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Addressing *Vata Vyadhi* With *Ayurveda*: A Case Study

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ABSTRACT

Vata Vyadhi encompasses a broad range of neuromuscular, musculoskeletal, and degenerative disorders caused by *Vata Dosha* vitiation, leading to symptoms such as pain, stiffness, and mobility impairment. This case study evaluates the impact of *Ayurvedic* interventions in managing *Vata Vyadhi* in a 60-year-old female patient who visited Jeena Sikho Lifecare Limited Hospital, Mathura, Uttar Pradesh, India. She presented with radiating lower limb pain, knee joint pain, and left-sided radiculopathy. The patient underwent *Ayurvedic* treatment, including dietary modifications, *Ayurvedic* formulations, and lifestyle management. Post-treatment, she experienced significant pain relief and improved mobility, with no recurrence of symptoms. Additionally, improved vital signs and laboratory parameters indicated a positive therapeutic response. From a modern perspective, *Vata Vyadhi* correlates with conditions like osteoarthritis, sciatica, and neuropathy, often diagnosed through MRI, CT scans, and inflammatory markers. While conventional medicine relies on analgesics, muscle relaxants, and surgery, *Ayurvedic* treatment offer a holistic approach addressing both symptoms and underlying pathology. This case highlights the potential efficacy of *Ayurveda* in *Vata* disorder management, though further clinical trials and standardized protocols are needed to validate these findings and integrate *Ayurveda* into mainstream healthcare.

Introduction

Vata Vyadhi encompasses a range of neuromuscular, musculoskeletal, and degenerative disorders caused by the vitiation of *Vata Dosha*, which governs movement, nervous function, and musculoskeletal activity. *Ayurveda* identifies 80 types of *Vata* disorders, including *Sandhigata Vata*, *Pakshaghata*, and *Gridhrasi*, with *Janu Shula* being a prevalent condition affecting mobility [1,2]. *Ayurvedic* management involves dietary modifications, *Ayurvedic* formulations, and lifestyle corrections to restore balance and improve quality of life [3,4].

Studies have demonstrated the effectiveness of *Ayurvedic* interventions in managing *Vata Vyadhi*. *Basti Karma* has shown positive outcomes in cases of paralysis and degenerative joint diseases [3]. *Dashmool Kwath Nadi Sweda* has proven effective in reducing osteoarthritis-related pain [5], while *Majja Basti* has shown promising results in knee osteoarthritis management [6]. *Mahamasha Taila* has been reported to reduce knee swelling in degenerative conditions,

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supporting *Vata Vyadhi* treatment protocols [7]. These findings align with modern diagnostic advancements and *Vata Vyadhi* correlations [8,9].

From a modern perspective, *Vata Vyadhi* correlates with neurological and musculoskeletal disorders such as stroke, Parkinson's disease, multiple sclerosis, motor neuron disease, and osteoporosis, all of which present with symptoms like tremors, stiffness, weakness, and pain [8,9]. *Janu Shula* is often linked to osteoarthritis, rheumatoid arthritis, or ligament injuries, diagnosed through imaging techniques and inflammatory markers [10].

These conditions are explained through anatomical, physiological, and pathological changes. Neurological disorders like Peripheral Neuropathy, Parkinson's Disease, Sciatica (*Gridhrasi*), and Stroke (*Pakshaghata*) closely align with *Vata Vyadhi*'s presentation, featuring nerve damage, tremors, radiating pain, and paralysis. Similarly, musculoskeletal conditions such as Osteoarthritis (*Sandhigata Vata*), Rheumatoid Arthritis, and Cervical or Lumbar Spondylosis resemble *Vata Vyadhi* with symptoms like cartilage degeneration, joint stiffness, and nerve compression [11]. Pain syndromes such as Trigeminal Neuralgia and Fibromyalgia, along with degenerative conditions like Multiple Sclerosis (MS) and Motor Neuron Disease (MND), further exemplify *Vata Vyadhi*'s modern understanding [12].

Pathophysiological factors in these disorders often involve nerve impingement, cartilage degeneration, autoimmune responses, oxidative stress, or neurotransmitter imbalances. Diagnostic tools such as MRI and CT scans help detect nerve compression, spinal issues, or brain abnormalities, while EMG evaluates nerve and muscle function. X-rays are commonly employed to assess joint degeneration, and blood tests identify inflammatory markers like CRP and ESR [13].

