

AYURVEDA CONCEPT OF KAYACHIKITSA AND ITS ROLE IN THE TREATMENT OF VATA ROGA

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ABSTRACT

Ayurveda focuses mainly on the holistic ways of treatment; this science not only alleviates diseases of the body but also cure mind as well as soul. *Kayachikitsa* is one of the streams of *Ashtanga* Ayurveda that believes in the therapeutic management through the uses of internal medicine. It serves to treat whole body therefore termed as "*Kayachikitsa*". The basic concept of *Kayachikitsa* suggested several approaches for the management of various health ailments including treatment of *Vata Roga*. In this regards *Kayachikitsa* advocated different regimens for managing *Vata Roga*, these regimens includes uses of herbs, classical medicines, purification measures, conduction of *Pathya-Apathya* and moral conducts, etc. This article presented Ayurveda concept of *Kayachikitsa* and its role in the treatment of the *Vata Roga*.

KeyWords: *Ayurveda, Kayachikitsa, Vata-Roga, Medicines, Dosha.*

INTRODUCTION

Ayurveda prescribed two major approaches for the management of diseases which are *Shaman Chikitsa* and *Shodhana Chikitsa*, these approaches resembles pacification and purification therapies respectively as per modern science. *Shaman chikitsa* pacify the *Doshas* imbalances, on the other hand *Shodhana chikitsa* expel toxins to restoring normal health condition. Ayurveda branch of *Kayachikitsa* offers different measures for managing various health issues. This branch uses *Shaman* and *Shodhana Chikitsa* for curing many diseases including diseases associated with *Vata* vitiation.^[1-4]

Aggravated *Vayu* in *Dushya* state pervades entire body and initiates different types of painful conditions which mainly come under the heading of *Vata-Vyadhi*. The consumption of unctuous, scanty and cold food, over-sleeping, inappropriate sexual indulgence, excessive fasting, grief, anger, suppression of natural urges and daytime sleep, etc. are major causes of *Vata* vitiation. The major events of pathogenesis of *Vata Roga* are depicted in **Figure 1**.

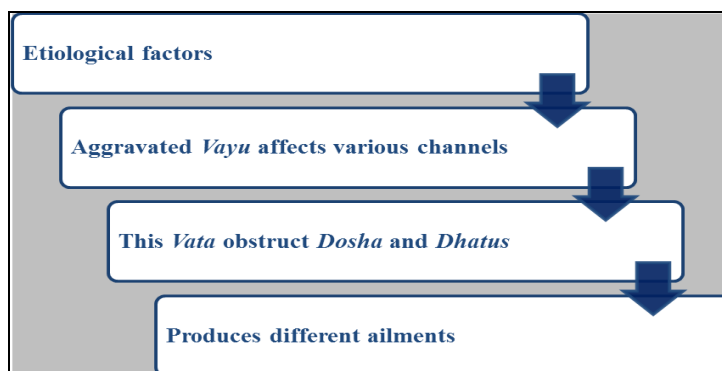


Figure 1: Pathological events associated with *Vata* vitiation.

The *Dhatukshayajanya Vataavyadhi* occurs due to the consumption of *Sheeta* and *Rooksha Ahara* while diet that induces formation of *Ama* may lead to *Margavrodhjanya Vataavyadhi*. Stiffness of joints, pain, horripilation, delirium, atrophy of limbs, twitching, numbness, pain in back and neck region, pricking pain, dry skin, loss of appetite, muscle spasms, constrictions, anxiety, palpitations, constipation and insomnia, etc. are the major symptoms of *Vata Roga*. Ayurveda suggested different ways for managing *Vata Roga* which includes uses of purification measures and administration of natural drugs that possessing *Vata* pacifying properties.^[4-6]

Ayurveda Drugs for *Vata Roga*^[5-8]

- ✓ *Ginger*
- ✓ *Cardamom*
- ✓ *Turmeric*
- ✓ *Ashwagandha*
- ✓ *Brahmi*
- ✓ *Rasayana* drugs, etc.

🌿 **Ginger** helps to lower joint pain and improves strength of muscle therefore relieves symptoms of *Vata Roga*.

