Volume : 4 | Issue : 8 | Aug 2015 ISSN - 2250-1991

Research Paper AYURVEDA MEDICINE

A General Study About the Speciality and Functions of Vaat Dosha of Ayurveda Science

AayurVeR iv)an meVaat do8 ka vEx*3y 0v. [s ke kayoRka samaNy A@yyn

Dr. KAMLESH KUMAR SHARMA

PROFESSOR, DEPTT. OF KRIYA SHARIR, GOVERNMENT AKHAN-DANAND AYURVED COLLEGE, AHMEDABAD

ABSTRACT

AayurVeRdk sihtaAo. meiviwNn p/kar kerogo. ka v`R ikya gya hEjo xrIr meiS4t i5do8o. keAs.tuln se]TpNn hotehE AacayoRne do8anusar jb rogo. ka v`R ikya to sbseAi2k rog vat do8 se]TpNn hona btaya gya hE vat do8 se sbi2t rogo. kI xrIr meAi2k Vyapkta manI g{ hE vat se sbi2t rogo. kI icikTsa ,sa@yta v Asa@yta kebareme sihtaAo. meVyapk v ivStar sev`R imlta hE vtRman mehm hmare jIvn medeqtewI hEik xrIr meiviwNn p/kar ka ddRhm Anuvv krtehEjo k{ bar Ai2k tIv/+p mehmare samne]piS4t hota hE
vtRman smy meiviwNn p/kar keddRseswI pa`I 5St hEleikn manv yh nhI. smz pata hEik [s p/kar kel9` xrIr meKyo.]TpNn hotehEt4a [nseiks p/kar bca ja skta hEya km sekm [nkI tIv/ta ko kEsekm ikya ja skta hE
teVyaipnoTMip°NnaWyor2om@yo@vR&ya:|
AÈ°ÈsÈU ÓãÛ

hmare xrIr meVaat do8 mQy =p sexrIr keA2: p/dex meiS4t rhta hE ipTt do8 °dy v naiw kebIct4a kf do8 °dy ke}prI wag meiS4t rh kr sMpURxrIr ko 2ar` krta hE vat do8 hmare xrIr ko hr trh sep/waivt krta hE[smewI ivx8 =p sev<2avS4a meVaat do8 hmare xrIr ko Ai2k tm =p mep/waivt krta hE v<2avS4a me xrIr meVaat do8 keAi2k As.tuln keclte[s se sbi2t rog Ai2k]TpNn hotehEt4a rogo. ke]TpNn hone kI sMwavna wI b!_jatI hE
hmneyha. [s inbN2 meyh p/yas ikya hEik sihtaAo. meAlg Alg jgh pr]plB2 vat do8 se sbi2t iv8y ka A@yyn krke]se srl =p meAam AadmI keil0]piS4t ikya jay ijssevh yh smzneme sfl ho skeik vat do8 Kya hE? [s se sbi2t rog k0nsehE jo Kyo.}TpNn hotehEt4a [nsekEse bca ja skta hE