Modern medical management typically involves analgesics, anti-inflammatory drugs, muscle relaxants, physical therapy, and in severe cases, surgical interventions or steroid injections. *Ayurvedic* treatment offers a comprehensive approach to managing *Vata Vyadhi*, addressing both symptomatic relief and the underlying imbalance. This strategy has shown improved outcomes in conditions like Sciatica, Osteoarthritis, and Neuropathy by combining *Ayurvedic* principles with modern diagnostic precision [14,15].

Samprapti Ghataka[16,17]

Dosha	*Pradhana Dosha: Vata* (mainly aggravated)
Dushya	*Rasa, Rakta, Mamsa, Meda, Asthi, Majja,* and *Shukra Dhatu*
Srotas	*Rasa, Rakta, Mamsa, Meda, Asthi, Majja,* and *Majjavaha Srotas*
Agni	*Vishamagni* (irregular digestion and metabolism)
Srotodushti	*Sanga* (obstruction), *Vimargagamana* (abnormal movement), *Atipravriti* (hyperfunction)
Adhisthana	*Sarvadeha* (affecting the whole body) or specific organ/system
Udbhava Sthana	*Pakvashaya* (large intestine, primary site of Vata)
Vyaktisthana	*Snayu* (ligaments), *Asthi* (bones), *Sandhi* (joints), and *Majja* (nervous system)
Roga Marga	*Madhyama Roga Marga* (affecting deeper tissues)

Vata Vyadhi primarily affects *Asthi*, *Majja*, and *Snayu*, resulting in pain, stiffness, and mobility impairment. [18,19,20]. The *Ayurvedic* principles offers a holistic framework for managing *Vata Vyadhi* effectively. This study aims to assess the impact of *Ayurvedic* interventions for *Vata Vyadhi* in a 60-year-old female patient.

Case Report

A 60-year-old female visited Jeena Sikho Lifecare Limited Hospital, Mathura, Uttar Pradesh, India, on November 30, 2024. She had a history of Type 2 Diabetes Mellitus since 2011. The patient was diagnosed with *Vata Vyadhi.* A comprehensive medical history, family history, physical examination and diagnostic evaluations were all part of the methodical and thorough examination. She has no relevant history and addiction related to the condition. The conditions presented were radiating pain in the lower limb (left side), knee joint pain and radiculopathy in left side. The *Astha-sthana pariksha* during the visits are mentioned in **Table 1.**

Table 1. The *Astha-sthana pariksha* during the visits

Parameter	Findings		
Date	30-11-2024	29-12-2024	28-01-2025
Naadi	*Vataj pittaj*	*Vataj Pittaj*	*Vataj Pittaj*
Mala	*Prakrita*	*Prakrita*	*Prakrita*
Mutra	*Snigdha*	*Snigdha*	*Prakrita*
Jiwha	*Sweta*	*Sweta*	*Snigdha*
Shabdha	*Manda*	*Manda*	*Avikrita*
Sparsh	*Sheetoshna*	*Sheetoshna*	*Samasheetoshna*
Drika	*Prakrita*	*Prakrita*	*Prakrita*
Akriti	*Madhyam*	*Madhyam*	*Madhyam*

Treatment Plan

Diet Plan:

Dietary Guidelines from Jeena Sikho Lifecare Limited Hospital:

The patient adhered to a meticulously designed Disciplined and Intelligent Person (DIP) Diet to complement the *Ayurvedic* treatments for *Vata Vyadhi* [21].

Treatment Plan for *Vata Vyadhi* Management

Dietary Recommendations

The dietary guidelines provided by Jeena Sikho Lifecare Limited Hospital, include the following key recommendations:

Fig 1. Key recommendations:

Fig 2. Meal Timing & Structure:

