

## 11.1. Chikitsa of Vatavyadhi - Nirupastambhita and Upastambhita Vata Vyadhi

# Vatavyādhi Spectrum

## Nirupastambhita Vāta vs. Upastambhita Vāta

(Chikitsā-sūtra • Practical Chikitsā • Key role-players: Sneha-Sweda & Śodhana)

### 1 Quick map of the two prototypes

Feature	Nirupastambhita (Vātakṣaya / “pure Vāta”)	Upastambhita (Āvaraṇa / “obstructed Vāta”)
Core pathology	Dry, cold, mobile Vāta let loose by Dhātu-kṣaya; no block	Vāta movement <b>blocked</b> by Āma, Kapha, Pitta, Rakta, Meda...
Classical cue-line	“केवलं निरुपस्तम्भं आदौ स्नेहेरुपाचरेत्”—CS Cik 28·75	“स्निग्धास्ललवगैराहारैः मलश्चितः... तस्मात्तं अनुलोमयेत्”—AH Cik 21·11
Primed therapy	<b>Sneha</b> → <b>Snigdha-Sweda</b> → <b>Basti/Rasāyana</b>	<b>Langhana &amp; Pācana</b> → <b>Mṛdu-Śodhana</b> → <b>Sneha-Sweda</b> → <b>Basti</b>
Watch-word	“ <b>Lubricate &amp; nourish</b> ”	“ <b>Lighten &amp; evacuate</b> first, lubricate later”

### 2 Nirupastambhita Vāta (धातु-क्षय-कृत Vāta vyādhi)

#### 2-A Chikitsā-sūtra (step-ladder)

- स्नेहनम् (Snehana)
- स्वेदनम् (Snigdha Sweda)
- मृदु शोधनम् (only if bowels clogged)
- बस्तिः (Anuvasana & Nirūha for Vāta-root)
- रसायनम् (long-term dhātu-poshana)

“केवलं वातं स्नेहैः प्रथमं शमयेत्, ततः स्वेदनादिभिः”

“A Vāta disorder that stands alone must first be pacified with oils and then with fomentation etc.” — composite of CS Cik 28 and AH Cik 21

#### 2-B Sneha & Sweda - the center-piece

Item	How it is done	Why it matters
<b>Internal Sneha-pāna</b>	5-30 ml महास्नेह (ghṛta + taila + vasa + majja) or <b>Kṣīrabala 101</b> for 5-7 days	Re-greases dried myelin, cartilage & gut mucosa
<b>Abhyanga</b>	Warm <b>Mahānārāyaṇa</b> / <b>Bala Taila</b> daily 15 min	Reduces neuromuscular firing, improves proprioception
<b>Snigdha-Sweda</b>	<i>Patra-Piṇḍa</i> or <i>Śāṣṭika-Śāli</i> bolus after oiling	Heat drives oil deep & “bends dry stick” — CS 28·100-103
<b>Signs of ‘proper’ Sneha-dhiṣṭhita Deha</b>	Soft skin, lustre, easy bowel, minimal crepitus	Confirms Vāta pacified; now basti / rasāyana accepted well

**Devanāgarī gem**

“स्नेहास्विन्नाङ्गं यथेष्टं आनमयितुं शक्यम् – काष्ठं तैलतप्तम् इव”

—CS Cik 28·101

“A limb well oiled and fomented can be bent at will—just as dry wood turns pliant after oil + heat.”

**2-C Snapshot protocol (elderly osteoarthritis)**

| Day 1-3 | Hingvāṣṭaka 2 g t.i.d. + 10 ml Kṣīrabala oral → *Valuka-Sweda* to ensure bowels move |

| Day 4-10 | Increase Kṣīrabala to 15 ml; full-body Abhyanga + *Śāṣṭika-Śāli Sweda* daily |

| Day 11-18 | **Yoga-Basti** (alt. Dashamūla Nirūha / Anuvasana 60 ml) |

| Day 19-90 | **Yogarāja Guggulu** 500 mg × 3 + **Aśvagandhā-Lehya** 10 g HS; mild yoga |

