



### AN OBSERVATIONAL STUDY ON *ANTIKI* (END POINT) CRITERIA OF *VAMANA KARMA* IN 40 PATIENTS

CHANDALIYA SACHIN\*<sup>1</sup> CHAFLE SHILPA<sup>2</sup> GIRDE SAMIR<sup>3</sup>

#### ABSTRACT

Deciding the end point of *vamana* is always a tricky thing. It is the expertise of the physician to take the decision of the stoppage of *vamana*. With the passing years of experience, the physician becomes able to decide the end point of *vamana*. So, guiding all the clinicians and setting the standards to decide the end point of *vamana*, use of pH paper might be the handy and practical tool. In a clinical study carried in 40 patients, *vamana* was stopped on the basis of signs and symptoms present at the end of the procedure. pH was calculated during that period. pH was found to be ranging between the fixed range which helps to standardize *antiki* criteria on the basis of pH of vomitus. Present article gives the precise view about the range of pH and signs – symptoms around the end point of *vamana*.

**Key words:** *vamana*, *antiki* criteria, pH, vomitus

\*<sup>1</sup>HOD & Professor, Department of Panchakarma, Shri Ayurved Mahavdiyalaya, Nagpur, INDIA

<sup>2,3</sup>Assistant professor, Department of Panchakarma, Shri Ayurved Mahavdiyalaya, Nagpur, INDIA

Corresponding Email id: [shantipushpa@gmail.com](mailto:shantipushpa@gmail.com) Access this article online: [www.jahm.co.in](http://www.jahm.co.in)

Published by Atreya Ayurveda Publications under the license CC-by-NC-SA.

## INTRODUCTION:

Acharya Charaka introduced some definitive parameters like color, taste, odor, consistency of *doshas* during *vamana* and *virechana* procedures to assess the quantity & nature of the vitiated *doshas* & to assess the effects achieved after *samsodhana*. Chakrapani categorized them by naming as *Antiki*, *Vaigiki*, *Maniki* & *Laingiki* criteria<sup>1</sup>.

It seems that there remained a lot of controversies amongst the commentators for awarding one as “the best criteria” in these special four. Adhering to that, a plenty of theories were put on & think over. And still, it remained one of the most fascinating points for debate among the learned scholars of Ayurveda.

But, applied aspect of these criteria should be viewed separately. If studied critically, during process these criteria are observed and followed at different time levels.

1. ‘*Anilagamana*’ (appearance of *Vata*) after *pitta* expulsion is the indication of total expulsion of *Kapha* & *Pitta*. It indicates that nothing is remained back in *Ashaya*<sup>2</sup>. So, physician constantly searches for the signs and symptoms of *doshas* coming out through expulsion.
2. The procedure is continued till *pitta* come out<sup>3</sup>. “*Pittanta* Criteria” remains important during the actual conduct of *vamana*.

Nobody concentrates on the number of *vegas* and quantity of *doshas* expelled out during the process. So, *vaigiki* and *maniki* criteria do not affect the progress of *vamana karma*.

### **Antiki criteria:**

**Definition** - The root word is 'Ant' derived as 'Ant An' meaning final or terminal. Thus, "Antiki" word points towards 'the criteria needed in the final stages'. The signs and symptoms indicating that *vamana* has entered in its terminal phase, are considered as 'Antiki signs and symptoms' and criteria as 'Antiki Criteria'.

*Vamana* process is said to be proper if it is ending with *pitta dosha* as expelled material (end point of *vamana*). It is advised to continue *vamana* till bouts of *pitta* starts appearing in the same<sup>4</sup>. It is said that during ‘*Samyaka* (proper) *Vamana*’, *kapha* should be succeeded by *Pitta*<sup>5</sup>.

The signs and symptoms of proper *vamana* are considered as “*Laingiki* creteria”. The sequence of expulsion of *kapha*, followed by *pitta* is well explained. That indicates it is considered as a part of *laingiki* criteria. Chakrapani clearly advocated the inclusion of *pittanta* criteria in *laingiki* one & proposed both of them by a single nomenclature as ‘*Laingiki* Criteria.’<sup>6</sup>

Vagbhata<sup>7</sup> advised to continue *Vamana* till -.

1. **Kapha Chheda:** When *Kapha* will start to be diminished & will exude in a lesser quantity.
2. **Kevalam Ausadha Pravrtti:** After curtailed *Kapha*, only medicine will begin to ooze out.
3. **Pitta darsanam Va:** or till the appearance of *pitta*.

