UNDERSTANDING THE ETIOPATHOGENESIS OF
VATAVYADHI

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Abstract

Vata is governing force behind every action taking place in the body. There are various clinical condition mentioned in Ayurveda classics under vatavyadhi. Proper diagnosis is based on the proper understanding of its pathogenesis which is of two types, margavarodha janya and dhatukshayajanya. Here an attempt to understand its samprapti mainly. If care is not taken in early stage it leads to manifestation of purvarupa, rupa and further attains chronicity with the manifestation of upadrava. Hence it is necessary to go through manifestation of disease for sampraptivighatan.

Keywords- Dhatukshayajanya, Margavarnajanya, Mamprapti, vatavyadhi

Introduction

Vatavyadhi is mentioned in brihadtrayi and also included in ashtamahagada so it suggests its importance in all aspect of good health, ultimate motto of Ayurveda. Nidanapanchaka diagnostic tool in Ayurveda, in proper way and at proper time it can be useful in diagnosis. It comes under roga pariksha.

Nidana

With modernization in lifestyle there is irregular diet pattern. By understanding the causative factor we can make preventive measures for vatavyadhi before occurrence of the disease. There are dietary factors like excessive dry, cold, scanty, light food habits; physical activities like Knowledge of doshaprakopakanidana are essential in preventing the disease manifestation and its progression. Adopting wholesome diet and regimen helps against disease combat. Vatadoshaprakopakanidanas are prime factors for kevalavatajanitavatavyadhi if consumed in excess. Vatavyadhi also mentioned in mahagada which are durvijineya and dushchikitsa. Hence proper knowledge of vata prakopaka nidana and lakshana facilitates early diagnosis, reduces chances of being diseased and aid in maintaining health.¹

Purva rupa

There is not any specific pre monitoring symptom of vatavyadhi. When the sign and symptoms are manifested distinctly they are called the actual sign and symptoms while diminution of these symptoms and signs indicates the subsidence of the disorder.²
Lakshana

There are 80 nanatmajavatavyadhi among them each have different characteristics according to involvement of sthana and srotas. There are general sign and symptoms of vatamentioned in charaka saimhita, contracture in the joints, stiffness, splitting of bones and joints, back and neck; limping paraplegia, hunch back, atrophy of particular organ, sleeplessness, intrauterine death of embryo, decrease in sperm and menstruation fascication, numbness overall body, twitches of head, nose, eyes and parts above neck; splitting and or pricking type of pain; convulsions;unconsciousness;fatigue etc.iii

Samprapti

It is Process of understanding the development of disease by the vitiated doshas which are constantly circulating inside the body. Vata aggravated by the various vata aggravating factors goes in empty srotas Etiology of vatavyadhi is mentioned in two different aspects.iv

1. Dhatukshayajanya
2. Margavaranajanya

A. Samanya Samprapti–x

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

B. Vishesh Samprapti –

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

Margavrodha of Vata by the excessive fat deposited all over the body. PrakupitaVata due to Margavrodha starts to circulate in the body, which travels and settles in the Khavaigunyaayukta joint. After Sthanasamshraya it produces the disease Vatavyadhi.

Samprapti ghataka

<table>
<thead>
<tr>
<th>Dosha</th>
<th>Vata</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dushya</td>
<td>Rasa etc. dhatus</td>
</tr>
<tr>
<td>Agni</td>
<td>Jatharagni,dhatvagni,bhutagni</td>
</tr>
<tr>
<td>Agnidushti</td>
<td>Vishamagni</td>
</tr>
<tr>
<td>Ama</td>
<td>Agnjanya</td>
</tr>
<tr>
<td>Srotas</td>
<td>Asthi vaha mainly</td>
</tr>
<tr>
<td>Sroto dushti</td>
<td>Sanga and vimarggaman</td>
</tr>
<tr>
<td>Sanchar sthana</td>
<td>Sarva sharir</td>
</tr>
<tr>
<td>Adhisthan</td>
<td>Differentbody parts of the body or whole body</td>
</tr>
</tbody>
</table>
Swabhav Ashukari, chirakari
Sadhyasadyhata Kashta sadhya
Rog marga Madhyam

There is also anshamshkalpanawhich generally have decrease in physiology of the chalaguna. Decreaserukshaguna, can be found.

Conclusion-

All the aspect of rogapariksha comes under nidanapanchakahelpsto diagnose vatavyadhi. Analysis of sampraptighatakawill be helpful to decide proper line of treatment in vatavyadhi as it is broad term cover up several clinical conditions.

2Charak samhita of agnivesha elobarated by charaka and dridhabala,Ayurveda dipika commentary,edited by yadvaji trikamaji acharya,published by Chaukhambha surabharati prakashan,edition:reprint 2017 varanasi.pg.617.(ch.28/19-20)