**3 Upastambhita Vāta (मार्ग-आवरण type)****3-A Chikitsā-sūtra**

1. लङ्घन / दीपन / पाचन - light diet, trikatu, śuṅṭhī-jal
2. रूक्ष-स्वेदन - Valuka-Sweda, Dhānyāmla-Dhārā
3. मृदु-शोधन - (a) **Anulomana** / **Virechana** with castor-oil or trivṛt lehya (b) **Nirūha Basti** with Tikta-Kṣīra or Erandamūla decoction
4. **Sneha-Sweda** - only once tongue-coat, heaviness & āma signs vanish
5. **Anuvasana-Basti** + long Rasāyana

“स्निग्धाम्ललवणैः... मलश्चितः स्रोतो बध्नाति अनिलम् — तस्मात् तं अनुलोमयेत्”

—AH Cik 21·11

“Unctuous-sour-salty food loads waste that blocks the channels and obstructs Vāta; therefore propel it downward (purgation).”

**3-B Śodhana - the pivotal gear**

Śodhana mode	When exactly	Classical recipe & impact
<b>Mṛdu Virechana</b>	Kapha / Pitta / Āma in GIT, no severe weakness	20 ml <b>Erandā Taila</b> with warm ginger decoction at night → soft, oily evacuation that drags Kapha-āma
<b>Nirūha Basti</b>	Obstruction deeper / joint swelling (e.g. Amavāta)	500 ml <i>Dashamūla</i> + <i>Erandā</i> kvātha + honey + rock-salt + 60 ml taila; breaks channel plug & carries it out
<b>Kṣāra / Lekhana Basti</b>	Vāta obstructed by Meda / Kapha (obese sciatica)	Dashamūla-kṣāra, gomūtra, saindhava; shrinks adipose, frees nerve
<b>Raktamokṣaṇa</b>	Vatarakta (Vāta obstructed by morbid blood)	Leeches on dorsum of feet; relief of burning & pull

**Why cleanse before oil?**

Oil poured on clogged drain stagnates; oil on open pipe lubricates. Shodhana re-opens the pipe.

**3-C Illustrative regimen (acute Amavāta knee)**

| Day 1-3 | Liquid *Śāḍaṅga Pāniya*, Hingvāṣṭaka 2 g t.i.d., **Valuka Sweda** on knee |

| Day 4 | 40 ml castor-oil purge → 6 loose, greasy stools |

| Day 5-12 | **Erandamūla Nirūha Basti** alt. with Anuvasana 40 ml (Pinyaka Taila) |



| Day 13-20 | Begin oral **Simhanāda Guggulu** 500 mg × 3, light Abhyanga starts |  
| Week 4-12 | Shift to **Kṣīrabala Taila** Anuvasana weekly + **Maha Yogarāja Guggulu**; introduce mild Rasāyana (Guḍūcī-satva 500 mg × 2) |

Result → swelling gone, knee flexion ↑, digestion strong; only then full Sneha-pāna allowed.

## 4 Role-matrix: Sneha-Sweda vs. Śodhana

Parameter	Sneha + Snigdha-Sweda	Śodhana (Virechana / Basti)
Acts on	Dryness, stiffness, degeneration	Blockage, toxicity, co-doṣa burden
Starts in	<i>Nirupastambhita</i> from Day 1	<i>Upastambhita</i> from Day 1; in <i>nirupastambhita</i> only if bowels loaded
Essentials	Oil quality, heat gradient, massage technique	Patient strength, precise recipe, correct kala
Classical simile	Dry wood softens with oil + heat	River unclogged by dredging the silt
If done prematurely	In āma state → heaviness, fever	In dhātu-kṣaya alone → excessive depletion

## 5 Key Sanskrit Sound-bites for viva

- “स्नेहनस्वेदनपूर्वस्य बस्तीः परमवातनुत्” — “*Basti given after proper oil-heat pre-treatment is supremely Vāta-destroying.*”
- “यदा स्रोतोमार्गेऽसंमि कफमलावरोधो तदा शोधनम्” — “*Whenever Kapha or waste blocks the channels, employ cleansing.*”

### □ 60-second revision

**Nirupastambhita** → Oil & Heat are the therapy; cleansing is optional.

**Upastambhita** → Cleanse, then Oil & Heat; else you cook the mud inside a pipe.

Master this pivot and you can script perfect protocols for every Vatavyādhi patient.