

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 blocked 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	Sneha → Snigdha-Sweda → Basti/Rasāyana	Langhana & Pācana → Mṛdu-Śodhana → Sneha-Sweda → Basti
Watch-word	“Lubricate & nourish”	“Lighten & evacuate 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
Internal Sneha-pāna	5-30 ml महास्नेह (ghṛta + taila + vasa + majja) or Kṣīrabala 101 for 5-7 days	Re-greases dried myelin, cartilage & gut mucosa
Abhyanga	Warm Mahānārāyaṇa / Bala Taila daily 15 min	Reduces neuromuscular firing, improves proprioception
Snigdha-Sweda	<i>Patra-Piṇḍa</i> or <i>Śāṣṭika-Śāli</i> bolus after oiling	Heat drives oil deep & “bends dry stick” – CS 28·100-103
Signs of ‘proper’ Sneha-dhiṣṭhita Deha	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
Mṛdu Virechana	Kapha / Pitta / Āma in GIT, no severe weakness	20 ml Erandā Taila with warm ginger decoction at night → soft, oily evacuation that drags Kapha-āma
Nirūha Basti	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
Kṣāra / Lekhana Basti	Vāta obstructed by Meda / Kapha (obese sciatica)	Dashamūla-kṣāra, gomūtra, saindhava; shrinks adipose, frees nerve
Raktamokṣaṇa	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 स्रोतोमार्गेऽसmin 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.