



## A LITERATURE REVIEW ON DIFFERENT TYPE OF VATAVYADHI W.S.R. MUSCULOSKELETAL DISORDER

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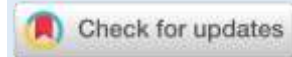
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### ABSTRACT

The notion of vatavyadhi must first be understood in order to comprehend ayurvedic musculoskeletal problems. Additionally highlighted were the conditions or phases in which they take place as well as the associated signs and symptoms. Giving analgesic, or pain-relieving treatment, has been done instead of achieving any satisfactory results in terms of curing or at least providing respite. A concerted attempt has been made to help all eager readers first comprehend and then determine the correct diagnosis of a patient with MSD. The secret to a successful diagnosis is an in-depth understanding of the differential diagnosis. Though it was common in ancient times, vatavyadhi is given the top priority in the Ayurvedic classics, and it is becoming more so today as technology advances. People used to move towards urbanization and use technology, but instead of making life more comfortable, this created a hectic existence and distracted people from sustaining the Dinacharya, Ritucharya, Sadvrita, and other important systems, which raises the rate of Vatavyadhi. Despite the fact that the signs and symptoms of various diseases are the same in Ayurvedic texts, they alter in current times due to changing lifestyles.

**Key words:** vatavyadhi, Musculoskeletal Disorder, vata

## INTRODUCTION

For a patient with MSD to have a proper and accurate diagnosis, the physician must be knowledgeable about MSD and the pathology affecting it. Depending on their distinctive characteristics, such as their signs and symptoms, etiology, location of origin, presentation, etc., the wise doctor should be well-informed and familiar with the lakshanas in the patients suffering from various types of vatavyadhi.<sup>[1]</sup> One could relate the word "shoola" with discomfort. The prevalent habits and lifestyle in the modern era are to blame for the increasing prevalence of sandhi disorders today. The most bothersome disorders that impact the locomotor system during the time when people are most productive are sandhi gata vata and Katigraha.<sup>[2]</sup>

## AIM AND OBJECTIVES

### AIM

To study the concept of different types of vatavyadhi w.s.r. MSD

### OBJECTIVE

To study basic differential diagnosis of different types of vata vyadhi with specific reference to musculoskeletal disorder

### MATERIAL AND METHOD

- Different types of ayurveda textbooks Samhita.
- Previous research work.
- Research papers, articles, and national and international journals.

**Table 01:**

Serial No.	Type of Vata vyadhi	Clinical feature
1.	Kostha Gata vata <sup>[3]</sup>	<ul style="list-style-type: none"> <li>➤ Retention of urine</li> <li>➤ constipation,</li> <li>➤ cardiac diseases</li> <li>➤ piles</li> <li>➤ pain in ribs</li> </ul>
2.	Sarvang vata <sup>[4]</sup>	<ul style="list-style-type: none"> <li>➤ Quivering and breaking pain in the limbs and joints,</li> <li>➤ which are painful as cracking of joints.</li> </ul>
3.	Aamasaya gata vata <sup>[5]</sup>	<ul style="list-style-type: none"> <li>➤ Cardiac pain</li> <li>➤ Umbilical pain</li> <li>➤ pain in lateral sides of the chest abdomen pain</li> <li>➤ thirst</li> </ul>
4.	Pakvasaya gata vata <sup>[6]</sup>	<ul style="list-style-type: none"> <li>➤ Gargling sound, pain, and fullness in abdominal</li> <li>➤ Difficulty in passing urine and feces, constipation, flatulence, low backache</li> </ul>
5.	Guda sthita vata <sup>[7]</sup>	<ul style="list-style-type: none"> <li>➤ Retention of urine flatus, and feces,</li> <li>➤ constipation,</li> <li>➤ tympanitis,</li> <li>➤ backache, pain in calf muscles</li> </ul>
6.	Twak sthita vata <sup>[8]</sup>	<ul style="list-style-type: none"> <li>➤ Dryness and thinning of the skin,</li> <li>➤ the blackish coloration of the skin</li> </ul>
7.	Raktagata vata <sup>[79]</sup>	<ul style="list-style-type: none"> <li>➤ Severe body aches,</li> <li>➤ Feverish sensation,</li> <li>➤ discoloration of the body,</li> <li>➤ anorexia,</li> <li>➤ stiffness in the body after meals</li> </ul>
8.	Mamsa & medo gata vata <sup>[10]</sup>	<ul style="list-style-type: none"> <li>➤ Heaviness in the body,</li> <li>➤ pricking pain all over the body,</li> <li>➤ pain like a fist blow,</li> </ul>

