

## 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) --> B(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 + Anuvāsana)  
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-śuṣkaḥ rūkṣa-svedaiḥ kṣapyah**”

“**Kevalam nirupastambham vātaṁ 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 ardham cikitsitasya” - CŚ Siddhi 1/38**

**“Upanāha-bandhana-agnikarmāḥ snāyu-sandhi-sthiteṣu” - Su Ci 4**

**“Punaḥ sthirīkṛtya 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
<b>Snāyugata-vata</b> (tendon)	Kapha-swelling + contracture	Rūkṣa Sweda → Virecana → <i>then</i> Sneha	Upanāha overnight; Agnikarma to trigger-point
<b>Sandhigata-vata</b> (joint)	Often pure dry crepitus (no plug)	Direct Sneha-Sweda, Kati/Janu-basti early	Śiro-vasti if cervical
<b>Majjāgata / Nerve pain</b>	Rare Kapha; mostly kṣaya	Sneha-pāna fast; Basti with Kṣīrabala	Nasya, Śiro-basti
<b>Āmavāta → Gata-vata stage</b>	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 <b>Kṣīrabala 101 taila</b> b.i.d.; Abhyanga + Patra-piṇḍa-sweda	Pain ↓ 40 %
11-18	<b>Yoga-basti</b> 8-cycle (Daśamūla-Eranda Nirūha / Kṣīrabala Anuvāsana)	Full wrist ROM returns
19-24	Nightly <b>Upanāha</b> (Nirgundī + tila + saindhava)	No morning stiffness
25-30	<b>Rasāyana</b> - 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
<b>Aśvagandhā-lehya</b>	10 g h.s.
<b>Brahmī-ghṛita</b>	5 ml a.m.
<b>Śuddha Śilājatu</b>	250 mg b.i.d.
<b>Triphala-Ghṛita</b> (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.