



# INTERNATIONAL JOURNAL OF CREATIVE RESEARCH THOUGHTS (IJCRT)

An International Open Access, Peer-reviewed, Refereed Journal

## ROLE OF *VATA DOSHA* IN *ADHARANIYA VEGA*

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### Abstract

There are 5 types of *Vata Prana*, *Udana*, *Samana*, *Vyana*, *Apana*. It stimulates for all types of actions. It controls and guides the *Manas*. Stimulates all the *Indriyas*.<sup>(1)</sup> *Prakruta Karma* of *Vata Dosha* is *Vega Pravaratana*. Hence *Vega Dharana* leads to *Vata Prakopa* and *Vata Prakopa* leads to various diseases.

*Vata*, *Purisha*, *Mutra*, *Kshavatu*, *Trushna*, *Kshudha*, *Nidra*, *Kasa*, *Shrama Shwasa*, *Jrumbha*, *Ashru*, *Chardi*, *Shukra*, these are the *Adharaniya Vega* according *Ashtanga Hridaya*.<sup>(2)</sup> Instead of *Kasa*, *Udgara* is told in *Charaka Samhita*. These are the *Adharaniya Vega* which should not be suppressed. Suppression of these urges leads to various types of diseases.

Key words – *Vata Dosha*, *Adharaniya Vega*, relation between *Vata Prakopa* and *Vegadharana Janya Vyadhi*.

### Introduction

*Vayu* does *Dharana* of *Sharira* and *Sharira Avayava*. It helps in the contacting the *Indriya* with their *Indriyarthas*. It helps in the formation of all *Dhatu*. It does *Sandhanakar* of *Sharir*. It is the cause to initiate speech. It is the origin for *Shabda* and

*Sparsha*. It is the responsible for *Harsha* and *Utsaha*. It stimulates *Pachakagni*. It does *Shoshana* of *Dosha*. It does expulsion of *Mala*. It creates the *Sthula* and *Sukshma Srotas*. It forms the shape of *Garbha*. It is indicative of the continuity of span of life.<sup>(3)</sup>

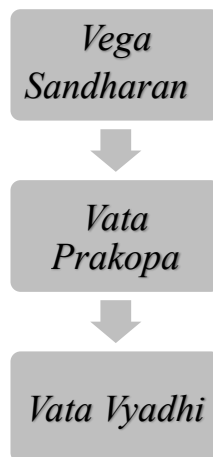
*Vayu* is told as *Bhagavan* (God), as it is the cause for the existence and destruction of all living beings. It is cause for *Sukha* and *Dukha*. In *Charaka Chikitsasthana* it is told that *Vayu* is *Ayu*, *Vayu* is a *Bala*. which does *Dharana* of *Sharira* is a *Vayu*. It is existed everywhere. It is called as *Prabhu*. In which *Vayu* is *Ayahata Gati* (without obstructing the normal *Gati* of *Vayu*), in its own *Sthana* and in *Prakruta Avastha*, he will get long life up to 100 years.<sup>(4)</sup>

तं चलः।

उत्साहोच्छ्वासनिश्वासचेष्टावेगप्रवर्ततिः॥ अ ह सु 11/1)

*Utsaha Uchwasa Nishwasa Cheshta Vega Pravartana* are the *Prakruta Karma* of *Vata Dosha*.

**Figure 1: Vega Dharana as a Nidana in Vata Vyadhi**



*Vega Sandharana* is told as one of the *Nidana* for *Vata Vyadhi*.<sup>(5)</sup> *Vega Sandharana* leads to *Vata Prakopa* and *Vata Prakopa* leads to *Vata Vyadhi*.

### **Vega Dharana in the manifestation of diseases**

*Vega Dharana* (suppression of natural urges) and *Udirana* (initiating the urges forcefully) are the *Mithyayoga* of *Sharira*. *Atiyoga*, *Ayoga* and *Mithyayoga* is called *Pragnaparadha*. *Pragnaparadha* is the responsible for manifestation of all the diseases.<sup>(6)</sup>

Prana Vata Sthana and Karma

*Murdha*, *Urah*, *Kanth*, *Jivha*, *Asya*, *Nasika* are the *Sthana* of *Prana Vata*.

