

PHYSIOLOGICAL IMPORTANCE OF VYAN VAYU AND ITS RELATION WITH POST
COVID COMPLICATIONSVD. Shubham Sakhare*¹ and VD. Kishor Ugale²¹PG Scholar, Department of Kriyasharir, Government Ayurved College Nanded, Maharashtra, India.²Associate Professor, Department of Kriyasharir, Government Ayurved College Nanded, Maharashtra, India.***Corresponding Author: VD. Shubham Sakhare**

PG Scholar, Department of Kriyasharir, Government Ayurved College Nanded, Maharashtra, India.

Article Received on 29/06/2022

Article Revised on 19/07/2022

Article Accepted on 09/08/2022

ABSTRACT

According to *Ayurveda* health is a state of well being where there is equivalence state of *Doshas*, *Agni*, *Dhatu* and excretion of *Mala* happens along with the tenacity of *Aatmaindriya* (sense organs) and *Mana* (mind). *Vata Dosha* is a most important among *Tridosha* which is responsible for controlling all type of movements. Among five types of *Vata*, *Vyaan Vayu* is also described as a *Mahajava* which is highly powerful. It performs the function of *Rasa Rakta Samvahana* continuously and always throughout the life. Most people with Covid -19 get better within weeks of illness but some people experience covid conditions. Post covid conditions are a wide range of new returning or ongoing health problems. In *Ayurveda* *Vyan Vayu Dushti lakshanas* can be correlated with post covid conditions. *Vyan Vayu dushti lakshanas* include *Jwar* (fever), *Balabhransh* (physical and mental weakness), *Chittotplava* (palpitations), *Angasuptata* (tingling numbness), *Kushtha*, *Visarpa* (skin rashes), *Toda* (Pricking sensation all over the body) etc. After acute covid -19 illnesses, recovered patients may continue to report a wide variety of signs and symptoms including cough, low grade fever, fatigue etc. Very few works accomplished on physiological correlation between Covid -19 and *Ayurveda*. In this article an attempt has been made to correlate the physiological activity of *Vyan Vayu* and post covid Complications in relation with *Vyan Vayu Dushti*. In this article an honest effort has been taken to correlate *vyan vayu dushti lakshanas* with post covid conditions.

KEYWORDS: *Vata*, *Vyan vayu*, *Vyan vayu Dushti*, *Post covid complications*.**INTRODUCTION**

Ayurveda is the science of life based on *Tridosha* theory. The *Tridosha* is derived from the Sanskrit word *Tri* and *Dosha* that means three vitiated factors. These three *Doshas* play and signified role in maintenance of health well-being and disease or illness.

Among three *Doshas* *Vata* is capable of keeping *Pitta*, *Kapha*, *Dhatu* and *Mala* in *Prakrut Avastha*.^[1] *Vata* promote speech, origin of sound and touch sensation. *Vata* is a causative factor of pleasure and courage, stimulates the digestive fire and helps in the absorption of *Doshas* and ejection of excretory products. *Vata Dosha* has divided in five types namely *Prana*, *Udana*, *Vyana*, *Samana*, *Apana*. *Vyana Vayu* is responsible for taking place any movements in body. *Vyan Vayu* is described as a *Mahajava* which is highly powerful. It performs the function of *Rasa Rakta Samvahana* continuously and throughout the whole life.^[2]

The COVID -19 pandemic has infected millions worldwide; leaving a global burden for long term cares of COVID -19 survivors. It is thus imperative to study post Covid i.e. short term and long term effects

specifically as a local and systemic pathophysiological outcomes of others coronavirus related diseases. Some people are experiencing a range of new or ongoing symptoms that can last weeks or month after being infected with the virus that causes covid -19.^[3]

AIM

To study the physiological relation of *Vyan Vayu* and its relation with post covid complications.

OBJECTIVE

To understand the concept of *Vyan Vayu* and *Vyan Vayu Dushti* and its relation with post covid complications.

MATERIAL AND METHOD

For this study *Ayurvedic* literature is collected from classical text of *Ayurveda* available in central library of government Ayurveda College, Nanded and for modern literature related websites has been surfed.

REVIEW OF LITERATURE

Site and functions of *Vyana Vayu* by different Acharyas.

