

Utility of Madanaphala in Panchakarma Yogas

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Madanaphala (*Randia dumetorum*) a key emetic drug in Ayurveda plays a vital role in Panchakarma therapies especially Vamana (emesis) and Vasti (enema). Madanaphala is known for its Anapayitva (safety) and therapeutic effectiveness. It possesses qualities such as Ushna (hot), Laghu (light), Sukshma (subtle), Vyavayi (quickly spread) and Vikasi (disintegrating) which support liquefaction, movement and elimination of Doshas enhancing its role in detoxification and treatment. Classical references support its use in numerous formulations for disease specifically those that require detoxification. Modern pharmacological insights further validate its systemic absorption and therapeutic efficacy. This review examines employment of Madanaphala as a crucial component in several Panchakarma yogas, particularly in Vamana and Vasti providing valuable information to promote future research on Madanaphala's traditional uses.

Keywords: Ayurveda, Madanaphala, Vamana, Niruha Vasti, Anuvasana Vasti

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Introduction

Ayurveda is based on concept of eliminating accumulated morbid *doshas* through *Sodhana* treatment (detoxification).[1] Its objectives are *Aturasya Vikara Prasamana* (prevent illness) & *Swasthasthya Swasthya Rakshanam* (preserve health in healthy). One important Ayurveda treatment that attempts to accomplish these goals is *Panchakarma*. [2] *Vamana* (emesis), *Virechana* (therapeutic purgation), *Vasti* (therapeutic enema), *Nasya* (nasal insufflation) & *Rakthamoksha* (blood letting) are five primary techniques that comprise *Sodhana* therapy. [3] *Panchakarma*, unique Ayurvedic treatment is becoming more & more well known for its ability to treat variety of ailments as well as its preventive & promotional effects. So, it's imp. to approach individual treatments scientifically employing particular formulations for various diseases. [4] *Madanaphala* scientifically referred to as *Randia dumetorum* is most frequently utilized medicine for *Vamana*. It is considered as *Anapayitva* (very less complication) & thus safer to use. It is regarded as *Agrya Dravya* for *Vamana*, *Asthapana* (decoction enema) and *Anuvasana* (oil enema). [5]

Materials and Methods

This study integrates information from *Brihatrayee*

1. *Charaka Samhitha - Sutra, Kalpa, Sidhi Sthana*
2. *Ashtanga Hridaya - Kalpa Sthana*
3. *Susrutha Samhitha - Chikitsa Sthana*
4. *Bhavaprakasha*

Their commentaries, and from data of modern research studies on *Randia dumetorum* collected from PubMed, Medline, Ayush research portal and other online journals.

Review of Literature

Madanaphala exhibits potent action in *Panchakarma* especially in *Vamana* and *Vasti*.

Rasapanchaka of Madanaphala [6]

Rasa (taste) - *Madhura*, *Tiktha*, *Katu*, *Kashaya Rasa*

Madanaphala in different Vamana Yogas

Table 2: Madanaphala in Vamana Yogas according to different Acharyas

SN	Vamana Yoga	Karma
Charaka Acharya [9]		
1.	Nine Vamana Yoga of Madanaphala	Praseka, Jwara, Aruchi, Granthi, Udara

Guna (qualities) - *Laghu*, *Rooksha*

Veerya (potency) - *Ushna*

Vipaka (post digestive effect) - *Katu*

Prabhava (special action) - *Vamaka*

Doshakarma - *Vatasamaka* (due to its *Ushna Veerya*), *Kaphasamaka* (due to its *Ushna Veerya*, *Katu Vipaka* and *Tiktha Rasa*) *Pittasaraka*

Karma - *Vamaka*, *Lekhana*, *Jwaraghna*, *Sothaghna*, *Vidradhihara*, *Vranahara*, *Kushtaghna*

Agrya Karma - *Vamana*, *Anuvasana*, *Asthapana*

Rogaghnata - *Prathishyaya*, *Sleshma Jwara*, *Vidradhi*, *Gulma*, *Shosha*, *Sotha*, *Anaha*, *Vrana*, *Kushta*, *Kaphaja Hrdroga*, *Swasa*, *Pakvasaya Sodhana*, *Kapha Vata diseases*.

Phytoconstituents - *Saponins*, *Ursosaponins*, *essential oil*, *randiaic acid A and B*, *pulp contain tartaric acid*, *tannins*, *pectin* and *mucilage*.