To ascertain the end point of *vamana* on the basis of presence of *pitta dosha* through *vamana*, one needs to understand the nature of *pitta*.

**Pitta:** "*Pitta*" is a *dravya* which has specific characteristics (*guna*) and functions (*Karma*). The appearance of *pitta* is confirmed by the signs and symptoms showing its presence.

"**Appearance of Pitta**" can be perceived by all the *Pramanas* (tools to understand).

Color - Yellow, green or greenish yellow

Taste - Bitter or Pungent taste, (Sour taste also)<sup>8</sup>

Symptoms - It produces certain symptoms while coming through "Amashaya" like burning sensation in Chest or throat or Eyes (*Urodaha, Kanthadaha, Netradaha* respectively).

Thus "**Antiki Criteria**" requires only two major things

1. *Vamana* having *pitta* as an **endpoint**.
2. The **symptoms** indicating the **samyaka vamana**.

### **Importance of deciding *antiki* criteria:**

- 1) This helps to make the decision about whether to carry on or cease the process, thus minimizing errors taking place due to vague symptoms explained by patients.
- 2) It indicates about the complete expulsion of *Kapha dosha* and warns the Physician from proceeding further & creating '*Atiyoga*' of *Vamana*.

**Aim:** To assess the *Antiki* criteria of *Vamana* process.

### **Objectives:**

1. To decide the end point of *Vamana* process.
2. To observe the various signs and symptoms present at the end of *Vamana* process.
3. To revalidate the sequence of expulsion of vitiated humors expressed in texts or Samhitas

### **Materials & Methods:**

#### **A. Inclusion criteria:**

1. All the *Vamana arha* (fit for *vamana*) patients explained in Samhitas<sup>9</sup>.
2. Patients with *kapha* and *kapha pitta* constitutions.
3. Patients suffering from *kapha* diseases.
4. Diseases associated with *pitta* disorders.
5. Bronchial Asthma, Allergic Bronchitis, Sinusitis, COPD, Productive Cough, Migraine, Hyperacidity, Anorexia, Obesity, Overweight, Dyslipidemia, Diabetes Mellitus, Skin Diseases Like Acne Vulgaris,

Psoriasis, Eczema, Dermatitis, Lichen Planus, Vitiligo, Urticaria, Falling and Greying of Hairs, Inflammatory Conditions etc.

**B. Exclusion criteria:**

1. All the *Vamana anarha* (clinically unfit) patients explained in Samhitas<sup>10</sup>.
2. The patients with serious heart, brain and kidney disorders.
3. The patients with IDDM, Chronic debilitating diseases, Malignant hypertension.
4. Patients not willing for IPD.

**Procedure of *vamana*:**

***Poorva karma* (pre procedure of *vamana*):**

- *Vamana* was administered in the patients fulfilling the inclusion criteria.
- *Snehapana* of three to seven days was offered and was conducted as per the standard protocol of *snehana*.
- On the single gap day after finishing *snehapana* and the day before *vamana*, the patient was offered *khichari* prepared from black gram along with a lot of curds (approximately half kilogram).
- On *vamana* day, *abhyanga* (massage) and *swedana* (fomentation) was offered after the passage of feces and urine.

***Pradhana karma* (main procedure):**

- During *vamana*, at first *yavagu* (rice gruel) was administered followed by decoction of leucorice for *akanthapana*.
- Mixture of *madanaphala pippali* (approximately 8 to 10 gms) with rocksalt, honey and 10 ml of *yashtimadhy* decoction was prepared and administered as linctus.
- Waited for 10 to 15 minutes for *vamana* bouts to appear. If *vamana* started within the period, the procedure was continued with leucorice decoction. If *vamana* did not start within the period, the patient was suggested to start taking leucorice decoction by the physician.
- The procedure was continued till the expulsion of *kapha* gets completed or appearance of *pitta* found during the procedure.
- Once it was decided that the end point of procedure has arrived, at the end - water mixed with rock salt was administered.
- During *vamana*, all the observations were recorded in specially designed *vamana patra*. End point was decided on the basis of signs and symptoms of arrival of *pitta* and pH was recorded simultaneously.

***Paschat karma* (post procedure):**

- Dhumapana was suggested after procedure.
- Samsarjana krama (dietetic regime) was suggested.

