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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 Dosh*. To understand the *Avasthavishesha* of any *Vyadhi*, the contribution of each *Dosh* 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 *Brihatrayees*, *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 Nidanas* 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 Dosh* 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 *Brihatrayees* explains the *Samanya Prakopa Nidana*

for *Vata Dosh*. 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 Kantascharo Buddhi Hrudayendriya Chittadruk !

Shteevana Kshavtudgara Nishwasaanna Pravesha Krut !!^[1]

Praana Prakopa Nidana and Lakshana

Vayou Panchatmake Pranoroksya Vyayama Langhanai Hi !

Atyaahara Abhigata Adhvavegodeerana Dharanai Hi !!

Kupitascha Kshuradeenam Upaghatam Pravartayet !

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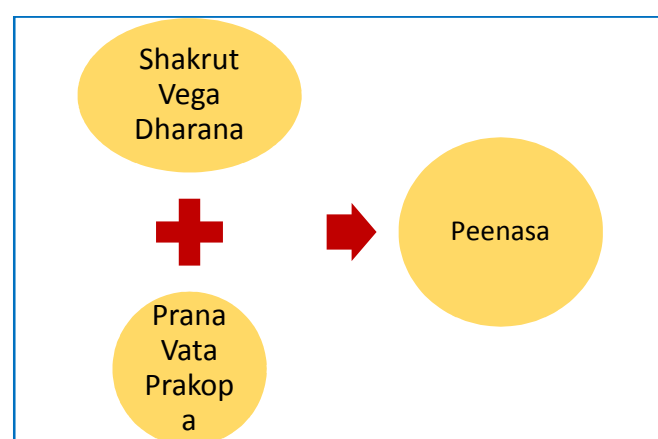
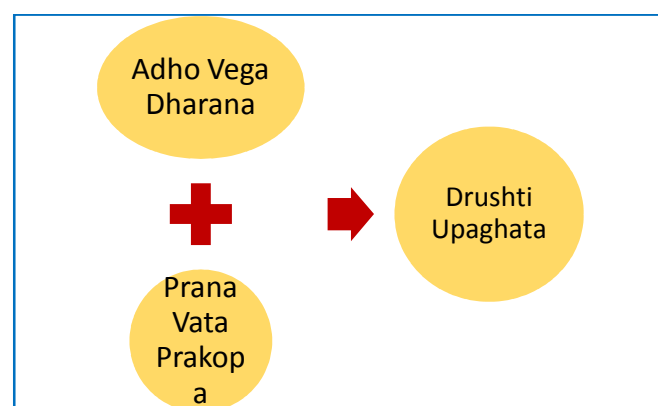
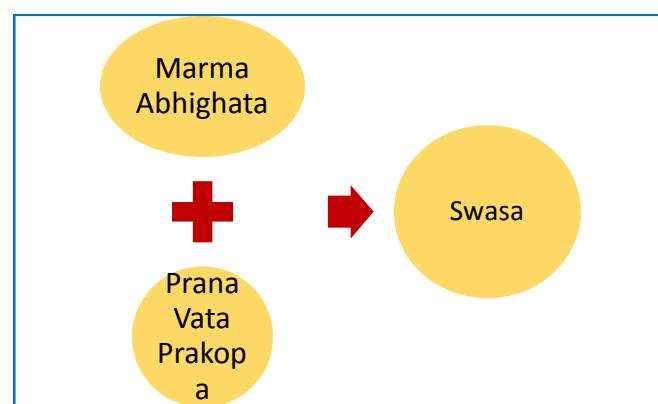
Peenasa Ardita Trutkasa Shwasadeemscha Amayaan Bahoon!!^[2]

