

**ROLE OF PANCHAKARMA IN VATA VYADHI DISEASES**

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**ABSTRACT**

Vatavyadhi Chikitsa deals with diseases particularly caused by vata dosha. It is an important chapter as it encompasses a large spectrum of disorders especially concerned with neurological system, musculoskeletal system, reticulo-endothelial system and further pervades to all other systems in the body. The most common neurological disorders like *pakshaghata (stroke)*, *ardita (facial palsy)*, *gridhrasi (sciatica)*, *avabahuka (frozen shoulder)*, *viswachi (cervico brachial neuralgia)* etc. are described. Various formulations including medicated oils and ghee etc. are also included in the chapter. The chapter confirms the difficulty in curability of chronic vatavyadhi affecting debilitated individuals. Panchakarma is a Shodhana Chikitsa and approved as vital therapy for the management of various disorders.

Panchakarma offer various therapeutic benefits such as; detoxification, improved circulation, relief spasm and pain.

**KEYWORDS:** vatavyadhi, Pakshaghata, Viashwachi, Shodhana, Detoxification.

**INTRODUCTION**

Tridosha concept is one of the pillar of Ayurved science. Among these Tridoshas Vata acquires the prime importance as Vata is self governing, eternal and all encompassing nature. In normal human body all three Dosha i.e. Vata, Pitta and Kapha are working in alliance with each other. Normal Vata Dosha encourages the other two Doshas to fulfill their normal

functions. In aggravated Kupa state, Vata leads the other two Doshas into abnormal pathways and channels thus process of disease formation starts. Any impairment in Vata Dosha may lead to diseases known as Vatavyadhi. According to Samprapti Bheda the Vatavyadhi are of two types Dhatukshayajanya & Margavrodhajanya. Dhatukshayajanya Vatavyadhi comprises of degeneration of body tissues, whereas in Margavrodhajanya Vatavyadhi there is obstruction in pathway of body. The most prevalent Vatavyadhis in today's era are Pakshaghata (stroke), Sandhigata Vata (osteoarthritis), Katigata Vata (spondylosis), Gridhrasi (sciatica), Asthimajjagata Vata (ankylosing spondylitis) and Vatarakta (gout). etc. Acharayas have classified the types of Chikitsa i.e. Shamana & Shodhana. Panchakarma is Shodhana Chikitsa Prakara which involves various therapeutic procedures like Snehana, Swedana, Vamana, Virechana, Basti and Shirovirechana beneficial in eliminating vitiated Vata along with other Dosha in body resulting in permanent relief and non-recurrence of Vatavyadhis. In Ayurveda Classics Musculoskeletal conditions can be related with the various diseases described under Vatavyadhi. Musculoskeletal conditions are characterized by pain, restricted movements and loss of functional ability, which restrict a person's ability to work and related day to day activities, which in turn affects mental well being.<sup>[1]</sup>

Panchakarma in vata vyadhi may perform as follows.

- Snehana: Application and sprinkling of oil over the most affected area.
- Swedana: Pizichil, sudation with oil and upanaha sweda.
- Mridu samshodhana: Mridu Virechana in controlled manner.

Kati Basti is also recommended for lower back pain and therefore may be utilized in sciatica. The well of flour mixture loaded with warm oil applied over lower back, warm oil help to expand vessels, relax muscles, offer calming effect, enhance recovery process and alter rigidity. Matra Basti possessing Snigdha, Laghu, Ushna and Tikshna guna therefore offer Vata-Kapha Shamaka activity. Pacify Kapha and Vata, Snigdha Guna of Taila antagonizes Ruksha of Vata while Tikshna Guna pacifies Srotodushti, therefore Matra Basti control Apan Vayu thus relieve pain in sciatica. Vasti purify Purishadhara Kala and Asthi Vaha Srotas while Sneh Basti possesses Vata Shamaka property. Vasti removing Mala and Avarana thus help to clear Srotas. The Snigdha Guna of oils normalizes Apan Vayu which and relieve pain of sciatica.<sup>[2]</sup>

Therapy Procedure Effect Indication Pizhichil Medicated oil is poured onto the body in continuous streams while being gently massaged A soothing and relaxing Vata dominant ailments Abhyangam Whole body massage with specific herbal oils Reduces stress and induces sleep To relief muscles spasm and pain Kativasthi Warm oil kept over the lower back using natural edge of natural material. Relieves pain. Indicated in low back pain and Spondylitis Kizhi Herbal leaves / powders applied to the whole body with hot medicated oils Relieves pain and oedema Indicated in arthritis and spondylosis. Nasyam Herbal juices and medicated oils applied through the nostrils. Improve circulation, open channels and clean passages. Relieve headaches, sinusitis and spondylosis. Sirovasthi Medicated oils kept on the head for a particular period of time. Reduces stress, relax body, and diminishes pain sensation and offer calming effect. Used for headache and disorders. mentioned the symptoms Hanti Sandhigatah and Shula, same as mentioned by Acharya Sushruta. The disease Sandhigata vata is Kastasadhya because it involves the Marma, it is situated in Madhyama Rogamarga, involvement of Vatadosha, mainly occurs in Vriddhavastha i.e. Dhatutshya Janya Kala so it furthers adds kashtasadyatva to the prognosis of the disease. Acharya Charaka has mentioned common treatment for Vatavyadhi i.e. Repeated use of Snehana and Swedana, Basti and Mruduvirechana. Acharya Sushruta has mentioned the treatment for Sandhigatavata clearly i.e. Snehana, Upanaha, Bandhana and Unmardana. Along with these therapeutic choices Rasayana therapy may prove to be very effective in managing the degenerative joint disorder like Sandhigata Vata because it slows down the process of destruction (ageing) in the body and helps in rejuvenation of Nava Dhatu.<sup>[3]</sup>

In facial paralysis, nasal medication, overhead application of oil, *tarpana*, tubular fomentation and poultices prepared of the flesh of aquatic animals are beneficial.

In hemiplegia, sudation with unctuous preparations and purgation are beneficial.

In sciatica, venesection of the vein situated between medially situated tendon (*kandhara*) and *gulpha*, enema and cauterization should be resorted.

In *khalli*, hot poultices prepared with milk pudding or *krishara* or flesh mixed with oil and ghee are beneficial.

In lock jaw; in case of opened fixed mouth, the jaw should be subjected to sudation procedure first and then it should be pressed downwards by the thumbs (inserting in the mouth and pressing on the molar teeth) and pushed upwards by fingers (which are placed externally

below the chin) is beneficial. So the subluxated part will reach its proper position. In stiffness it should be subjected to sudation procedure and flexed.<sup>[4]</sup>

## DISCUSSION AND CONCLUSION

Vatavyadhi have been explained by Charaka in Charaka Samhita Chikitsa Sthana 28th Aadhyaya. 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 Avvrutta Vata. Vatavyadhi can be treated by controlling vitiation of Vata and correcting the obstruction of Dhatus. Margavrodhjanya Vatavyadhi can be treated by removal of obstruction and correcting the direction of flow of Vata.

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