

## Clinical Outcome of Vasantik Vaman in the Prevention of *Kapha* Dominant Diseases: A Retrospective Analysis

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### ABSTRACT:

*Vasantik Vaman*, the *Panchkarma* preventive measure, is strongly advised in eradicate the *Kapha* *Dosha* and avert illnesses. During *Vasant Ritu* the weather becomes warmer, and the sun beams become stronger. Similar to how the ice melts when the weather warms the body's stored *Kapha* from winter also begins to dissolve. This imbalance can cause symptoms, such as coughing, colds, indigestion, heaviness etc. That's why *Vasant Ritu* has been used to do *Vaman karma*. The *Kapha Dosha* is aggravated, which can cause numerous diseases. Detoxification and rejuvenation are aided by the bio-purification of the body in Vasant Ritu via the *Vaman* treatment. *Vaman* aids in the prevention of upcoming *Kapha* disorders and related *Pitta* disorders or illnesses that originate or settle in the *Kapha's* place such as rhinitis, sinusitis, migraine, indigestion, hyperacidity, bronchial asthma, allergic bronchitis, anorexia, obesity, overweight, diabetes mellitus, urticaria, psoriasis, eczema, acne vulgaris, and dyslipidaemia among others. In this study, total 30 patients were registered, most participants were healthy individuals, while a few experienced recurrent episodes of cold, cough, and skin rashes during this season. All of these individuals successfully underwent the traditional Vaman Karma procedure without any complications. Average *Snehpan* dose, *Snehpan* days, *Agni*, *Koshtha*, output, input are 650.2 ml, 4-5 days, *Samaagni*, *Madhyam Koshtha*, 8567 ml, 8900.4 ml respectively and 36.67% of patients achieved *Pittant Vaman*. Given the positive outcomes, more research involving a larger sample population may be carried out in this direction.

**KEYWORDS:** Detoxification, *Koshtha*, *Snehpana*, *Vaman*, *Vasant Ritu*.

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## INTRODUCTION:

*Panchakarma* is a unique Ayurvedic technique that purifies the body using five precisely designed procedures inside via the nearest path. This kind of purification enables the biological system to quickly regain equilibrium and regenerate, as well as to facilitate the intended pharmacotherapeutic effects of medications that are subsequently provided. *Panchakarma* is a therapeutic approach that serves as a preventive, curative, and promotional measure. Maintaining the health of healthy people and curing the illnesses of sick people are the basic goals of Ayurveda, the science of life as understood by *Acharyas* for human well-being.<sup>[1]</sup>

*Acharyas* have suggested *Dinacharya*, *Ritucharya*, *Rasayan Chikitsa*, and *Shodhan Karma* (body cleaning procedures), such as *Vaman* in *Vasant Ritu*, *Virechana* in *Sharad Ritu*, and *Basti Karma* in *Varsha Ritu*, in order to accomplish this main objective and preserve the health of healthy people.<sup>[2], [3]</sup>

Purification or cleaning of the body is the ultimate goal of *Shodhan Karmas*. A person's *Swasthya* or health is determined by how well their body's *Doshas* are balanced. Due to our seasonal routine, *Kapha Dosha* accumulates during *Hemant* and *Shishir Ritu*, two of the six *Ritus* mentioned in classical writings. This accumulating *Kapha Dosha* is transformed into *Prakopavastha* (aggravation) at its own location in *Vasant Ritu*.<sup>[4]</sup> In *Vasant Ritu* inherent *Prakopa* of the *Kapha Dosha*, people may experience *Agnimandya* (*Kapha Vriddhi* symptoms) during *Vasant Ritu*, which is the main cause of all ailments.<sup>[5,6]</sup> This season lasts about from the middle of March until the middle of May. In the *Susbrut Sambhita*, *Acharya Susbrut* states that a tree's blooms, fruits, and branches are destroyed when its roots are removed; similarly, *Kapha Vyadhis*

are destroyed when *Kapha Dosha* is eliminated by *Vaman Karma*.<sup>[7]</sup>

Ayurveda has also outlined distinct therapeutic processes for each *Dosha*, such as *Vaman*

*Karma* for *Kapha Dosha*, *Virechana* for *Pitta Dosha*, and *Basti Karma* for *Vata Dosha*. *Vaman Karma* treats a wide range of illnesses and maintains its health. *Kapha Dosha* is liquefied during *Vasant Ritu* because it can leave you feeling stuck, depressed, or confused. Additionally, liquid *kapha* impairs immunity and weakens the digestive tract, making it more susceptible to illnesses in *Vasant Ritu*. According to Ayurveda, each *Ritu* has a distinct effect on the body therefore, in order to stay in harmony with the *Ritu*, one needs adjust their diet and daily schedule.

