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AYURVEDIC MANAGEMENT ON VYAYAM ATIYOG - A CASE STUDY

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ABSTRACT

In Ayurveda, Vyayam (exercise) is advocated as an essential component of daily regimen (Dinacharya). However, Atiyoga (excessive practice) of Vyayam is contraindicated, as it can lead to derangement of Doshas and disease manifestation. This case study presents a 12 year-old male patient with classical symptoms of tremors, excessive talkativeness, pain in back & lower extremities, fatigue, anger as Vyayam Atiyoga and its successful management through Ayurvedic interventions. In Ayurveda there are various methods are given in which Shamana Chikitsa are useful in the management of Vyayam atiyog janya vikar. Patient was treated with Shaman chikitsa. Results were found quite satisfactory.

INTRODUCTION

Ayurveda the science of life considers a person healthy when there is a balance of three doshas i.e Vata, Pitta and Kapha. Vata is considered as motivator and controller of other two doshas. Major Neurological disorders comes under Vatavyadhis. Charakacharya mentioned 80 types of Nanatmaja Vata Vikaras and Kampa is considered as one among them. As it is mentioned in Shabda Kalpadruma that "Na Kampo Vayuna vina" so it is considered under Vatavyadhi.

The word Vyayam comes from Sanskrit: Vi = special or intense, Ayam = movement or expansion

So, Vyayam means "special or purposeful movement", aimed at improving or maintaining physical and mental health.

In Ayurveda, "Vyayam" means physical exercise or controlled bodily movement done with special purpose and awareness. Vyayam is essential for physical health as well as mental health.

Aims & Objectives

1. To Understand the Limits of Physical Activity:
   Ayurveda emphasizes Yukta Vyayam (moderate exercise). The aim is to know when exercise becomes Ati Vyayam — excessive and harmful.
2. To Recognize the Signs and Symptoms of Over-exertion:
   Early detection of Ativyayam Lakshanas (signs of over-exercise) helps prevent disease.
3. To Maintain Dosha in balance state
   The aim is to prevent Vata and Pitta aggravation caused by excessive strain on the body.
4. To Prevent Bala Kshaya (loss of strength):
   Understanding Ativyayam helps avoid Dhatu depletion and immunity compromise.

Objectives -

1. To define and explain the concept of Ativyayam as per Ayurvedic classical texts (e.g., Charaka Samhita, Sushruta Samhita).
2. To identify the causes (Nidana) and pathogenesis (Samprapti) of disorders related to excessive exercise.
3. To list and describe the symptoms (Lakshana) of Ativyayam such as Kampa (tremors), Shrama (extreme fatigue), Bala Kshaya (loss of strength), Chankraman asahatva(loss of movement), Anidra (insomnia), Jwar veg (fever), Krodh (Anger) etc.

MATERIAL AND METHODS

Case Report: A 12 years young male patient with an attendant was approached to Deerghayu ayurvedic chikitsalaya (OPD), Chha. Sambhaji nagar on 28th Feb 2025 with the Chief complain of body tremors, difficulty in walking (initiation of walking), weakness in the body, muscle pain at back and lower extremities. Patient was on Tab. Calpol 625 mg Half OD.

History of Present Illness -

A male patient, aged 12 years approached the OPD with complaints of body tremors , Pralap , difficulty in walking in the last one month . The symptoms developed by excessive exercise in the past one month back . He consulted physicians for which painkillers were prescribed for which temporary relief was obtained. For better management of the tremors, pain in lower extremities & at back region , the patient came to Deerghayu Ayurved Swasthyalaya , Chha. Sambhajinagar . No relevant past history and no similar complaints are found in the family.

Patient were participated in Suryanamaskar competition where he completed 175 surya namaskar nonstop at 11.30 to 12.30 time duration. After that on evening he had fever with body ache. For that complaints he consulted physician for which painkillers were prescribed. He got temporary relief. But after that he was suffering from body tremors, severe weakness.

Nidan (causative factors) – excessive exercise

Physical Examination:

Nadi - 84/min
RR – 26/min,
Sparsha- Body temp. -99 * F
Druka (Eye exam) - NAD
Jivha – Niram
Purish veg – one time
Mutra veg – 6-7 times
Aakruti – Madhyam
Prakruti – Pitta pradhan vaataj
Body wt.- 32 kg.
Occupation- student (school time- 10.30 to 4.30 pm)

Systemic Examination

Resp. System - Chest is clear, CVS – S1 and S2 normal
CNS - Conscious and Orientation was normal
P/A- Soft, no tenderness, bowel sounds were present

Samprapti (Pathogenesis) –

Ati Vyayama (excess exercise)
↓
Vata + Pitta Prakopa, Kapha Kshaya
↓
Dhatu Kshaya (Rasa, Mamsa, Meda)

↓
Srotodushti (Mamsavaha, Swedavaha)
↓
Lakshana: Kampa , weakness, anger
↓
Ativyayam Janya Vikara (disease manifestation)

Table 1- Samprapti Ghataka (Components of Pathogenesis):

Sr.no.	Elements	Description
1.	Dosha	↑ Vata, ↑ Pitta, ↓ Kapha
2.	Dushya	Rasa, Rakta, Mamsa, Meda
3.	Agni	Agnimandya
4.	Ama	May be formed due to Agni dushti
5.	Srotas	Mamsavaha, Swedavaha, Mutravaha, Annavaha
6.	Roga Marga	Bahya & Madhyama
7.	Udbhava Sthana	Koshtha
8.	Adhisthana	Mamsa, Sandhi, Manas

Diagnosis -
He was diagnosed as Kampa (Ativyayam janya dhatukshaya) on the basis of clinical signs and symptoms after the thorough examination.

