Boon of Acharya Vagbhata - The Vata Pentad

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ABSTRACT

Vata is one among the Tridoshas that contributes to 80 types of Nanatmaja Vikaras. It can also leads to the manifestation of other disorders where Vata plays the role of an Anubandha Dosha. To understand the Avasthavishesha of any Vyadhi, the contribution of each Doshas should be separately identified. This is possible by knowing the Dosha Vruddhi Kshaya Lakshanas. The first step in the Chikitsa is Nidana Parivarjana. Because the Rogautpatti starts with Nidana Sevana. For this, detailed knowledge about the Prakopa Nidanas are essential. Among the Brihattrayees, Ashtanga Hrudaya of Vagbhataacharya stands unique in explaining the Vishesha Prakopa Nidanas of Panchavata in 19th chapter of Nidanasthana, Vatashonita Nidana. The knowledge about the Vishesha Prakopa Nidana of each Vata throws a clarity about the etiology and pathogenesis of all diseases, especially Vata Vyadhis. This article aims at exploring and analyzing the Vishesha Prakopa Nidana said by Acharya Vagbhata in Ashtanga Hrudaya.

Key words: Vata, Vagbhata, Tridosha.

INTRODUCTION

Vata is the prime Dosha and it is described vividly in the classics. Among the Tridoshas, Vata contributes to 80 types of Nanaatmaja Vikaras. These Vikaras are produced by the vitiation of the Panchavata - Prana, Udana, Vyana, Samana and Apana. To understand a pathology, it is necessary to identify the Vikruta Doshas involved in it. This is possible by understanding the Vruddhi Kshaya Lakshanas of Vata. Once the specific Vata is identified, then its cause for vitiation should be traced out. All the three Brihattrayees explains the Samanya Prakopa Nidana for Vata Dosha. But to treat the particular Vata its Vishesha Prakopa Nidana should be identified. Because the first step in every Chikitsa is Nidana Parivarjana. For this, Acharya Vagbhata has exclusively highlighted the Pancha Vata Vishesha Prakopa Nidana in the 19th chapter of Nidanasthana, Vatashonita Chikitsa. This knowledge makes it quite easy to find the causative factor for all Vyadhis and thereby helps in initiating the proper treatment.

PRANA VATA

Pranasthana and Karma

Prano Atra Murdhagaha !
Ura Kantaschara Buddhi Hrudayendriya Chittadruk !
Shteevana Kshavtudgara Nishwasaanna Pravesha Krut !!

Prana Prakopa Nidana and Lakshana

Vayou Panchatmake Pranoroksy Vaayama Langhanai Hi !
Atyaahara Abhigahata Adhvegodeerana Dharanai Hi !!
Kupitascha Kshuradeenam Upaghatatam Pravartayet !
Peenasa Ardita Trutkasa Shwasadeemscha Amayaan Bahoon!![2]

Table 1: Showing the Sthana, Karma, Prakopa Nidana and Lakshana of Pranavata

<table>
<thead>
<tr>
<th>Vata</th>
<th>Sthana</th>
<th>Karma</th>
<th>Nidana</th>
<th>Lakshana</th>
</tr>
</thead>
</table>

- **Swasa Nidana** - Marma Aaghata is mentioned.[3]
- Among Pranavata Prakopa Lakshanas, Abhighata is told which can be considered as Abhighata to Marma.
- In Adhovata Vegarodha, Drushti Upaghata is mentioned.[4]
- Hence Adhovata Vegadhara may lead to Pranaprakopa.
- **Peenasa** is mentioned in Shakrut Vegadhara.[5]
- Hence Shakrut Vegadhara leads to Prana Prakopa.
- Mutra Vegadhara leads to Prana Prakopa.[6]
- Udgara Vegadhara may leads to Pranaprakopa and thereby Kasa.[7]

