

A CRITICAL REVIEW ON VAATA DOSHA AND ITS TYPES

*¹Dr. Kanchan Avinash Lovalekar and ²Dr. Yogesh Kashinath Shewale¹Asst. Prof. Roga Nidana Avum Vikruti Vidnyana, B. R. Harné Ayurvedic Medical College, Vangani, Thane.²Asst. Prof. Kriya Sharir, PMT's, Ayurved College, Shevgaon, Ahmednagar.

*Corresponding Author: Dr. Kanchan Avinash Lovalekar

Asst. Prof. Roga Nidana Avum Vikruti Vidnyana, B. R. Harné Ayurvedic Medical College, Vangani, Thane.

Article Received on 13/10/2020

Article Revised on 03/11/2020

Article Accepted on 23/11/2020

ABSTRACT

Ayurveda is an ancient Indian medical science which deals with maintenance of the health of an individual and at the same time also deals with treatment of diseases of those who are affected.^[1] *Vaata*, *Pitta* and *Kapha*, viz. *Tridosha* are the basic constituents of the human body according to *Ayurveda*.^[2] *Vaata Dosha* is considered as the chief amongst all the three *Doshas*, as the other two *Doshas* cannot travel in the body on their own and are dependent on the *Vaata Dosha* for this.^[3] An imbalance in any one of these three *Doshas*, results in many diseases. *Vaatavyadhi* is a group of 80 diseases which are caused by vitiation or imbalance or *Prakopa* of *Vaata Dosha*.

Considering the importance of *Vaata Dosha* in the human body, this paper deals with reviewing the basic information of *Vaata Dosha* and its types. And through this paper, the *Kopana Hetus* and *Lakshanas* according to the types of *Vaata Dosha* will be reviewed and discussed.

KEYWORDS: *Ayurveda*, *Vaata Dosha*, *Tridosha*, *Kopana Hetus*, *Kopana Lakshanas*.**INTRODUCTION**

Vaata Dosha is the most vital among the *Tridoshas* mentioned in *Ayurveda*. *Vaata Dosha* is responsible for all the bodily movements. It is the counterpart of *Vaayu* in the environment. In this article, we will review the *Nirukti*, optional names, characteristics, locations, functions, types, *Vruddhi*, *Kshaya* and *Prakopa Lakshanas* of *Vaata Dosha*. We will also review the importance of *Vaata Dosha* over the other two *Doshas*, the sites and functions of *Praanadi* five types with their *Prakopaka Hetus* and *Lakshanas*.

Nirukti

The term *Vaata* has been derived from the root "Va" which means *Gati* or *Gandhana* which mean movement and effort respectively.^[4]

Characteristic features

Ruksha- dry, *Laghu*- light, *Sheeta*- cold, *Khara*- rough, *Sukshma*- minute, *Chala*- mobile, *Vishada*- clean are the characteristic features of *Vaata Dosha*.^[5]

Special features

Yogavahitva- Changes in features of *Vaata* are seen according to its union with other elements in the body as well as in nature.^[6]

Pradhaanatva- Among all the three *Doshas*, *Vaata* is considered as most important *Dosha*, as it is the only one responsible for the movement.^[7]

Location

Pakwashaya- large intestine, *Kati*- lumbar area, *Sakthi*- lower extremities, *Shrotra*- ears, *Asthi*- bones, *Sparshanendriya*- skin are the main sites of *Vaata Dosha* in the body.^[8]

Combination of panchamahabhutas

Aakaasha + *Vaayu*- this combination of *Mahabhutas* is seen in *Vaata Dosha*.

Types

Praana, *Udaana*, *Vyaana*, *Samaana*, *Apaana* are the five types of *Vaata Dosha*.^[9]

General functions

Vaata Dosha in general, is responsible for all the actions and movements in the body. It acts as the controller and promulgator of all the activities of the mind. *Vaata* is the coordinator or convener of the sensory organs. It binds all the tissues of the body together. *Vaata* is the carrier of the subjects of the sensory organs. It also keeps the shape and size of the whole body intact. *Vaata* is the initiator of speech and is responsible for *Shabda* (sound) and *Sparsha* (touch). It also regulates the *Jatharagni* and hence, aids in digestion. *Vaata* is necessary for the expression of joy and energy. *Vaata* is responsible to excrete the wastes which are produced in the body. It differentiates the gross and subtle vessels or *Strotasa* and also starts forming the various viscera, shapes them from the moment of conceptive coitus till life.^[10]

Functions and locations according to types.