**Decision about deciding of *Antiki* criteria:**

**Criteria for ascertaining end point of *vamana* or *pittanta vamana*:**

1. Physical characteristics of vomitus also go on changing as the process progresses forward.
2. To monitor the changes taking place in the expulsion of vitiated matter on the basis of its physical properties, pH scale was utilized.
3. Each bout is collected in the separate test tube & pH of the same was measured.
4. When the symptoms telling about the arrival of *Pitta* through the vomitus, the samples of vomitus are taken in the test tubes & checked on the pH scale.
5. pH scale ranging from 2 to 10.5 is used for the purpose.
6. Along with that, by asking the patient about symptoms like Pungent or Bitter taste in mouth (*Katukasyata* or *Tiktasyata*), *Netradaha*, *Kanthadaha*, *Urodaha* etc. one can decide whether *pitta* is coming or not at the end of *vamana*.

**Use of pH paper:**

**The pH scale:** Danish biochemist S.

Sorensen introduced the pH scale. The scale runs from 1 to 14.

7. Rules for the pH scale

- a. Acids have a pH less than 7.
- b. The more acidic a solution, the lower the pH.
- c. Neutral substances, such as pure water, have a pH of 7.
- d. Alkalis have pH greater than 7.
- e. The more alkaline a solution, the higher the pH.

**Assessment of the signs and symptoms:**  
**various signs and symptoms were recorded present on the patient and in vomitus:**

**A. Signs and symptoms present in patient:**

- a. Taste in mouth – *Tiktasyata* (bitter), *Katvasyata* (pungent) etc.
- b. Signs and symptoms indicating presence of *pitta* – *Swedadhikya*, *Urodaha*, *Udaradaha* etc.
- c. General Health – *Balakshaya*, *Bhrama* etc.

**B. Signs present in vomitus:**

- a. Expulsion of *Pitta*
- b. *Visragandha* of vomitus
- c. Nature of vomitus

**OBSERVATIONS:**

**Table No. 1 – Signs and symptoms present in the last 15 minutes of *vamana***

Sr. No.	Signs and symptoms	No. of patients
1	<i>Pittapatana</i> (Expulsion of <i>pitta</i> )	16
2	<i>Kalpa patana</i> (Expulsion of emetic medicine)	18
3	<i>Tiktasyata</i> (Bitter taste in mouth/throat)	24
4	<i>Amlasyata</i> (Sour taste in mouth/throat)	3
5	<i>Katukasyata</i> (Pungent sensation in mouth/throat)	6
6	<i>Kashayasyata</i> (Astringent flavor of taste in mouth/throat)	3
7	<i>Lavanasyata</i> (Salty taste of mouth/throat)	1
8	<i>Visragandha</i> (Smell like that of raw meat)	23
9	<i>Vidagdhagandha</i>	1
10	<i>Lohagandha</i>	1
11	<i>Swedadhikya</i> (Excessive sweating)	13
12	<i>Balakshaya</i> (Exhaustion)	10
13	<i>Bhramaprachiti</i> (Vertigo)	4
14	<i>Shirahshool</i> (Headache)	3
15	<i>Shirogurava</i> (Heaviness in head )	6
16	<i>Shirolaghava</i> (Lightness in head)	2
17	<i>Kantrashool</i> (Pain in throat)	2
18	<i>Kanthadaah</i> (Burning sensation in throat)	6
19	<i>Kantha khurkhurayana</i> (Itching in throat)	2
20	<i>Udarshool</i> (Abdominal pain)	3
21	<i>Udar gurava</i> (Heaviness in abdomen )	3
22	<i>Udar laghava</i> (Lightness in abdomen)	1
23	<i>Udar daah</i> (Burning sensation in abdomen)	1
24	<i>Urodaah</i> (Burning sensation in chest)	2
25	<i>Mukhdaah</i> (Burning sensation over face)	1
26	<i>Mukhaarakata</i> (Redness of face)	3
27	<i>Netra aarakata</i> (Redness of eyes)	1
28	<i>Styana/Tantul kapha</i> (Sticky <i>kapha</i> )	4
29	<i>Kasa</i> (Cough)	3
30	<i>Hikka</i> (Hiccup)	1
31	<i>Udgaradhikya</i> (Excessive burping)	4

