

Comprehensive Review of Formulations Mentioned for Vatavyadhi Chikitsa in Classical Texts

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ABSTRACT

Vatavyadhi Chikitsa (treatment) deals with diseases particularly caused by *Vata dosha*. (base of body) *Vatavyadhi* in present era is the most prevalent disease. Now days *Vatavyadhi* are mostly concerned with neurological system, musculoskeletal system, reticulo-endothelial system and further pervades to all other systems in the body. *Vata* is the only *dosha* which governs all the other entities of the body like *Pitta*, *Kapha*, (other doshas means base of body) and *Dhatu* (fundamental support of body) etc. Diseases caused by *vata* in its *vitiated* (imbalance) condition are called *Vatavyadhi*. So, it is important to know the formulations which are mentioned in Classical texts especially in *Brihatrayi* (collection of three books) in order to keep all the body functions in equilibrium.

Keywords: *Vatavyadhi*, *Brihatrayee*, *Vata*, *Pitta*, *Kapha*, formulations

INTRODUCTION

Ayurveda is an age old science which dates back to thousands of years.

Vata is the only *dosha* which is responsible for vitiation as the action of other *doshas*, *dhatu malas* (excreta) all are dependent on *vata* and our body is dependent on *dosha*, *dhatu and mala*¹. It is also said that *Pitta* and *Kapha* are lame without the involvement of *vata*². *Vatavyadhi* are the most severe types of diseases which afflict the individuals. Now days the diseases pertaining to *Vatavyadhis* are rising day by day and such patients approaching an Ayurvedic physician to get rid of the ailment. A better compilation of formulations for *vatavyadhi* mentioned in *Brihatrayi* will be helpful in further treatment.

MATERIALS AND METHODS

This article is based on a comprehensive review of formulations mentioned for *Vatavyadhi Chikitsa*. Materials & references related to this were taken from *Brihatrayi* i.e. *Charak Samhita*, *Sushruta Samhita* and *Ashtang Hridaya*.

Table No.1 : Showing formulations mentioned in *Charaka samhita vatavyadhi cikitsa*³

S.No:	Adhikarana	Formulation	Single/compound ingredients	Single/multiple indications
1	C. Ci. 28/79	<i>Masha tailam</i>	C.I.	S. I. <i>samkucite</i>
2	C. Ci. 28/113	<i>Mustadiupanaha</i>	C.I.	S. I. <i>sarujam gatram</i>
3	C. Ci. 28/134	<i>Nirgundi tailam</i>	S. I.	M. I. <i>nadi vrana, kushtha, vatamaya, pama, apaci</i>
4	C. Ci. 28/131-133	<i>Rasnadi tailam</i>	C.I.	M. I. <i>sira, majja, asthi gata vata, sarvanga, ekanga vata, vepana, akshepaka, sula</i>
5	C. Ci. 28/ 136-138	<i>Mulakadyam tailam</i>	C.I.	S. I. <i>vatanut</i>
6	C. Ci. 28/ 138, 139	<i>Panjcamula tailam</i>	C.I.	M. I. <i>sarvavata vikaranut, vata samsrsha kapha</i>
7	C. Ci. 28/140,141	<i>Yavadi tailam</i>	C.I.	S. I. <i>mahavatairarta</i>
8	C. Ci. 28/144-146	<i>Sahacaraditaila</i>	C.I.	S. I. <i>darune vatavyadhishu</i>
9	C. Ci. 28/146-148	<i>Svadamshtira tailam</i>	C.I.	S. I. <i>sarvanilartishu</i>
10	C. Ci. 28/148-157	<i>Bala tailam</i>	C.I.	M. I. <i>svasa, kasa, jvara, hikka, chardi, gulma, kshata, kshaya, pliha, sosha, apasmara, alakshmi, vatavyadhi</i>
11	C. Ci. 28/157-164	<i>Amrtadyam tailam</i>	C.I.	M. I. <i>ksheena virya, agni bala, sammudha cetasa, unmada, arati, apasmara, vatavyadhi</i>
12	C. Ci. 28/165-166	<i>Rasna tailam</i>	C.I.	S. I. <i>anilartitut</i>