KEYWORDS i5do8,vEx*3y,2atu,sa@yta,mhayN5,neta

pircy-

svRN5a`a. iv2ata vayne wgvan\|

cÈsÈEÈ ÓÔãÚ

ivXv b/½a~D ke dh =pI mhayN5 me lgehU 7o3ebDe

klpujoRka s.caln vayu tTv hI krta hE

SvyMwEB wgvan\ vayurTyiwxiBdt:|

SvatN"yaiNnTywavaCc svgTva%4Ec||

svRame svaRma svRoknmSk<t: |

iS4TyTpi%ivnax8uwUanam8 kar`m\||

AVyKto VyKtkmaRc =9:xIto l6xcl: ||

ityRgo iugùXcE rjo bhul 0v c|

AicNTyvIyoRdo8a`a. neta rogsmbra3\||

AaxukarI mhXcarI pKva2angdaly: |

dheivcrStSy l9`ain inbo2 me||

do8 2aTviGnsmta. sMpaiPt. iv8y8uc|

ik/ya`amanuloMy. c kroTy kiptoTMinl:||

sÈinÈAÈ ÓãX-ÓÒ

ijsehm pak<t vat ka nam detehEvh 0k mhTvpURtTv hE yh vat sMpUR xrIr me ivcr` krta hE vayu 0v. Aakax mhawU se [skI ]Tpi% hu hE xrIr me [skI s%a inrNtr bnI rhtI hE yh Apne kayoR ke sMpNn krne meiksI ANy kI Ape9a nhI. krta hE vat AdXy hota hE leikn yh Apne kayoR se Apne Aapko p/k3 krta hE s.sar me swI pai`yo. kI]Tpi% ,iS4it 0v. m<2yu vat pr hI inwR krtI hE xrIr me yh =9,xIt,l6u 0v. cl gù Sv=p hE rj mhagù kI [sme p/2anta rhtI hE sMpUR xrIr me}pr,nIce AOr paXvRme swI AOr [skI git rhtI rhtI hE vayu 0v. Aakax mhawU ke xBd 0v. SpxRdono. gù [sme rhte hE yh vat AicNTyvIyRKt hota hE A4aR\ VyiKt ATyNt xiKtxalI bn jata hE yh swI do8o. ka neta khlata hE A4aR\ yh swI do8o. me p/muq hE xrIr me vat do8 keivk<t

ho jane pr [s ke µara s b se Ai2k rog]TpNn hote hÆ vat do8 xI6/ hI swI dh ik/yaAo. ko sMpNn krata hE t4a barMbar gitya.]TpNn krta hÆ xrIr me pKvaxy se gula pyRt vat do8 mQy =p se iS4t hota hÆ [s pák< do8 ke s.tuln ke kar` xrIr me iS4t ANy do8-2atu 0v. AiGnyo. ka sam'jSy bna rhta hÆ xrIr me iS4t swI [iNd/ya. Apne Apne iv8yo. ka gh` #Ik-#Ik krtI hE t4a xrIr me]TpNn hone valI swI p/kar kI gitya. 0v. ik/ya0. AnukU =p me sMpNn hotI hÆ

iv=²EipnTvete gùEnRNt prSprm\|

do8a: shj saMyTvad\ iv8. 6ormhIinv||

cÈicÈAÈ ÔØãÔÛÕ

SvS4 iS4it me vat,ipTt 0v. Xlèma do8 xrIr ke wItr Svwavt: saMy ya s.tiult AvS4a me rhte hE AOr ye tIno. prSpr ivro2I gù rqte hO wI 0k dUsre ke 6atk nhI. hote hÆ

vat do8 ke samaNy gù kmR-

]TsahoC7vasin:Xvas cè3a 2atugit: sma:|

smo mo9o gitmta. Vaayo: kmaRvkarjm\|\|

cÈsÈAÈ ÓÚã×Ó

]Tsah,]C7vasÜExpirationÝ,in:XvasI ÜinspirationÝ, xrIr me hone valI swI p/kar kI cè3a0.,rs, rKtaid 2atnAo. kI sMyk\ p/kar se git, mlaid ka sMyk\ p/kar se xrIr se in*kasn Aaid ik/ya0. Aivk< vat do8 ke samaNy kmRhÆ

=9:xIto l6usUmXclo™4 ivxd: qr:|

ivprItgùEDyEaRt: sMp/xaMyit||

cÈsÈAÈ Óã×Û

vat do8 =9,xItl,l6usUm, cl, ivxd 0v. qr [n wOitk gùo. se yKt hota hÆ [n gùo. ke ivprIt gù vale d/yo. se xrIr me vat do8 ka xmn hota hÆ

SvaµMl lv`a vayu,k8aySvadutKtka:|

jyiNt ipTt.,Xlèma`. k8ay k3uitKtka:|

cÈsÈAÈ ÓãØØ

Svadu A4aR\ m2n,AMl 0v. lv` rs xrIr me vat do8 ko,k8ay,m2n AOr itKt rs ipTt do8 ko t4a k8ay, k3uAOr itKt rs kf do8 ko xaNt krte hÆ Aahar kI ma5a AOr AiGnbl ka sMbN2 -

ma5axI Syat\| Aaharma5a pnriGnblapie9`I|

cÈsÈAÈ ×ãÕ

manv ko ma5apUR wojn krna caih0|Aahar kI ma5a AiGn kebl kI Ape9a krne valI hotI hÆ

n cEmKte d/ye gu la6vmkar`. mNyet;l6Un ih d/yai` vaYviGn- gùbhulain wviNt, p$vI somgù- bhu lanItrai`, tSmat\ Svgùadip- l6UyiGnsN2o9`Sv-wavaNyLp-do8ai` coCyNtèip sOihTyopyKtain _ ⊥

