvarchala</i>	-	-	-	Cha.su.27/99
70.	<i>Tilvaka</i>	Symplocos tree	<i>Symplocos racemose</i> Roxb.	<i>Lodhra</i>	Cha.su.4/4 Cha.su.1/116 Cha.ka.1/6 Cha.ka.9/1
71.	<i>Triparni</i>	-	-	<i>Hamsapadika</i>	Cha.su.27/102
72.	<i>Trivruta</i>	Indian jalapa	<i>Operculina turpethum</i> Linn. (white variety)	-	Cha.su.1/77 Cha.su.2/9 Cha.su.15/17 Cha.su.25/40 Cha.chi.7/14 Cha.ka.1/6 Cha.ka.7/3
73.	<i>Uddkirya</i>	-	<i>Pongamia crista</i> Linn.	Type of <i>Karanja</i>	Cha.su.1/82 Cha.su.2/9
74.	<i>Vidanga</i>	-	<i>Embelia ribes</i> burn. F.	-	Cha.su.1/81
75.	<i>Vishanika</i>	Sweet flag	<i>Helicteres isora</i> L.	<i>Avartini</i>	Cha.su.1/78
76.	<i>Vrikadhuma</i>	-	-	<i>Bhumishirisha</i>	Cha.su.27/101
77.	<i>Yatuka</i>	Butterfly pea	<i>Clitoria ternatea</i> Linn.	<i>Sukla shalaparni</i>	Cha.su.27/102

78.	<i>Yavasaka</i>	Camel thorn	<i>Alhagi psuedalhagi</i> M.Bieb.	-	Cha.su.27/102
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#### DISCUSSION:

*Kalpasthanā* deals with preparations of *Vamana* and *Virechana Dravyas* which describes the combinations and administrations of these formulations and simple methods for *Vamana* and *Virechana*.

Based on the intensity of the *Virechana* procedure, *Acharya Charaka* classified *Virechana* as *Mridu*, *Madhyama* & *Tikshna*. In the same way based on the mode of action *Anulomana*, *Sramsana*, *Bhedana*, *Rechana*.

*Virechana Dravya* can be classified based on origin as animal & plant origin and also based

on parts used it can be classified as *Mulini*, *Phalini*, *Ksheera*, *Twak*, etc. [7]

#### PRINCIPLES OF VIRECHANA KALPA:

Foods added with *Vartikriya*, *Churna*, *Asava*, *Leha*, *Sneha*, *Kashaya*, *Mamsa rasa*, *Yusha*, *Kambalika*, *Yavagu*, *Kshiropadheyana*, *Modhaka*, and other types of food preparations are used for the patient's need for *Virechana*. These are briefly the pharmaceutical preparations of *Virechana Dravyas* which are described in detail in *Kalpa Sthana*.

**Table No 2. Pharmacological review of *Virechana* drugs.**

Sl.no	Name of the drug	Parts used	Dose of Kalpana	Indications	Availability	Use in practice
1.	<i>Ajagandha</i>	<i>Moola</i>	-	-	Available	Not common
2.	<i>Alabu</i>	-	-	-	Available	Not common
3.	<i>Amalaki</i>	<i>Phala</i>	10-20ml <i>swarasa</i> <i>Phala</i> <i>churna</i> 3-6gm	-	Available	Common
4.	<i>Amlavetasa</i>	<i>Phala</i>	<i>Phala rasa</i> 10-20ml	-	Available	Common
5.	<i>Antahkotarapushpi</i>	<i>Phala</i>	-	-	Available	Not common
6.	<i>Aragvadha</i>	<i>Patra</i> <i>Moola</i>	Pulp of <i>Argvadha-</i>	<i>Jwara</i> , <i>Hridroga</i> , <i>Vatarakta</i> ,	Available	Most common

