



Review Article

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AYURVEDA REVIEW ON *VATA VYADHI*; MANAGEMENT OF *PAKSHAVADHA*, *EKANGAVATA*, *SARVANGAVATA* AND *ARDITA*

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Abstract

Ayurveda *Kayachikitsa* described therapeutic management of various diseases with the helps different treatment regimen, in this regards this branch mentioned different approaches for treating diseases related to the *Vata* vitiation. The *Vatavyadhi Chikitsa* deals with the diseases caused by the disturbance of *Vata dosha*. The disturbances of *Vata* cause disorders like *Pakshaghata*, *Ardita*, *Gridhrasi*, *Avabahuka*, *Viswachi*, *Ekangavata* and *Sarvangavata*, etc. Ayurveda described various formulations including, medicated oils, herbs and massage therapies, etc. for treating such types of conditions. *Snehana*, *Swedana* and *Samshodhana* therapies along with internal medicines can be recommended to manage pathological consequences of *Vatavyadhi*. These *Vata* therapies remove aggravated *Dosha* and provide early relief in painful symptoms of diseases. *Bala taila*, *Maha narayana taila*, *Sahacharadi taila* and *Shastikashali Anna Lepa*, etc. are indicated for such types of pathological conditions. This article presented Ayurveda view on *Vata Vyadhi* and emphasizes management of *Pakshavadha*, *Ekangavata*, *Sarvangavata* and *Ardita*.

Key-Words: *Ayurveda*, *Vata Vyadhi*, *Pakshavadha*, *Ekangavata*, *Sarvangavata*, *Ardita*

Introduction

Vatavyadhi Chikitsa deals with disorders which are associated with the vitiation of *Vata* including symptoms of pain and stiffness, etc. *Vata Dosha* is described as *Achintyaveerya* and *Doshaanaam netah*. Vitiating *Vata* mainly causes problems like delirium, spasticity of hands, organ atrophy, insomnia, diminishing sperms, numbness, twitches of head and convulsions, etc. The vitiation of *Vata* mainly related with *Svatantra dushti*, *Gata vata* and *Avarana*, these are involved in the pathogenesis of *Vata* diseases. *Asamghata*, *Anavasthita* and *Anasadhya* are properties of *Vata*, these properties affect physiological and pathological involvement of *Vata Dosha* [1-4].

Hetus of Vatavyadhi:

- ✓ *Aharaja*: *Atiruksha, Atialpa, Atisheeta, Abhojana and Atilaghu*, etc.
- ✓ *Viharaja*: *Diwaswapna, Ativyavaya, Atiprajagaran, Atichinta, Atishoka, Atikrodha and Vegasandharana*, etc.

Pathological Components of Vatavyadhi:

- *Nidana*: *Vata Prakopaka*
- *Dosha*: *Vata*
- *Srotas*: *Asthivaha, Majjavaha Medovaha*
- *Dushya*: *Asthi, Majja, Meda*
- *Vyaktisthana*: *Asthi –Sandhi*

Ayurveda suggested uses of *Virechana* and *Basti Karma* for the management of *Vata Roga*. *Shastra*, *Kshara* and *Agnikarma* also indicated along with internal medications which help to pacify vitiated *Vata Dosha*. *Sravyadha* and *Dahakarma* is advised for some specific conditions. *Agnikarma* and *siravyadha* helps in the management of acute phase of pain associated with *Vata* vitiation. Ayurveda prescribed following natural remedies for treating *Vata Roga*:

- ✓ *Atahara Kashayam*
- ✓ *Rasna Shuntyadi Kashayam*

- ✓ *Brahmi Drakshadi Kashayam*
- ✓ *Cardamom, Turmeric, Ashwagandha and Brahmi, etc.*

The *Dhatukshaya* and *Avarana* causes aggravation of *Vata Dosha* that further vitiates *Strotas* and affects physiological movement of biological elements. *Ruksha, Khara, Parusha* and *Laghu Guna* causes lodging of vitiated *Dosha*. The *Strotas* lost their properties like smoothness, stickiness and unctuousness, etc. Vitiated *Vata* affects *Strotas* and produces *Ekanga* or *Sarvanga Vyadhi*. In case of *Ekanga* the effects limited to the particular parts of body and in case of *Sarvanga* the effects of *Vata* vitiation resides to whole body. Excessive fasting, excessive exercise, long brisk walk, excessive sleeping or late night awakening, etc. may aggravate *Vata* [5-7].

The common diseases of *Vata* vitiation are depicted in **Figure 1**.