cÈsÈAÈ ×ãØ

manv ke Aahar me gu ÜwarIÝ 0v. l6uÜhLkaÝ wojn ma5a kI Ape9a krte hÆ jo Aahar d/y p/kit se l6u hote hE]nme Vaayu v AiGn gù kI pblta hotI hE t4a jo Aahar d/y gu ÜwarIÝ hote hE]nme jl v p$vI gù kI pblta hotI hÆ [sil0 Apne Svawaivk gùo. ke kar` l6u Aahar d/y AiGn ko b!ane vale hote hE At: l6u Aahar d/yo. ka Ai2k ma5a me wojn krne pr wI xrIr me ALp do8o. ko ]TpNn krte hE jbik gu Aahar d/y AiGn ke gùo. ke ivprIt gù vale hote hE At: Agr manv [Nhe Ai2k ma5a me gh` krta hE to ye xrIr me Ai2k do8o. ko]TpNn krte hÆAacayRcrk µara]proKt t$y me vat do8 kI ivix*3ta Sp*3 pirli9t hotI hÆ

VyiKt ApnI idncyaRme xaS5o. me]iLliqt 7o3e mo3e]payo. ko wI xaiml krta hE to vat do8 se]TpNn hone vale iviwNn p/kar ke rogo. se bc skta hÆ]dahr`Sv=p Agr mnuy rojana AWy¥ A4aR\ xrIr pr tE ka mdR kre to vh vat do8 ko jIt skta hE Kyoik SpxR [iNd/y ÜTvcaÝ me vayu Ai2k hota hE|SpxR ka Anuv Tvca ke Aai&t hota hE| tE vat naxk hota hE At: pitidn xrIr pr mdR krne se yh Tvca ke il0 prm ihtkarI hÆ

in*k8R

vayuayuR. vayuRyu2Rta xrIir`am\|

vayivRvimd. svRp/wuayRic kIitR:||

cÈicÈAÈ ÔÚãÕàÕ

AacayR crk mtanusar vayu ko hI Aayu kha jata hE vayu hI xrIr ka bl hE pái`yo. ke xrIr ko 2ar` krne vala vayu hI hE yh sMpÜR s.sar vayu =p hEA0r vayu ko hI p/wu ÜSvamI- sb ku7 krne me sm4R kha gya hE

ipTt. pgu kf: pgu pgvo ml 2atv:|

vayuna y5 nIyNte t5 gC7iNt m6vt\||

xaÈwaÈà0,AÈà×ãÔ×

kf,ipTt,ÜmÜ5,pnI8,Svelaid Ý ml t4a rs,rKtaid 2atu ye sb pgu hEA4aR\ Svy. git krne me Asm4R hE vayu hI [Nhe git p/dan krta hE

AayuwR xaS5 ke iviwNn sihta gN4o. me jgh-jgh ibqre h0]proKt swI]²hr`o. se yh Sp*3 hEik AayuwR iv)an ke i5do8 is²aNt me vat do8 ka Apna 0k Alg vEx*3y hE ijska xrIr me As.tuln ANy do8o. kI Ape9a Ai2k p/waivt krta hE [skI ivkit se]TpNn rogo. kI sQya wI Aa-cayoRne Ai2k bta{ hE At: hme Caaih0 ik xaS5o. me ilqe gye vat do8 ko xaNt krne vale]payo. ke µara hme inrNtr [se xaNt krne ka p/yas krte rhna caih0|

REFERENCES

crk sihta p/4m wag,DaÈgga shay pa~Dey,c0qMwa sSk< sS4an,iv´oitnI ihNdI VyaQya,ÓÛÚÕ | crk sihta iµtIy wag, DaÈb/½anNd i5p-a#I,c0qMwa snwartI p/kaxn,vara`sI ÓÛÛÕ | s&u sihta,AiMbka dTt xaS5I, VyaQyakar,AayuwR tTv sNdIipka, ÓÛÚÙ | xa¥Rr sihta,p/ke Aar &IkaNt mUt,Rc0qMwa AoiryN3ailya, vara`sI,ÓÛÚÕ | A*3a¥ ¹dym,lal cNd vE, VyaQyakar,svaR sNdrI VyaQya,ÓÛØÕ | inrNjn dev AayuwRal£ar,p/ák< AiGn iv)an,AayuwR 0v. itBbI AkadmI, ÓÛÙÕ | inrNjn dev AayuwRal£ar,p/ák< do8 iv)an,AayuwR 0v. itBbI AkadmI,ÓÛÙÓ | hir dTt xaS5I, dh2aTviGniv)anm, motIlal bnarsI das, ÓÛÙÙ | AayuwRIy ik/yaxarIr, vE r`ijt ray desa{,&I vEna4 AayuwR wvn il-im3D,nagpn,ÓÛÚÔ |