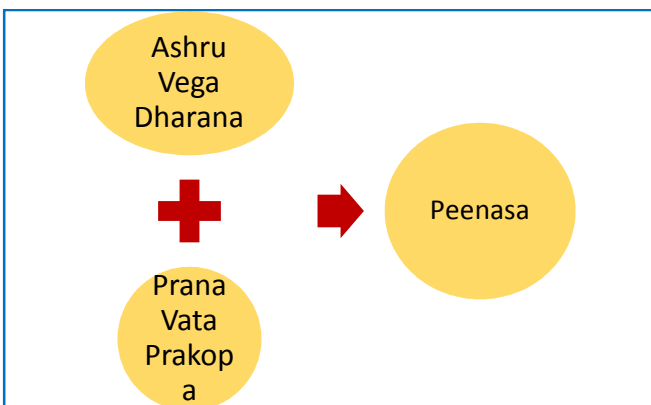
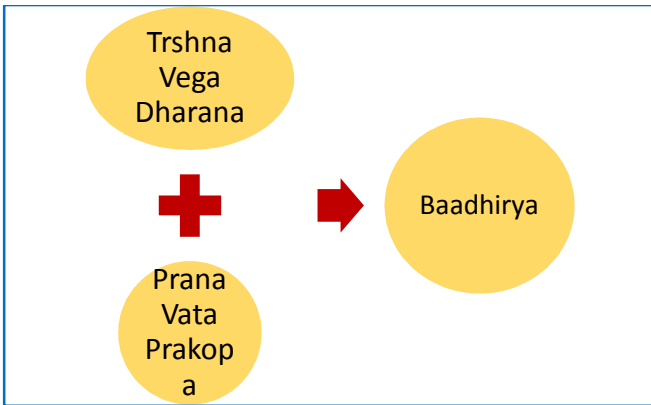
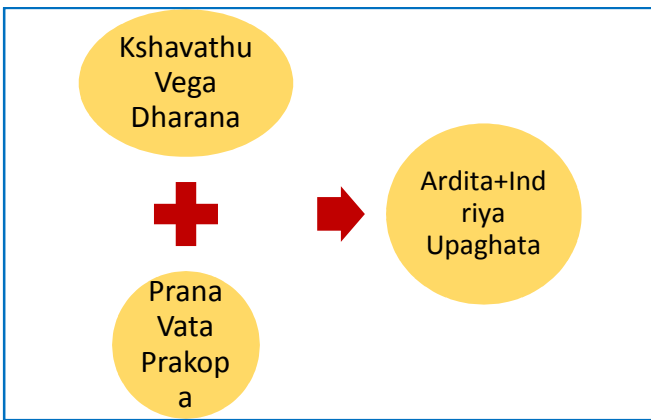
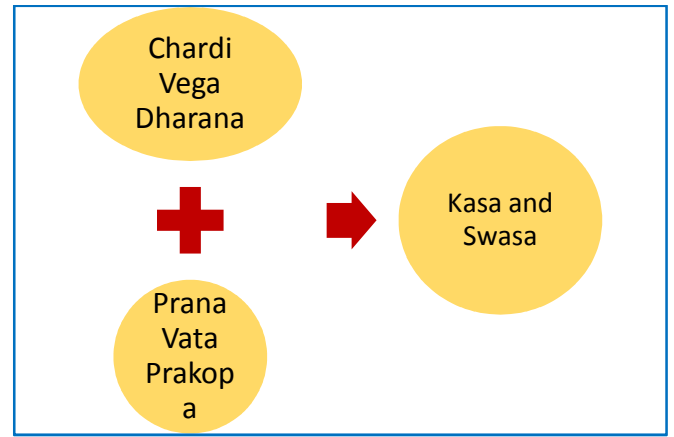
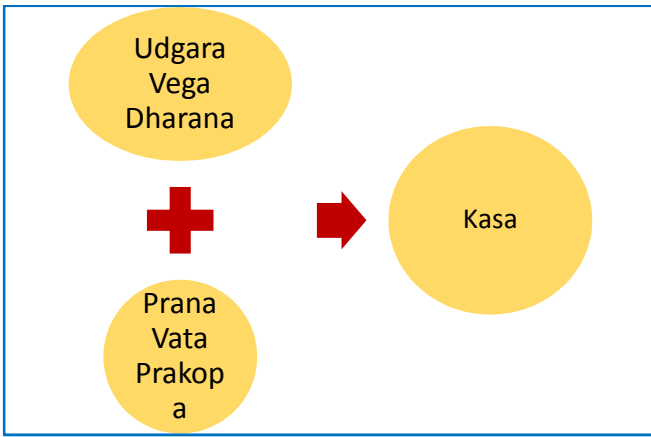
Table 1: Showing the Sthana, Karma, Prakopa Nidana and Lakshana of Pranavata

