



11.9. Vishwachi

१. रोग-परिचय (Viśwācī)

**“तलं प्रत्यङ्गुलीनां या कण्डरा बाहुपृष्ठतः ।
बाहु-चेष्टापहरणी ॥२॥२॥२॥२॥२॥ नाम सा स्मृता ॥
— Aṣṭāṅga-hṛdaya, Nidāna-sthāna 15/44

Literal: “The tendon-band that runs from palm and fingers along the back of the arm—when seized by deranged **Vāta** it robs the arm of movement; that disease is called **Viśwācī**.”

Modern parallel : cervico-brachial neuralgia / cervical radiculopathy with radiation to palm and fingers.

२. सम्प्राप्ति & विघटन-सिद्धान्त

क्रम	घटना (Samprāpti-event)	विघटन-सूत्र
1	हेतुः cold draft on neck, jerky overhead work, day-sleep after heavy meal	Nidāna-parivarjana (posture + thermal protection)
2	कफावरणम् → peri-neural oedema at cervico-brachial plexus	Rūkṣa-Sweda (Valuka / Dhānyāmla) + Deepana
3	वातोत्तेजनम् in empty / obstructed channels	Mild Virecana → restore flow
4	स्थान-संश्रय in neck-shoulder tendons → shooting pain to hand	Sneha-pāna → Abhyanga → Snigdha-Sweda
5	व्यक्तिः pain, stiffness, tremor, wasting	Nasya & Bāhu-/Greeva-basti for local delivery
6	धातु-क्षय after weeks → weakness	Rasāyana & physio strengthening

३. चिकित्सा-सूत्र (Concise rule-set)

“तैलं सङ्कुचितेऽभ्यङ्गो माष-सैन्धव-साधितम् ।
बाहु-शीर्ष-गते नस्यं पानं चोत्तर-भक्तिकम् ॥
— Caraka-saṃhitā, Cikitsā-sthāna 28/98

“केवलं निरुपस्तम्भं आदौ स्नेहे **rupācaret...**”
— Caraka, Cik. 28/75-79

Decoded ladder

1. **Kapha-āvaraṇa?** → dry foment (Rūkṣa-Sweda) + Deepana-Pācana
2. **Mṛdu Virecana** (castor-oil) to clear channel-plug
3. **Sneha-pāna** (Kṣīrabala 101 Taila) 5 – 15 ml b.i.d. × 5-7 days
4. **Abhyanga + Patra-Piṇḍa Sweda** shoulder-arm daily
5. **Nasya** (Ānu / Bala Taila 6 drops/nostril) + **Bāhu-/Greeva-basti** 30 min
6. **Yoga-Basti** course (Daśamūla Nirūha + Kṣīrabala Anuvāsana)
7. **Rasāyana** (Aśvagandhā-Lehya, Guḍūcī-Satva) for 6-12 weeks

४. नैदानिक-मितानुसारि उपचार (Protocol snapshot)

दिन	प्रातः	मध्याह्न	सायं	उद्देश्य
1-3	Hingvāṣṭaka 2 g + hot water; Valuka-Sweda to neck-arm	लघु यव-यूष	Eranda-Taila 20 ml purge (once)	Melt Kapha-āma
4-10	Kṣīrabala 101 Taila 10-15 ml; Abhyanga + Patra-Piṇḍa Sweda	Mahārasnādi Kvātha 40 ml	Nasya 6 drops	Sneha-Sweda core
11-18	Bāhu-Basti (Kṣīrabala Taila) 30 min daily	Continue Kvātha	Trayodaśāṅga Guggulu 500 mg TID	Local nourishment
19-26	Yoga-Basti 8-day schedule	Soft warm diet	Isometric physio drills	Root-Vāta pacification
27-45	Aśvagandhā-Lehya 10 g HS; Guḍūcī Satva 500 mg BID	Normal diet	Progressive ROM & strength	Rasāyana / Rehab

(Doses titrated to deha-bala & agni.)

५. मुख्य औषध-योगाः (Classical only)

वर्ग	औषध-उदाहरण	मात्रा: / प्रयोग
Nasya	Ānu Taila, Bala Taila	6 drops/nostril, empty stomach
Sneha-pāna	Kṣīrabala 101 Taila	10 ml BID with warm milk
Kvātha	Mahārasnādi	40 ml BID after food
Guggulu	Trayodaśāṅga / Yogarāja	500 mg TID
Basti-Dravya	Daśamūla-kvātha + Taila + Madhu + Ṣaḍ-aṃśa-kṣāra	500 ml Nirūha on odd days
Rasāyana	Aśvagandhā-Lehya, Guḍūcī-Satva, Śīlājatu	As above

६. Pathyā-Apathyā

Pathyā : warm ghee-rich diet, garlic-milk HS, sesame-laddu; daily neck-shoulder oiling; scarf in wind; ergonomic screen height; gentle cervical stretches.

Apathyā : cold beverages, sour pickle excess, heavy overhead lifts, thick pillow, prolonged phone-neck flexion.

७. तत्व-बोध (Key take-aways)

1. **Viśwācī = snāyu-gata Vāta of cervico-brachial track.**
2. Treat **āvaraṇa first**, then proceed to Sneha-Sweda; otherwise oil “cooks” the blockade.
3. **Nasya + Bāhu-basti** target the exit of brachial plexus—hence cited directly by Caraka 28/98.
4. **Basti is ‘half of all Vāta therapy’** (Cha. Siddhi 1/38 f.)—never skip in chronic cases.
5. Rasāyana consolidates myelin & collagen; without it recurrence is common.

By following the authenticated sūtras and the step-wise protocol above, Viśwācī usually shows marked pain relief by day 10 and functional recovery within 4-6 weeks.