

## Introduction-To-VATA

### Introduction To VATA 1 (AYURVEDA)

Body is supported by the three dosas also called sakthirupa dravyas- Vata, Pitta & Kapha- situated predominantly in the lower, middle and upper portions, respectively, just like a house is supported firmly by 3 pillars. Since the dosas maintain the firmness of the body they are called as pillars. They are called as dhathus because they support the body; as malas because they pollute the body and also because they are the waste products of the food. They are called as dosas because of their tendency of polluting others.

#### The Importance of Vata Among Thridosas

Vata is the most important among Thridosas because Pitta, Kapha, all the dathus and malas are Pangu ie, are like a lame animal and as and how the vata carries them to different places, they move accordingly like cloud, that is carried away to different places by the wind.....(1)

The vayu through its vikshepana kriya ie,,driving and motivating force revolves all the planets in a systematized manner. In the same way the sareera vayu through its vitkshepana kriya motivates and organizes all the dhathus, malas and structures...(2)

#### Definitions Of Vata

a) The root va means gamana=movement

& gandhana=pressure

b) that which waves or moves about is called as vayu

The term va means to move, to enthuse, to make known and to become aware of, induction, effort and to enlighten. The synonyms of vata- vayu, anila, pavana, marutha. It is seen from Caraka samhitha that the sareera vata is Asanghata (incorporeal) and anavasthitha (unstable).

Vata is formed out of (born from the combination of) vayu and akasa bhuta

#### Qualities of Vata

Ruksa(dryness),laghu(lightness),sita(coldness),khara(roughness),suksma(minuteness)and d cala(movement) are the qualities of vata.....(5)

#### Seat of Vata