

- The patient should be draped with a clean cloth up to the neck to prevent the soiling of their cloths with vomitus
- A clean towel, a large bowl and a fresh glass of water should be placed on a table or chair that is within his reach
- Practitioners should wear an apron before the treatment begins
- If the patient does not start to vomit the practitioner should wait for approximately 48 minutes after the emetic drugs have been administered. By this time if the vomiting has not started the practitioner should administer further medicine to support the emetic drugs given.

2. VIRECHENA

2.1 DEFINITION

Elimination of *Dosha* through the rectum by orally administered drug. Morbid accumulation of *pitta* is best eliminated by this procedure. Abnormal accumulation of *kapha* in the lower gastrointestinal tract is also treated by this therapy.

2.2 EQUIPMENT OR MATERIALS NEEDED

- Measuring glass
- Spoon
- Glass
- Small bowl
- Towel
- Flask
- Water pot
- Bed pan
- Kitchen scale
- Test tube
- Test tube stand
- Glass rod
- Sphygmomanometer
- pH paper
- Thermometer
- Disposable gloves
- Flatus tube
- Instruments for fomentation and *basti*
- Medicines for Oleation, fomentation, Virechena and *basti*
- One attendant for preparation of medicine and to maintain input-output chart
- Emergency medicines such as:
 - i. Sugar
 - ii. Kutaja Ghanavati
 - iii. Karpura rasa
 - iv. Mahashankha vati