			One <i>Anjali</i> (96gms) or One <i>Prasrata</i> (48gms) <i>Lehya</i> – Appropriate dose	<i>Udavarta, Bala, Vruddha, Kshata, Kshina, Sukumara</i>		n
7.	<i>Arka</i>	<i>Moola Twak</i>	<i>Moola twak churna</i> 0.5gm	<i>Kushta, Arsha, Krimi, Gulma</i>	Available	Common
8.	<i>Asuri</i>	-	-	-	Available	Common
9.	<i>Avalguja</i>	<i>Bheeja</i>	-	-	Available	
10.	<i>Badara</i>	<i>Phala Twak</i>	<i>Kashaya of Twak</i> 50-100ml	-	-	-
11.	<i>Bhallataka</i>	<i>Phala majja</i>	Oil 10-20 drops	-	Available	Common
12.	<i>Bibhitaki</i>	<i>Phala twak Beeja</i>	<i>Beeja churna</i> 3-6gm	-	-	-
13.	<i>Chaccuparni</i>	-	-	-	Available	Not common
14.	<i>Chilli</i>	-	-	-	-	-
15.	<i>Draksha</i>	<i>Phala</i>	<i>Kashaya – Half Prastha Phala rasa</i> 20-40ml	-	Available	Most common
16.	<i>Dravanti</i>	<i>Moola Patra</i>	<i>Chruna</i> impregnated with <i>Gomutra</i> – One <i>Panitala</i> With <i>Ghrita</i>	<i>Gulma, Udara, Pandu, Krimi, Bhagandara, Kaksa, Alaji, Visarpa, Daha, Santapa, Meha, Udavarta, Vatasanga, Kapha &amp; Vataja vyadhi's</i>	Available	Most common
17.	<i>Dugdha</i>	-	-	-	Available	Most common
18.	<i>Eranda</i>	-	-	-	Available	Most common

						n
19.	<i>Gavakshi</i>	<i>Moola Phala</i>	<i>Phala churna 1/8<sup>th</sup> to ¼<sup>th</sup> gm Moola churna 1-3gm</i>	<i>Kamala, Pleeha, Udara, Kushta, Gulma, Granthi</i>	Available	Common
20.	<i>Haritaki</i>	<i>Phala</i>	-	-	Available	Most Common
21.	<i>Hastidanti</i>	<i>Moola Beeja</i>	-	<i>Udara, Gulma</i>	Available	Not common
22.	<i>Haimavati</i>	<i>Kanda</i>	<i>Kanda churna 125-500mg</i>	<i>Unmada, Apasmara, Jwara</i>	Available	Most common
23.	<i>Kalamba</i>	-	-	-	Available	Not common
24.	<i>Kampillaka</i>	<i>Phala raja</i>	0.5-1gm	<i>Krimi, Adhmana, Gulma, Udara</i>	Available	Common
25.	<i>Karbudara</i>	-	-	-	Available	Common
26.	<i>Karkandu</i>	<i>Twak</i>	<i>Twak Kashaya 50-100ml</i>	<i>Hikka, Udara, Sthoulya, Pradara</i>	Available	Not common
27.	<i>Kasmarya</i>	<i>Moola twak</i>	<i>Moola Twak Kashaya 50-100ml</i>	<i>Shotha, Trishna, Daha, Jwara</i>	Available	Common
28.	<i>Klitaka</i>	<i>Phala Moola</i>	<i>Moola churna 3-5gm</i>	<i>Vrana, Shotha, Daha, Raktapitta</i>	Available	Most common
29.	<i>Kovidara</i>	-	-	-	Available	Common
30.	<i>Kshirini</i>	<i>Moola Panchanga</i>	<i>Panchanga Kalka 10 - 20gm</i>	<i>Udara, Krimi, Vibandha</i>	Available	Common
31.	<i>Kumarajiva</i>	-	-	-	Available	Common
32.	<i>Kushmanda</i>	-	-	-	Available	Most common
33.	<i>Kusumba</i>	-	-	-	Available	Common