- ✚ **Cardamom** balances *Vata Dosha*, help in digestion thus reduces symptoms of *Vata* vitiation such as; bloating and gases, etc.
- ✚ **Turmeric** boost metabolism, maintain regular circulation, cure inflammation therefore reduces symptoms of pain and increases purity of body fluids. It relieves *Vata* by its anti-inflammatory and antioxidant properties.
- ✚ **Ashwagandha** control stress and anxiety, which are considered as *Vata* vitiating factors. It curbs etiological factors that can worsen *Vata* vitiation. *Ashwagandha* as rejuvenating herb pacify all *Doshas* including *Vata*. It is considered good for psychological problems associated with imbalances of *Vata*.
- ✚ **Brahmi** possessing stress-relieving property and this effect helps greatly to restoring *Vata* balance. *Brahmi* cure insomnia and mental agitation associated with *Vata* aggravation.
- ✚ **Silajatu** act as rejuvenator, anti-inflammatory and analgesic agents; therefore helps to relieves symptoms of *Vata* disorders. Nootropic property helps to prevent mental illness and cognitive effect manages symptoms of unconsciousness.
- ✚ **Chitraka** removes *Vata roga* and alleviates painful symptoms of *Arshas*, it also offers anti-oxidant and anti-inflammatory properties.

Atahara Kashayam, *Rasna Shuntyadi Kashayam* and *Brahmi Drakshadi Kashayam* are Ayurveda formulations which are recommended for such types of conditions. Following Ayurveda therapies also advocated for controlling symptoms of *Vata Roga*

- ❖ *Nasya* is recommended for *Vata* vitiation above neck region.
- ❖ *Abhyanga*, *Shirobasti* and *Seka* for headache and migraine.
- ❖ *Shrotratarpana* and *Nadisweda* for alleviating stiffness.
- ❖ *Vamana* and *Virechana* therapies with unctuous materials to remove dryness related with *Vata* vitiation.
- ❖ *Snehana* with *Sahacharadi taila*, *Dhanvantara taila* and *Maha Narayana taila*, advises for *Pakshaghata*.
- ❖ *Svedana* with *Bala mula* and *Patra pind sweda* also considered good for *Pakshaghata*. In this regard *Shashtika shali panda sveda* advocated for better relief.
- ❖ Decoctions of *Aragvadha Draksha*, *Eranda taila* and *Haritaki* advices for *Virechana Karma* for managing *Pakshaghata*.
- ❖ *Matra Basti* also considered good for paralysis. In this regard for *Kashaya Basti*, *Saindhava lavana* and *Eranda mula kvatha* advocated to manage *Pakshaghata*.

- ❖ *Purana ghrita* and *Narayana taila* recommended for *Brinhana nasya* managing *Vata* vitiation.
- ❖ *Ksheera bala taila* for *Shirodhara* advices for managing *Vata* vitiation associated with central nervous system.
- ❖ *Chandana bala lakshadi taila* is prescribed for *Shirodhara* to treat *Pakshaghata*.
- ❖ *Abhyanga* with *Ashwagandhabalalakshadi Taila* recommended for *Ekangavata*.
- ❖ *Abhyanga* with *Shastikashali Anna Lepa* advocated managing *Ekangavata*.
- ❖ *Swedam*, *Basti* and *Abhyanga* are advised for relieving symptoms of *Vata Roga* such as; stiffness, pain and tenderness, etc.
- ❖ Similarly *Navarakizhi*, *Snehapanam* and *Pichu* are advices for relieving minor symptoms of *Ekangavata*.^[8-11]

Specific Treatment of *Vata* Vitiation

- ✚ *Koshta shodhana*
- ✚ *Sarvanga abhyanga*
- ✚ *Ksheera parisheka*
- ✚ *Sarvanga Annalepa*
- ✚ *Shirotala dharana*
- ✚ *Sarvangavata*

CONCLUSION

Ayurveda alleviates diseases of the body and for this purpose *Kayachikitsa* play vital role. It helps to treat whole body and suggested several approaches for the management of various health ailments including the treatment of *Vata Roga*. *Kayachikitsa* advocated different regimens for managing *Vata Roga*, including herbs, purification measures, classical medicines and conduction of *Pathya-Apathya*, etc. *Ginger*, *Cardamom*, *Turmeric*, *Ashwagandha*, *Brahmi* and *Rasayana* drugs, etc. can be used for treating *Vata Roga*. *Atahara Kashayam*, *Rasna Shuntyadi Kashayam* and *Brahmi Drakshadi Kashayam* are Ayurveda formulations which are recommended for such types of conditions. *Nasya*, *Abhyanga*, *Shirobasti*, *Nadisweda*, *Vamana* and *Virechana* therapies with unctuous materials also advocated eradicating symptoms of *Vata* vitiation.

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