

## VIRECHANA - PURGATION AS A PART OF THE PANCHAKARMA PROCESS

Purpose	Description	Procedure	Do's	Don't's
eliminate accumulated toxins from alimentary canal in downward direction	increased bowel movements for a few hours on designated day	preparatory treatments are done for few days before virechana	sip/drink warm water every 15-20 minutes initially; and later every 30 minutes	do not hold back the urge when it comes; relieve immediately
		on previous night of virechana, some special food is given to help the elimination process	take rest; lie down	do not eat anything till the process is over
primarily eliminating pitta and then kapha	patients can have between 5-20 bowel movements during a virechana process	on virechana day, early in the morning, virechana medicine is given to consume orally	be prepared to relieve the bowels every 15 minutes or so; for some it can be every 45-60 minutes	do not eat anything other than what the physician advises in the next days after virechana
		if virechana does not start within 45 minutes, inform physician	inform your physicians/therapists of the progress	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	he may decide to give you a second dose of medicine	if the bowel movements do not start within 45 minutes of taking medicine, inform physician	
			if you feel tired or dehydrated, please inform physician	do not go out of your room for the entire day
	after the virechana day, the next 7 days the patient slowly recuperates through a strict diet and complete rest	sometimes the virechana may be unsatisfactory in which case the process is repeated on the next day	observe the stool; and inform physicians regarding quantity, colour, texture etc. of stool	do not engage in any strenuous activity and follow all the general guidelines
			take complete rest after process is over	