

VIVID ANALYSIS ON VATAVYADHI

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Abstract -Ayurveda is a science which guides about life style in terms of Ahara, Vihara and Achara ultimately keeps body healthy, happy and long life with free from diseases. In present era because of unwholesome food, sedentary lifestyle, lack of rest and excess exercises leads to different disorders among them most of the diseases belongs to Vatavyadhi.

Key words – Vata, Vatavyadhi, Dhatukshayajanya, Margavarodhajanya, Upastambhita, nirupastambhita, Chikitsa etc.

Introduction

There are many numbers of diseases which belong to different systems. In present era most of the problems belongs to Vatavyadhis. Physicians who use to see patients' majority were belong to different Vatavyadhi. Now days the diseases pertaining to Vatavyadhis are rising day by day and such patients approaching an Ayurvedic physician to get rid of the ailment. In Vatavyadhi concept the different system of diseases includes Neurological disorder, Neuromuscular, Musculoskeletal disorder and so on.

Definition of Vatavyadhi: When Vata get vitiation produces Vatavyadhi.

When Vatadosha get vitiated and further vitiates dushya occurs dosha dushyasamurcchana and produces lakshanas in Ekanga or Sarvanga. Acharya Charaka in Chikitsasthana said Vatavyadhi as

- *Vikruta vaata janitor asaadhaarano vyaadhihi vaatavyaadhihi |*
- *Vaata eva vyaadhihi iti vaata vyaadhihi |*
- *Vaatene janito vyaadhihi vaatavyadhihi |*

Cha.Chi.28

Vatavyadhi nidana: Ekadosha utpanna roga is said to be "Nanatmaja" like Vatadosha utpanna

Akshepaka. The nidanas bifurcated for better understanding as Aharaja, Viharaja and Manasa

Aharaja: Ruksha, Sheeta, Alpa laghu annasevana, Dukhashaya, Abhojana, Adhika Dhatukshayakaraka ahara and viharasevana vitiates Vatadosha and enters into srotas and does Srotoriktata along with Vata will vitiates Pitta and Kapha.¹

Viharaja: Adhika maithuna, Adhikaratri jagarana, Vishamaupachara, Adhika matra nirharana of Dosha and Rakta, Langhana, Plavana, Adhika chankramana, Adhikavyayama, Malamutradi vegadharana, Adhikachesta and Dhatukshaya.

Manasa: Chinta, Shoka, Bhaya, Krodha **Annya:** Ama, Rogatkarshana, Marma abhighata, Hasti, Ashva, Ushtrayana, Diwaswapna and Abhighata.²**Samprapti:** Because of different Vatakara ahara viharaja it produces rikta srotas because of balavan vayu and produces different types of vyadhis in ekanga or sarvangashrita. Here for the word

riktani chakrapani commented as tuccha and snehadiguna shoonyatam.³

Samprapti of Vatavyadhi:

