

Role of Ayurveda in Vatavyadhi– A Literary Review

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ABSTRACT-

Ayurveda is based on tridoshas of body, that are Vata, Pitta &Kapha. Out of which Vata is responsible for all movement & it is the initiating as well as controlling factor.Disease caused by vitiation of vata is called “Vatavyadhi”. There are 80 NanatmajaVatvyadhi,which is more than Pitta&Kapha.Vatavyadhi are devided in 2 types on the basis of causes i.e. Dhatukshayjanya & Margavrodhjanya. Now a days Vatavyadhiare more prevalent due to changing life style, food habits, restless busy schedule, continuous travelling. All these result in increasing rate of Vatavyadhiday by day.Various types of treatment are available for Vatavyadhi like Shaman, Shodhan, Panchakarma, Physiotherapy &Yoga. Out of these Panchakarma therapy is very effective in the management of vatavyadhi, which includes Snehapana, Abhyanga, Swedan, Basti, Mrudu Sanshodhan.This article presented Ayurveda view on Vatavyadhi& emphasizes management of Vatavyadhi.

Key Words- Ayurveda, Vata,Vatavyadhi, Shodhan, Panchakarma.

I. INTRODUCTION-

Vata is responsible for control of all central nervous function and all movements in body. Disease caused due to vitiation of vata dosha is called “Vatavyadhi”. Vatavyadhi get more importance in Ayurvedic classic. Almost all Acharyas describe the Vatavyadhi.Vata is one of three dosha,but diseases ofVatavyadhiis more than pitta&kapha, which is described in separate chapter.Vatavyadhiare 80 NanatmajaVyadhi. On the basis of causes, vatavyadhican be devided in 2 types i.e. Dhatukshayjanya&Margavrodhajanya. The causes and pathogenesis of vatavyadhiare different for every disease. In this present era human being unable to take care of their health because of frequent changing life style, busy schedule,restless routine,stress,which leads to different types of disorders. The major disorders involve constant work in improper sitting posture in front of computer, in continuous watching T.V., over mental exertion to earn money,prolonged travelling by bike or four wheeler. Less exercises-

sports activities which gives an abnormal posture to body & hamper freely movement which increases prevalence of pain, difficulty in movement,stiffness, finally this leads to Vatavyadhi. Chikitsa of Vatavyadhi includes Shaman, Shodhan, Panchakarma, Physiotherapy and Yoga. Out of these Panchakarma Therapy is effective treatment in the management of vatavyadhi. So cosidering all these points Review of Vatvyadhi is taken for this study.

Samanya Hetu-

रूक्षशीताल्पलघ्वन्नव्यवायातिप्रजागरैः ।
विषमादुपचाराश्च दोषासृक्त्रवणादपि ॥
लघ्नप्लवनात्यध्वव्यायामातिविचेष्टितैः ।
धातूनां संक्षयाश्चिंताशोकरोगातिकर्षणात् ॥
दुःखशय्यासनात्क्रोधादिवास्वप्नाद्भयादपि ।
वेगसंधारणादामादभिघाताद भोजनात् ।
मर्माघाताद्गजोष्ट्राश्वशीघ्रयानावतंसनात् ॥'- च.चि. २८/१३

Samanya hetus of vatavyadhiare as follows-

- 1.Ruksha,sheeta,alpa,laghu,tikta,katu,kashayrasatm akaaharsevan
- 2.Ativyavay
- 3.Ativyayam
- 4.anchakarmaatiyog
- 5.Raktamokshan
- 6.vegddharan
- 7.Chinta
- 8.Amotpatti
- 9.Aaghat
10. Varsha rutu, after digestion of food, in evening.

Samanya Samprapti-

DhatukshyjanyaVatvyadhiSamprapti-
देहे स्रोतांसि रिक्तानि पूरयित्वाऽनिलो बली। करोति
विविधान्व्याधीन्सर्वाङ्गैकाङ्गसंश्रितान् ॥'च.चि. २८/१६

It is said that when there is an empty source in the body there is accumulation of gas & development of Vatvyadhioccurs. Here the empty place means that place where there is

rukshata, kharata, parushta in body should considered as source of emptiness. At that places association vayuarises & gas is displaced.

Margavarodhajanya Vatavyadhi Samprapti-

When the natural movement of vayuis obstructed due to ama, kapha or other dosha-dhatu- mal, then vayu naturally become vimargag. Different vatavyadhi occurs due to this vimargagavayu.