## **Dominance of *doshas* in *Antiki* Signs and symptoms -**

**1. Dominance of *Pittaja* signs and symptoms** – *Pittapatana* (Expulsion of *pitta*), *Tiktasyata* (Bitter taste in mouth/throat), *Amlasyata* (Sour taste in mouth/throat), *Katukasyata* (Pungent sensation in mouth/throat), *Vidagdthagandha*, *Visragandha* (Smell like that of raw meat), *Lohagandha*, *Swedadhikya* (Excessive sweating), *Bhramaprachiti* (Vertigo), *Kanthadaah* (Burning sensation in throat), *Udardaah* (Burning sensation in abdomen), *Urodaah* (Burning sensation in chest), *Mukhdaah* (Burning sensation over face), *Mukhaarakata* (Redness of face), *Netra aarakata* (Redness of eyes).

**2. Dominance of *kaphaja* signs and symptoms** - *Lavanasyata* (Salty taste in of mouth/throat), *Shirogurava* (Heaviness in head), *Udargurava* (Heaviness in abdomen), *Kantha khurkurayana* (Itching in throat), *Shirogurava* (Heaviness in head), *Styana/Tantul kapha* (Sticky kapha), *Kasa* (Cough).

**3. Dominance of *Vataja* signs and symptoms** - *Kashayasyata* (Astringent flavor of taste in mouth/throat), *Shirahshool* (Headache), *Kanthashool* (Pain in throat), *Udarshool* (Abdominal

pain), *Hikka* (Hiccup), *Udgaradhikya* (Excessive burping).

## **4. Other special features associated at end point –**

**a. *Balakshaya* (Exhaustion)** – After removal of enough *kapha*, despite of absence of *pitta* signs and symptoms, the patient becomes exhausted due to the strain of *vamana* procedure.

**b. *Udaralaghava*** –These signs and symptoms are associated with the other signs and symptoms of *samyaka vamana*. It is said that '*hrut parshwa murdha indriya marga shuddhau*'. So, after *shuddhi* of any *marga*, *laghavata* is expected which is reflected from this symptom.

**c. *Shirolaghava*** - these signs and symptoms are associated with the other signs and symptoms of *samyak vamana*. It is said that '*hrut parshwa murdha indriya marga shuddhau*'. So *Murdha shuddhior* feeling of lightness in head is also one of the symptoms.

**d. *Kalpa patana*** – Sometimes, after the appearance of all the other signs and symptoms of *pitta* and if the *vamaka* medicine is given in powder or *avaleha* (linctus) form, the physician should wait till the expulsion of *vamaka kalpa*. Otherwise, especially in case of *kalpa* to be remaining inside, it may continue

to create nausea and feeling of pressure in the patient.  
vomiting, restlessness and raised blood

**Table No.2- Time difference between start time of *Vamana* and time of *Pitta darshana* time (In 16 patients)**

Sr. No.	<i>Vamana</i> Start Time (a.m.)	<i>PittaDarshana</i> Time (a.m.)	Difference (min.)
1	10.45	10.52	07
2	10.56	11.54	58
3	10.15	10.50	35
4	9.28	10.42	14
5	9.32	10.08	36
6	9.25	10.04	39
7	8.55	9.27	32
8	9.16	10.14	56
9	9.02	9.18	16
10	9.01	9.33	32
11	9.31	10.26	54
12	9.00	9.58	58
13	9.08	9.52	44
14	9.01	9.41	40
15	9.21	10.02	41
16	9.01	9.45	44
<b>Average time difference = 37.87 min.</b>			

The average time of expulsion of pitta after administration of *Yavagu* is 37.87 min. So, it takes approximately 40 minutes for the expulsion of frank *pitta* through *vamana* procedure.

**Table no.3 – Time of actual pitta appearance after the initiation of *vamana* process**

Time difference Range	No of patients
1 – 10 min	1

11 – 20 min	2
21 – 30 min	0
31 – 40 min	5
41 – 50 min	4
51– 60 min	4

Out of 40 patients, *pittadarshana* was observed in 16 patients. This shows that 40 percent may present the actual expulsion of

pitta. 13 out of patients expelled pitta after 30 minutes (81%).

