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## AN INTRODUCTION TO VIRECHANA KARMA

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### Abstract

*Panchakarma is a science for purification of the body. It is a bio-cleansing procedure consist of five methods, which help for enhancement bio availability of the pharmacological therapies, ease to bring about homeostasis of body and verify the recurrence and progression of diseases. Panchakarma treats the sickness as well as keeps up all strength of the body in great and excellent way. In Ayurveda, five types of methods are comprises Panchakarma. In which Virechana is a therapeutic medicated purgative therapy that is meant for expelling out vitiated Dosha and Mala (waste material) through the anal route. Virechana is mostly used in the disorders originated from vitiated Pitta. It is worth mentioning that Virechana Karma, unlike the modern purgatives, is not merely an act to open the bowel, but is a complete therapeutic measure which has systemic as well as local effects. Its wide range of indications the specific classical method, and mode of action given in Ayurvedic literature.*

### Author Keywords

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