*Dharana* of *Buddhi*, *Hriday*, *Indriya* and *Mana*. *Sthivana*, *Kshavathu*, *Udgara*, *Nishvasa*, and *Anna Pravesha Krut* (helps in the swallowing of food) are *Prana Vata Karma*.

*Prana Vata Prakopa* leads to *Hikka*, *Shwasa*, *Kasa*, *Pinasa*, *Ardita* and *Trushna*.<sup>(7)</sup>

### **Udana Vata Sthana and Karma**

*Nabhi*, *Uraha* and *Kantha* are the *Sthana* of *Udana Vata*.

*Vak Pravrutti*, *Prayatna* (efforts for doing any work) *Urja* (gives energy for doing all the activities) *Bala* (gives strength) *Varna* (gives colour and complexion) and *Smriti* (mind functions, retention of information etc) are the *Udana Vata Karma*.

*Udana Vata Prakopa* leads to *Urdhva Jatrugata Roga*.<sup>(8)</sup>

### **Samana Vata Sthana and Karma**

*Swedavaha*, *Doshavaha*, *Ambuvaha Srotas*, *Agni Samipa* and *Koshtha* are *Sthana* of *Samana Vata*.

*Agni Bala Prada*, *Annam Grahanti* (helps in receiving the food) *Pachati* (helps in digestion) *Vivechayati* (helps in the separation *Sara* and *Kitta Bhaga*) and *Munchati* (helps in the excretion of faeces) are the *Karma* of *Samana Vata*.

*Samana Vata Prakopa* leads to *Gulma*, *Grahani*, *Agni Sada* and *Atisara*.<sup>(9)</sup>

## **Vyana Vata Sthana and Karma**

*Hridaya* and all over the body is *Sthana* of *Vyana Vata*.

All types of *Sharirika Gati*, *Prasarana*, *Apakshepana*, *Utkashepana*, *Nimesha* and *Unmesha* are the *Karma* of *Vyana Vata*.

*Vyana Vata Prakopa* leads to *Kushta*, *Visarpa*, *Nistoda*, *Romaharsha*, *Anga Supta* and *Sarva Roga*.<sup>(10)</sup>

## **Apana Vata Sthana and Karma**

*Shroni*, *Basti*, *Medra*, *Uru*, *Vrushana*, *Nabhi*, *Vankshana* and *Guda* are the *Sthana* of *Apana Vata*.

*Shukra*, *Artava*, *Shakruta*, *Mutra* and *Garbha Nishkraman* (excretion of *Shukra*, *Artava*, *Shakrut*, *Mutra* and *Garbha*) *Kriya* are the *Karma* of *Apana Vata*.

*Apana Vata Prakopa* leads to *Basti* and *Guda Roga*.<sup>(11)</sup>

## **Discussion**

### **Involvement of Vata Dosha in the manifestation of diseases**

• In *Sushruta Nidanasthana* and *Ashtanga Hridaya Nidanasthana* it is given that *Prana Vata Prakopa* leads to *Hikka Shwasa*, *Kasa*, *Pinasa*, *Ardita* and *Trushna*. In *Charaka Sutrasthana* of *Navengadharinya Adhyaya* and *Ashtanaga Hridaya* of *Roganutpadaniya Adhaya* it is given that *Chardi*, *Udgara*, *Ashru* and *Kasa Vega Dharana* leads to *Hikka*, *Shwasa*, *Kasa*, *Pinasa*, *Ardita* and *Trushna*. As *Vegadharana* is one of the *Nidana* for *Vata Prakopa*. So, it is understood that *Chardi*, *Udgara*, *Ashru* and *Kasa Vega Dharana* leads to *Prana Vata Prakopa* and *Prana Vata Prakopa* leads to *Hikka*, *Shwasa*, *Kasa*, *Pinasa*, *Ardita* and *Trushna*.