Vata	Sthana	Karma	Nidana	Lakshana
Prana	Moordha, Urah, Kanta	Maintain normalcy of Buddhi Hrudaya Indriya and Chittha. Facilitates Shteevana, Kshavathu, Udgara, Nishwasa and Anna Praveshana.	Excessive Rukshata, Vyayama and Langhana. Atyaahara, Abhighata, Adhva, Vegaudeerana and Dharana.	Indriyaupagata, Peenasa, Ardita, Kasa, Shwasa.

- Swasa Nidana - Marma Aagata 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 Vegadharana may lead to Pranaprakopa.
- Peenasa is mentioned in Shakrut Vegadharana.^[5]
- Hence Shakrut Vegadharana leads to Prana Prakopa.
- Mutra Vegadharana leads to Prana Prakopa.^[6]
- Udgara Vegadharana may lead to Pranaprakopa and there by Kasa.^[7]

- Kshavathu Vegadharana leads to Prana Prakopa and thereby Indriya Upaghata and Ardita.^[8]
- Trshna Vegadharana leads to Prana Vataprakopa and there by Baadhriya.^[9]
- Kasa Vegadharana leads to Prana Vataprakopa and there by Kasa.^[10]
- Ashru Vegadharana leads to Prana Vataprakopa and there by Peenasa.^[11]
- Chardi Vegadharana leads to Prana Vataprakopa and there by Kasa and Swasa.^[12]





UDANA VATA

Udanasthana and Karma

*Urasthaanam Udanasya Naasanabhi Galamscharet !
Vak Pravrutti Prayatnoorja Balavarna Smrutikriya !!^[13]*

Udanaprakopa Nidana and Lakshana

Udanaha Kshavtu Udgara Schardi Nidra Vidharanai Hi !

Guru Bharaati Ruditahsasyadyi Vikrutogadaan !!

Kandrodha Mano Bhamshascha Rdyarochaka Peenasaan !

Kuryaccha Galaganda Adeensthansthan Jatroordhwa Samshrayan!!^[14]