Sr. No.	Type	Location	Functions
1.	<i>Praana</i>	Head	Supports the functions of <i>Buddhi</i> (intelligence), <i>Hrudaya</i> (heart), <i>Indriya</i> (sensory organs), <i>Chitta</i> (mind), Secretion of sputum, Sneezing, Burping, Exhalation and Swallowing
2.	<i>Udaana</i>	Chest	Speech, effort for all actions, Energy, Complexion, Memory
3.	<i>Vyaana</i>	Heart and entire body	Movement (locomotion), Blinking of the eyes
4.	<i>Samaana</i>	Koshtha near Agni	Ingestion, Digestion, Transformation and Excretion of food
5.	<i>Apaana</i>	Pelvic and anal region	Excretion (evacuation) Semen, Ovum, Fetus, Urine, Stool

Causes, signs and symptoms of imbalance of *vaata dosha*

Imbalance of *Vaata Dosha* occurs in two forms: *Kshaya* (quantitative decrease in *Vaata Dosha*) and *Vruddhi* (quantitative increase in *Vaata Dosha*). *Vaata Vruddhi* results in the following symptoms according to *Acharya Vagbhata*- Emaciation, Darkness of skin, desire of warm substances, tremors, bloating of abdomen, constipation, loss of sleep, strength and capacity of senses, delirium, delusion, poverty.^[11] *Vaata Kshaya* results in the following symptoms according to *Acharya Vagbhata*- Weakness, loss of functions of the body, speech, sensory organs and mind, diseases due to *Kapha Vruddh*.^[12]

Causes, signs and symptoms of imbalance of *vaata dosha* according to types**1. *Praana***

Causes of *Praana Vaayu Prakopa*- *Ruksha Aahaara-Vihaara*, *Ativyayama*, *Atilanghana*, *Atyashana*, *Abhighaata*, *Atichankramana*, *Vegodirana*, and *Vegavidharana* lead to *Praana Vaayu Prakopa*.

Symptoms of *Praana Vaayu Prakopa*- The above causes lead to *Indriya-upaghaata*, *Peenasa*, *Ardita*, *Trushna*, *Kaasa*, and *Shwasa*.^[13]

2. *Udaana*

Causes of *Udaana Vaayu Prakopa*- *Vegavidharana of Kshavathu*, *Udgaara*, *Chhardi*, and *Nidra*, *Guru Bhaaravahana*, *Atirodana*, *Atihaasya* lead to *Udaana Vaayu Prakopa*.

Symptoms of *Udaana Vaayu Prakopa*- The above causes lead to *Kanharodha*, *Manobhransha*, *Chhardi*, *Arochaka*, *Peenasa*, *Galaganda* and other *Urdhvajatrugata Vikaara*.^[14]

3. *Vyaana*

Causes of *Vyaana Vaayu Prakopa*- *Atichankramana*, *Vishamacheshta*, *Viruddhaahaara*, *Ruksha Aahaara-Vihaara*, *Atiharsha*, and *Ativishaada* lead to *Vyaana Vaayu Prakopa*.

Symptoms of *Vyaana Vaayu Prakopa*- The above causes lead to loss of fertility, energy and strength, *Shotha*, *Chittotplava*, *Jwara*, *Sarvanga Roga*, *Toda*, *Romaharsha*, *Supti*, *Kushtha*, *Visarpa*.^[15]

4. *Samaana*

Causes of *Samaana Vaayu Prakopa*- *Vishamashana*, *Ajeernashana*, *Sheeta* and *Sankeerna Bhojana*, *Akaalashayana* and *Ratraujagrana* lead to *Samaana Vaayu Prakopa*.

Symptoms of *Samaana Vaayu Prakopa*- The above causes lead to *Shoola*, *Gulma*, *Grahani*, and other diseases of the *Pakwashaya* and *Amashaya*.^[16]

5. *Apaana*

Causes of *Apaana Vaayu Prakopa*- *Ruksha* and *Guru Aahaara*, *Vegavidharana*, *Aaghaata*, *Atiyaanaayana*, *Atisthaana*, and *Atichankramana* lead to *Apaana Vaayu Prakopa*.

Symptoms of *Apaana Vaayu Prakopa*- The above causes lead to *Arsha*, *Gudabhramsha*, other diseases of the *Pakwashaya*, and also result into abnormalities of *Shukra*, *Artava*, *Mutra*, and *Guda*.^[17]

General *chikitsasutra* of *vaata dosha*

Snehana (*Bahya* and *Abhyantara*), *Swedana* and *Basti* are the fundamental treatments of *Vaata Dosha*. Moreover, *Mrudu Samshodhana*, *Abhyanga*, *Mardana*, *Veshtana*, *Traasana*, and *Seka* are the other effective treatments for *Vaata Dosha*. In *Aahaara*, the tastes *Madhura*, *Amla*, *Lavana*, and property *Ushna* pacify the *Vaata Dosha*. Also, *Paishtika* and *Goudika Madya* help in *Vaatashamana*.^[18]

***Chikitsa* of *vaata dosha* according to its types**

Vamana is the *Chikitsa* for *Udaana Vaayu* and *Anulomana* is the *Chikitsa* for *Apaana Vaayu*. *Shamana* is to be done for *Samaana Vaayu* and all three treatments (*Vamana*, *Anulomana* and *Shamana*) are to be done for *Vyaana Vaayu* while *Praana Vaayu* is to be protected more than the other types.^[19]