34.	<i>Kutheraka</i>	-	-	-	Available	Not common
35.	<i>Kutumbaka</i>	-	-	-	Available	Not common
36.	<i>Kuvala</i>	<i>Twak</i>	<i>Twak Kashaya</i> 50-100ml	<i>Hikka, Udara, Sthoulya, Pradara</i>	Available	Not common
37.	<i>Laxmana</i>	-	-	-	Available	Not common
38.	<i>Langali</i>	-	-	-	Available	Not common
39.	<i>Lonika</i>	-	-	-	Available	Not common
40.	<i>Lottaka</i>	-	-	-	Available	Not common
41.	<i>Marisa</i>	-	-	-	Available	Not common
42.	<i>Mutra</i>	-	-	-	Available	Common
43.	<i>Nalika</i>	-	-	-	Available	Not common
44.	<i>Nalini</i>	-	-	-	Available	Common
45.	<i>Neelini</i>	<i>Moola</i>	<i>Moola sara</i> 125-250mg <i>Moola</i> 60mg	<i>Amavata, Mada, Vatarakta, Pleeharoga</i>	Available	Common
46.	<i>Nichula</i>	<i>Phala</i>	<i>Phala Churna</i> 0.5-1gm <i>Swarasa</i> 10-20ml	<i>Vataroga, Visharoga</i>	Available	Common
47.	<i>Nishpava</i>	-	-	-	-	-
48.	<i>Palankya</i>	-	-	-	Available	Not common
49.	<i>Parusaka</i>	<i>Phala</i>	<i>Phala swarasa</i>	<i>Raktapitta, Daha, Kshaya</i>	Available	Common

			10-20ml			
50.	<i>Pattura</i>	-	-	-	-	-
51.	<i>Phanji</i>	-	-	-	-	-
52.	<i>Pilu</i>	<i>Beeja</i>	<i>Beeja churna</i> 1-3gm	<i>Arsha, Gulma, Udara</i>	Available	Common
53.	<i>Prakriya</i>	<i>Phala Moola twak</i>	<i>Moola twak churna</i> 1-3gm <i>Swarasa</i> 10-20ml	<i>Shotha, Pleeharoga, Prameha</i>	-	-
54.	<i>Prapunnada</i>	-	-	-	-	-
55.	<i>Pratyakapuspha</i>	<i>Phala</i>	-	-	-	-
56.	<i>Pratyekshreni</i>	<i>Moola</i>	<i>Chruna</i> impregnated with <i>Gomutra</i> – One <i>Panitala</i> With <i>Ghrita Kashaya</i> – 2 Pala	<i>Gulma, Udara, Pandu, Krimi, Bhagandara, Kaksa, Alaji, Visarpa, Daha, Santapa, Meha, Udavarta, Vatasanga, Kapha &amp; Vataja vyadhi's</i>	Available	Most common
57.	<i>Pruthaka</i>	-	-	-	-	-
58.	<i>Putika</i>	<i>Panchanga</i>	-	<i>Krimi, Kushta, Prameha</i>	-	-
59.	<i>Salakayani</i>	-	-	-	-	-
60.	<i>Sana</i>	-	-	-	-	-
61.	<i>Saptala</i>	<i>Moola</i>	<i>Kalka- One Aksha</i>	<i>Gulma, Gara, Hrd-roga, Kustha, Sopha, Udara, Kaphaja Vyadhi's</i>	Available	Most common
62.	<i>Sauvarchala</i>	-	-	-	Available	Most common
63.	<i>Sauviraka</i>	-	One <i>Anjali</i>	-	Available	Not common
64.	<i>Shalmali</i>	-	-	-	Available	
65.	<i>Shankhini</i>	<i>Phala</i>	<i>Kalka- One Aksha</i>	<i>Gulma, Gara, Hrd-roga, Kustha, Sopha, Udara, Kaphaja Vyadhi's</i>	Available	Most common
66.	<i>Shyama trivrt</i>	<i>Moola</i>	<i>Pinda form- One</i>	<i>Vata, Kapha, &amp; Pittaja Vyadhi,</i>	Available	Most common