Samprapti due to Vataprakopaka Nidana & Samprapti due to Dhatukshayakara Nidana

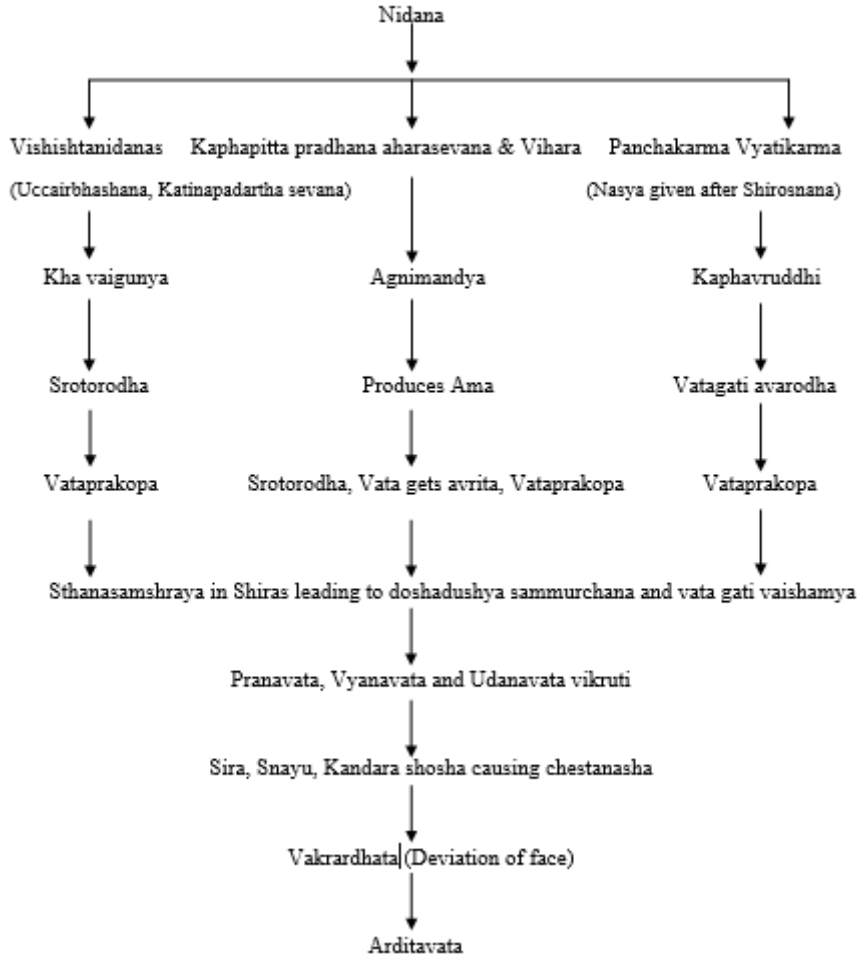
Samprapti due to Vataprakopaka

Nidana: Due to Vata prakopaka nidanas jatharagni and dhatwagni get impaired due to which dhatus will not nourish properly. In this condition further continuation of similar nidanas vata vitiates in excess. The vitiated vayu especially Vyanavata travels through rasayani and searches for suitable place for its lodgement to produce the disease.

Samprapti due to

Dhatukshayakara Nidana: By Abhighata to Shiras, Shankha pradeshsa causes Raktadidhatu srava lead to Dhatukshaya and produce Vataprakopa. This Dhatukshaya results in Srotorikta avastha in Shiras, Shankha pradesha produce kha vaigunya and Srotoorikta place Dosha Dooshya sammoorchana produces Vyadhi.⁴

Schematic representation of Samprapti of Arditavata



Purvarupa:

*Avyaktam lakshanam tesham poorva roopam iti smrutam /
Aatma roopam tu tadvyaktam
apaayolaghuta punah /*

In Vatavyadhi the Purvarupas are in avyakta avastha. There is no specific Purvarupas mentioned for Vatavyadhi.

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Rupa: When avyakta lakshanas

become vyakta they are said as rupa. ⁶

Samanya lakshanas of

Vatavyadhi: Anga Sankocha, Parvanastambha, Asti, Sandhi

bedhavat shoola, Romaharsha, Pralapa, Paniprushta, Shirograha, Khanja, Pangu, Kubjatva, Angashosha, Atinidra, Garbha, Shukra and Rajonasha, Shareerakampa, Shiroshunyata, Vakraata of Shiro, Nasa, Akshi, Greeva, bedhanavat peeda, Suchivtavedhana, Akshepa, Moha and Ayasa.

Bedha:

- Samanyaja, Nanatmaja
- Upastambhita and Nirupastambhita
- Dhatukshayajanya and Margavarodhajanya

Vatavyadhi Chikitsasutra: Acharya Charaka explained in case of Nirupasthambha means Avaranarahita kevala shuddha vata utpanna roga in such conditions first Ghrita, Vasa, Taila, and Majja all these sneha are mixed and advised for patient, after snehana Bastiadi chikitsa are carried out. Acharya Chakrapani commented that *kevalamiti asamsrustham* and nirupasthambhamiti anavritam.⁷

In case of Vataroga when there is only Vatadosha vikriti not associated with Pitta and Kapha then first and foremost is Ghrita, Vasa, Majja, Tailapana and Vata upachara is done. When Snehapana becomes adhika then stop snehapana and do ashvasana then snehana is done by giving Ksheerapana, Ghritayukta yusha, Gramya, Anupapranisnehayukta mamsarasa, Amlarasayukta Payasa, Krushara is

advised and Anuvasanabasti is given. Then Vatanashaka, Adhika snehayukta padartha is given later Abhyanga and Snehayukta sankarasweda is given.⁸ Acharya Arunadatta commented on Vagbhata said on Kevala as Shuddha.