S.No	Adhikarana	Formulation	Single/compound ingredients	Single/multiple indications
13	C. Ci. 28/167-169	Mulakadyam tailam	C.I.	S. I. ugran vatatmakam gadan
14	C. Ci. 28/170-171	Vrshamuladi tailam	C.I.	M. I. vayuna bhagne dadyat jarjarite
15	C. Ci. 28/172-175	Mulaka tailam	C.I.	M. I. pleeha, mutragraha, svasa, kasa, maruta roga, varnyurbalavardhanam
16	C. Ci. 28/176	Yavakola kulathadi tailam	C.I.	S. I. sarvavatamayapaham
17	C. Ci. 28/177	Lasuna tailam	S. I.	M. I. vatanut, vandhyatvahara
18	C. Ci. 28/179 (jvaradhikarana)	Agurvadyam tailam	C.I.	M. I.
19	C. Ci. 28/180 (rasayanadhikarana)	Cyavanaprasa	C.I.	M. I.
20	C. Ci. 28/84 (Susruta vatavyadhi cikitsa)	Tilvaka ghrta and satala siddha ghrta	C.I.	S. I.
21	C.Ci. 28/96	Sita-kasmarya-madhuka yukta- paya.	C.I.	M. I. vata-vyadhi like garbha- sosha due to vata, bala-sosha due to vata etc

Table No.2 : Showing formulations mentioned in Susruta samhita vatavyadhi cikitsa⁴

S.No	Adhikarana	Formulation	Single/compound ingredients	Single/multiple indications
1	Su. Ci. 4/3	Shad-dharana	C.I.	S.I. prasamaa vatavyadhi
2	Su. Ci. 4/14-15	Kakolyadyupanaha	C.I.	S.I. prasamaa vatavyadhi
3	Su. Ci. 4/27	Tilvaka sarpi/ asoka sarpi/ ramyaka sarpi	C.I.	S. I. sneha-virecanam- upadisanti vatarogeshu
4	Su. Ci. 4/28	Anu-taila	C.I.	S. I. vata-rogishu
5	Su. Ci. 4/29	Sata-paka taila, sahasra-paka taila	C.I.	S.I. prasamaa vatavyadhi
6	Su. Ci. 4/30	Patra lavana	C.I.	S. I. vata-rogeshu
7	Su. Ci. 4/31	Kanda lavana	C.I.	S. I. vata-rogeshu
8	Su. Ci. 4/32	Kalyanaka-lavana	C.I.	M. I. vata roga, gulma,pleeha, agni sanga, ajirna, arsa, arocaka, kasa, krmi

Table no 3: showing formulations mentioned in Ashtanga Hrdaya vatavyadhi cikitsa⁵