Pharmacological action - *Emetic*, *diaphoretic*, *antispasmodic*, *anti-inflammatory*, *antibacterial*, *antifungal*, *antiviral*.

Table 1: Gana Vargikarana [6]

Acharya	Gana
Charaka	Asthapanopaga, Anuvasanopaga Varga
Susrutha	Aragwadadhi Gana, Musakadi Gana
Bhavaprakasha	Harithakyadi Varga
Vagbhata	Aragwadadhi Gana

Madanaphala for Vamana

Vamana Karma (therapeutic emesis) is the first and foremost among the *Panchakarma* therapies aimed at eliminating the morbid *kapha Dosha* through the oral route. [7] It involves expelling *Apakwa* (unripe) *Pitta* or *Kapha Doshas* from the body. The *Kalpasthan* section of the *Charaka Samhita* particularly the *Madanaphala Kalpa* includes formulations for both *Vamana* and *Virechana* (therapeutic purgation). Out of 600 formulations in this section, 355 are specifically for *Vamana Karma* highlighting its significance in Ayurvedic therapy. [8]

2.	Madanaphala Pippali Kshira	Adhoga Rakthapitta, Hrudya Daha
3.	Madanaphala Pippali Dadhi	Kaphaja Chardi, Tamaka Swasa, Praseka
4.	Madanaphala Pippali Santanika	Pitta Praseka, Ura Kanta Hrudya Tanukaphopadigdhe
5.	Madanaphala Pippali Sidha Navanitha	Supression of Agni by Kapha, Vishushya Deha
6.	Madanaphala Pippali Sidha Grtha	Supression of Agni by Kapha, Vishushya Deha
7.	Madanaphala Ghreya Prayoga	Sukumara, Utklishta Pitta Kapha
8.	Madanaphala Phanitha Prayoga	1 Prayoga
9.	Madanaphala Churna Yoga	Pitta located in seat of Kapha
10.	Madanaphala Varti Yoga	6 Yogas
11.	Madanaphala Leha Yoga	20 Yogas
12.	Madanaphala Utkarika and Modaka Yoga	20 Yogas
13.	Shashkuli and Apupa Yoga	16 Yogas
14.	Shadavadi Yoga	10 Yogas
Susrutha Acharya[10]		
15.	Madanaphala Payasa Yavagu	Adhobaghasruk Pitta
16.	Madanaphala Paya Sidha Dadhi	Kapha Praseka, Chardi, Moorcha, Tamaka
17.	Aatapa Shushka Madanaphala Choorna	Kaphasthanagatha Pitta
18.	Madanaphala Majja Kashaya	Santarpana Kapha Vyadhi Hara
Vagbhata Acharya[11]		
19.	Phala Pippali Choorna	Balavat Kapha Praseka, Apachi, Arbuda, Granthi, Jwara, Udara, Aruchikara
20.	Phala Majja Choorna	Kapha Sthanagatha Pitta
21.	Phala Majja Sidha Ksheera	Adhoga Raktha Pitta, Hrudhaha

Madanaphala for Vasti

Vasti Chikitsa also known as *Ardhachikitsa* is a special *Panchakarma* treatment that is mostly used to treat *Vatavyadhi*. *Vasti Dravya*'s emulsion like consistency has both purifying and restorative properties thus aids in the removal of toxic wastes from body. It is of two varieties, *Asthapana* and *Anuvasana*. This treatment efficiently churns and expels morbid materials while nourishing the body as the *Oushadha* moves through the umbilical, lumbar, chest and pelvic regions.[12]

Madanaphala in different Vasti Yogas

A] Madanaphala as Kalka Dravya

Table 3: Madanaphala as Kalka Dravya in various Vasti Yogas according to different Acharyas