			Aksha (12gms) – One Panitala (12gms)	Sannipatika jwara, Stambha, Daha, Trasna		n
67.	Snuhi	Ksheera	Pills- Size of Kola Lehya- Appropriate dose	Panduroga, Gulma, Kusta, Dushivisha, Swayathu, Madhumeha, Unmada	Available	Common
68.	Supyashakani	-	-	-	-	-
69.	Suvarchala	-	-	-	-	-
70.	Tilvaka	Moolatwaka	Churna- One Panitala (12gms)	-	Available	Most common
71.	Triparni	-	-	-	-	-
72.	Trivruta	Moola	Pinda form- One Aksha (12gms) – One Panitala (12gms)	Vata, Kapha, & Pittaja Vyadhi, Sannipatika jwara, Stambha, Daha, Trasna	Available	Most common
73.	Uddkirya	Phala	-	-	-	-
74.	Vidanga	Phala Moola	Phala churna 3-5gm Moola Kalka 10gm	Krimi, Udara, Adhmana	Available	Common
75.	Vishanika	Moola		Jwara, Kasa, Shwasa, Hikka		
76.	Vrikadhumaka	-	-	-	-	-
77.	Yatuka	-	-	-	-	-
78.	Yavasaka	-	-	-	-	-

In *Shadvirechanashatashritiya adhyaya*, Acharya Charaka mentions 600 Kalpas, out of which 245 are Virechana Kalpas. Detailed descriptions of *Shyama Trivrt*, *Chaturangula*, *Tilvaka*, *Sudha*, *Saptala Sankhini*, and *Danti*

*Dravanti* are mentioned in *Kalpasthana*. The number of formulations of the above-mentioned Dravyas are 110, 12, 16, 20, 39, and 48 respectively.

After a comprehensive review of the *Charaka Samhita*, the Part of the *Dravyas* used for *Virechana Karma* are *Moola- 14, Phala-14,*

*Patra-2, Beeja-4, Ksheera-1, Moola Twak-4, Phala Raja-1, Phala Majja-1, Phala Twak-*

**Table No.3. Description of formulations mentioned in *Kalpa Sthana* of *Charaka Samhita***

<i>Kalpāna</i>	<i>Śyāmā-Trivrit</i>	<i>Caturangula</i>	<i>Tilvaka</i>	<i>Mahā Vriksha</i>	<i>Saptalā-Śankhini</i>	<i>Dantī Dravantī</i>
<i>Āmla</i> etc.	9	-	-	-	-	-
<i>Arishṭa</i>	-	1	1	-	-	-
<i>Āsava</i> etc.	-	-	-	-	-	8
<i>Cūrṇa</i>	1	-	-	-	-	2
<i>Dadhi</i> etc.	-	-	5	-	-	3
<i>Ghrita</i>	4	1	4	1	8	-
<i>Guḍa</i>	-	-	-	-	-	-
<i>Gomūtra</i>	18	-	-	-	-	-
<i>Ikshurasa</i>	-	-	-	-	-	1
<i>Jīvakādi</i>	14	-	-	-	-	-
<i>Kampillaka</i>	-	-	1	-	1	1
<i>Kashāya</i>	-	1	-	-	16	-
<i>Kola sidhu</i>	-	1	-	-	-	-
<i>Kshīra</i>	7	-	-	-	-	-
<i>Leha</i>	8	1	3	1	3	6
<i>Māmsarasa</i>	-	-	-	1	-	3
<i>Matsya</i>	-	-	-	2	-	-
<i>Madya</i>	2	-	-	-	5	1
<i>Modaka</i>	5	-	-	-	-	1
<i>Pānaka</i>	5	-	-	1	-	-
<i>Phāṇita</i>	-	-	-	-	-	-
<i>Priyāla</i> etc.	-	-	-	-	-	5
<i>Ṛtu</i>	6	-	-	-	-	-
<i>Saindhava</i>	12	-	-	-	-	-
<i>Shāḍava</i>	10	-	-	-	-	-

## CONCLUSION:

This article for the first time provides a comprehensive scientific review of *Charaka Samhita* for the compilation of Seventy-eight *Virechana* and *Virechanopaga Dravya* and a critical analysis of various aspects related to the botanical identification, part used, current availability, indications, current use in practice, etc. commonly used *Virechana* and *Virechanopaga* drugs are *Trivrit*, *Vidanga*, *Danti*, *Haritaki*, *Amalaki*, *Vibhitaki*, *Draksha*, *Eranda*, etc.

The appropriate classical *Virechana Dravyas* can be selected and used to achieve better efficacy with or without minimal side effects or complications according to the patient's medical condition, and severity of the disease. Various research trials may be proposed in the future to study the detailed pharmacodynamics of the drugs listed above.

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