	<i>Ashtang Hridaya</i> ^[2]	<i>Charak Samhita</i> ^[4]	<i>Sushruta Samhita</i> ^[5]	<i>Astang Sangraha</i> ^[6]
Sthana (Site)	Vyana Vayu located in <i>Hridaya</i> and it travels along the whole body with very high velocity	Vyana has a swift movement and spread all over the body.	Vyana Vayu occupies entire living body .it helps in the circulation of <i>rasa</i> throughout the body.	Located in heart moves all over the body with great speed.
Karma (Function)	All motor functions of the body such as <i>Mahajava</i> (rapid movement) <i>Gati</i> (movement) <i>Avakshepa</i> (flexion) <i>Utshepa</i> (extension) <i>Nimesha</i> (closure of eyelids / being not responsive to movement) <i>Unmesha</i> (opening eyelids /staying responsive)	Responsible for gait, flexion, extension, twinkling etc.	Responsible for sweating, blood circulation and five types of movement like expansion, contraction, upward, downward and oblique movements along with blinking and opening of eyelids.	Responsible for movements expansion contraction, upward movement, downward movements opening and closing of eyelids yawning, feeling the tastes of food, clearing of the channels, causing the flow of sweat and blood, bringing the male reproductive tissue into the uterus, separating the nutrient portion and waste portion of the food (after its digestion) and supplying nourishment to the <i>Dhatus</i> .

SIGNS AND SYMPTOMS OF POST COVID COMPLICATIONS^[3]

Some people are experiencing a range of new or ongoing symptoms that can last weeks or months after first being infected with the virus that causes COVID -19.

General symptoms

- Tiredness or fatigue that interferes with daily life.
- Symptoms that gets worse after physical or mental effort (also known as “post-exertional malaise”).
- Fever

Respiratory and heart symptoms

- Difficulty breathing or shortness of breath
- Cough
- Chest pain
- Fast-beating or pounding heart (also known as heart palpitations)

Neurological symptoms

- Difficulty thinking or concentrating (sometimes referred to as “brain fog”)
- Headache
- Sleep problems
- Dizziness when you stand up (lightheadedness)
- Pins-and-needles feelings
- Change in smell or taste
- Depression or anxiety

Digestive symptoms

- Diarrhea
- Stomach pain

Other symptoms

- Joint or muscle pain
- Rash
- Changes in menstrual cycles

VYAN VAYU DUSHTI (etiological factors)^[7]

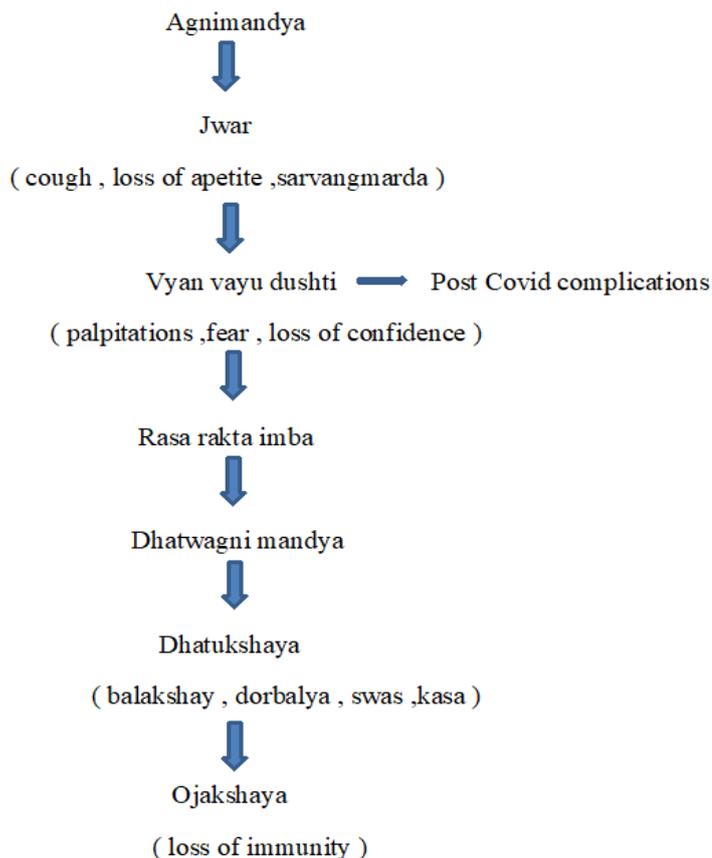
- ❖ Walking for long duration,
- ❖ Standing for long time,
- ❖ Due to playing sports for long duration,

- ❖ Stress and *Visham Kriya*.
- ❖ Due to constantly consuming unbalanced diet,
- ❖ Due to fear, joy, sadness, etc. in inappropriate way.

Vyan Vayu is contaminated by all above reasons and cause many symptoms like^[8]

- ❖ Loss of potency (*punstwoutsaha bhransha*)
- ❖ Loss of euphoria (*utsahabhransha*)
- ❖ Physical and mental weakness (*balabhransha*)
- ❖ Edema (*shopha*)
- ❖ Nervousness
- ❖ Fever (*jwar*)
- ❖ Needle prick pain (*toda*)
- ❖ Numbness of limbs (*Angasuptata*)
- ❖ Leprosy, herpes zoster (*kushtha, visarpa*)
- ❖ Other disease occurring in the whole body. (*Sarvangroga*)

SAMPRAPTI OF COVID -19



Correlation of covid -19 post symptoms and vyan vayu dushti.