- **Kshavathu Vegadhara** leads to Prana Prakopa and thereby Indriya Upaghata and Ardita.[8]
- **Trshna Vegadhara** leads to Prana Vataprakopa and thereby Baadhiyta.[9]
- **Kasa Vegadhara** leads to Prana Vataprakopa and thereby Kasa.[10]
- **Ashru Vegadhara** leads to Prana Vataprakopa and thereby Peenasa.[11]
- **Chardi Vegadhara** leads to Prana Vataprakopa and thereby Kasa and Swasa.[12]
UDANA VATA

Udanasthana and Karma

Urasthaanam Udanasya Naasanabhi Galamscharet !
Vak Pravruti Prayatnoorja Balavarna Smrutikiyri !\[13\]

Udanaprakopa Nidana and Lakshana

Udanaha Kshavtu Udgara Schardi Nidra Vidharanai Hi !
Guru Bharatiy Ruditaahasyadyi Vikrutogadaan !

Kandrodha Mano Bhramshascha Rdyarochaka Peenasaan !
Kuryaccha Galaganda Adeenstanthan Jatroordhwa Samshrayan!!\[14\]

- In Peenasa Nidana, Chardi Vega Dharana is mentioned as one Nidana.\[15\]
- Peenasa occurs as a result of Udana Vata Prakopa, hence Chardi Vega Dharana leads to Udana Vata Prakopa.

Table 2: Showing Udanasthana, Karma, Prakopa Nidana and Lakshana

<table>
<thead>
<tr>
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<th>Lakshana</th>
</tr>
</thead>
<tbody>
<tr>
<td>Udana</td>
<td>Urah, Naasa, Nabhi</td>
<td>Facilitates Vakprovruithi, Prayatna, Urja, Bala, Varna, Smriti</td>
<td>Vidhaarana of Kshovathu, Udgara, Chardi and Nidra. Guru Bharavaha</td>
<td>Kanda Rodha, Manobhrams ha, Chardi, Arochaka, Peenasa, Galaganda, Jatruwrudhwavi karas</td>
</tr>
</tbody>
</table>
Kshavatu Vegadharana leads to Udana Prakopa and results in Shirashoola, Indriyadourbalya, Manyastambha and Ardita.\([16,17]\)

Udgara Vegadharana leads to Udana Prakopa and results in Kampa, Vibandha, Aadhma, Kasa and Hidhma.\([18]\)

Chardi Vegadharana leads to Udana Prakopa and results in Visarpa, Kota, Kushtha, Akshikandu, Pandu, Jwara, Kasa, Swasa, Hrullasa, Vyanga and Savyathu.\([19]\)

Nidra Vegadharana leads to Udana Prakopa and results in Moha, Gaurava of Murdha and Akshi, Aalasya and Angamarda.\([20]\)
**Vyana Prakopa Nidana and Lakshana**

Vyano Atigamanadhyanakreeda Vishamacheshtitai Hi !

Virodhi Rooksha Bheeharsa Vishadyacha Dooshita !!

Pumstvaotsahabala Bhramsha Shopha Chitotplava Jwaran !

Sarvanga Roganistoda Romaharsa Angasuptata !!

Kushtam Visarpam Anyamscha Kuryaatmarsvamagaan Gadan !

Table 3: Showing Vyana Sthana, Karma, Prakopa Nidana and Lakshana

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</tr>
</thead>
<tbody>
<tr>
<td>Vyana</td>
<td>Hrudaya, Travers e entire Shareera</td>
<td>Gati, Apakshera, Utkshepa, Nimesha, Unmesha,</td>
<td>Atigamana, Atidiyana, Atikreeda, Vishama Cheshtana, Intake of Virodhilakshana,</td>
<td>Pumstvabhamsha, Utshaha Bhramsha, Bala Bhramsha, Shopha, Chhitotplava, Jwara, Sarvangaro ga, Nistoda, Romaharsha a, Angasuptata, Kushta, Visarpa</td>
</tr>
</tbody>
</table>

- In Kushta Nidana - Visheshena Virodhianna is mentioned as a Hetu. \(^{[23]}\)
- Among Vyana Prakopa Lakshana Virodhianna is mentioned.
- In Jwara Nidana Vata Prakopa due to Svahetu is mentioned. \(^{[24]}\)
- In Samanaya Vata Prakopa, Ruksha Bhojana, Bhaya and Shoka are mentioned as Nidanas which are also the Nidanas for Vyanavataprapakopa. \(^{[25]}\)

**SAMANA VATA**

Samanasthanda and Karma

Samaano Agnisameeapastaha Koshtecharati Sarvatah !