Poorvaroop-

'अव्यक्तं लक्षणं तेषां पूर्वरूपमिति स्मृतम्। आत्मरूपं तु यदव्यक्तं अपायो लघुता पुनः।।' च.चि. २८/१९

When the symptoms of vatavyadhi arising according to disease are latent i.e. little expressed, they are called poorvaroop. When these symptoms become more evident i.e. express, they take place. Charakcharya also says that 'Apayo Laghuta Punha' explanation of this statement is disappearance of disease, reduction of symptoms and again recurrence of disease is common symptom of Vatavyadhi.

Roop-

'संकोचः पर्वणां स्तम्भो भेदोऽस्थां पर्वणामपि। लोमहर्षः प्रलापश्च पाणिपृष्ठशिरोग्रहः।।
खांजपांगुल्यकुब्जत्वं शोषोऽ गानामनिद्रता।
गर्भशुक्ररजोनाशः स्पन्दनं गात्रसुप्तता।।
शिरोनासाक्षिजत्रूणां ग्रीवायाश्चापि हुण्डनम्।
भेदस्तोदार्तिराक्षेपो मोहश्चायास एव च।।
एवंविधानि रूपाणि करोति कुपितोऽनिलः
। हेतुस्थानविशेषाच्च भवेद्रोगविशेषकृत्।।' च.चि. २८/२० ते २३

Prakupit Vata Lakshnas-

1. Parvapradeshi sankoch-Sthambha
2. Asthi-parvapradesh bhedavata vedana
3. Romharsha
4. Pralap
5. Hasta-pad-prushta-shirpradeshi vedana
6. Khanjata
7. kubjata
8. Pangulya
9. Angashosh
10. Nidranasha
11. Garbha-shukra-raja nasha
12. Spandan
13. Gatrasuptata

14. Shir-nasa-akshi-jatru-greeva vakrata
15. Bheda-toda-aakshep-moha.

Vyadhi-

- 1) Ardita 25) Aavrutta Vata-
- 2) Manyastambha -
- Pittavrutta Vata -
- 3) Dhanustambha -
- Kaphavrutta Vata -
- 4) Hanustambha -
- Raktavrutta Vata -
- 5) Aakshepaka-Mansavrutta Vata -
- Ashtyavrutta Vata -
- 6) Aptantraka-Medasavruttavata-Majjavrutta Vata
- 7) Aptanak-Shukravrutta Vata
- 8) Dandaptanak -Annavrutta Vata
- 9) Abhyantarayam -Mutravrutta Vata
- 10) Bahirayam-Purishavrutta Vata
- 11) Vranayam 26) Snayugata Vata
- 12) Pakshaghat 27) Siragatvata
- 13) Grudhrasi 28) Sandhigat Vata
- 14) Koshtashrit Vata
- 15) Sarvang Vata
- 16) Gudgat Vata
- 17) Aamashaygat Vata
- 18) Pakvashaygat Vata
- 19) Indriyagat vata
- 20) Twakgat Vata
- 21) Raktgat Vata
- 22) Mansamedogat Vata
- 23) Asthimajjagat Vata
- 24) Shukragat Vata

Samanya Chikitsa Sutra-

'वातस्योपक्रमः स्नेहः स्वेदः संशोधनमृदु। स्वाद्वम्लवणोष्णानि भोज्यान्यभ्यंगमर्दनम्।।
वेष्टन्त्रासनं सेको मद्यं पैष्टिकगौडिकम्। स्निग्धोष्णाबस्तयो बस्तिनियमः सुखशीलता।।
दीपनैः पाचनैः सिद्धाः स्नेहश्चानेकयोनयः। विशेषान्मेध्यपिशितरसतैलानुवासनम्।।' - अ.ह.सू. १३/१ ते ३

In treatment part 1st we have to diagnose the vyadhi properly, either it is dhatukshyjanya or margavarodhajanya. According to that we can give treatment. Dhatukshyjanya vatavyadhican be treated by controlling vitiation of vata & correcting the destruction of dhatus, while Margavarodhajanya Vatavyadhican be treated by removal of obstruction & correcting the direction of flow of Vata.

The following are the therapies that are mentioned for the treatment of provoked

vata:oleation, sudation, emesis, & purgation, intake of eatable that are sweet, sour & salt; warm oil-bath, massage of the body, wrapping the body with cloth, frightening, bath with medicated decoctions, water etc., wine prepared from cornflour & jaggery, enema therapy with fat & drug of hot potency, adherence to regulation of enema therapy, comfortable activities, medicated fats of different kinds prepared with herbs causing extra hunger & improving digestion; oleation enema prepared from fatty meat & oil juice should also be applied.

1.Snehapan-Application of medicated sneha internally.

