



## CONCEPT OF VESHTAN CHIKITSA BY ACHARYA VAGBHAT WITH ITS CHIKITSA ASPECT.

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**ABSTRACT** Due to unhealthy or inappropriate lifestyle, vitiation of Vata Dosha is mainly observed in patients. Acharya Vagbhat in Sutrasthan, has advised specific Viharaj Chikitsa i.e., external application as a part of treatment for each Dosha. Ayurved is known as 'Science of Life', as Vyadhi Shaman is one of the aims of Ayurved. Different Viharaj Chikitsa like Veshtan Chikitsa plays important role in treatment of diseases. In Samhita, applied aspect of Veshtan as Viharaj Chikitsa Upakrama is described widely. In this article, probable mode of action of Veshtan which is main Viharaj Chikitsa for Vata Dosha along with its therapeutic uses is explained. Veshtan as a treatment is essential mainly for extermination of the diseases which are caused due to Vata Dosha and also essential for diseases where Vata Dosha is vitiated.

**KEYWORDS :** Veshtan, Viharaj Chikitsa, Vishesh-Chikitsa-Upakrama.

### INTRODUCTION :-

In Ayurved, for maintenance of health i.e., for Swasthya Rakshan and for extermination of disease, detail knowledge of treatment along with its various modes of applications is given in Samhitas. Acharya Vagbhat in Doshopakramaneeya chapter, has advised Veshtan Chikitsa as one of the specific Viharaj Chikitsa for Vata Dosha. Viharaj Chikitsa is one of the mode of treatment which can be used externally. In whole Samhita, he has elaborated meaning of Veshtan and its clinical aspects through usefulness of Veshtan Chikitsa in medicine, in pediatrics and in ENT branch of medical science, which are sub-divisions of Ashtang Ayurveda.

In Bruhatrayi, Veshtan is advised in vast aspect. Acharyas have specified the importance of Veshtan in terms of maintenance of health, as a daily regimen, in pediatrics as a regimen to protect and maintain health of newborn and infants and also Veshtan is elaborated as a Chikitsa aspect in various diseases. From this, it is observed that Veshtan is useful right from birth. In this paper, scholar has explored the concept of Veshtan Chikitsa with its Chikitsa aspect advised by Acharya Vagbhat.

### AIM: —

To study the concept of Veshtan Chikitsa as Viharaj Chikitsa advised by Acharya Vagbhat.

### OBJECTIVES: —

- 1) To study concept of Veshtan given by Acharya Vagbhat.
- 2) To study Veshtan as a Chikitsa Upakrama advised by Acharya Vagbhat in Astang Samgrah Samhita and Ashtang Hriday Samhita.

### Definition of Veshtan: —

Acharya Vagbhat, in Ashtang Hriday Sutrasthan, has elaborated and defined the term 'Veshtan' exclusively<sup>1</sup>. He states that Veshtan is a treatment which is applied externally to body part. It looks like a twinning of climbers to the specific body part. In simple language, Veshtan means anything that wraps or surrounds the body part.

### Veshtan as Chikitsa: —

Alleviation i.e., Shaman of vitiated Doshas can be obtained by external i.e., Bahirparimarjan as well as internal application i.e., by Antarparimarjan of treatment. Hence, Acharya Vagbhat has advised Veshtan Chikitsa as Viharaj Chikitsa for Vata Dosha<sup>2</sup>.

Acharya Vagbhat has advised to apply Veshtan at head region every day after bath<sup>3</sup>.

Acharya Vagbhat has mentioned local fomentation (Swedan) in profound quantity followed by Veshtan Chikitsa at Udar i.e., abdomen region for treatment of Alasak Vyadhi<sup>4</sup>. Alasak is a disease in which food does not undergo digestion and gets stagnated inside the stomach. This

disease causes severe abdominal pain without vomiting, diarrhea, etc. Acharya has advised covering of abdomen region tightly with cloth to prevent abdominal distension i.e., Adhman Avastha after Virechan which may lead to complications<sup>5</sup>.

Also, in Udar Vyadhi, where there is accumulation of fluid in peritoneal cavity, abdominal tapping is very important. After removal of Dosha and accumulated fluid, it is mentioned that wound should be covered and then tight application of cloth i.e., Gadhatar Veshtan should be applied around Udar and wound caused due to abdominal tapping, to prevent further accumulation of Doshas and fluid<sup>6</sup>. It is also used to control the activity, movement i.e., Gati of Vata Dosha which is its special characteristic.

After delivery in postpartum period i.e., in Sutika avastha, Veshtan is advised for resizing and restoring of uterus to its original size and shape and also to prevent abdominal distension i.e., Adhman<sup>7</sup>.

Also, in Shalakyata Tantra branch, Acharya Vagbhat has advised Veshtan Chikitsa in treatment of rhinitis (Pratishyay) and Pakshmarodha which are one of the nasal disorder and disease of eye respectively.<sup>8,9</sup>

### Mode of action of Veshtan: —

Veshtan as stated in Ashtang Hriday, is one of the treatments for Vata Dosha. So main mode of action is to maintain normal functions of Vata Dosha.