**Table No.4- pH changes noted at the end of *vamana* or during the last 15 minutes of *vamana***

pH value (around or near to the value )	No of patients
6	5
7	3
8	20
9	12

Maximum patients i.e. 35 out of 40 patients were found to be having pH range 7 or beyond 7 during the last phase of *vamana* or near the end point of *vamana*. Few patients showed the pH range near to 6. This clearly indicates that pH remains towards alkaline side at the end of *vamana* procedure.

#### DISCUSSION:

During the study, pH of the Decoction of leucorice and *Yavagu* were found neutral (pH=7). So, it was easier to note the minor changes in the vomitus with respect to changes in pH scale.

It is said that if *vamana* is carried out in a proper (*samyaka*) manner, *pitta* is followed by *kapha*. Once *kapha* gets expelled, *pitta* is removed in two phases. During the initial phases of *vamana*, *pitta* from the *urdhwa amashaya* gets started to be expelled out. But it should not be considered as the end of the

procedure. When *pitta* from the *adho amashaya* gets started to be removed away, it should be considered as the end point of *vamana*<sup>11</sup>.

*Amaashaya* is divided into two parts – *urdhwa amashaya* and *adho amashaya*. *Urdhwa amashaya* is primarily the seat of *kapha* while *adho amashaya* is primarily seat of *pitta*<sup>12</sup>. So chakrapani suggests that till *pitta* from *adho amashaya* starts coming out, *vamana* procedure should go on.

During *vamana*, changes in pH also show the same pattern. As the process moves on, the bile from the liver starts coming out of the bile duct in the second part of the duodenum towards end. The duodenal sphincter gets opened slowly after the passage of 30 to 40 minutes. The bile from the second part of duodenum gets dragged into the stomach. This movement of bile into the stomach turns the pH towards alkaline in nature near the end of procedure.

This study confirms the same observation. 35 out of 40 patients showed alkaline pH at the end of procedure (pH around 7 or beyond 7).

Once the process started there should be waiting time of 30 minutes for the appearance of actual *pitta*. Till then, one should try to extract the humors through this procedure. Out of that around only 30% patients expelled *pitta* between 30 to 40

minutes and almost 50 % patients expelled *pitta* after 40 minutes. Pyloric end generally remains tightly closed for the proper digestion of the food present in stomach once it enters into the stomach for almost 40 to 50 minutes.

Whenever the taste of the vomitus turns towards *amla* (sour taste) during initial phase of *vamana*, it should be understood that it is the taste of acidic secretions secreting from the stomach wall. The pH of the same remains around 6. *Amla* taste is attributed to be of *pitta*<sup>13</sup>. So, expulsion of this *pitta* should be considered is to be from *urdhwa amashaya* (stomach).

Towards end, when the characteristics of *pitta*<sup>14</sup> like the taste of vomitus turns towards *Katu* (pungent) or *tikta* (bitter), color of vomitus appears greenish yellow or yellowish green with very foul smell (*visra gandha*) starts appearing, pH is observed to be turning towards 8 or beyond that during this period. These characteristics are of bile which is secreted in the first and second part of duodenum. So, it is to be understood that *pitta* from *adho amashaya* is coming out. So, on the pH scale or at the acidic-alkaline nature of *pitta dosha*, one should not assume as *pitta* has any particular nature. *Pitta* shows both the extremes of pH levels depending on the site where it is located inside gastro intestinal tract.

Whenever *kapha* with *picchila* property in the form of slimy or mucoid secretions were coming out through vomitus, it was always alkaline in nature. Mucoid secretions prepare protective layer for the stomach walls against the acidic secretions. So, when *kapha* gets expelled during *vamana* procedure, alkaline nature of *kapha* on pH paper is clearly observed.

Thus, it was also observed that the signs and symptoms which were present at the end of *vamana*, were having the dominance of *pitta dosha*. The dominance of other *doshas* was found to be minimum. Other clinical observations like *urodaha*, *udaradaha*, *kanthadaha*, *bhrama*, *Swedadhikya* etc support the main observation of presence of *pitta* in vomitus. Turning of pH from acidic or neutral towards alkaline range during the presence of above signs and symptoms gives us an objective parameter of *antiki* criteria. It can be said that when *pitta* starts coming out of the vomitus, pH also starts turning towards alkalinity. If *pitta* from *adho amashaya* is extracted and gets expelled through *vamana*, it shows pH around 8 or beyond 8 along with the taste like bitter and pungent in mouth.