POST COVID COMPLICATIONS	VYAN VAYU DUSHTI
Tiredness or fatigue	<i>Balabhransha</i>
Symptoms that get worse after physical or mental activities	<i>Balabhransha</i>
Tingling numbness	<i>Angasuptata</i>
Cough, headache, fever	<i>Jwara</i>
Fast beating or pounding heart (heart palpitations)	<i>Chittotplava</i>
pain, Pins and needles feeling	<i>Toda</i>
Skin rash	<i>Kushtha, visarpa</i>
Other diseases	<i>Sarvangroga</i>

DISCUSSION

As we have seen the symptoms of covid -19 and post covid complications which can be co-related somewhere with the main functions of *Vyan Vayu*. This is to provide *Gati* and nourishment of *Dhatu*s through *Rasa Rakta Samvahan* from its main site – *Hridaya*. The covid -19 disturbs the physiological functions of lungs, heart as well as other systems of the body. In post covid conditions symptoms like tiredness / fatigue which can also be correlated with *Balabhransh*. As a result there is failure in function of providing *Gati* (all the movements of body) as normal. Regular usage of masks prevents normal inhalation of *Prana Vaayu* which plays an important role in *Agni Sandhukshan*, increases capacity of lungs and performs *Jeevana* activity which is to bring life to body cells. So indirectly the capacity of lungs and

heart decreases in covid and post covid conditions which is site of *Vyan Vayu*. And the *Samprapti* of *Agnimandya* continues (the reason of all rogas) eg. *jwar, kasa, Sarvangmarda* etc. According to Ayurveda *Hridaya* is also the site of *Oja* which is *Bala* (immunity). Therefore in Covid -19 due to vitiated *Vyaan Vayu* functions of both heart, lungs gets compromised due to reduction in the potential of heart, lungs which reduces *Oja* (*Ojadushtri* and *Ojakshay*).

For the management we should think about working on *Vyaan Vayu*, because *Prakrut Vyan Vayu* can give *Bala* to heart and lungs maintaining *Rasa Rakta Samvahan* maintaining the *Gati* of heart, and accordingly all movements of body. Nourishes *Dhatu* by correcting the *Dhatu Pariposhana Nyaya*. Hence increases the

immunity and can correct and reduce the post covid complications.

CONCLUSION

Vyan Vayu is considered as highly powerful *Vata* among all subtype of *Vata*. *Vyan Vayu* performs the functions like *Gati*, *Rasa Rakta Paribhrama*, *Anna Aswadana*, *Sweda Sravana*. As the symptoms of *Vyaan Vaayu Dushti* and covid-19 post complications are quite similar. The impact of covid conditions primarily affects heart as well as lungs which according to *Ayurveda* are *Sthana* of *Rasavah Strotasa* and *Pranavah Strotasa*. The symptoms of both of these *strotodushti Lakshana* are much similar to post covid complications; hence *Vyan Vayu* can be correlated with post covid complications.

REFERENCES

1. Tripathy B.N: kaladikakhyana – Shariram, Purva khanda, Sharangdhara Samhita, Varanasi, India: Chaukhamba Prakashana, 2011; 65.
2. Vagbhat Dr.Bramhanand Tripathi, Ashtang Hridayam of Srimadvagbhata, edited with Hindi commentary “Nirmala”, Chaukhamba Sansrit Pratishthan, Delhi, Edition reprint 2017, Page No.172 chapter 12 Sutrasthan, shlok no. 06, and 07.
3. <https://www.cdc.gov/coronavirus/2019-ncov/long-term-effects.html>.
4. Pandey k chaturvedi G, eds. Vatavyadhi Chikitsa Adhyaya, Charaka Samhita. Varanasi, India: Chaukhamba Bharati Academy; 2015; 775 Reprints.
5. Shastri A.D.eds Vatavyadhi Nidana Adhyaya, Ayurveda Tatwa Sandipika, Hindi commentary, Sushruta Samhita, Varanasi (India): chaukhamba Sanskrit Sansthan; Edition, 2014; 296.
6. Gupta A.D. Eds, Doshabhedhiya Adhyaya, Astanga Sangraha, Varanasi, India: Chaukambha Krishnadas Academy, 2012; 160 Reprint.
7. Vagbhat Dr.Bramhanand Tripathi, Ashtang Hridayam of Srimadvagbhata, edited with Hindi commentary “Nirmala”, Chaukhamba Sansrit Pratishthan, Delhi, Edition reprint 2017 chapter 16 Nidansthan, shlok no. 23.
8. Vagbhat Dr.Bramhanand Tripathi, Ashtang Hridayam of Srimadvagbhata, edited with Hindi commentary “Nirmala”, Chaukhamba Sansrit Pratishthan, Delhi, Edition reprint 2017 chapter 16 Nidansthan, shlok no. 24.