

11.20. Gata vata

GATA-VĀTA

- the umbrella term for conditions in which deranged Vāta “enters” (**gata**) a particular tissue or site (*asthi, majjā, sandhi, snāyu, mamsa, etc.*) and dominates there.

The management thread is dispersed through **Cāraka Cikitsā 28 (Vatavyādhi-cikitsā)**, **Suśruta Cikitsā 4** and **Āṣṭāṅga-hṛdaya Cikitsā 22-24**.

Rather than quote every verse, the key **chikitsā-sūtra** (“therapeutic rule-set”) is distilled below so you can open any of the three texts and verify line-for-line.

1 ▶ Why a separate chikitsā-sūtra is needed for gata-vāta?

1. **Site-specific misery** - pain, stiffness, or loss of function is **anchored** in a tissue (e.g., *Snāyugata-vata* → tendon contracture; *Majjāgata-vata* → neuralgic shooting pain).
2. **Āvaraṇa vs. Kṣaya** - many cases start with a plug (**Kapha/Āma/Pitta** blocking Vāta) but end in dhātu-drying Vāta; therapy has to be **stage-sensitive**.
3. **‘Wrong-step’ danger** - oiling or heavy basti **before** a Kapha-āvaraṇa is cleared will lock pain in.

2 ▶ Samprāpti-vighaṭana ladder

(break each pathological link in the right order)

Laṅghana-Pācana → Śodhana → Sneha + Sweda → Basti → Local procedures → Rasāyana

graph TD

A(Āma/Kapha melt)
 Rūkṣa or Uṣṇa Sweda
 Deepana-Pācana --> B(Mṛdu Virecana / Vamana
 or Tikta-Kṣīra Nirūha)

B --> C(Snehapāna
 Abhyanga)

C --> D(Snigdha Sweda
 (Patra / Śāṣṭika-piṇḍa))

D --> E(Basti core:
 Nirūha + Anuvasana)

E --> F(Local: Upanāha, Kati/Janu/Sandhi-basti,
 Agnikarma, Pichu, Nasya)

F --> G(Rasāyana & Br̥ḥmaṇa
 + physiotherapy)

3 ▶ Chikitsā-sūtra - wording drawn from the texts

Classical dictum (paraphrased)

“Āvaraṇe kapha-mala-ṣuṣkaḥ rūkṣa-svedaiḥ kṣapyah”

“Kevalam nirupastambham vātam ādau snehair upācaret” - CŚ 28/75

“Sneha-swedopahito baddhaḥ kṣaṇena namati iva kashṭhaḥ” - CŚ 28/100-103

Practical meaning

If heaviness/āma → dry-hot foment + carminatives first.

When plug is gone (or never existed) start **Sneha** immediately.

Only a limb already softened by oil-heat will bend without injury.

**Classical dictum (paraphrased)****“Bastir eva ardhma cikitsitasya” - CŚ Siddhi 1/38****“Upanāha-bandhana-agnikarmāḥ snāyu-sandhi-sthiteṣu” - Su Ci 4****“Punaḥ sthirikṛtya rasāyanaiḥ”****Practical meaning****Basti** (root therapy) supplies *half* the cure in every **gata-vata**.

Local poultice, bracing & cautery add focal relief when tendons/joints are the seat.

End with long nerve-&-bone tonics.

4 ▶ Putting it together - HOW to treat the common variants

Variant	Early picture (āvaraṇa?)	Priority switch	Local add-ons
Snāyugata-vata (tendon)	Kapha-swelling + contracture	Rūkṣa Sweda → Virecana → <i>then</i> Sneha	Upanāha overnight; Agnikarma to trigger-point
Sandhigata-vata (joint)	Often pure dry crepitus (no plug)	Direct Sneha-Sweda, Kati/Janu-basti early	Śiro-vasti if cervical
Majjāgata / Nerve pain	Rare Kapha; mostly kṣaya	Sneha-pāna fast; Basti with Kṣīrabala	Nasya, Śiro-basti
Āmavāta → Gata-vata stage	Big Āvaraṇa first	Long Laṅghana → Lekhana Basti → later Sneha	Simhanāda Guggulu internally

5 ▶ 30-day demonstration plan

(for Snāyugata-vata of tennis-elbow with Kapha-āvaraṇa)

Days	Core actions	Result milestone
1-3	Valuka-sweda 15 min + 2 g Hiṅgvāṣṭaka t.i.d.	Heaviness ↓
Night 4	25 ml castor-oil mṛdu virecana	4 greasy stools
5-10	10 ml Kṣīrabala 101 taila b.i.d.; Abhyanga + Patra-piṇḍa-sweda	Pain ↓ 40 %
11-18	Yoga-basti 8-cycle (Daśamūla-Eranda Nirūha / Kṣīrabala Anuvasana)	Full wrist ROM returns
19-24	Nightly Upanāha (Nirgundī + tila + saindhava)	No morning stiffness
25-30	Rasāyana - Aśvagandhā-lehya 10 g h.s.; Gudūcī-satva 500 mg b.i.d.	Strength near-normal

6 ▶ Rasāyana short-list

For dhātu-kṣaya, nerve & bone	Daily
Aśvagandhā-lehya	10 g h.s.
Brahmī-ghṛita	5 ml a.m.
Śuddha Śilājatu	250 mg b.i.d.
Triphala-Ghṛita (bowel-friendly)	1 tsp bed-time

7 ▶ Pathyā • Apathyā (generic for any gata-vata)□ **Pathyā**

Warm, freshly cooked meals, ghee

Sip hot water, ginger-jeera tea

Daily abhyanga + hot bath

Gentle stretching / physiotherapy

□ **Apathyā**

Left-over, reheated oils

Iced drinks

Exposure to cold wind, AC blast

Sudden jerks, over-reach



□ Pathyā

Early sleep, no night-vigil

□ Apathyā

Screen binge after 10 p.m.

Essence for viva

- “**Āvaraṇa out - Sneha in**” is the lifesaving mantra.
- **Basti** gives 50 % of cure; choose **Tikta / Kṣāra / Kṣīra** medium per stage.
- Finish with **Majjā-br̥mhaṇa Rasāyana** to prevent relapse.

Armed with this sutra-format, you can plug in dosages and local procedures appropriate to any subtype of **Gata-Vāta** that presents in the clinic.

AYURVEDBHARATI.ORG