Figure 1: Diseases of *Vata* Vitiation

Vata Roga on the basis of Predominant Symptoms:

- | | |
|--------------------------------------|-----------------------------------|
| ✓ <i>Shoola Pradhana Vata Roga:</i> | <i>Gridhrasi and Vishvaci</i> |
| ✓ <i>Shotha Pradhana Vata Roga:</i> | <i>Vatarakta and Amavata</i> |
| ✓ <i>Shosha Pradhana Vata Roga:</i> | <i>Amsashosha</i> |
| ✓ <i>Sankoca Pradhana Vata Roga:</i> | <i>Dhanurvata</i> |
| ✓ <i>Graha Pradhana Vata Roga:</i> | <i>Hanustambha and Urustambha</i> |

- ✓ *Akarmanyata Pradhana Vata Roga:* *Pakshaghta and Ardita*
- ✓ *Ama Pradhana Vata Roga:* *Amavata*

Concept of Avarana and Association with Vata:

The *Vayu* is worsened by *dhatukshya* and *avarana*, which is one of the reasons of *Vata prakopas*. *Vata* mainly involved in *Avarana* and causes obstruction of major channels which turns to pathological manifestations of *Vata-Vyadhis*. According to one explanation, *Vata* is *Sukshma marganusari* and *Preraka*, and it is this *Dosha* that provides the driving power behind the other *Doshas*. Therefore, it might affect the body at the cellular level. The only *Guna* that is frequently susceptible to obstruction is *Vata*. *Vata dosha* becomes vitiated through the *Srotas* when *Preraka karma* is interfered. The *Udeerana* of *Pitta* and *Kapha* are made to different areas of the body if *Vayu* becomes *Kupita*. The vitiated *Vata*, in conjunction with *Pitta* and *Kapha*, creates *Shoshana* of *Rasadi dhatu* and causes a variety of illnesses in various bodily regions.

The goal of treating *Avarana* should be to cleanse the *Srotas* with various drugs that have *Anabhishyandi* and *Snigdha* characteristics that are not antagonistic to *Kapha pitta* but that cause *Vatanulomana*. The administration of the *Yapana basti sramsana chikitsa* and *Rasayana dravya* may be taken into consideration.

Ayurveda Management of Ardita:

- ✓ *Nasya* is indicated as entrance to the cranial vault for the management of *Ardita*.
- ✓ *Snaihika nasya*, *Abhyanga*, *Seka*, *Pichu* and *Shirobasti*.
- ✓ *Tarpana*, *Akshitarpana*, *Shrotratarpana* and *Nadisweda* also indicated for *Ardita*.
- ✓ *Ksheeradhooma* and *Vamana* also used for *Ardita*.
- ✓ *Swedana* and *Virechana* therapy indicated with unctuous material.

Ayurveda Management of Pakshaghata:

- ✓ *Snehana* with *Maha narayana taila*, *Sahacharadi taila*, *Dhanvantara taila*, *Karpasasthyadi taila*, *Prabhanjana vimardana taila* and *Kshirabala taila*, etc.

- ✓ **Svedana:** *Shashtika shali panda sveda, Bala mula and Patra pind sweda* for few days.
- ✓ **Virechana** with decoctions of *Draksha, Aragvadha Phala Majja, Haritaki and Eranda taila*.
- ✓ **Matra Basti** with *Narayana taila*.
- ✓ *Kashaya Basti* with *Eranda mula kvatha* and *Saindhava lavana*.
- ✓ *Kshira Basti* for a week.
- ✓ **Brinhana nasya** with *Purana ghrita, Narayana taila*
- ✓ **Shirodhara** with *Ksheera bala taila* or *Chandana bala lakshadi taila*.

Ayurveda Management of Ekangavata:

Santarpana Chikitsa is considered as choice of treatment which offers nourishing effects. *Santarpana Bahyopakramas* such as *Ashwagandhabalalakshadi Taila Abhyanga* and *Shastikashali Anna Lepa* recommended along with modern physiotherapy and herbal medications.

Panchakarma therapy is used in the treatment of *Ekangavata* along with oral medication. *Nasyam, Swedam, Abhyanga, Basti* and *Virechanam* advise for symptomatic relief. *Pichu, Navarakizhi* and *Snehapanam*, etc. are recommended for relieving early symptoms.

Ayurveda Management of Sarvangavata:

Koshta shodhana, Sarvanga abhyanga, Ksheera parisheka, Shastika shali panda sweda, Sarvanga Annalepa and *Shirotala dharana*, etc. are considered as line of treatment for the management of *Sarvangavata*.

Abhyanga, Swedana, Matrabasti and *Nasya* along with herbo-mineral formulations may be advised for treating *Sarvangavata* [7-10].

Avarana for Vata Roga:

 *Guggulu*

 *Lashuna*

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✚ *Shlajatu*

✚ *Chyavanaprasha*

Conclusion

Vata Vyadhi mainly involves pathological events of *Gati Vriddhi*, *Akarmanyata* or change in *Gati* of *Vata*. The symptoms of *Vata Vyadhi* are mainly associated with increase in *Parushata*, *Kharata*, *Rukshata* and *Shitata* characteristics. *Shoola*, *Stamba* and *Graha* of organ observed in *Vata Vyadhi* due to the increase in *Shita Guna* of *Vata Dosha*. The vitiation of *Vata* is affect musculo-skeletal, neuromuscular, and circulatory; neurohormonal system of body. *Nidana parivarjana*, *Samshodhana chikitsa* and *Saamana chikitsa* should be advocated for *Vata Vyadhi*. Ayurveda formulations such as; *Atahara Kashayam*, *Rasna Shuntyadi Kashayam* and *Brahmi Drakshadi Kashayam*, etc. are offers remarkable improvement in *Vata Roga*. Single herbs like Cardamom, Turmeric, *Ashwagandha* and *Brahmi*, etc. are also recommended to manage symptoms of *Vata* vitiation.

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