Annam Gruhaanaa Pachati Vivechayati Munchati !! \(^{[26]}\)

Samana Prakopa Nidana and Lakshana

Samaano Vishama Ajeerna Sheet Samkeerna Bhojanihi !

Karotyakaala Shayana Jaagaradysicha Dooshitha !

Shoola Gulma Grahanyadeen Pakwamashayaja Angadaan !! \(^{[27]}\)

Table 4: Showing Samana Sthana, Karma, Prakopa Nidana and Lakshana

<table>
<thead>
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<tbody>
<tr>
<td>Sama na</td>
<td>Agni Sameepa,</td>
<td>Anna grahan a, Pachan</td>
<td>Vishamabhojana, Ajeernabhojana,</td>
<td>Shoola, Gulma, Grafani, Pakwashaya</td>
</tr>
</tbody>
</table>
In Atisara, Apakwa Amashaya Janya Vyadhi, Atimatra Anna is mentioned as one Nidana. [28]

Atimatra Anna if taken in Akala is Vishamabhojana. [29]

Vishamabhoja is mentioned as a Nidana for Samana Vata Prakopa which further results in Atisaara.

**APANA VATA**

**Apanasthana and Karma**

Apano Apanangaha Shroni Basthi Medra Rugocharah !
Shukrarta Shakrut Mootra Garbhaniskramana Kriyaha !! [30]

**Apana Prakopa and Lakshana**

Apano Ruksha Gurvanna Vegaaghata Ativaahanihi !
Yaanayaana Sanasthaana Chamkramaishatisvetaihi !!

Kupitahakurute Rogaankruchraaan Pakwashaya Ashrayan !
Mutrashukra Pradosha Arsho Gudabhramsha Adikanbahoonaa !! [31]

<table>
<thead>
<tr>
<th>Koshta</th>
<th>a, Vivecha na and Munch ana</th>
<th>Sheetabhojan a, Sankeernabho jana, Aakaalashayan a, Akaalajaagar a</th>
<th>roga and Aamashayar oga</th>
</tr>
</thead>
</table>

**CONCLUSION**

The Samprapti of every diseases starts with the Doshaprapaka. Doshaprapaka is initiated by the Nidana Sevana. So to treat every disease it is very essential to root out the causative factor. As it has

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</thead>
<tbody>
<tr>
<td>Apa na</td>
<td>Apaana ga, Shroni, Basti, Medra, Uru</td>
<td>Nishkram ana of Shukra, Artava, Shakrut, Mutra, Garbha</td>
<td>Excessive intake of Ruksha and Guru Anna, Vegaigh ata and Ativaahana o, Yaana, Yaanaasa na, Sthana, Chamkrama</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Pakwahayaro gas, Mutradosha, Shukradosha, Arshas, Gudabhramsh a etc.</td>
</tr>
</tbody>
</table>

In Arshas, Atiyana is mentioned as one Nidana. [32]

Vata, Mutra and Shakrut Vegaudeerana and Dharana are mentioned as Hetu for Arshas.

Utkataka Asana is mentioned as one Hetu for Arshas.

Yana, Vegaaghata and Ativahana and Asana are mentioned as Hetu for Apanavataprakopa also.

**Table 5: Showing Apana Sthana, Karma, Prakopa Nidana and Lakshana**
been rightly told that *Nidana Parivarjanameva Chikitsa*. Hence it is mandatory to know about the *Vishesa Prakopa Nidana* for the *Panchavata*.

**REFERENCES**


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