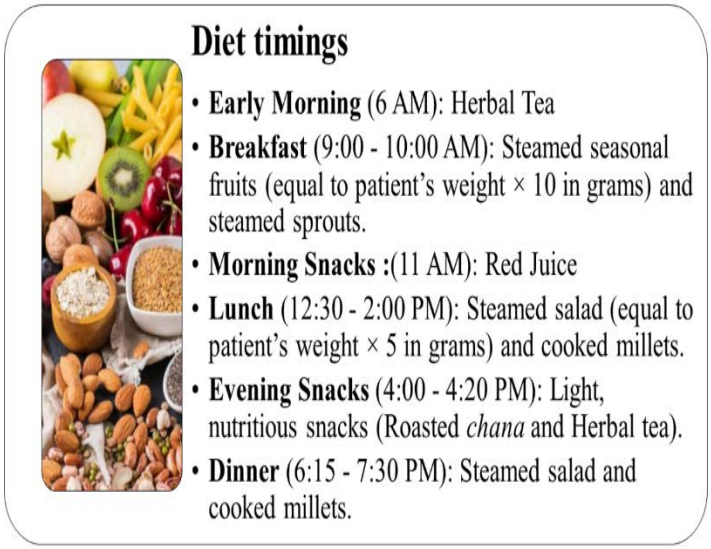
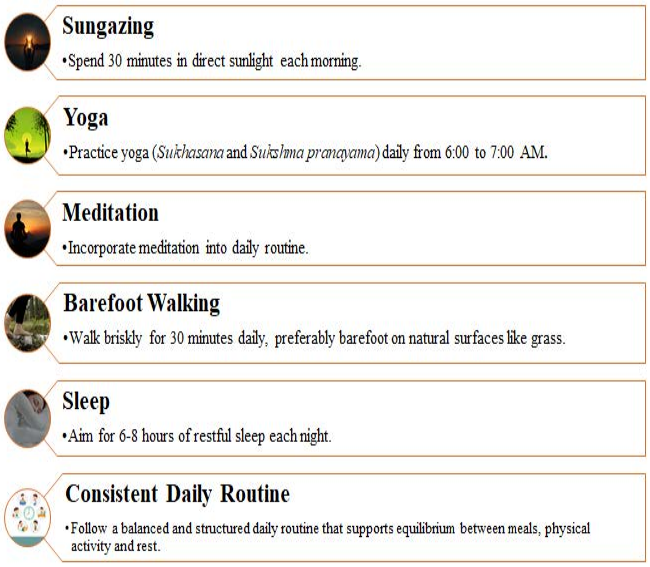


Fig 3. Lifestyle Recommendations



Medicinal Interventions

The *Ayurvedic* treatment employed in this case included Sandhi Arogya, Asthiposhak, Pain Nil, Orthonil Tonic, Arthri Capsule, Sama vati, Dr. Madhumeh, Amalpit Nashak, Lakshadi Guggul, Telome Syrup and Ekangvir Ras. The *Ayurvedic* medications advised during the treatment period are described in **Table 2**. The details of the medicines advised during the treatment period is in **Table 3.**

Table 2 The *Ayurvedic* medications advised during the treatment period

Date	Medicines	Dosage with *Anupana*
30-11-2024	Sandhi Aarogya	1 TAB BD (*Adhobhakta* with *koshna jala*)
	Sama Vati	2 TAB BD (*Adhobhakta* with *koshna jala*)
	Pain nil Tablet	1 TAB BD (*Adhobhakta* with *koshna jala*)
	Orthonil Syrup	20 ml BD (*Adhobhakta* with *sama matra koshna jala*)
	Asthiposhak Vati	1 TAB BD (*Adhobhakta* with *koshna jala*)
29-12-2024	Dr. Madhumeh	1 TAB BD (*Adhobhakta* with *koshna jala*)
	Arthri Capsule	1 CAP BD (*Adhobhakta* with *koshna jala*)
	Sandhi Aarogya	1 TAB BD (*Adhobhakta* with *koshna jala*)
	Lakshadi Guggul	1 CAP BD (*Adhobhakta* with *koshna jala*)
	Telome plus syrup	20 ml BD (*Adhobhakta* with *sama matra koshna jala*)
28-01-2025	Dr. Madhumeh	1 TAB BD (*Adhobhakta* with *koshna jala*)
	Amalpit Nashak	1 CAP BD (*Adhobhakta* with *koshna jala*)
	Sandhi Aarogya	1 TAB BD (*Adhobhakta* with *koshna jala*)
	Pain nil Tablet	1 TAB BD (*Adhobhakta* with *koshna jala*)
	Orthonil Syrup	20 ml BD (*Adhobhakta* with *sama matra koshna jala*)
	Ekangvir Ras	1 CAP BD (*Adhobhakta* with *koshna jala*)

