

# Conceptual understanding of Vata Vyadhi in Ayurveda

Sagar Genu Muthe and Amol M Badarkhe

DOI: <https://www.doi.org/10.22271/phyto.2026.v15.i2a.15766>

## Abstract

According to Ayurvedic Classics, *Vata Vyadhi* is a significant category of illnesses caused by the vitiation of *Vata Dosha*, which is considered the primary regulator of all biological processes and *Sharira Cheshta Preraka*. When aggravated by *Nidanas* like *Ativyayama*, *Ativyavaya*, *Ruksha-Sheeta Ahara*, *Vega Dharana*, *Abhighata*, and *Jara*, *Vata*, through its *Ruksha*, *Laghu*, *Sheeta*, *Sukshma*, and *Khara Gunas*, causes derangement in *Dhatu*s, especially *Asthi*, *Majja*, and *Snayu*, which results in a variety of neuromuscular and degenerative conditions.

*Shoola*, *Stambha*, *Kampa*, *Gati Sanga*, *Supti*, and *Pakshaghata* are manifestations of the *Samprapti*, which involves either *Dhatukshaya Janya* or *Margavarodha Janya* vitiation of *Vata*. *Gridhrasi*, *Ardita*, *Ekanga Roga*, and *Sarvanga Roga* are among the entities listed under *Vata Vyadhi* in the classics, which highlight the predominance of *Vata* in chronic and progressive disorders.

The *Chikitsa Sutra* advocates *Snehana*, *Swedana*, *Mrudu Shodhana* and especially *Basti* as *Ardha Chikitsa* for *Vata*, along with *Bruhana* and *Rasayana* measures. Proper understanding of *Samprapti* and *Avastha* of *Dosha* is essential for accurate diagnosis and stage-wise *Chikitsa*. Hence, this review highlights the classical concept of *Vatavyadhi* with emphasis on its etiopathogenesis and therapeutic principles.

**Keywords:** Ayurveda, vata dosha, vatavyadhi, samprapti, chikitsoppakrama