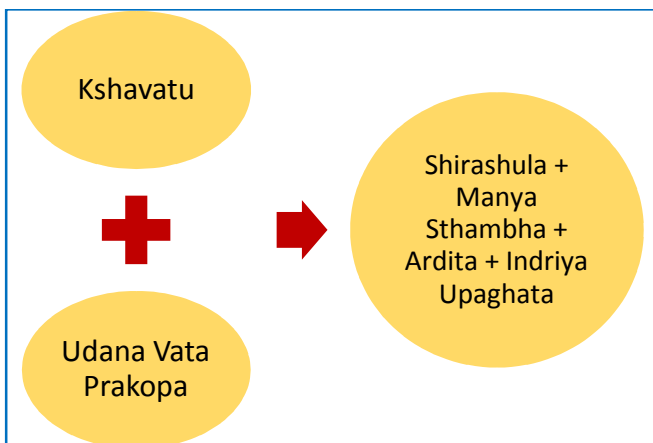
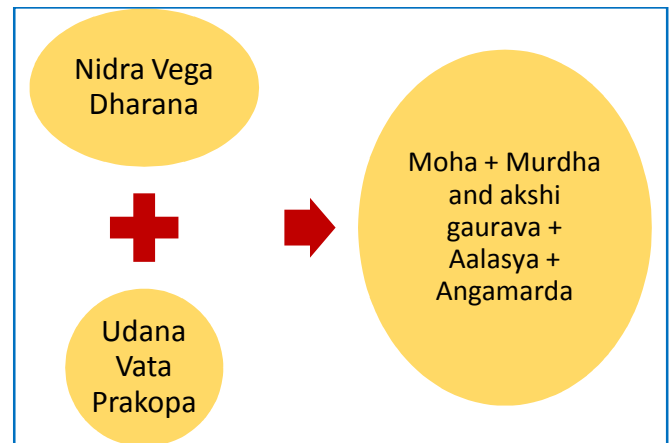
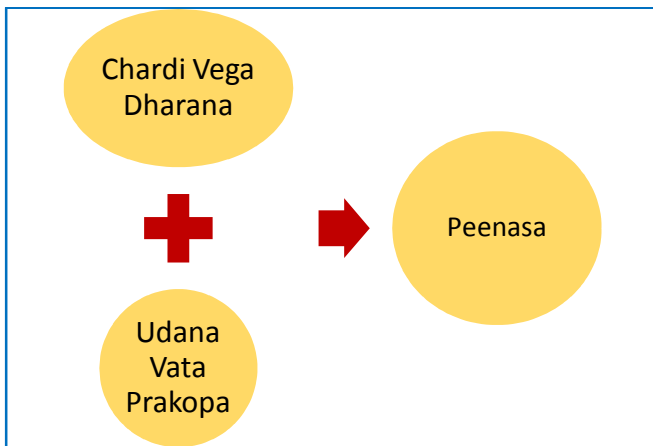
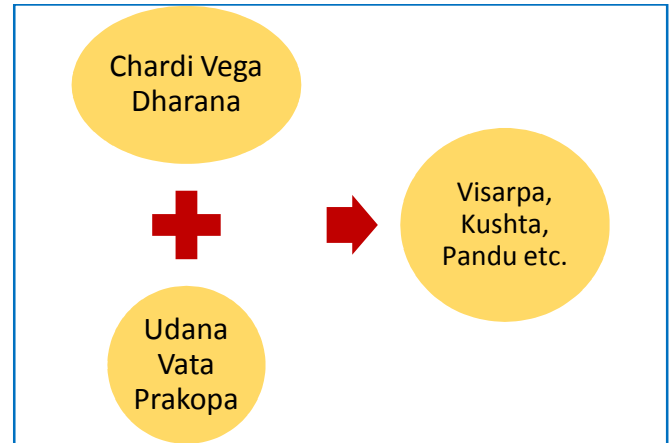
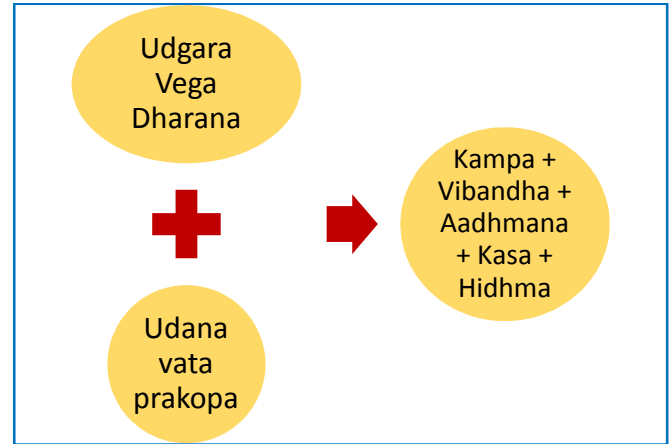
- In *Peenasa Nidana*, *Chardi Vega Dharana* is mentioned as one *Nidana*.^[15]
- *Peenasa* occurs as a result of *Udana Vata Prakopa*, hence *Chardi Vega Dharana* leads to *Udana Vata Prakopa*.

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

Vata	Sthana	Karma	Nidana	Lakshana
Udana	Urah, Naasa, Nabhi	Facilitates Vakpravrutti, Prayatna, Urja, Bala, Varna, Smriti	Vidhaarana of Kshavathu, Udgara, Chardi and Nidra. Guru Bharavaha	Kanda Rodha, Manobhramsha, Chardi, Arochaka, Peenasa, Galaganda, Jatruurdhwavikaras

			na, Atirudita and Atihasya	
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- *Kshavathu 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, Aadhmana, Kasa* and *Hidhma*.^[18]
- *Chardi Vegadharana* leads to *Udana Prakopa* and results in *Visarpa, Kota, Kushta, Akshikandu, Pandu, Jwara, Kasa, Swasa, Hrullasa, Vyanga* and *Svayathu*.^[19]
- *Nidra Vegadharana* leads to *Udana Prakopa* and results in *Moha, Gaurava of Murdha* and *Akshi, Aalasya* and *Angamarda*.^[20]



VYANA VATA

Vyanasthana and Karma

Vyano Hrudi Sthitaha Krutsna Dehachari Maha Javah !

