

Introduction-To-VATA

Introduction To VATA 2 (AYURVEDA)

Though present all over the body, dosas are predominantly found in the regions-below, in between and above-respectively of the area bound by the heart and the umbilicus.

Pakwasaya(large intestine), waist, thigh, ear, bone and the organ of touch(skin) are the seats of vata, especially, so the pakvadhana(large intestine).....(6)

Functions of Normal Vata

Vata sustains the body with expiration, inspiration, enthusiasm, movement of the various parts, keenness of sense perceptions, initiation of the natural urges (such as that of urine, faeces) and many other functions

Vata vridhi karana

Vata gets aggravated from consuming food which are bitter, salt and astringent in taste, of less quantity, dry (moisture less, fatless) taking food long after usual time, suppression and premature initiation of the urges (of urine, faeces, flatus, etc), keeping awake at nights, speaking in high pitch for a long time, effect of therapies(emesis, purgation, etc) in excess(more than the required degree); (sudden) fear, grief and worry, excess of physical activities and sexual intercourse during summer, terminal part of the day; night and food

Vridha vata karma

Vata undergoing vridhi troubles the body by producing emaciation, blackish discoloration, (unwanted) movement of the body, tremors, desire for heat (hot comforts), loss of consciousness and sleep, decrease of strength and capacity of sensory organs, pains in the bones, decrease of bone marrow, obstruction to the movement of faeces, flatulence (distension of the abdomen by accumulation of gas), gurgling noise inside it, delusion, timidity, fear, grief, delirium and such other ailments