• So, it is understood that *Mutra*, *Purisha*, *Kshavatu*, *Pipasa*, *Bhaspa*, and *Nidra Vega Dharana* leads to *Udana Vata Prakopa*, *Udana Vata Prakopa* leads *Urdhva Jatrugata Roga*.

• *Shrama Shwasa*, *Adhovata Vega Dharana* leads to *Samana Vata Prakopa*, *Samana Vata Prakopa* leads to *Gulma*, *Grahani*, *Agni Sada* and *Atisara*.

• *Chardi* and *Jrumbha Vegadharana* leads to *Vyana Vata Prakopa*, *Vyana Vata Prakopa* leads to *Kushta*, *Visarpa*, *Nistoda*, *Romaharsha*, *Anga Supta* and *Sarvaga Roga*.

• *Mutra* and *Shukra Vega Dharana* leads to *Apana Vata Prakopa*, *Apana Vata Prkopa* leads to *Basti* and *Guda Roga*.

*Vega Dharana* is a *Nidana* for many diseases like *Hikka*, *Shwasa*, *Kasa*, *Rajayakshma*, *Hridroga*, *Atisara*, *Pandu*, *Kamala*, *Amavata*, *Shotha*, *Amlapitta*, *Daha*, *Grahani Gulma*, *Udara Roga*, *Udavarta*, *Kushta*, *Visarpa* etc.

In *Charaka Sutrasthana* and in *Chikitsasthan*, very much importance has given for the *Vayu*. *Vata Sthana*, *Karma* and its types, *Prakopa* and diseases due to different types of *Vata Prakopa* are mentioned. When *Vata* is in its own *Sthana*, and in normal *Gati*, it is responsible for health. When it gets *Prakopa* then it leads to diseases. *Vega Dharana* is one of the *Nidana* for *Vata Prakopa*. Based on *Vata Sthana* and *Karma*, can understand the *Nidana* and *Samprapti*. Based on types of *Vata*, involvement of *Srotas* can be identified. *Vega Dharana* is a *Nidana* for many diseases. Due to *Vega Dharana*, different types of *Vata Prakopa* occurs.

ततश्चानेधा प्रायः पवनो यत्प्रकृष्यति।

अन्नपानौषधं तस्य युञ्जीतातोऽनुलोमनम् ॥ ( अ ह सु4/23)

Due to *Vega Dharana*, different types of *Vata Prakopa* occurs. So, *Vatanulomaka Anna Pana* and *Aushadha* should be used. Here *Praya* refers to predominantly *Vata Prakopa*, but sometimes with *Vata Dosha*, other *Doshas* are also get *Prakopa* and get leads to the diseases.

## Conclusion

*Vata Prakopa* leads to many number of disorders and causes destruction of *Bala*, *Varna*, *Sukha*, *Ayusha* etc. *Vega Pravartana* is one of the *Prakruta Karma* of *Vata Dosha*. I.e. *Vata Dosha* helps in the expulsions of *Mutra* and *Purishadi Vegas*. Due to suppression of these natural urges causes *Vata Prakopa*, and again *Vata Prokopa* leads to various Diseases. This is how *Vega Dharana* leads to manifestation of diseases. *Vega Dharana* is one of the *Nidana* in the manifestation of various diseases mainly *Vata Vikaras*, due to various types of *Vata Prakopa*.

निदानस्य परिवर्जनम् | ( सु ३ 1/25)

Always avoid the *Nidanas* which causes disease. Here *Vega Dharana* is the *Nidana* and these *Nidanas* should be avoided. Here simple *Nidana Parivarjana* could be the treatment in *Vata Prakopa* condition. *Vatanulomaka Ahara* and *Aushadha* could be the treatment for many *Vataja* disorders.

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