Acharya Yogaratnakara said Abhyanga, Swedana, Basti, Nasya Snehana, Virechana, Snehyukta Snigdha, Amla, Lavanayukta padartha Madhura, Vrushya and Vatashamaka padartha is advised.⁹

Gadanigrahakara said Sarpi, Taila, Vasa and Majja were used for Pana, Abhyanga, Basti, Snigdha sweda, Nirvatasthana pravarana, Mamsarasa, Ksheerayukta, Swadu, Amla, Lavanayukta Brumhana bhojana is advised. Acharya Chakradatta, Yogaratnakara and Bhaishajyaratnakara also opines the same.¹⁰

Table showing 80 Nanatmajavikara 11, 12, 13 &14

A.Sa.Su.20/15	Cha.Su.20	Sha.Pra.Kha.7/1 05-114	Bhavaprakasha Vatavyadhi 24th chapter
Nakhbedha Vipadhika Padashoola Padabhramsha Padasuptata Vatakhuddata Gulphagraha Pindikodvesthana	Nakhbedha Vipadhika Padashoola Padabhramsha Padasuptata Vatakhuddata Gulphagraha Pindikodvesthana	Bahyayama Antarayama Instead of katigraha mentioned Trika graha Instead of dandaka mentioned	Shirograha Alpakrishata Jrimbha Hanugraha Jiwhasthambha Gadgadatva Minminatva Mukata

.Ghridhrasi .Janubedha .Januvislesha .Urusthambha .Urusada .Pangulya(Pangutwa- A.Sa.Su.20/15) .Gudabhramsha .Gudarthi .Vrushnotkshepa(Vrus hanakshepa) .Shophasthambha(Med hra sthambha) .Vankshana anaha .Shronibhedha .Vidbhedha .Udavartha .Khanjata .Khubjatha .Vamanatva .Trikagraha, Prusthagraha .Parshvamardha .Udaravesta .Hrunmoha .Hrudrava .Vakshodgharshacha .Vakshoparodha .Vakshastoda .Bahushosha .Greevasthambha .Mnyastambha .Kantodwamsha .Hanubedha(Hanustha mbha) .Ostabhedha .Aksheebedha(Taalu bedha) .Dantabedha .Dantasaithilya .Mukatva .Vaksanga .Kashyasyata .Mukhashosya .Arasagnata(Rasa ajnatwa) .Grananaasha	.Ghridhrasi .Janubedha .Januvislesha .Urusthambha .Urusada .Pangulya (Pangutwa- A.Sa.Su.20/15) (Panguta- Sha.Pra.7/105) .Gudabhramsha .Gudarthi .Vrushnotkshepa (Vrushanakshepa A.Sa.Su.20/15) .Shophasthambha (Medhra sthambha A.Sa.Su.20/15) .Vankshana anaha .Shronibhedha .Vidbhedha .Udavartha .Khanjata .Khubjatha .Vamanatva .Trikagraha, Prusthagraha .Parshvamardha (Parshwa shoola Sha.Pra.7/105) .Udaravesta .Hrunmoha .Hrudrava .Vakshodgharshacha .Vakshoparodha .Vakshastoda .Bahushosha .Greevasthambha .Manyastambha .Kantodwamsha .Hanubedha (Hanusthambha A.Sa.Su.20/15,Sha.Pra. 7/105) .Ostabhedha .Aksheebedha (Taal bedha A.Sa.Su.20/15) .Dantabedha	dandapatanaka Jihwasthambha Khalli Pakshaghata Kroshtukasheersha Padaharsha .Kalayakhanja .Tooni .Pratitoooni .Vishwachi .Avabahuka .Apatanaka .Vranayama .Apatantraka .Vatakantaka .Angabheda .Angashosha .Minmina .Kallata .Ashteela .Pratyashtelika .Angapeeda .Angavibhramsha .Vidgraha .Baddhavitkata .Udgara .Antrakoojana .Vatapravrutti .Shirosphurana .Shiropoorana .Kampa .Karshya .Shyavata .Kshipramootrata .Swedanasha .Durbala .Balakshaya .Shukaratipravritti .Retonasha .Katinyam .Virasasyata .Romaharsha .Toda .Bheerutwa .Kandu .Prasupti .Drushtikshaya	.Vachalata .Pralapa .Rasagnana .Badhirya .Karnanada .Sparshajnatva .Ardita .Manyasthambha .Bahushosha .Apabahuka .Vishvachi .Urdhvavata .Adhmana .Pratyadhmana .Vatasthila .Pratyasthila .Tuni .Pratituni .Vanhivaishamya .Atopa .Parshvashoola .Trikashoola .Muhumutrata .Mutranigraha .Malagadata .Pureeshapravritti .Ghridrasi .Kalayakhanja .Khanja .Panghuta .Krusthukashirsha .Khalli .Vatakantaka .Padaharsha .Padadaha .Dandakshepaka .Vatapittakshepaka .Dandapatanaka .Abhighataksepaka .Antarayama .Bahyayama .Dhanurvata .Khubhjaka .Apatantraka .Apatanaka .Pakshaghata .Sarvangavata
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<p>. Karnasula . Ashabdasravana(Asha bda shruti) . Ucchairsruti . Badhirya . Varthmastambha . Vartmasankocha . Timira . Netrashoola . Akshiudasya . Bhrudasya . Shankhabedha . Lalatabhedha . Shirashoola(Shiroruk) . Keshabhumisputana . Ardita . Ekangaroga . Sarvangeroga . Akshepaka . Dandaqka . Tama(Shrama) . Bhrama . Vepathu . Jrumbha . Hikka(Glaani) . Vishada . Atipralapa . Shareeraruksata . Shareeparushyata . Shavavarunabhabhasata . Shareeraktavarna . Nidranasha(Aswapna) . Anavastachittata</p> <p>A.S.Su not mentioned shareera raktavarna.</p>	<p>. Dantasaithilya . Mukatva . Vaksanga . Kashyasyata . Mukhashosya . Arasagnata (Rasa ajnanatwa A.Sa.Su.20/15) . Grananasha . Karnasula . Ashabdasravana (Ashabda shruti A.Sa.Su.20/15) . Ucchairsruti . Badhirya . Varthmastambha . Vartmasankocha . Timira . Netrashoola . Akshiudasya . Bhrudasya . Shankhabedha . Lalatabhedha . Shirashoola (Shiroruk A.Sa.Su.20/15) (Shirograha Sha.Pra.7/105) . Keshabhumisputana . Ardita . Ekangaroga . Sarvangeroga . Akshepaka . Dandaka . Tama (Shrama A.Sa.Su.20/15) . Bhrama . Vepathu . Jrumbha (Ati Jrumbha Sha.Pra.7) . Hikka (Glaani A.Sa.Su.20/15) . Vishada . Atipralapa (Pralapa Sha.Pra.7) . Shareeraruksata . Shareeparushyata . Shavavarunabhabhasat</p>	<p>. Kampa . Sthambha . Vyatha . Toda . Bhedha . Spurana . Roukshya . Karshya . Karshna . Shaitya . Lomaharsha . Angamarda . Angavibhramsha . Sirasankocha . Angashosha . Bhirutva . Moha . Chalachitata . Nidranasha . Swedanasha . Balahani . Shukrakshay . Rajonasha . Garbhanasha . Paribhrama</p>
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	a .Shareeraraktavarna .Nidranasha (Aswapna A.Sa.Su.20/15) .Anavastachittata		
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TAILAS USED FOR ABHYANGA