Gatya Pakshepotkshepa Nimeshonmesha Naadikaha !

Praya Sarvaakriya Sthasmin Pratibadhha Shareerinaam !!^[22]

Vyana Prakopa Nidana and Lakshana

Vyano Atigamanadhyanakreeda Vishamacheshtitai Hi !

Virodhi Rooksha Bheeharsha Vishadyacha Dooshita !!

Pumstvaotsahabala Bhramsha Shopha Chitotplava Jwaran !

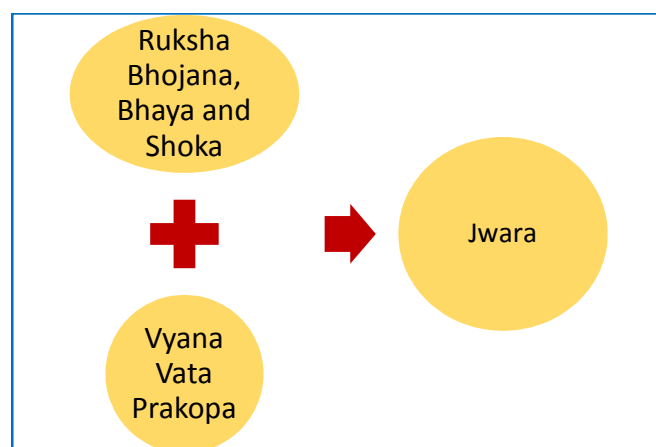
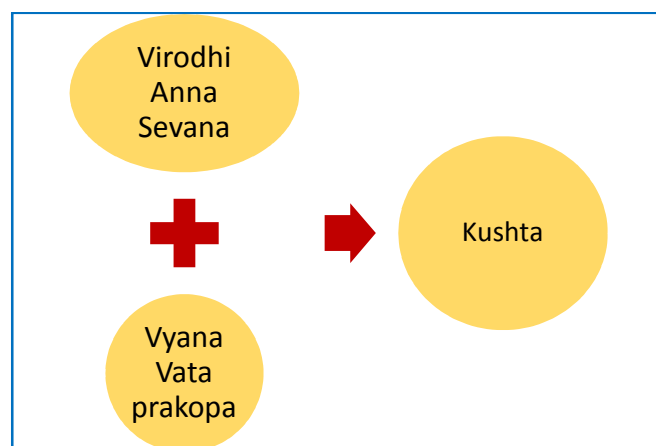
Sarvanga Roganistoda Romaharsha Angasuptata !!

Kushtam Visarpam Anyamscha Kuryaatsarvangagaan Gadan !^[22]

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

Vata	Sthana	Karma	Nidana	Lakshana
Vyana	Hrudaya, Traversentire Shareera	Gati, Apakshepa, Utkshepa, Nimesha, Unmesha,	Atigamana, Atidhyana, Atikreeda, Vishama, Cheshtana, Intake of Virodhianna, Rukshaanna, Bhee, Harsha, Vishada	Pumstvabhramsha, Utsaha, Bhramsha, Bala, Bhramsha, Shopha, Chittotplava, Jwara, Sarvangaroga, Nistoda, Romaharsha, Angasuptata, Kushta, Visarpa

- 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*, *Bhi* and *Shoka* are mentioned as *Nidanas* which are also the *Nidanas* for *Vyanavataprakopa*.^[25]

**SAMANA VATA****Samanasthana and Karma**

Samaano Agnisameepastaha Koshtecharati Sarvataha !

Annam Gruhnaati Pachati Vivechayati Munchati !^[26]

Samana Prakopa Nidana and Lakshana

Samaano Vishama Ajeerna Sheeta Samkeerna Bhojanihi !

Karotyakaala Shayana Jaagaradyischa Dooshitaha !

