

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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