

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 dhatukshayjanya. 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 samprativighatan.

Keywords- Dhatukshayjanya, 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. *Vatadoshaprakopakanidas* are prime factors for *kevalavatajanitavatavyadhi* if consumed in excess. Vatavyadhi also mentioned in mahagada which are *durvigjneya* and *dushchikitsa*. Hence proper knowledge of vata prakopaka nidana and lakshana facilitates early diagnosis, reduces chances of being diseased and aid in maintaining health.ⁱ

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.ⁱⁱ

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 *vata* mentioned 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 fasciculation, 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. *Margavarajananya*

A. *Samanya Samprapti*–^v

Due to the intake of *Vatakara Ahara* 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. *Prakupita Vata* due to *Margavrodha* starts to circulate in the body, which travels and settles in the *Khavaigunyayukta* joint. After *Sthanasamshraya* it produces the disease *Vatavyadhi*.

Samprapti ghataka

<i>Dosha</i>	<i>Vata</i>
<i>Dushya</i>	<i>Rasa etc. dhatus</i>
<i>Agni</i>	<i>Jatharagni, dhatvagni, bhutagni</i>
<i>Agnidushti</i>	<i>Vishamagni</i>
<i>Ama</i>	<i>Agnijanya</i>
<i>Srotas</i>	<i>Asthi vaha mainly</i>
<i>Sroto dushti</i>	<i>Sanga and vimarggaman</i>
<i>Sanchar sthana</i>	<i>Sarva sharir</i>
<i>Adhistan</i>	<i>Different body parts of the body or whole body</i>

<i>Swabhav</i>	<i>Ashukari , chirakari</i>
<i>Sadhyasadhyata</i>	<i>Kashta sadhya</i>
<i>Rog marg</i>	<i>Madhyam</i>

There is also *anshamshkalpana* which generally have decrease in physiology of the *chalaguna*. Decrease *rukshaguna*, can be found.

Conclusion-

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

ⁱCharak 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.(28/15-19)

ⁱⁱCharak 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)

ⁱⁱⁱCharak 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.(28/20-24)

^{iv} Charak samhita of agnivesha elobarated by charaka and dridhabala,Ayurveda dipika commentary,edited by yadvaji trikamaji acharya,published by Chaukhambha surabharati prakashan,edition:reprint 2011 varanasi.pg.619.

^vCharak 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.(28/ 18-19)