SN	Vasti Yoga	Karma
Susrutha Acharya[13]		
1.	Guduchyadi Nirooha Vasti	Vayasthapana, Vardhana of Tejo, Varna, Bala, Utsaha, Veerya, Agni and Prana, Sarva Marutha Rogagghnam
2.	Utkleshana Vasti	Aggravates Doshas
3.	Doshahara	Sodhana
4.	Bhadranimbadi Nirooha Vasti	Kamala, Pandu, Lrameha, Kapha Roga, Galaganda, Glani, Slipada, Udara
5.	Vrshadi Nirooha Vasti	Grdhrasi, Sarkarashteela, Gulma
6.	Rasnadi Niruha Vasti	Gulma, Asrgdhara, Visarpa, Moothrakrichra, Kshata Kshaya, Vishama Jwara, Arsas, Grahani, Vatakundali, Janu Jangha Shiro Basti Graha, Udavartha, Vatasrk, Satkarashteela, Kukshi Shoola, Udara, Aruchi, Kaphonmada, Prameha, Adhmana, Hrdgraha
7.	Yuktharatha Vasti	Malagraha, Unmada
Charaka Acharya[14]		
8.	Ajamamsa Rasa Prayoga	Brmhanam
9.	Patoladi Niruha Vasti	Pitta Rakthahara, Kushta
10.	Koshatakadi Niruha Vasti	Kapharoga, Mandagni, Asanadwesa
11.	Yashtyahnwadi Niruha Vasti	Vaiswarya, Visarpa
12.	Panchamooladi Niruha Vasti	Kaphaja Roga, Pandu, Alasaka, Ama Dosh, Marutha Muthra Sangha, Basti Atopa
13.	Rasnadi Niruha Vasti	Krimi Roga, Kushta, Meha, Bradhna, Udara, Ajeerna, Kapha Roga
14.	Punarnavadi Niruha Vasti	All diseases caused by Samsarga

Yapana Vasti[14]		
15.	Brihatyadi Yapana Vasti	Lalitha Sukumara, Ksheena, Stri vihara, Kshaya, Sthavira, Chira Arsha
16.	Prathama Baladi Yapana Vasti	Kasa, Jwara, Gulma, Pleea, Arditha, Bala Vardhaka
17.	Dwitiya Baladi Yapana Vasti	Shukra Moothra Varcha Sanga, Gulma, Hrdroga, Adhmana, Bradhna, Parswa, Prishta, Katigraha, Samjna Nasha, Bala Kshaya
18.	Laghupanchamooladi Yapana Vasti	Karshitha
19.	Tritiya Baladi Yapana Vasti	Durbala, Ksheena Shukra
20.	Chathurtha Baladi Yapana Vasti	Jwara
21.	Tittiradhya Yapana Vasti	Bala, Varna, Shukra Rasayana
22.	Dwi Panchamooladi Yapana Vasti	Sleshma Vyadhi, Basti Atopa, Vata Shukra Sanga, Pandu, Ajeerna, Vishuchika, Alasaka
23.	Mayuradhya Yapana Vasti	Bala, Varna
24.	Godhadya Yapana Vasti	Balya, Rasayana, Kshatha Ksheena, Vata Balasaka, Udavartha, Varcha Muthra Shukra Sanga
Vagbhata Acharya[15]		
25.	Dwipanchamoola Vasti 4/4	Sarvanilavyadhi Hara
26.	Bala Guluchyadi Vasti	Sarvaroga Haram, Jeevana, Brmhana
27.	Koshathaka Niruha Vasti	Kapha Hara, Mandagni, Asanadwesa
28.	Erandamuladi Yapana Vasti	Doshahara
29.	Mayooram Vasti	Balya, Shukra Vardhaka
30.	Godaya Vasti	Vrsya

B] Madanaphala as Kashaya Dravya

Table 4: Madanaphala as Kashaya Dravya in various Vasti Yogas according to different Acharyas

SN	Vasti Yoga	Karma
Charaka Acharya[14]		
1.	Erandamooladi Vasti	Deepaniya, Lekhaneeya, Jangha uru pada trika prishta Soola, Kaphavruthi,
2.	Dwipanchamooladi Vasti	
3.	Punarnavadi Niruha Vasti	All disease caused by samsarga
4.	Kriminashaka Shat Prasrithika Vasti	Kriminashana
5.	Baladi Niruha Vasti	Balya, varnya
6.	Dwipanchamooladi Yapana Vasti	
7.	Baladi Yapana Vasti	Bastyatopa, Vata shukra sanga, Pandu, Ajeerna, Vishoochika, Alasaka
8.	Ustady Ayapana	Rajayakshma, Arsas, Pandu, Gulma, Vataraktha
Acharya Susrutha[13]		
9.	Mustadi Yapana Vasti	Vatasrk, Meha, Sopha, Arsha, Gulma, Mutravibandha, Visarpa, Jwara, Vit Bandha, Rakthapitta, Balya, Vrsya, Chakshushya, Soolanashana.
Acharya Vagbhata[15]		
10.	Bala Guduchyadi Vasti	Sarvaroga Haram, Jeevanam, Brmhanam
11.	Erandamooladi Vasti	Lekhana, Deepana, Jangha Uru Pada Trika Prshta Koshta Hrd Guhya Soola, Vibandha, Gulma, Grahani, Kaphavata Hara
12.	Dwipanchamoola Vasti	Kaphavyadhi, Pandu, Vishoochika, Shukra Anila Vibandha, Basti Atopa
13.	Musta Patadi Vasti	Mamsa Agni Bala, Shukra Vardhana, Vatasrk, Moha, Meha, Arsa, Vishama Jwara, Visarpa, Vardhma, Adhmana, Pravahika, Shiroruja, Asrgdhara, Sopha, Kasa, Chakshushya
14.	Kapha Hara Basti Kalpa	Kapha Hara, Vardhma, Udavartha, Gulma, Arsa, Pleea, Meha, Aanaha, Asmari