DISCUSSION

Ayurveda has its own basic concepts and principles which are mentioned in the various *Samhitas*. As we know, *Doshas* are the active principles in the body which are responsible for normal physiological actions in the body. If *Doshas* are normal, then body will remain healthy otherwise diseased. Chief function of the *Vaata Dosha* is *Vikshepa*, i.e. to throw or to project. This process is only possible after having force, energy or the movement. In the support of the above, *Acharya Sushruta* has given a two-dimensional approach in the form of *Gati* (movement) and *Gandhana* (energy) as derivation of *Vaata*. So, all types of movements inside the living body either in the form of blood circulation or contraction, relaxation of the body parts etc. occur only due to *Vaata*. *Vaata* is present all over the body but specially in *Pakwashaya* (large intestine) so it affects each and every part of the body. The *Gunas* (features), *Sthana* (seat), *Karma* (action), types and their effects in the body, causes of aggravation of *Vaata* and their effects and management etc. have also been discussed which are mentioned in other *Samhitas* too. *Vaata Dosha* represents itself in the body in the form of action or movement and performs its action via energy.

CONCLUSION

Vaata Dosha is the chief amongst all the three *Doshas*. *Vaata Dosha* is responsible for all the bodily movements. The other two *Doshas* cannot travel in the body on their own and are dependent on the *Vaata Dosha* for this. *Vaata Dosha* exhibits *Yogavahitva* and *Pradhaanatva*, which are not exhibited by other two *Doshas*. *Snehana* (*Bahya* and *Abhyantara*), *Swedana*, *Basti* are the fundamental treatments of *Vaata Dosha*. But, the specified treatments in *Charaka Samhita* also suggest *Vamana* for the *Shodhana* of *Udaana Vaayu*.

REFERENCES

1. *Agnivesha, Charaka Samhita* elaborated by *Charaka* and redacted by *Drudhbala*, edited by *Acharya Vidyadhar Shukla* and Prof. *Ravidatta Tripathi*, reprinted in *Sutrasthana* chapter verse page no, 2010; 447.
2. *Saartha Vagbhata*, edited by Dr. Ganesh Krushna Garde, reprinted in *Sutrasthana*, 2018; 2.
3. *Sharangdhara Samhita* of *Acharya Sharangdhara*, edited by Dr. *Ravindra Angadi*, reprinted in *Purva Khanda*, 2017; 75.
4. *Sushruta, Sushruta Samhita*, edited by Dr. Anantram Sharma, reprinted in, *Sutrasthana*, 2012; 177.
5. *Saartha Vagbhata*, edited by Dr. Ganesh Krushna Garde, reprinted in, *Sutrasthana*, 2018; 2.
6. Vd. S. G. Vartak, *Doshadhaatumulavidnyanam*, published in, 1962; 44.
7. *Sharangdhara Samhita* of *Acharya Sharangdhara*, edited by Dr. *Ravindra Angadi*, 2017; *Purva Khanda*.
8. *Saartha Vagbhata*, edited by Dr. Ganesh Krushna Garde, reprinted in *Sutrasthana*, 2018; 54.
9. *Saartha Vagbhata*, edited by Dr. Ganesh Krushna Garde, reprinted in, *Sutrasthana*, 2018; 55.
10. *Agnivesha, Charaka Samhita* elaborated by *Charaka* and redacted by *Drudhbala*, edited by *Dr. Brahmananda Tripathi*, reprinted in, volume 1st, *Sutrasthana*, 2019; 254.
11. *Saartha Vagbhata*, edited by Dr. Ganesh Krushna Garde, reprinted in, *Sutrasthana*, chapter, 2018; 52.
12. *Saartha Vagbhata*, edited by Dr. Ganesh Krushna Garde, reprinted in, *Sutrasthana*, 2018; 52.
13. *Saartha Vagbhata*, edited by Dr. Ganesh Krushna Garde, reprinted in, *Nidanasthana*, 2018; 213.
14. *Saartha Vagbhata*, edited by Dr. Ganesh Krushna Garde, reprinted in, 2018; 214.
15. *Saartha Vagbhata*, edited by Dr. Ganesh Krushna Garde, reprinted in, *Nidanasthana*, 2018; 214.
16. *Saartha Vagbhata*, edited by Dr. Ganesh Krushna Garde, reprinted in, *Nidanasthana*, 2018; 214.
17. *Saartha Vagbhata*, edited by Dr. Ganesh Krushna Garde, reprinted in *Nidanasthana*, 2018; 214.
18. *Saartha Vagbhata*, edited by Dr. Ganesh Krushna Garde, reprinted in *Sutrasthana*, 2018; 60.
19. *Agnivesha, Charaka Samhita* elaborated by *Charaka* and redacted by *Drudhbala*, edited by *Dr. Brahmananda Tripathi*, reprinted in volume 2nd, *Chikitsasthana*, 2019; 977.