SARVANGA/EKANGA: ¹⁵

The following Tailas may be selected based on Dhatukshyajanya and Margavarodhajanya

Kottumchukaditaila

(Sahasreayoga): Kottum (Kushta), Chukku (Nagara), Vacha, Shighru, Lashuna, Himsra, Devadaru, Sarshapa, Rasna, Chinchu, Tilataila and Dadi...

Indication- Angastambha and Vataroga.

Mahanarayanataila

(Baishajyaratnavali): Kushta, Rasna, Devadaru, Tilataila, Dashamula, Agnimantha, Karpoora, Saindhava, Bala, Atibala, Ashvagandha, Shathavari, Punarnava, Manjishta, Yastimadhu, Chandana, Ela, Gokshura, Vacha.....

Indication- Ardita, Panghu, Manyastambha, Hanustambha, Jiwhasthambha, Ekanagavata, Kampavata, Astibhaghna, Shakha and Koshtashritavata.

Laghu

(Baishajyaratnavali): Kushta, Dattura, Kanji, Vacha, Maricha, Vatsanabha, Saindhavalavana, Tilataila Mahavishagarbha added Dashamoola.

Indication-Vataroga, Pakshaghata, Hanustambha, Manyastambha, Katigraha, Sarvangavata, Shirokampa.

Saindhvaditaila

(Baishajyaratnavali): Saindhavataila, Chitraka, Maricha, Arka, Daruharidra, Haridra, Tilataila

Indication- Kaphavataroga.

Brihatsaindhvaditaila

(Baishajyaratnavali): Saindhava, Rasna, Kushta, Maricha, Pippali, Shunti, Vacha, Ajamoda, Jeeraka, Erandatila, Kanji, Dadi.

