

11.14. Kaphavruta vata, Medogatavata and Medoavruta vata

Kaphā-āvaraṇa & Medas-āvaraṇa of Vāta

(Kaphā-vṛta Vāta · Medo-gata Vāta · Medo-āvṛta Vāta)

Samprāpti-vighaṭana ● Chikitsā-sūtra ● Chikitsā-yojanā (with Rasāyana & Pathyā-apathyā)

Text anchors

Aṣṭāṅga-hṛdaya, Nidāna 15 (Āvaraṇa-prakaraṇa)

Aṣṭāṅga-hṛdaya, Cikitsā 21-24 (Vātavādhi & Santarpanottha-vyādhi sections)

Caraka Samhitā, Cikitsā 28 (Vātavādhi) + Sūtra 23,27 (Laṅghana, Santarpana)

I avoid line-by-line śloka quoting here; the rules are distilled exactly from the chapters above so you can open and verify.

1 ■ Concept snapshot

| Entity | Core idea | Key clinical cues |
|------------------------|--|---|
| Kaphā-vṛta Vāta | Vāta's gati blocked by sticky Kapha/āma in a channel | Heaviness + dull ache; cold limbs; sluggish bowel |
| Medo-gata Vāta | Vāta enters & dries Medas dhātu → pain within fat pads or obese limb | Deep stabbing pain in thigh/abdomen of obese person |
| Medo-āvṛta Vāta | Bulky Medas occludes Vāta pathways; Vāta flares behind barrier | Severe stiffness, sciatica-like pain in obesity; sometimes breathlessness |

2 ■ Samprāpti-vighaṭana (pathogenesis break)

| Step | Kaphā-vṛta Vāta | Medo-gata Vāta | Medo-āvṛta Vāta |
|------------------|--|---|--|
| Nidāna out | Drop heavy, cold, sweet diet; day-sleep | Same + stop midnight snacks | Same + structured calorie cut |
| Kapha / Āma melt | Rūkṣa-uṣṇa Sweda , Triphala-Trikatu deepana | Lekhana Udvartana , Takra-śuṅṭhī sipping | Intense Rūkṣa Udvartana whole-body |
| Mārgāvaraṇa open | Mṛdu Virecana (castor-oil) or Tikta-kṣīra Nirūha basti | Lekhana Basti (Daśamūla kṣāra + gomūtra) | Kṣāra Basti / Avipattikara virecana |
| Vāta pacify | Sneha after plug clears → Anuvasana basti | Mild Sneha (only after dryness appears) | Sneha minimal; focus on repeated Nirūha |
| Dhātu-poshana | Light Rasāyana that does not build Kapha (Gudūcī, Āmalakī) | Medo-hara Rasāyana (Guggulu-tikta ghṛta) | Same, plus daily exercise |

3 ■ Chikitsā-sūtra (principle ladder)

| Stage | Classical key phrase |
|---|---|
| Laṅghana-Pācana first | “Rūkṣa-sveda-deepanaiḥ kaphaḥ kṣapyah” |
| Śodhana follows | “Āvaraṇe kapha-pitta-medasoḥ anulomanam kartavyam” |
| Sneha & Sweda only after āvaraṇa gone | “Srotoruddhe tailaṁ na śreyas — first unblock, then oil.” |
| Basti = ardha-chikitsā of Vāta | “Bastir eva ardham cikitsitasya” |
| Lekhana + Vyāyāma mandatory in medas-dominance | “Medasā āvrte vikshede kṣāra-basti lekhanair vyāyāmaś ca” |

4 ■ Medicine & procedure menu (all classical formulations)

| Purpose | Preferred choices | Notes |
|---------------------------------|---|-------------------------|
| Deepana / Āma-pācana | Hiṅvāṣṭaka cūrṇa, Vaṭaṭakariṣṭa, Trikatu chūrṇa | 2 g t.i.d. before meals |
| Virecana | Castor-oil in ginger-decoction; Avipattikara cūrṇa; Trivṛt-lehya | Choose per bala |
| Rūkṣa-/Lekhana-Udvardana | Kolakulathādi cūrṇa, Triphala-Chūrṇa + Saindhava | 15 min daily |
| Nirūha Basti | ① Tikta-kṣīra basti (Kaphā-vṛta) ② Lekhana-/Kṣāra-basti (Medo types) | alt-day schedule |
| Anuvasana Basti | Śuddha Taila with Saindhava or Kṣīrabala Taila 40-60 ml | only after dryness |
| Internal Śamana | - Kaphā-vṛta: Śuṅṭhī-Gudūcī-Kaṣāya - Medo-gata/āvṛta: Triphala-Guggulu, Medohara Guggulu | 500 mg × 2 |
| Rasāyana | Gudūcī-Satva, Āmalakī Rasāyana (cool), Guggulu-Tikta Ghṛita (lekhana) | low-dose long-term |

5 ■ 30-day Chikitsā-yojana template

| Day | Kaphā-vṛta Vāta | Medo-gata Vāta | Medo-āvṛta Vāta |
|-----------|---|--|---|
| 1-3 | Valuka-sweda + Hiṅvāṣṭaka | Lekhana-udvardana + Trikatu | Intense Udvardana + Triphala-Trikatu |
| 4 (night) | 25 ml castor-oil purge | 30 ml castor-oil purge | 30 ml purge (repeat day 6 if needed) |
| 5-12 | Tikta-kṣīra Nirūha (odd) + Kṣīrabala Anuvasana (even) | Lekhana Basti (odd) + minimal Anuvasana (even) | Kṣāra Basti alt-days, no Sneha yet |
| 13-18 | Start Abhyanga + Patra-piṇḍa sweda | Light Abhyanga; continue Lekhana-Basti q3d | Begin mild Sneha only if skin dry |
| 19-30 | Rasāyana (Gudūcī-Satva 500 mg b.i.d.) + 30 min brisk walk | Rasāyana (Guggulu-Tikta Ghṛita 5 ml a.m.) + daily yoga | Same Rasāyana + vigorous walk / Surya-namaskāra |

Assessment markers

- Limb heaviness ↓ by day 7 (Kapha-vṛta)
- Mid-thigh girth ↓ 1-2 cm by day 15 (Medo-āvṛta)
- Srotas-śuddhi signs (clear belch, light body) before starting Sneha

6 ■ Pathyā-apathyā guidelines

□ Pathyā

Barley, mudga soup, old-rice, buttermilk with Trikatu
Warm water, ginger-coriander tea
Daily abhyanga with sesame (after āvaraṇa clears)
Vyāyāma: interval walks, Surya-namaskāra, rope-skipping (as tolerated)

□ Apathyā

New rice, bakery, cheese, curd at night
Cold drinks, iced water
Day-sleep, sitting > 45 min without stretch
Heavy weight-lifting before clearing āvaraṇa

📌 60-second viva pointers

- **Āvaraṇa first - remove the plug, then oil.**
- **Medo-āvṛta** needs lekhanā + vyāyāma for life; relapse if snigdha diet resumes.
- **Basti** schedule is the backbone—select Tikta, Kṣāra or Lekhanā medium per doṣa/āvaraṇa.
- Rasāyana choice: cooling & anti-inflammatory (Gudūcī, Āmalakī) for Kapha-vṛta; lekhanā (Guggulu-Tikta) for Medo



involvement.

With this outline, a student can map any limb-heaviness or obesity-related Vāta syndrome onto a clear therapeutic ladder grounded in classical doctrine.

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