## Aims & Objectives:

1. To evaluate the clinical effectiveness of *Vasantik Vaman* as a seasonal purification procedure.
2. To assess the preventive role of *Vasantik Vaman* in *Kapha* related disorder.
3. To study the safety profile and tolerability of *Vaman Karma* when administered in *Vasant Ritu*.
4. To determine the effectiveness of *Vasantika Vaman* in reducing reoccurrence of seasonal *Kapha* dominant diseases
5. To determine the average dose and days of *Snehpan*.

## Materials and Method:

The study was conducted with a total of 30 participants, comprising 12 males and 18 females, aged between 16 and 60 years. It took place at Pt. Khushilal Sharma Ayurveda Hospital and Institute, specifically in the Department of Panchakarma, located

in Bhopal, Madhya Pradesh. The duration of the study spanned from 20th February to 20th March 2024 (in morning hours).

A group of healthy individuals were sensitised regarding the procedure and benefits of *Vasantik Vaman karma*. After sensitisation, volunteers who provided written consent for participation in the study were enrolled. All volunteers were assessed for *Agni*, *Koshtha*, and underwent a comprehensive systemic examination as part of routine care for the intervention of Panchakarma

**Inclusion criteria:**

- Age between 16 to 60 years
- Healthy volunteers and those who have experienced recurrent seasonal *Kapha* dominant disorder.
- Patients fit for *Vaman Karma*.

**Exclusion criteria:**

- Patients suffering from tuberculosis, ischemic heart disease, hypertension, carcinoma and other life threatening and complicated diseases.

**VAMAN PROCEDURE:**

Before the administration of *Vaman Karma*, a series of diagnostic tests were conducted to assess the baseline health status of the participants. These tests included Complete Blood Count (CBC), Random Blood Sugar (RBS), Liver Function Test (LFT), Lipid Profile, Electrocardiogram (ECG), and Ultrasonography (USG) of the whole abdomen.

The three stages of the process are

- Purvakarma,
- Pradhankarma
- Paschatkarma

**Assessment of *Vaman Karma***

It was assessed as *Pravara* (highest), *Madhyama* and *Avara Shuddhi*.<sup>[8]</sup>

1. *Vaigiki* criteria: It is on the basis of number of bouts like 4, 6, and 8 *Vega* (projectile vomiting basis of four criteria as per the classical texts) for *Hina*, *Madhyama*, and *Pravara Shuddhi* respectively. In addition to projectile bouts, smaller bouts in every aspect than *Vega* (*Upavega*) were also recorded.

2. *Maniki* criteria: It is on the basis of the quantity of elimination of *Dosha*, like 1, 1½, and 2 *Prastha* for *Hina*, *Madhyama*, and *Pravara Shuddhi*, respectively (1 *Prastha* = 540 ml).

3. *Antiki* criteria: It is on the basis of the endpoint; it is advised to continue *Vaman* till the appearance of *Pitta* in the vomitus which marks the end of *Vaman*.

4. *Laingiki* criteria: Participants were observed for the symptoms of *Ayoga*, *Samyak yoga*, and *Atiyoga* produced after *Vaman*.

**OBSERVATIONS:**

Majority (56.6%) of participants belong to the young adult group (16–30 years). This may reflect increased awareness, responsiveness to health programs, *Kapha*-dominant physiological phase. Majority of participants were females (60%), this may be due to Females are more prone to *Kapha* related disorders, especially during certain phases of the reproductive cycle (e.g., premenstrual bloating, hypothyroidism, PCOS) and Women are often more health-aware and proactive, leading to increased participation in seasonal detox like *Vaman*. The greater participation of healthy subjects (63.3%) over diseased (36.6%) highlights the preventive value of *Vasantik Vaman*, as envisioned in *Ritucharya* and *Dinacharya*. It

supports the concept of seasonal purification (*Shodhana*) in healthy individuals to maintain *Doshik* balance and prevent *Kapha* disorders.

