

VAMANA - EMESIS OR VOMITING AS A PART OF THE PANCHAKARMA PROCESS

Purpose	Description	Procedure	Do's	Don't's
eliminate accumulated toxins from alimentary canal in upward direction	several bouts of vomiting within a short span of 1-3 hours	preparatory treatments are done for few days before vamana	in the morning, please finish your morning abolutions and prayers before the vamana	do not hold back the urge when it comes; relieve immediately
		on the previous of the vamana, food which aggravates kapha is given for dinner		
primarily eliminating kapha and then pitta	patients can have between 5-20 such bouts during a vamana process	the physician will be throughout the process to help you	after the process is completely over, take complete rest by lying down	do not eat anything other than what the physician advises in the next days after vamana
	sometimes the bouts of vomiting stretch to 6-7 hours also	on vamana day, early in the morning, medicine is given to consume orally	if you feel extremely tired or dehydrated, inform your physicians	
		the medicine is preceded and/or followed by several glasses of warm diluted milk based on need		do not get stressed or agitated at any point during the process; the physician and therapists are there to take care of you
	after the process is over, therapist will give you a bath and then rice kanji to eat	at a particular point, you begin to feel the urge to vomit	if you have any discomfort at any point of time, inform your physicians	do not go out of your room for the entire day
		the therapists massage your back and also hold your forehead to prevent you from falling		
	after the vamana day, the next 7 days the patient slowly recuperates through a strict diet and complete rest	the vomiting may continue for anywhere between 45-120 minutes	do be relaxed and calm; it will help the process	do not engage in any strenous activity and follow all the general guidelines
		on this day, no other treatment or medicine is given	if you feel hungry during the day, please inform your physicians	