## CONCLUSIONS:

1. Alkaline pH is clear indication of end point of *vamana*.
2. Along with alkaline pH, the signs and symptoms like *tiktasyata*, *katvasyata* and

yellowish green or greenish yellow with foul smelling *pitta darshana* are the end point of *vamana*.

3. If someone finds difficult in deciding the finishing line of *vamana* on the basis of *vamana*, alkaline pH around 8 can be considered as definite *antiki* criteria.

## REFERENCES:

1. Yadavaji Trikamaji (editor). Commentary: Ayurveda Deepika of Chakrapani on Charaka Samhita of Charaka, Sidhithana, chapter 1, verse no.13-15, Varanasi; Chowkhambha Surabharati Prakashan;2017:679.
2. Yadavaji Trikamaji (editor). Commentary: Ayurveda Deepika of Chakrapani on Charaka Samhita of Charaka, Sidhithana, chapter 1, verse no.15, Varanasi; Chowkhambha Surabharati Prakashan;2017:680.
3. Yadavaji Trikamaji (editor). Charaka Samhita of Charaka, Kalpasthana, chapter 1, verse no.14, 2nd edition, Varanasi; Chowkhambha Surabharati Prakashan;2017:654.
4. Yadavaji Trikamaji (editor). Charaka Samhita of Charaka, Kalpasthana, chapter 1, verse no.14, 2nd edition, Varanasi; Chowkhambha Surabharati Prakashan;2017:654.
5. Yadavaji Trikamaji (editor). Charaka Samhita of Charaka, Sidhithana, chapter 1, verse no.15, Varanasi; Chowkhambha Surabharati Prakashan;2017:680.
6. Yadavaji Trikamaji (editor). Commentary: Ayurveda Deepika of Chakrapani on Charaka Samhita of Charaka, Sidhithana, chapter 1, verse no.13-15, Varanasi; Chowkhambha Surabharati Prakashan;2017:679.
7. Shivprasad Sharma (Editor).Ashtanga Samgraha of Vagbhata, Sutrasthana chapter 27, verse no.13, 4<sup>th</sup> edition, Varanasi, Chowkhamba Sanskrit series office;2016:205.
8. Yadavaji Trikamaji (editor). Charaka Samhita of Charaka, Sutrasthana, chapter 1, verse no.60, Varanasi; Chowkhambha Surabharati Prakashan;2017:16.
9. Yadavaji Trikamaji (editor). Charaka Samhita of Charaka, Sidhithana, chapter 2, verse no.10, Varanasi; Chowkhambha Surabharati Prakashan;2017:687.
10. Yadavaji Trikamaji (editor). Charaka Samhita of Charaka, Sidhithana, chapter 2, verse no.8, Varanasi; Chowkhambha Surabharati Prakashan;2017:687.
11. Yadavaji Trikamaji (editor). Commentary: Ayurveda Deepika of Chakrapani on Charaka Samhita of Charaka, Sidhithana, chapter 1, verse no.15, Varanasi; Chowkhambha Surabharati Prakashan;2017:680.
12. Yadavaji Trikamaji (editor). Commentary: Ayurveda Deepika of Chakrapani on Charaka Samhita of Charaka, Sutrasthana, chapter 20, verse no.8 Varanasi; Chowkhambha Surabharati Prakashan;2017:113.

Chandaliya Sachin, Chafle Shilpa, Girde Samir. An observational study on *Antiki* (End Point) criteria of *vamana karma* in 40 patients. Jour. of Ayurveda & Holistic Medicine, Volume-IX, Issue-II (March-April 2020)

13. Yadavaji Trikamaji (editor). Commentary: Ayurveda Deepika of Chakrapani on Charaka Samhita of Charaka, Sutrasthana, chapter 20, verse no.15 Varanasi; Chowkhambha Surabharati Prakashan;2017:114, 115.

14. Yadavaji Trikamaji (editor). Commentary: Ayurveda Deepika of Chakrapani on Charaka Samhita of Charaka, Sutrasthana, chapter 20, verse no.15 Varanasi; Chowkhambha Surabharati Prakashan;2017:114, 115.

#### CITE THIS ARTICLE AS

Chandaliya Sachin, Chafle Shilpa, Girde Samir. An observational study on *Antiki* (End Point) criteria of *vamana karma* in 40 patients, *J of Ayurveda and Hol Med (JAHM)*.2020; 9(2): 28-39

Source of support: Nil

Conflict of interest: None Declared