

PRACTICAL APPROACH TO VATAVYADHI SAMPRAPTI & CHIKITSA

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ABSTRACT

Ayurveda is not only medical science, but also it is a life science, which gives message of health & better living. Disease caused by Vata in its vitiated condition is called "Vatavyadhi". On the basis of causes, Vatavyadhi can be classified into two types i.e. Dhatukshayajanya & Margavrodhajanya. Hetus of Dhatukshayajanya Vatavyadhi comprises eating less food, dry, cool & light food along with excessive exercise. Food intake leading to formation of Ama causes Margavrodhajanya Vatavyadhi. In samprapti of Dhatukshayajanya Vatavyadhi, Dhatukshaya is filled up with Vata Dosha & produces Vatavyadhi. When Strotas get obstructed, it leads to stoppage of function of organ & produces Margavrodhajanya Vatavyadhi. A sound knowledge of Samprapti plays very important role in diagnosis & treatment of Vatavyadhi. Avastha of Vatavyadhi plays important role in treatment. As the stage of Dosha changes, there is change in treatment modality of particular type of Vatavyadhi, so here an attempt has made for proper understanding of concept of Vatavyadhi Samprapti & Chikitsa.

KEYWORDS: Vata Dosha, Ama, Dhatukshayajanya Vatavyadhi, Margavrodhajanya Vatavyadhi, Samprapti, Chikitsoppakrama.

INTRODUCTION

Vata is responsible for control of all the central nervous functions in the body. It is responsible for all the movements in the body. Disease caused by Vata in its vitiated condition is called "Vatavyadhi."

Vatavyadhi are more than 80 Nanatmaja Vyadhi. "Vatadrute Naasti Ruja" clearly indicates importance of Vata in pain management. Charaka has stated that causes of all these Vatavyadhi can be divided in two types i.e. Dhatukshayajanya & Margavrodhajanya.

In Dhatukshayajanya avastha pain is reduced after touching or giving pressure. This happens because vitiated Vata present in Rikta Strotas is directed to different direction resulting in pain reduction for that moment.

But in case of Margavrodhajanya avastha pain is aggravated after touching or giving pressure because of obstruction. In this state Vata cannot move due to Avarodha. After deciding Avastha of Vatavyadhi we can decide the treatment. The choice of drug varies & differs from patient to patient & Vaidya to Vaidya.

REVIEW OF LITERATURE

In Charak Samhita it mentioned that causes of vitiation of vata can be divided in two Samprapti i.e.

Dhatukshayajanya and Margavrodhajanya. These types are not mentioned in any other Ayurvedic text.

According to Vatavyadhi Avastha we can choose the exact treatment.

SAMPRAPTI

a) Samanya Samprapti-(Cha.Chi.28 /18-19)

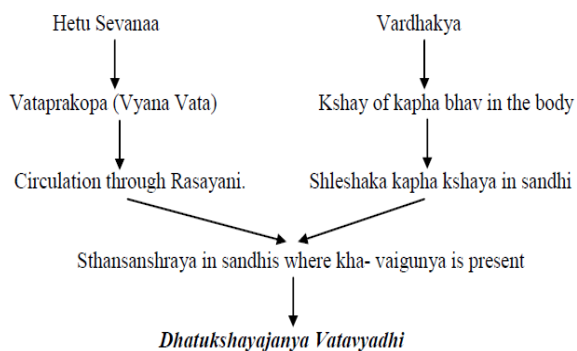
Due to the intake of Vatacara Aahara and Vihara, Vata Dosha get vitiated, which lodges in Rikta Strotas i.e. Strotas, where there is presence of Shunyata of Snehadi Guna, producing diseases related to that Strotas.

Acharya Vagbhata mentioned the Samprapti of Vata Vyadhi like Dhatukshaya aggravates Vata, which travels throughout the body and settles in Rikta Strotas and further vitiates the Strotas leading to the manifestation of Vata Vyadhi.

B) Vishesh Samprapti - Examples-1)