If the vataprakopa is uncontrollable, first of all, vatadosha should be conquered by applying the Snehachatushta (Ghrita, Oil, Vasa, Majja), Milk, yush, gramyauadak- meat juice of various animals should be mixed with ghee etc.

2.Snehan (Abhyanga)- Application of medicated oil to the body externally.

Oleation therapy is very important treatment of Dhatukshayjanya Vatvyadhi. Sneha destroys vayu, in fact Sneha affects vata indirectly. All the symptoms formed by dhatukshaya i.e. roughness, stiffness reduced by Sneha. Snighdhata, mruduta occurs in body & vata get anulomgati which result in suppression of all vata disorder.

Snehan is contraindicated in margavrodhjanya vatavyadhi.

3.Sweda (Sudation Therapy) –

It is process to induce sweating artificially in patient who already undergo snehan.

After snehapan or abhyanga swedan should be done like as nadisweda, Prastarsweda, sankarsweda or other type of sweda required.

In Margavrodhjanya Vatavyadhi application of rukshasweda only as snehan is contraindicated here.

4.Mrudu Sanshodhan (Bio-Purification)-

Expelling of vitiated doshas & toxins through purgation.

If there is excess of dosha in vatavyadhi & disease does not subside even after the above treatment, then patient should be given Mriduvirechana.

Mriduvirechana yoga- Tilvak siddha ghrita, Satalasiddhaghrita or castor oil mixed with milk.

5.Basti (enema)-

It is procedure in which medicated oil or herbal decoction is administered through the anal route.

Niruha Basti- if the patient is weak in & unable to give purgation then the patient should take Niruhabasti.

Anuvasan Basti- It is very effective In Dhatukshayjanya Vatvyadhi.

Oil for anuvasan basti- Bala taila, Narayan taila.

Panchakarma:

Dhatukshayjanya Vatvyadhi-

Madhur-amlalavanrasatmak, Madhur vipak, sheet virya, guru-balya drugs

Snehapana

Abhyanga

Swedan-Nadi, Prastar, Sankar

Shirobasti

Anuvasan Basti

Yapan Basti, Rajyapan Basti

Madhutailik Basti

Dugdhabastior Mansarasa Basti

Margavrodhjanya Vatavyadhi-

Katu-tikta

rasa, katuvipak, ushnavirya, laghu, strotoshodhidrug

Ruksha Sweda

Asthapan Basti

Mrudu Anuloman

Shaman Chikitsa:

Dhatukshayjanya Vatvyadhi-

Ekeri Dravya-

Vanaspati Dravya

Bala, Ashwagandha, Shatavari, Mash, Kohla, Bhuikohla.

Khanij Dravya-

Abhraka, Loha, Vanga, Roupya, Suvarna,

Kalpa-

Ashwagandhavleha, Ashwagandha ghrita,

Ashwagandharishta, Shatavari Kalpa,

Kushmandavleha, Kushmandpak,

Mahayograj Guggulu, Hemgarbha,

Vasantkumar.

Taila-

Balataila, Shatpaki Ksheerbalataila,

Chandanbalalakshaditaila, Mahamashataila

Narayan taila.

Margavrodhjanya Vatavyadhi-

Ekeri Dravya-

Rasna, Dashmoola, Erandmoola, Devdar, Lasun, Hinga,

Bhallatak, Karaskar, Vatsanabh, Triphala, Trikatu.

Kalpa- Guggulukalpa Rasnadi

Kashay Devdarvyadikadha

Yograj guggul Maharasnadikashay



Gandharva HaritakiAampachak Vati
Kaishor guggul
DashmooladiKadhalashunadi Vati
Amruta Guggul
DashmoolarishtaHingvashtakChurna
Rasna Guggul
BhallatakasavVatvidhwansa
Sinhanad GuggulBhallatakParpatiEkangveer

Hridayam.(ed).2023.Pune:Manikarnika
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Pathya-

A) DhatukshyjanyaVatvyadhi-
Sniggdha, Poushtik aahar
Madhur-Amla-LavanRasatmak Dravya
Dugdha, Mansa
B) MargavrodhjanyaVatavyadhi-
Laghu,Ushna,DravaAahar-
dipanpachandravyasidhha
Lashun,Hinga,Aadrak siddha yush
Kulithya Yusha
Vyayam

Apathya-

1.Ruksha-sheeta-alpa-laghu-tikta-katu-kashay
rasatmakaaharsevan
2.Ativyavay
3.Ativyayam
4.Chinta
5.Sheet vayusevan
6.Drinking cold water,coldrinks
7.Eating junk food.

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Ashtang