

International Journal of Research in Indian Medicine

A critical Review on dominant Vata dosh in Tridosh siddhant.

Chandrashri Baronia^{*1}, Mariya Husain², Vaidehi Raole³,

1. P. G. Scholar, chandrashribaronia@gmail.com , 9457631705
2. Associate Professor, drmariya24@gmail.com , 9893617152
3. Professor, vraole3@gmail.com , 9824284371

Dept. of Kriya Sharir, Parul Institute of Ayurveda,
Parul University, Vadodara, Gujarat, India

***Corresponding author:**
chandrashribaronia@gmail.com

Ethical approval:
Approved by the Institutional ethics committee

Conflict of Interest:
None declared

Sources of Funding: None

Date of Submission: 7/03/2019.

Date of Peer Review: 21/03/2019.

Date of Acceptance: 28/03/2019.

Date of Publishing: 01/04/2019.

Keywords:

Tridosha Siddhant, Vata, Pitta, Kapha dosha, Nirukti

Name of Publication

Dudhamal Publications
(OPC) Pvt. Ltd., Chembur,
Mumbai, Maharashtra, India

Abstract:

Vata dosha is important *dosha* in body. It is responsible for all types of movements in human body as well as all types of reflexes are carried out by *Vata dosha*. *Vata dosha* inside human body represents *Vayu* in external environment. *Vata* is the only moving *dosha* among the three and it carries *Pitta* and *Kapha* all over the body along with it.

Now in this article we are going to study – *Nirukti* of *Vata dosha*, functions of *Vata dosha*, characteristics of *Vata dosha*, types and locations of *Vata dosha* and Importance of *Vata dosha* over *Pitta* and *Kapha dosha*.

Introduction:

There are three fundamental constitutions which are important in development of body – these are “*Tridosha-Vata, Pitta,*

Kapha.” Various *Acharya* said importance of *Vata dosha* in their words. As per all, *Vata Dosha* control various movements of body and mind. *Vata* is responsible for circulation, breathing, excretion, and

reflexes and also responsible for movements of thoughts in our mind^[1]. *Vata* is moving *Dosha* among three. All types of *Dhatu*, *Mala* and *Dosha* are dependent on *Vata dosha* for movement in our body and to perform their routine work. Development of human body occurs due to *Vata dosha* since embryonic development. Just a small change in some characteristics of *Vata*, it leads to many changes in human body. Now in this article we are going to discuss *Nirukti*, characteristics, location, functions of *Vata* and last but not the least is that-Importance of *Vata dosha* over *Kapha* and *pitta dosha*.

Aims and objectives:

1. To study concept of *Vata dosha*.
2. To study *Pradhanata* of *Vata Dosha* over *Pitta* and *Kapha Dosha*.

Material-method:

1. For this study we referred *Samhita* like *Charaka samhita*, etc. for various references of *Vata dosha*.
2. Related modern text books are also referred to understand some concepts like circulation, breathing etc.

Review of literature:

NIRUKTI-

Nirukti means etymology. 'waa' it is a Sanskrit word which means 'Gandham' or 'Gati'. i.e. smell, speed, movement.

'Gandham' means spiritual activeness. Hence definition of *Vata dosha* is that which is responsible for movement of part of body, that dosha is *Vata dosha*. Synonyms- *Maruta*, *Chala*, *Anila*, *Sameerana*, *Pavan*, *Prabhanjana*, *Agnisakha* etc. are all synonyms of *Vata dosha* which indicates movement, speed, characteristics of *Vata dosha*. According to *Panchbhautik siddhanta*, everything in the world is made up of *Pancha Mahabhoota*, and some *Mahabhoota* are predominantly present in this thing i.e. *Adhikya* of *Mahabhoota*. Example, *Vata dosha* have *Aakash* and *Vayu Mahabhootadhyakya*.

LOCATIONS-

In human body, there are various locations of *Vata dosha* which are as follows.

1. *Pakwashaya*
2. *Shrotra*
3. *Kati*
4. *Asthi*
5. *Sakthi*
6. *Sparshanendriya*

❖ Among these, *Pakwashaya* is important location.

CHARACTERISTICS-

Characteristic means 'Guna' of *Vata dosha*. According to various *Acharyas*, *Guna* of *Vata doshas* are as follows.