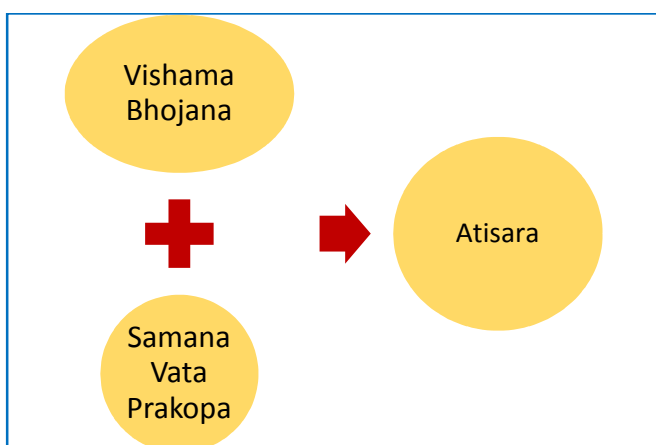
Shoola Gulma Grahanyadeen Pakwamashayaja Angadaan !^[27]

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

Vata	Sthana	Karma	Nidana	Lakshana
Samana	Agni Sameepa,	Anna grahana, Pachana	Vishamabhojana, Ajeernabhojana,	Shoola, Gulma, Grahani, Pakwashaya

	Koshta	a, Vivechana and Munchana	Sheetabhojana, Sankeernabhajana, Akaalashayana, Akaalajaagara	roga and Aamashayaroga
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- In *Atisara*, *Apakwa Amashaya Janya Vyadhi*, *Atimatra Anna* is mentioned as one *Nidana*.^[28]
- *Atimatra Anna* if taken in *Akala* is *Vishamabhajana*.^[29]
- *Vishamabhajana* is mentioned as a *Nidana* for *Samana Vata Prakopa* which further results in *Atisaara*.



APANA VATA

Apanasthana and Karma

*Apano Apaangaha Shroni Basthi Medro Rugocharah !
Shukrartva Shakrut Mootra Garbhaniskramana
Kriyaha !!*^[30]

Apaana Prakopa and Lakshana

*Apano Ruksha Gurvanna Vegaagata Ativaahanaihi !
Yaanayaana Sanasthaana Chamkramaischatisevitaihi
!!*

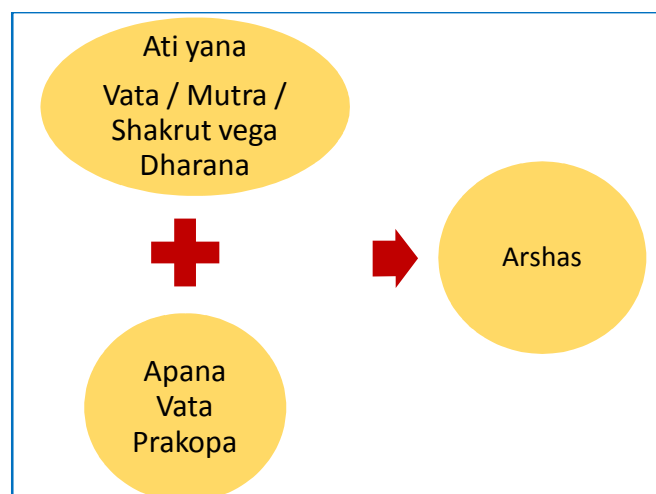
*Kupitahakurute Rogaankruchraaan Pakwashaya
Ashrayan !*

*Mutrashukra Pradosha Arsho Gudabhramsha
Adikanbahoon !!*^[31]

Table 5: Showing Apana Sthana, Karma, Prakopa Nidana and Lakshana

Vata	Sthana	Karma	Nidana	Lakshana
Apana	Apaana ga, Shroni, Basti, Medra, Uru	Nishkramana of Shukra, Artava, Shakrut, Mutra, Garbha	Excessive intake of Ruksha and Guru Anna, Vegavighata and Ativaahana, Yaana, Yaanaasana, Sthaana, Chamkrama	Pakwahayaroga, Mutradosha, Shukradosha, Arshas, Gudabhramsha etc.

- 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*, *Vegaaagata* and *Ativahana* and *Asana* are mentioned as *Hetu* for *Apanavataprakopa* also.



CONCLUSION

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

been rightly told that *Nidana Parivarjanameva Chikitsa*. Hence it is mandatory to know about the *Vishesa Prakopa Nidana* for the *Panchavata*.

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