Table 3. The details of the medicines advised during the treatment period

Medicine name	Ingredients	Therapeutic Effects
Sandhi Aarogya	**Sonth** (*Zingiber officinale*), **Syah Jeera** (*Bunium persicum*), **Shilajeet** (*Asphaltum punjabianum*), **Abhrak Bhasma** (Processed Mica), **Ashwagandha** (*Withania somnifera*), **Sugandhbala** (*Pavonia odorata*), **Shallaki** (*Boswellia serrata*), **Guggal** (*Commiphora wightii*), **Yavani** (*Trachyspermum ammi*), **Chandrasoor** (*Lepidium sativum*), **Rason** (*Allium sativum*), **Nirgundi** (*Vitex negundo*), **Hemvati** (*Anisomeles indica*), **Pasran** (*Echinops echinatus*), **Parijat** (*Nyctanthes arbor-tristis*), **Vaya Vidang** (*Embelia ribes*)	Helps to maintain joint heath, knee mobility and minimizes inflammation
Asthiposhak	**Godanti**, **Shudh Shilajit** (*Asphaltum punjabianum*), **Ashwagandha** (*Withania somnifera*), **Tabaqsheer** (*Bambusa vulgaris*), **Pippali** (*Piper longum*), **Amba Haldi** (*Curcuma amada*), **Hadjorh** (*Cissampelos pareira*), **Maida Saq**.	Enhances bone strength, supports healing, and reduces joint pain.
Pain Nil	**Kutki** (*Picrorhiza kurroa*), **Kalijeeri** (*Centratherum anthelminticum*), **Kuda Saq** (*Holarrhena antidysenterica*), **Kodtumba** (*Marsdenia tenacissima*), **Khurasani Ajwain** (*Hyoscyamus niger*), **Ashwagandha** (*Withania somnifera*), **Suranjan** (*Colchicum luteum*), **Sonth** (*Zingiber officinale*), **Chiraita** (*Swertia chirayita*), **Pippal** (*Piper longum*), **Amba Haldi** (*Curcuma amada*), **Jaiphal** (*Myristica fragrans*), **Jaivitri** (*Myristica fragrans* - Mace), **Magah** (*Cyperus rotundus*), **Kali Mirch** (*Piper nigrum*), **Rasonth** (*Berberis aristata*), **Erandmool** (*Ricinus communis*), **Nirgundi** (*Vitex negundo*), **Ashjan Gond** (*Astragalus gummifer*), **Giloy** (*Tinospora cordifolia*).	Minimoze discomfort, improves mobility and helps in relaxation
Orthonil Tonic	**Maharasnadi kwath and Hadjod** *(Cissus quadrangularis)*	Increases Joint Comfort, Improves Flexibility and Mobility Improvement
Arthri Capsule	**Nirgundi** (*Vitex negundo*), **Nishot** (*Operculina turpethum*), **Sonth** (*Zingiber officinale*), **Punarnava** (*Boerhavia diffusa*), **Giloy** (*Tinospora cordifolia*), **Surjana** (*Moringa oleifera*), **Harar** (*Terminalia chebula*), **Rasna** (*Pluchea lanceolata*), **Shuddha** (Please provide the complete name for "Shuddha" to format it properly).	Helps to manage Arthritis, joint pain, gout and vaat vyadhi