1. *Ruksha*
2. *Rajoguni*

3. *Daruna*
4. *Sukshma*
5. *Sheeta*
6. *Dviguna*
7. *Chala*
8. *Khara*
9. *Laghu*

Functions of *Vata dosha*:

According to *Acharya Charaka*, following are functions of *vata dosha*-^[1]

- 1) “*Vayustantrayantradhara*”
- 2) “*Niyanta ch praneta ch manasah*”
- 3) “*Dosh sansodhana*”
- 4) “*Uhya*”
- 5) “*Vicharya*”

According to *Acharya Shushruta*, following are functions of *Vata Dosha*:^[2]

- 1) “*Prasandana*” - that is stimulation.
- 2) “*Udvahan*” - that is Circulation.
- 3) “*Puran*” - that is nutrition.
- 4) “*Vivek*”
- 5) “*Dharan*”

Vata pradhanata over Kapha and Pitta Dosha^[3]:

According to *Acharya* both *Kapha* and *Pitta dosha*, all *Dhatu* and *Mala* are dependent on *Vata dosha* for their routine

functions. *Vata dosha*, it's one of the dosha which can move, due to its characteristic - *Chala Guna*, hence all *dhatu*, *mala* and *dosha- kapha* and *pitta* all are carried by *Vata dosha* for their routine work up. All *dhatu*, *Mala*, *kapha* and *pitta dosha* are not able to move by own from one place to another in our body so they are called “*Pangu*” that is handicapped, so *kapha* and *pitta dosha* move anywhere in body with its help and then can work^[3]. Some other importance of *vata dosha* we can say as follows:

- 1) All characteristics of *Vata dosha* are important to work for its function.
- 2) All characteristics of *vata dosha* should be in equilibrium to do its normal functions.
- 3) Characteristics of *vata dosha* controls characteristics of *kapha dosha*.

Discussion:

Human body is said to be stand on these three basic principles that is-*Vata dosha*, *Pitta Dosha*, *Kapha dosha*. Out of these *Vata dosha* has special characteristics other than two. Due to *Akash* and *Vayu mahabhuta Adhikya*, *Vata* is filled in various *Srotas* of our body. *Kapha* and *pitta* also moves along with *Vata dosha* hence to maintain the equilibrium of human body. All *Tridosha* should be in their normal condition specially *Vata Dosha*. Various vital



activities of human body are dependent on *Vata Dosha* – like circulation, breathing, excretion^[4], etc. *Vata dosha* is also responsible for condition of mind.

Conclusion:

Form above literature review we can conclude as following:

- *Vata dosha* is the governor of various movements of body and various conditions of mind.
- Out of three basic principles that is *Vata, Pitta, Kapha* - The *Vata Dosha* can be called as a leader because *Kapha* and *Pitta* are not able to move without *Vata Dosha*.
- During treatment of diseases we have to focus on change in equilibrium in characteristics of *Tridoshas*- specially *Vata dosha*.
- During embryonic development, condition of *Vata Dosha* is important for Normal growth of body.
- *Tridosha* lead to important role in formation of *prakruti*.

- Hence *Vata dosha* is important than other *doshas* due to its characteristics, location and function in human body.

References:

1. *Caraka Smhita, Ayurveda Dipika* Commentary of Sri *Cakrapanidatta*. By *Yadavji Trikamji Ācārya*. *Chowkhamba Sanskrit Sansthan*, Varanasi, Reprint 2009
2. *Suśrut Samhitā (Dalhan & Gayadas Tika)* by *Vaidya Yadav ji Trikam ji and Narayan Ram acarya*, *Chwkhamba Surbharti Prakashn*, Varanasi Reprint Edition 2012.
3. *Ashanga sangraha Puryakhandra*, Dr. *Bhramhanand Tripathi*, *Choukhamba Surbharti*,
4. Text book of Physiology, *Sebulingam*, *Jaypee Brothers Medical Publishers Pvt. Ltd.*, New Delhi, -7th edition, 2016.

How to Cite this article:

How to Cite this article:

A critical Review on dominant Vata dosh in Tridosh siddhant.

Chandrashri Baronia, Mariya Husain, Vaidehi Raole

Ayurline: International Journal of Research In Indian Medicine 2019; 3(2): pages: 01-04