		➤ Generalised weakness, fatigue
9.	Asthi & Majja gata vata <sup>[11]</sup>	<ul style="list-style-type: none"> <li>➤ Breaking pain in bones,</li> <li>➤ pain all over the joint,</li> <li>➤ myopathy,</li> <li>➤ weakness,</li> <li>➤ insomnia,</li> <li>➤ Continuous Bodyache,</li> </ul>
10.	Sukragata vata <sup>[12]</sup>	<ul style="list-style-type: none"> <li>➤ Early ejaculation or stagnation of the semen,</li> <li>➤ missed abortion,</li> <li>➤ breached presentation of the fetus occasionally,</li> <li>➤ Various types of deformities in the semen and fetus</li> </ul>
11.	Snayu gata vata <sup>[13]</sup>	<ul style="list-style-type: none"> <li>➤ Opisthotonos and Emprosthotonus,</li> <li>➤ cramps in the ankle joint, knee joint, and wrist joint,</li> <li>➤ back hump,</li> <li>➤ generalized Neurological disorders</li> </ul>
12.	Sira gata vata <sup>[14]</sup>	<ul style="list-style-type: none"> <li>➤ Mild body aches,</li> <li>➤ edema,</li> <li>➤ emaciation,</li> <li>➤ pulsations in the body,</li> <li>➤ numbness of veins</li> </ul>
13.	Sandhigata vata <sup>[15]</sup>	<ul style="list-style-type: none"> <li>➤ Heaviness and inflammation in joints,</li> <li>➤ Pain and crepitation during movement of joints,</li> </ul>
14.	Gyanendriya gata vata <sup>[16]</sup>	➤ Destruction of natural karma
15.	Asthi Avrita Vata <sup>[17]</sup>	<ul style="list-style-type: none"> <li>➤ Liking of Hot touch and pressure,</li> <li>➤ Breaking type of pain,</li> <li>➤ Soochibhiriva tudyate- A feeling as if pricked with needles.</li> </ul>
16.	Majjavrita Vata <sup>[18]</sup>	<ul style="list-style-type: none"> <li>➤ Vinamah – Bending</li> <li>➤ Parivesthanam – Twisting Pain</li> <li>➤ Panibhyam labhate sukham – The patient gets relief if pressed with a hand</li> </ul>
17.	Pureesha Avrita Vata <sup>[19]</sup>	<ul style="list-style-type: none"> <li>➤ Absolute constipation,</li> <li>➤ Instantaneous digestion of the ingested fat,</li> <li>➤ Pain in hips, groin, and Back</li> <li>➤ Upward movement of vata in the abdomen Uncomfortable sensation in the chest region.</li> </ul>
18.	Pitta Avrita Vyana <sup>[20]</sup>	<ul style="list-style-type: none"> <li>➤ Burning sensation all over the body, Klamah – exhaustion</li> <li>➤ Gatra vikshepa sanga - Stiffness in different parts of the body.</li> </ul>
19.	Kapha Avrita Vyana <sup>[21]</sup>	<ul style="list-style-type: none"> <li>➤ Stiffness of Bones and Joints</li> <li>➤ Stiffness and heaviness in the body</li> </ul>

## DISCUSSION

Musculoskeletal illnesses are the subject of productive research being conducted by numerous academics worldwide. In order to relieve the patient, particularly from the various types of pain character that are mentioned in vatavyadhi, such as cutting pain in bones and joints, quivering and breaking pain in the limbs and joints, etc., new solutions are being offered to humanity a daily basis. However, not many posi-

tive outcomes have been obtained to date, and the treatment of MSD, particularly arthritis, is now a major issue for the entire world. Because of this, an urgent approach has been taken in this article to comprehend the fundamental pathophysiology of such Vatik illness from the Ayurvedic point of view indicated in Charaka Samhita.

## CONCLUSION

In numerous musculoskeletal conditions, the signs of various localised Vatik problems are present.

This makes it challenging for the doctor to make an accurate diagnosis. As a result, he needs to be well aware of the symptoms in relation to the differential diagnosis of asthimajjagata vata, Gudagata vata, Pit-tavruta vyana, as well as other vatavyadhi. A comprehensive list of all the references referenced in the Charak Samhita has been produced to assist the clinician because making a diagnosis, particularly from an Ayurvedic perspective, is a challenge in and of itself.

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