The majority (*Sama + Manda* = 26/30) were appropriate candidates for *Vaman*, reflecting good patient selection. Digestion is balanced, *Kapha* is properly mobilized. The dominance of *Madhyam Kosbtha* (73%) reflects appropriate patient selection for seasonal *Vaman*. These individuals are ideal candidates for *Vaman Karma* as their *Shuddhi* is predictable and controlled. Classical texts recommend *Madhyam Kosbtha* is best for *Shodhana* therapies.

In *Vasant Ritu*, the *Kapha* is naturally in excess and liquefied. Therefore, lesser quantity of *Sneha* is usually sufficient to bring the *Doshas* into movement. This is reflected in data, where 17 out of 30 patients required only 250–650 ml of *Sneha* indicating moderate *Snehana* was enough due to seasonal influence. In *Vasant Ritu*,

accumulated *Kapha* becomes liquefied naturally due to rising temperatures. This aids the action of *Snehapana*, as *Doshas* become more mobile and responsive. Hence, many patients were oleate effectively in 4–5 days

*Vasant Ritu* is *Kapha Prakopa Kala* (season of aggravated *Kapha*). Due to natural liquefaction of *Kapha*, less quantity of *Vamanopag Dravyas* is often sufficient to trigger proper *Vaman*. Hence, moderate doses (6501–11000 ml) worked effectively in the majority of patients (15 out of 30). Majority of patients (13) had moderate output, which aligns with ideal *Vaman* response. Reflects effective *Sneha*, *Vamanopag dravya*, and timely administration in line with seasonal *Kapha* state (table-1). Up to 4 *Vegas* gave the highest average *Vegiki Shuddhi* (12). Indicates early and effective expulsion of *Kapha dosha*. Suggests proper *Utkeleshana*, and optimal strength of the drugs used (like *Madana phala*, *Yashtimadhu*, etc.). (table-2).

**Table-1: Therapeutic intervention (Stages of the procedure):**

Stage	Procedure	Details
<b>Poorva Karma (Pre-operative Preparation)</b>	<b>Deepana–Pachana</b>	To stimulate <i>Jatharagni</i> and digest <i>Ama Dosha</i> . <ul style="list-style-type: none"> <li>• <i>Chitrakadi Vati</i> 2 BD,</li> <li>• <i>Panchkola Phant</i></li> </ul>
	<b>Abhyantara Snehapana (Internal Oleation)</b>	<i>Murchhita Go-Gbrita</i> for 3, 5, or 7 days depending on <i>Agni</i> and <i>Kosbta</i> , until appearance of <i>Samyak Snigdha Lakshana</i>
	<b>Diet During Snehapana</b>	Light, warm, non-incompatible, and light food, warm water throughout the period, avoid daytime sleep
	<b>Bahya Snehana &amp; Swedana</b>	<i>Abhyanga</i> with <i>Mahanarayan Taila</i> followed by <i>Sarvang Swedana</i> during resting day and on the day of <i>Vaman</i>
	<b>Previous Night Diet</b>	<i>Kaphotkleshkar Aahar</i> : e.g., meat soup, milk, curd, black gram ( <i>Udad</i> )
	<b>Counselling</b>	(i) Explained procedure (ii) Written informed consent (iii) Psychological relaxation encouraged
<b>Pradhana Karma</b>		Group chanting of <i>Mantras</i> from <i>Brihatrayi</i> before