Prominently acting properties i.e., Gunas, by applying Veshtan can be understood as its heavy i.e., Guru, hot i.e., Ushna, stable i.e., Sthira Gunas which are expected to counter the light in weight i.e., Laghu Guna, cold i.e., Sheeta Guna and unstable, moving i.e., Chala Guna of vitiated Vata Dosha. Veshtan Chikitsa exterminates the disease with the action of giving strength to body part i.e., Bruhan action and fomentation action i.e., Swedan Karma, as it causes cleansing of channels i.e., Stroto Shodhan and stabilization i.e., Sthirikaran actions. Thus, Vata Shaman is achieved by Veshtan Chikitsa either alone or as a supportive treatment with main line of treatment.

### DISCUSSION: —

As Veshtan is one of the specific treatments of Vata Dosha, its main action/function is alleviation of Vata i.e., Vata Shaman. Hence, prominently acting Gunas i.e., properties of Veshtan can be understood as Ushna, Sthira, Guru Guna after application of Veshtan. Effective parameters of Veshtan can be understood using its application in various disease conditions. Ushna Guna limits Sheeta Guna of Vata Dosha, Guru Guna counteracts on Laghu Guna of Vata Dosha. Due to Sthira Guna of Veshtan, the Chala Guna of Vata Dosha can be controlled. Also, Swedan Karma is done by Veshtan Chikitsa as a secondary aspect. Swedan action achieves Stroto Shodhan and Gati Nigrahana Karma. This brings Vata Shaman, either alone or supportive with main line of treatment.

Snana or bathing improves life span, valour, enthusiasm, strength, etc. These are signs of activeness which is Vatadosha's counterpart. Also, Snana is done in the form of Kaya Parisheka i.e., pouring of warm water, and this Ushna Guna induced through Parisheka contributes for body extortion if practiced consistently. This consistent extortion leads to aggression of Vata Dosha. Thus, Veshtan advised by Acharya after Snana, can fruitfully prove useful for alleviation of this resultant Vata Vruddhi.

Also, in Pratishtay Vyadhi, application of Veshtan is advised at head region. In Pratishtay, it is observed that Pranavaha Srotas and Kapha Dosha are affected and increase in nasal secretions are precipitated. To expel out increased nasal secretions, Ushna property is necessary. Veshtan at head region helps to alleviate Sheeta Guna of Kapha Dosha and Vata Dosha as well. The Ushna guna as well brings out lassitude of Kapha Dosha i.e., Kapha Shaithilya and liquification of nasal secretions i.e., Kapha Vilayan is achieved. Also, through Ushna Guna of Veshtan, Srotoshodhan i.e., cleansing of Srotas occur and blockage of channels i.e., Srotorodha is diminished. This helps to expel out nasal secretions and nasal passage becomes clean and performs normal activities.

Generally, diseases occur because of low digestive power or diminished digestive power. Agnimandya i.e. lowered digestive power and Aam i.e., undigested toxic substances result due to nonobedience of Aahar Sevan Niyama i.e., rules regarding food consumption which includes rules regarding Aahar Matra i.e., intake quantity of food. Alasaka Vyadhi is resultant of such Agnimandya. In Alasaka Vyadhi, Acharya Vagbhat has mentioned Veshtan as an external mode of treatment. In Alasaka, Veshtan acts by its Ushna Guna. It helps to increase digestive power i.e., Jatharagni. This increased digestive power helps for Aampachana i.e., conversion of undigested toxic substances into digested one.

In ascites, Dushyadi accumulates at abdomen region. Ascites is caused due to vitiation of Udakavaha Srotas and diminished digestive power i.e., Agnimandya. In the treatment of ascites disease, after Virechan and fluid tapping therapy, Veshtan is advised at abdomen region. Ushna Guna of Veshtan helps to maintain normal level of digestive power. Sthira Guna and Guru Guna of Veshtan decreases Chalata of Vata Dosha. Ushna Guna acts on Sheeta Guna of Vata Dosha and Guru Guna of Veshtan acts on Laghu Guna and Chala Guna of Vata Dosha. Sthira Guna counteracts deformity in channels i.e., Kha-Vaigunya which may occur if post procedure of Udar Chikitsa is not done properly. This helps to prevent accumulation of Vata Dosha in abdomen region.

After delivery in postpartum period, Acharya has advised Veshtan Chikitsa. After the expulsion of fetus from uterus in the process of delivery there remains hollow space inside the uterus which is occupied by Vata Dosha. This Vata Dosha could result in many deformities in female body in due course of time. Laghu Guna hampers the muscle tone of uterus and Chala Guna affects the normal size of uterus. To avoid this, Veshtan Chikitsa helps in following ways. Ushna Guna of Veshtan counteracts Laghu and Sheeta Guna of Vata Dosha which gets in uterus. Swedan property of Veshtan helps to lessen vitiation of Vata in uterus. Veshtan acts by Guru Guna which performs Bruhan action. This is exhibited in the form of Garbhashaya Balavardhan i.e., to provide strength to uterus for restoration of normal size of uterus. This restoration is due to Sthira Guna and Guru Guna of Veshtan which controls the Chala Guna of Vata Dosha.

#### CONCLUSION :—

Veshtan is one of the Viharaj Chikitsa for Vata Dosha. Veshtan Chikitsa have vast clinical aspect. It has broad practical approach. Veshtan is applied throughout lifetime, since birth, also in treatment of various diseases and after delivery. Veshtan Chikitsa is helpful to maintain normal functions of Vata Dosha.

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