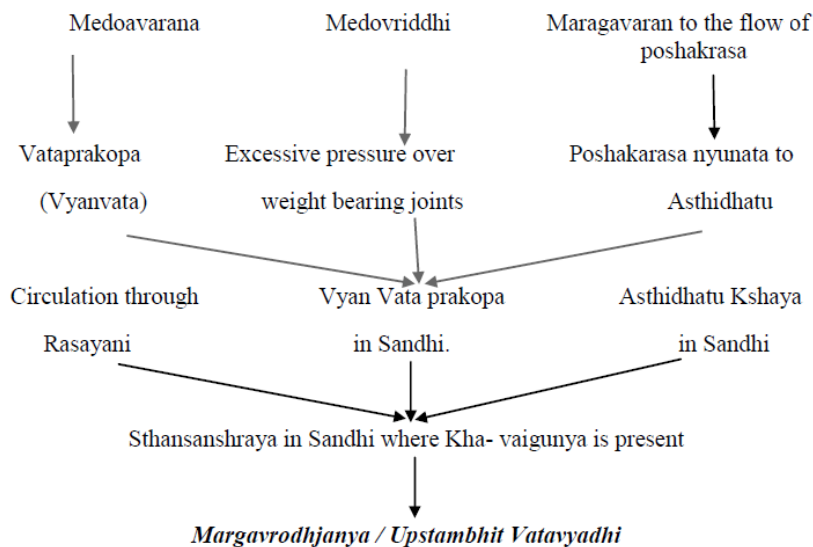
Dhatukshayajanya Vatavyadhi

As the Shleshma Bhava decreases in the body Shleshaka Kapha in the joints also decreases in quality and quantity where in Sandhi Shaithilya is seen. Ashrayashrayi Sambandha also leads Asthidhatu Kshaya leading to Khavaigunya in the joints.



2) Margavrodhjanya Vatavyadhi

The excessive fat deposited all over the body will produce Margavrodha of Vata. Prakuppita Vata due to Margavrodha starts to circulate in the body, which travels and settles in the Khavaigunya joint. After Sthanasamshraya it produces the disease Vatavyadhi.



Chikitsa

- 1) Dhatukshajanya Vatavyadhi** – Can be treated by
- Controlling vitiation of Vata
 - Correcting the destruction of Dhatus.

- 2) Margavrodhajanya Vatavyadhi** – Can be treated by
- Removal of obstruction
 - Correcting the direction of flow of Vata.

Chikitsopkrama	Dhatukshajanya	Margavrodhajanya
Snehan (Baahya)	Bala, Narayan, Masha Tail	Vishagarbha, Nirgundi Tail
Swedan	Taap, Bashpa, Sankar, Snigdha Upanah	Valuka Pottali, Patra Swed
Rasa	Madhur	Amla, Lavan, Tikta, Katu
Guna	Snigdha, Ushna	Ruksha, Ushna
Vatashaman Karma	Bruhan	Pachan
Single Dravya	Bala, Ashwagandha, Shatavari, Bhallatak	Triphala, Dashamoola, Eranda, Deodar, Bhallatak.
Bhasma's	Roupya, Abhrak, Suvarna	Tamra
Guggulu Kalpa	Gokshuradi, Mahayograj, Amruta, Panchatiktaghruta.	Triphala, Kanchanar, Punarnava, Shihanad, Rasna Guggulu.
Mrudu Sanshodhan	Draksha, Aragvadha	Gandharva Haritaki
Basti	Yapan, Kshir, Matra, Anuvasan-Til Tail	Matra-Hingu Trigun, Niruh, Vaitaran
Trasan	Physiotherapy, Yoga, Sukhakark Aasan	Physiotherapy, Vyayaam
Other	Bruhan Nasya, Shiropichu, Snigdha Lepa	Agnikarma, Raktamokshan, Ruksha Lepa

DISCUSSION

Dhatukshajanya and Margavarodhjanya, the causes for Vatavyadhi have been explained only by Charaka in Charaka Samhita Chikitsa Sthana 28th Aadhyaya.

Two pathologies play an imp role in manifestation of Vatavyadhi. In Dhatukshajanya Vatavyadhi there is decrease in Dhātu and Strotas becomes empty. Vacuum is filled up by Vata Dosha. In Margavarodhjanya

Vatavyadhi there is obstruction in *Strotas* due to *Dosha*, *Dhatu*, *Mala* then *Vata* gets stagnated which leads to stoppage of function of organs. Next stage is *Vimarga gamana* of *Vata* and it leads to *Avrutta Vata*.

Physician can decide which type of *Vatopkrama* will be suitable for different pathologies. *Snehana* is contraindicated in *Margavarodhjanya Vatavyadhi*.

CONCLUSION

From the above discussion it can be said that basically all the *Vatavyadhi* can be classified in *Dhatukshayajanya* and *Margavrodhjanya* according to causes and pathology.

Dhatukshayajanya Vatavyadhi causes by intake of *Ruksha*, *Sheet* food whereas food intake leading to formation of *Ama* causes *Margavrodhjanya Vatavyadhi*. In pathology *Dhatukshaya* and obstruction are main causes of *Vatavyadhi*.

Dhatukshayajanya Vatavyadhi can be treated by controlling vitiation of *Vata* and correcting the obstruction of *Dhatu*. *Margavrodhjanya Vatavyadhi* can be treated by removal of obstruction and correcting the direction of flow of *Vata*.

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