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A critical Review on dominant Vata dosh in Tridosh siddhant.

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*Corresponding author: chandrashribaronia@gmail.com	<p>Abstract:</p> <p><i>Vata dosha</i> is important <i>dosha</i> in body. It is responsible for all types of movements in human body as well as all types of reflexes are carried out by <i>Vata dosha</i>. <i>Vata dosha</i> inside human body represents <i>Vayu</i> in external environment. <i>Vata</i> is the only moving <i>dosha</i> among the three and it carries <i>Pitta</i> and <i>Kapha</i> all over the body along with it.</p> <p>Now in this article we are going to study – <i>Nirukti</i> of <i>Vata dosha</i>, functions of <i>Vata dosha</i>, characteristics of <i>Vata dosha</i>, types and locations of <i>Vata dosha</i> and Importance of <i>Vata dosha</i> over <i>Pitta</i> and <i>Kapha dosha</i>.</p>
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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 Mahabhootadhikya*.

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) "Vayustantrayantradharah"
- 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) "Praspandana" - 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.

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