Sama vati	**Gokru** (*Tribulus terrestris*), **Kaunch** (*Mucuna pruriens*), **Shatawar** (*Asparagus racemosus*), **Ashwagandha** (*Withania somnifera*), **Vidarikand** (*Pueraria tuberosa*), **Beej Band Lal** (*Sida cordifolia*), **Akarkara** (*Anacyclus pyrethrum*), **Talmakhana** (*Hygrophila auriculata*), **Musli** (*Chlorophytum borivilianum*), **Aawla** (*Emblica officinalis*), **Sonth** (*Zingiber officinale*), **Jaiphal** (*Myristica fragrans*), **Swarn Makshik** (*Chalcopyrite*), **Shilajit Shudh** (*Asphaltum punjabianum*).	Assist the regular function of the cardiovascular system, enhance digestion and improves immunity
Dr. Madhumeh	**Gudmar** (*Gymnema sylvestre*), **Methi** (*Trigonella foenum-graecum*), **Giloy** (*Tinospora cordifolia*), **Neem** (*Azadirachta indica*), **Haritaki** (*Terminalia chebula*), **Karela** (*Momordica charantia*), **Chirayita** (*Swertia chirayita*), **Jamun** (*Syzygium cumini*), **Vijaysar** (*Pterocarpus marsupium*), **Daruhaldi** (*Berberis aristata*), **Karanj** (*Pongamia pinnata*)	Helps in lowering blood sugar levels
Amalpit Nashak	**Mulathi** (*Glycyrrhiza glabra*), **Pudina** (*Mentha spicata* or *Mentha arvensis*), **Hing** (*Ferula assa-foetida*), **Chitrak** (*Plumbago zeylanica*), **Jeera** (*Cuminum cyminum*), **Vidang** (*Embelia ribes*), **Ajwain** (*Trachyspermum ammi*), **Marich** (*Piper nigrum*), **Pipal** (*Piper longum*), **Shunthi** (*Zingiber officinale*), **Amla** (*Emblica officinalis* / *Phyllanthus emblica*), **Vibhitaki** (*Terminalia bellirica*), **Haritaki** (*Terminalia chebula*), **Shankh Bhasma** (Calcined conch shell ash), **Lavang** (*Syzygium aromaticum*).	Improves Digestive Efficiency
Lakshadi Guggul	**Hadjod** (*Cissus quadrangularis*), **Arjuna** (*Terminalia arjuna*), **Ashwagandha** (*Withania somnifera*), **Guggul** (*Commiphora wightii*).	Used for Osteoporosis, Bonr fracture, Arthritis and General weakness
Telome Syrup	**Kumari** (*Aloe vera*), **Giloy** (*Tinospora cordifolia*), **Bhringraj** (*Eclipta prostrata*), **Amla** (*Phyllanthus emblica*), **Kutki** (*Picrorhiza kurroa*), **Bhoomi Amla** (*Phyllanthus niruri*), **Daruhaldi** (*Berberis aristata*), **Vidanga** (*Embelia ribes*), **Chitraka** (*Plumbago zeylanica*), **Kalmegh** (*Andrographis paniculata*), **Nishoth** (*Operculina turpethum*), **Shahtara** (*Fumaria indica*), **Triphala**, **Noni** (*Morinda citrifolia*), **Pudina** (*Mentha piperita*), **Tulsi** (*Ocimum sanctum*), **Bilva** (*Aegle marmelos*), **Elaichi** (*Elettaria cardamomum*), **Sonth** (*Foeniculum vulgare*), **Jeera** (*Cuminum cyminum*), **Pipal** (*Ficus religiosa*), **Makoy** (*Solanum nigrum*), **Kasni** (*Cichorium intybus*), **Punarnava** (*Boerhavia diffusa*), and **Sorbitol**.	Cell rejuvenation and manages cystic growth
Ekangvir Ras	**Ras Sindoor , Kant Loh, Shuddha Gandhak , Vang , Naag , Tamra, Abhrak , Tikshan Loh, Sonth (***Zingiber officinale***), Kali Mirch (***Piper nigrum***), Peepal (***Piper longum***).**	Relievs pain and stifness and improves blood circulation