Discussion

Madanaphala has been elaborately described in the classical Ayurvedic texts for its therapeutic applications on various disease. *Madanaphala* has several properties such as anti-inflammatory, anti-oxidant, anti-microbial, hepatoprotective, immune modulatory, free radical scavenging.

Detailed guidelines are provided in the classics for its collection and preservation as improper administration may result in *Pratiloma Pravritti* (adverse effect).

Madanaphala exhibits five unique properties such as *Ushna* (hot), *Laghu* (lightness), *Sukshma* (subtle), *Vyavayi* (quickly spread) and *Vikasi* (disintegrating) which collectively contribute to its therapeutic action.[16]

Ushna Guna's Agneya nature facilitates *Vishyandana* (liquefaction of morbid *doshas*) thus facilitating mobilization of *Doshas* towards *Koshta*, enabling their effective expulsion from body. *Laghu Guna* derived from dominance of *Vayu* & *Agni Mahabhutas*, imparts lightness to body & enhances *Jataragni* (digestive fire). These actions collectively aid in reduction of *Kapha Dosh*. *Sukshma Guna* enables *Madanaphala* to penetrate deep into micro-channels due to its *Anupravana Bhava* (special property to enter into micro-channels), helping to dilate & clear obstructed *Srotas* thereby mobilizing morbid matter toward *Koshta* for elimination. *Vyavayi Guna* allows drug to spread rapidly throughout body & initiate its action even before digestion without undergoing structural changes. *Vikasi Guna* induces *Shaithaliya* (loosening) of accumulated *Doshas*, facilitating their movement into *Koshta* for easy expulsion. Additionally, *Lekhana Guna* contributes to cleansing of body channels through its *Vichhedana* (disintegrating) action, helping to scrape out excess mucous & adhesion. Further dominance of *Agni* (fire) & *Vayu* (air) *Mahabhuta* in medicine facilitates its upward movement within body thus facilitating *Vamana*.^[17]

In *Vamana Karma*, the mucosal layer of the stomach being the most superficial is the first to interact with administered *Madanaphala*. Once the stomach is purified its tissues receive better nourishment, enhancing the absorption of micronutrients which then enter the circulation and reach target organs.^[18] Similarly the active principles of *Vasti Dravya* are absorbed through the intestinal and rectal mucosa gaining access to systemic circulation. Modern pharmacokinetic studies support this, indicating that rectal drug administration often results in higher systemic availability than oral routes due to the partial bypass of hepatic first- pass metabolism.^[19]

Conclusion

Madanaphala (*Randia dumetorum*) owing to its multifaceted pharmacologic & *Doshic* actions holds a distinguished place in traditional Ayurvedic pharmacopeia as a potent & dependant agent in execution of *Panchakarma* therapies especially in *Vamana* & *Vasti Yogas*. Its identification as *Agrya Dravya* for *Vamana* & its recurrent mention across *Brihatrayee* & *Laghutrayee* classics underscore its therapeutic potency.

The drug's inherent properties *Ushna*, *Laghu*, *Sukshma*, *Vyavayi* and *Vikashi* collectively facilitate the mobilization, liquefaction and expulsion of vitiated *Doshas* from the body.

In *Vamana Karma*, *Madanaphala* interacts primarily with the gastric mucosa facilitating both therapeutic emesis and improved nutrient absorption after purification. In *Vasti Karma*, it serves both as *Kalka* and *Kashaya Dravya* in multiple formulations documented by Acharya Charaka, Susruta and Vagbhata. This review highlights its therapeutic potential in various disorders requiring detoxification when used judiciously. Further exploration of its use in varied formulations and disease conditions along with scientific validation is essential. Further research on its pharmacodynamics and mode of action is essential to substantiate and expand its clinical utility.

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