<b>(Operative Procedure)</b>	<b>Initiation</b>	beginning the procedure
	<b>Timing</b>	Early morning between 6:00 AM and 9:00 AM
	<b>Vaman Room Setup</b>	Properly prepared room, patients seated on <i>Janutulya Asana</i> (knee-height Vaman chair)
	<b>Vital Monitoring</b>	Weight, BP, Pulse, Respiratory Rate, and Temperature monitored before, during, and after procedure
	<b>Administration of Vamaka Drugs</b>	(1) <i>Akantapana</i> of milk (or <i>Iksburasa</i> in some cases) (2) <i>Vamaka Yoga</i> :- <i>Madanphala Pippali Choorna</i> (8 gm)- <i>Vacha</i> (4 gm)- <i>Saindhava</i> (2 gm)- <i>Madhu</i> Mixed and administered in <i>Avaleha</i> form and according to patient
	<b>Onset of Vomiting</b>	Usually within 15–20 minutes. If not, wait up to 48 minutes (1 Muhurta), then give <i>Vamanopaga</i> drug ( <i>Madhuyashti Phanta</i> ) repeatedly after each Vega
	<b>Supportive Measures</b>	Gentle back massage in <i>Pratiloma</i> direction during vomiting episodes
	<b>Completion</b>	Once <i>Pitta</i> is observed in vomitus, <i>Lavanodaka</i> is given to expel any remaining contents
<b>Pashchat Karma (Post-operative Care)</b>	<b>Aftercare</b>	<ul style="list-style-type: none"> <li>• <i>Dhumapana</i> administered</li> <li>• Advised rest and to avoid loud speech, overeating, long walking/sitting, anger, and daytime sleep</li> </ul>
	<b>Dietary Regimen</b>	<i>Samsarjana Krama</i> followed based on type and extent of <i>Shuddhi</i> achieved

**Table 2: output capacity wise distribution**

<b>Output of <i>Vaman Dravayas</i></b>	<b>Average</b>
2000-6500	9
6501-11000	13
11001-15500	8

**Table-3: *Vegiki Shuddhi* wise distribution**

<b><i>Vegiki Shudhhi</i> – number of vegas</b>	<b>Average</b>
Up to 4	12
Up to 6	10
Up to 8	8

## DISCUSSION:

The *Kapha* aggravated in *Vasant Ritu* and one of the *Guna* of *Kapha* is *Snigdha*, it was observed that 56 % individuals required the minimal quantity of *Sneha* to get *Samyak Snigdha Lakshana*. Therefore, it can be said that during the *Vasant Ritu*, the body already possesses a certain level of *Snigdha*.

In this study, it was also observed that 79% of individuals had a balanced digestive fire (*Samagni*), 73% had a medium bowel constitution (*Madhyama Koshtha*), and 46% were able to complete *Snehapana* within 4 to 5 days.

*Madhyama Koshtha* patients responded predictably to *Vaman* drugs with moderate *Vegas* and optimal output. *Madhyama Koshtha* is considered best for *Shodhana* therapy. Our data aligns with classical expectations for ideal *Vaman* candidates.

Most patients (9/11) completed *Snehapana* within 4–6 days, showing Lower *Sneha* volume (250–650 mL in 7/11) indicates natural readiness of *Kapha* for elimination, which is ideal in *Vasanta Ritu*.

6–8 *Vegas* in 10 patients → matches classical *Samyak Shuddhi Lakshana*.

Our 11-patient study on *Pittanta Vaman* demonstrates excellent outcomes matching *Vasantik Vaman* standards, due to:

1. Predominant *Samagni* + *Tikshagni* (90%)
2. Pre dominant *Madhyama Koshtha* (91%)
3. Moderate number of *Vegas* (6–8)
4. High *Shuddhi* output (>6500 mL in 10 patients)
5. Effective *Snehapana* with lower doses.

## CONCLUSION:

The results were described as encouraging suggesting symptomatic may be biochemical improvements. *Vasantik Vaman* is a safe and has preventive potential against spring

induced *Kapha* imbalance. Future controlled clinical trials with specific outcome measures such as integumentary or Respiratory symptoms are needed to establish the therapeutic benefits.

## Scope for further research:

May be targeted broad spectrum of *Kapha* related ailments such as *Pcod*, obesity, respiratory system disease, skin related issues, metabolic syndrome etc.

**Safety:** *Vasantik Vaman* appears were role safe with minimal complications in healthy participants, its preventive value is very high, best suited for seasonal detox and *kapha* management before symptoms arise.

## Declaration of patients Consent:

Written informed consent was obtained from the patients for the publication of the case details, including clinical information and images. Confidentiality and anonymity of the patient have been strictly maintained.

**Conflict of interest:** The author declares that there is no conflict of interest.

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