RESULT

After 3 months of treatment she has experienced noteworthy development in symptoms, which denotes the interventions used in the study are effective against *Vata Vyadhi***.** The patient experienced relief from pain which shows that the *Ayurvedic* interventions used in the case study are effective for *Vata Vyadhi*. The conditions before and after treatment is mentioned in **Table 4**.

Table 4 Conditions of the patient before and after treatment

Before treatment	After Treatment
Radiating pain in left side lower limb	Reduced
Knee joint pain	Relief
Left side radiculopathy	Reduced

Implications for Future Research

This study analyzed the case of a single patient diagnosed with *Vata Vyadhi* and highlighted notable improvements following *Ayurvedic* treatment. The reduction in pain, enhanced mobility, and overall symptom relief suggest the potential effectiveness of *Ayurveda* in managing *Vata* disorders. However, as this is a single-case study, the findings may not be broadly applicable. Further research is essential to validate the efficacy, safety, and reliability of these treatments. Developing standardized, evidence-based treatment protocols will be key to *Ayurvedic* interventions into mainstream healthcare. Such guidelines would not only enhance patient care but also promote greater acceptance of *Ayurveda* as a complementary or alternative approach for neuromuscular and musculoskeletal disorders. Collaborative research between *Ayurvedic* practitioners and modern medical experts can help bridge the gap between traditional knowledge and scientific validation, ultimately benefiting a wider patient population.

DISCUSSION

Ayurvedic treatment for *Vata Vyadhi* offers a viable substitute for conventional medical methods. This case study describes the application of several *Ayurvedic* treatments to a 60-year-old female who had been diagnosed *Vata Vyadhi*. There was a reduction in Knee joint pain. The *samprapti* [22,23,24] for this case study is depicted in **Fig 4**.

During her 3 months of treatment, she underwent *Ayurvedic* treatment regimen provided by Jeena Sikho Lifecare Limited Hospital, Baltana. The following medicines help in breaking this pathological cycle:

Fig 4 The *samprapti* for this case study

The *Ayurvedic* treatment for *Vata Vyadhi* in this case worked by addressing the underlying *Dosha* imbalance, *Dhatu Kshaya* (tissue depletion), and *Srotorodha* (blockage in channels). Sandhi Aarogya helped strengthen joints and restore synovial fluid balance, counteracting *Asthi Dhatu Kshaya* and reducing *Vata prakopa* in the joints. Asthiposhak further enhanced bone mineralization, mitigating *Asthi Dhatu Kshaya* and strengthening bone structure. To manage pain and inflammation, Pain Nil and Orthonil Tonic acted as analgesics, reducing *Vatavahana Nadi Sankocha* (nerve compression due to *Vata*) and relieving stiffness. Arthri

Capsule helped alleviate *Ama Sanchaya* in joints, while Sama Vati supported *Srotoshodhana*, clearing blockages that contribute to *Avarana Janya Vata Prakopa*. For systemic balance, Dr. Madhumeh helped regulate *Meda Dhatu Dushti*, addressing metabolic disturbances linked to diabetic neuropathy and musculoskeletal degeneration. Amalpit Nashak balanced *Pitta*, preventing acid-related tissue damage that could exacerbate inflammation. Lakshadi Guggul supported *Asthi Kshaya* reversal and bone regeneration. Telome Syrup promoted *Dhatu Poshana*, enhancing tissue repair, particularly in *Asthi* and *Majja Dhatu*. Ekangvir Ras, a potent nerve tonic, corrected *Vata Kopa* in *Majja Dhatu*, helping with neuropathic pain and conditions like paralysis.

This treatment approach pacified aggravated *Vata*, strengthened key *Dhatus*, eliminated *Ama*, unblocked *Srotas*, and improved nerve and joint function, effectively breaking the *Samprapti* of *Vata Vyadhi* and restoring normal physiological balance.

This case study highlights the effectiveness of *Ayurvedic* treatments in managing *Vata Vyadhi*. By targeting the underlying imbalances, this treatment aid in alleviating pain and weakness. Moreover, *Ayurveda* offers a holistic and cost-efficient approach to treating *Vata Vyadhi*. However, additional research is needed to further establish its efficacy and safety in managing this condition.

CONCLUSION

This case study assessing the *Ayurvedic* management of *Vata Vyadhi* presents the following key findings:

Symptoms: Initially, the patient experienced radiating pain in the left lower limb, knee joint pain, and left-sided radiculopathy. Following *Ayurvedic* treatment, there was significant relief, with the patient reporting reduced pain and no new symptoms, indicating substantial improvement in their condition. A marked reduction in pain and radiculopathy were observed, likely due to positive lifestyle and dietary modifications.

Overall, *Ayurvedic* interventions demonstrated favorable outcomes, as reflected in symptom relief, improved laboratory parameters, and stable vital signs. This *ayurvedic* approach works by restoring balance and addressing underlying imbalances, thereby promoting overall well-being. However, further clinical trials are essential to validate these findings and establish standardized treatment protocols for *Vata Vyadhi* management.

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