Indication- Ardita, Amavata, Sandhivata, Katishoola, Janushool

Dhanvantarataila (Vaidyayoga ratnavali): Bala, Dashamoola, Devadaru, Kushta, Saindhava, Punarnava, Ashvagandha, Gokshura, Shathavari, Triphala, Ela,

Chandana, Yasti, Sariva, **Godugdha**, Yava, Kola and Kulatha.

Indication- Vataroga, Pakshaghata, Sarvangavata and Avabahuka.

Karpastyaditaila (Sahasrayoga): Bala, Kulattha, Devadaru, Kushta, Sarshapa, Rasna, Shunti, Pippali, Punarnava, **Tilataila** and Ajaksheera.

Indication-Vataroga, Pakshaghata and Ardita.

Karpooraditaila (Sahasrayoga): **Narikelataila**, Karpoora.

Indication-Shoola, Shotha, Stabdghata in Joints and Mamsapesi.

Ksheerabalataila (Ashtangahrudaya chikitsasthana Vatavyadhi): Bala kashaya, Bala kalka, Ksheera and Jala.

Indication- Vataroga, Karshya and Rasayana

Balashvagandhalakshataila (Baishajyaratnavali): Bala, Ashvagandha, Laksha, Tilataila, Dadi, Rasna, Kushta, Devadaru, Chandana, Sariva, Yastimadhu, Kamala, Manjishta, Ushira and Haridra.

Indication- Vataroga, Karshata and Krishata.

Mahamashataila (Baishajyaratnavali): Dashamoola, Chagamamsa, Goksheera, **Kapikacchu**, Eranda, Lavanatraya,

Manishta, Devadaru, Chavya, Chitraka, Trikatu, Kushta, Ashvagandha, Rasna and Guduchi.

Indication- Pakshaghata, Ardita, Sandhivata, Avabahuka, Tridoshajavyadhi and Gridhrasi.

Sahacharditaila (Ashtangahrudaya chikitsasthana): Sahachara, Dashamoola, Kushta, Devadaru, Choraka, Usheera, Ela, Chandana, Manjishta, Gokshura, **Tilataila**, Jatamanshi, Tahara, Agaru and Shilajathu.

Indication- Vatavyadhi, Kampa, Urustmbha, Shosha and Akshepaka.

CHOICE OF SHAMANA AUSHADHAS IN COMMON

VATAVYADHIS: **Ekgaveerarasa:** Shuddha, Gandhaka, Shuddha, Parada, Kantalohabhasma, Vangabhasma, Nagabhasma, Tamrabhasma, Abhrakabhasma, Lohabhasma tec

Dose: 125 mg, **Anupana:** Ardraka Swarasa **Indication:** Arditavata, Pakshaghata, Ghridhrasi, Vishvach.

Brihatvatachintamani (Baishajyaratnavali): Suvarnabhasma, Roupyabhasma, Abhrakabhasam, Lauhabhasma, Pravala, MouktikaSutabhasma rtc,

Dose: 125 mg, **Anupana:** Madhu, Guduchi. **Indication:** Vataroga, Pralapa

Rasarajas (Baishajyaratnavali): Suvarnabhasma, Roupya, Abhraka, Vangabhasma etc.

Dose: 125-250mg, **Anupana:** Madhu, Ksheera. **Indication:** Arditavata, Pakshaghata, Hanustambha and Vataroga.

Vatarirasa (Bhavaprakasha), Vatakulantakarasa (Baishajyaratnavali)

Ashtavargakashaya Sahasrayoga, Rasnadikwatha, Maharasnadikwatha, Sahacharadikashaya, Neergundyadikashaya and Balarishta

Discussion:

- 80 types of Vatavyadhi explained by Acharyas in a broader view but they said to be aparisankya that is innumerable in number. Sometimes clinically it is difficult to name the diseases then they are considered in Anuktavatavyadhi.
- Before selecting or planning any treatment it is necessary to eliciate the disease is because of Upastambhita or Nirupasthambhita Vatavyadhi.
- Many number of Tailas and Guggululalps has been explained

based on samprapti whether it I Dhatukshayajanya or Margavarodhajanya based on this select appropriate yogas.

Conclusion:

- Most of the cases in our routine OPD belong to Vatavyadhi.
- Before planning the treatment the physician should analyse either it is Dhatukshayajanya or Margavarodhajanya based on this select the appropriate medicaments.
- If a physician unable to diagnose consider under Anukta Vatavayadhi and based on Rogi and Rogabala plan.
- Life style modification along with following proper pathya plays important role in faster recovery of the ailment.

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