S.No	Adhikarana	Formulation	Single/compound ingredients	Single/ multiple indications
1	A. H. Ci. 21. 21. (C.Ci.28/96)	Sita-kasmarya-madhuka yukta- paya.	C.I.	M. I. vata-vyadhi like garbha- sosha due to vata, bala-sosha dueto vata etc
2	A. H. Ci. 21.22 (C. Ci. 28/79)	Masha tailam	C.I.	S. I. samkucite
3	A. H. Ci. 21.26-27	Vidaryadi gana ghrta	C.I.	S. I. vayurvapnoti sahasaiva
4	A. H. Ci. 21.31.5	Sauvarcaladi sarpi	C.I.	S. I. cale adhike
5	A. H. Ci. 21.32-33	Tilvaka sarpi/ ramyaka/ asoka	C.I.	M. I. dushtan vatan, ekanga-vata, sarvanga-vata, yonivyapat, gulma, vrdhma, udaram
6	A. H. Ci. 21. 35-37	Tumburunydi curna	C.I.	M. I. hrd-parsva arti, apatantraka, sleshma-pavana hrdroga
7	A. H. Ci. 21. 48 (Susruta Vata-vyadhi cikitsa)	Shad-dharana	C.I.	S. I. vatavyadhi prasamana
8	A. H. Ci. 21.49	Vyoshadi guggulu	C.I.	M. I. meda-sleshma-amavatajan
9	A. H. Ci. 21. 55	Sahacaradi kashaya	C.I.	S. I. vata-pidita deha gati – druta vilambitago bhavaticchaya
10	A. H. Ci. 21.56	Rasna ghrtam	C.I.	S. I. vatarogaharam param
11	A. H. Ci. 21.57-60	Guggulu-tiktaka ghrta	C.I.	M. I. prabalam sameeram, sandhyasthi majjagata vata, kushtha, nadvirana, arbuda, bhagandara, gandamala, jatrudhva sarvagada, gulma, gudotha, meha, yakshma, aruci,
12	A. H. Ci. 21. 64-65	Prasaranyadi taila	C.I.	S. I. sarva marutamayanasanam
13	A. H. Ci. 21.64	Pinyaka-panjcamula tailam	C.I.	S. I. vata nasyeyu: sleshmayukta
14	A. H. Ci. 21. 67-68	Sahacaradi taila	C.I.	M. I. vatan, kampa, akshepa, stambha, sosha, gulma, unmada, pinasam, yoniroga
15	A. H. Ci. 21. 69-72	Sahacaradi taila (2)	C.I.	M. I. krcchran-anilamayan, vatakundalika, unmada, gulma, bardhma,
16	A. H. Ci. 21. - 73-81 (C. Ci. 28/148-157)	Bala tailam	C.I.	M. I. svasa, kasa, jvara, hikka, chardi, gulma, kshata, kshaya, pliha, sosha, apasmara, alakshmi, vatavyadhi + dushtan vatanasu santi, nayeyur-vandhya nari putrabhajasca kuryu

DISCUSSION

In *Charaka Samhita vata-vyadhi adhyaya* many of the formulations are not named, and for convenience of the review, those formulations have given names on the basis of primary ingredient. Among 21 formulations 17 are oil preparations. This observation points towards the consideration of oil as the best alleviating medicine in *vata* vitiation. Formulations with more than one ingredient as well as single drug administration are explained. Medicines with one/multiple indications are also seen. For example *Masha tailam* a compound drug formulation has only one indication i.e.; *sankucite*. At the same time compound drug formulation like *Bala tailam* has multiple indications such as *svasa*, *kasa* etc. On the other hand single drugs explained with multiple indications eg. *Nirgundi tailam* for *nadi vrana*, *kushtha*, *vata-maya* etc. but no single drug is mentioned just for *vata-vyadhi* alone in *Caraka samhita*. *Caraka* has adopted *Agurvadyam tailam* from *jvaradhikara*, *Cyavanaprasa* from *rasayana-adhikara* and *Tilvaka sarpi* and *Satala sarpi* are also seen in *Susruta samhita vata-vyadhi cikitsa*.

In *Sushruta samhita vata-vyadhi cikitsa* has mentioned about 8 formulations and all are named. Among eight formulations 3 are *lavana* preparations. This is a unique contribution of *Susruta samhita* for *vata-vyadhi cikitsa*. No single drug formulations are explained. But among eight formulations seven have only one indication i.e.; *vata-vyadhi*.

In *Ashtanga hridaya* also does not mention any single drug formulation in *vata-vyadhi cikitsa*. But eight out of sixteen formulations are having only *vata-vyadhi* indication. *Ashtanga hridaya* has taken *Sita-kasmarya-madhuka yukta paya*, *Masha tailam* and *Bala tailam* from *Caraka samhita vata-vyadhi cikitsa* and mentioned *Shad-dharanaurna* of *Sushruta-samhita*. For

bala-tailam two more indications have been mentioned by *Ashtanga hridaya*.

CONCLUSION

We came across many patients of *vatavyadhi* in routine OPD. So above compilation of formulations for *vatavyadhi* in one place will be very helpful for the treatment of these diseases for the Doctors and Research Scholars.

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