Plan of Treatment: Oral ayurvedic preparations were selected based on their useful properties to pacify vitiated doshas and for the sampraptibhanga of the disease.

The following medications were given to the patient for a period of 1 and ½ months. Patient reported to the OPD in every 15 days for taking of medicines.

Nidana Parivarjanam- It is important Chikitsa in every disease. It is a first line of treatment.

Pathya – Apathya –
Pathya – Aahara – Laghu, Snigdha, ushna aahara
Vihar- Rest was suggested to the patient.
Apathya – All the hetus

Table 2 – Medication

Sr. no.	Aushadhi dravya	Matra	Sevan kala	Anupan	Du-ration	Pro-perties
1.	Ksheerbala Tail	Abhyanagartha	Prat:	--------	For 1 ½ month	Vaat shaman, balya
2.	Sitopaladi churna	1 gm	Purvahn, madhyanha, Aparahna kal	Honey + ghee Unequal matra	For 1 ½ month	Dah jit, kshaya har property, Jwarhar
3.	Brahmi , Jatamansi , Ashwagandha	2.5gm	Ratri	Koshna jai	For 1 ½ month	Rasayan, Brumhan, Nidrakar
4.	Krumi kuthar ras	125 mg	bhojanottar	Koshna jal	For 1 ½ month	sanjat krumi lakshan i.e. jwar veg, shul lakshan
After 15 days follow up	1,2,3,4 treatment as suggested before	------	--------	-------	-------	----------
5.	Madhumalini vasant -	125mg	Apan kal	dugdh	For 1 month	bal-mansa -agni vardhan
After 15 days follow up	1,2,3 treatment as suggested					
6.	Aragwadha kapila vati	125mg	Ratri	Koshna jal	15 days	Pitta rechan, krumihar
7.	Bala Pushti	5gm	Prat:	Dugdha	15 days	Balya , brumhana
8.	Bala-Ashwagandha Tail	Sarvanga abhyanga	Prat:	-------	15 days	Vaat shaman, balya
9.	Ashwagandha, Shatavari, Vidari, Kavach beej churna	2.5 gm	Prat: & sayamkal	Dugdha	15 days	Vaathar, balya , rasayana

RESULT
After 15 days of treatment patient showed a significant amount of change in the condition, pain was reduced patient was getting sound sleep. First follow up – Tremors, delirium, insomnia, anger were subsided partially, patient walked with his own.

Second follow up after 15 days date----- – 1,2,3 treatment as before suggested as it is and Madhumalini vasant - 125 mg two times with milk in morning and in evening Gandush with til tail with luke warm water all symptoms were subsided.

Third follow up after 15 days – date ----------
Total relief on symptoms. Patient could walk independently without any support. He had not back pain; lower extremities pain. His weakness was also subsided. He slept very well for 7-8 hours at night.

Table 3:Treatment Result -

Sr.no.	Symptoms	Before treatment	After treatment
1.	Sharir Kampa	++++	------
2.	Weakness	++++	------
3.	Back pain	+++	------
4.	Lower extremities pain	+++	------
5.	Anidra	+++	-----

+ = Mild, ++ = Moderate, +++ = Severe ++++

DISCUSSION
In this present case study patient got considerable difference from the symptoms. The patient is suffering from body tremors(Kampa), back pain and pain in lower extremities (prushtha shool & paad shool), weakness(dourbalya) due to excessive exercise leads to aggravation of Vaat dosha . So it is concluded Vyayam atiyog janya dhatukshaya leads to Kampa. By assessing the etiology of Vata prakopjanya Kampa - Ativyayam leads to vitiation (prakopa) of primarily Vata and Pitta doshas.

Effects of Ativyayam on Dosha -Dhatu -Mala-

1. Effects on dosha - Vata Prakopa:- Due to excessive movement and dryness leads to: angamard, Kampa (tremors), Shrama (fatigue), Bala bhransha (weakness), restricted body movements, paad- prushtha shool (pain in lower extremities) back pain, Anidra (insomnia), Pitta Prakopa: Due to heat and intensity of exertion leads to jwar veg (fever),Bhrama (dizziness) Kapha Kshaya (reduction): Kapha is diminished due to overexertion, causing: Bala kshaya (Stamina loss) and degeneration

2. Effects on Dhatu : Continuous Ativyayam causes Dhatu Kshaya (depletion of body tissues) due to catabolic strain. Rasa (Plasma)- Dehydration, loss of energy, exhaustion, Jwar veg (fever)Rakta (Blood)- Increased heat,
Mamsa (Muscle)- Muscle fatigue, lower extremities and back pain, loss of strength
Meda (Fat)-Excessive fat loss, resulting in weakness

Asthi (Bone)-Weakness in bones, joint pain, cracking
Majja (Marrow)-Mental fatigue, sleep disturbance
Shukra (Reproductive tissue)- not applicable

3. Effects on Mala (मल):

Mutra (Urine) Dehydration → reduced urine, burning sensation
Purisha (Stool) Constipation due to Vata aggravation
Sweda (Sweat) Excessive sweating, electrolyte loss, dehydration

This aggravated vaat dosha vitiates mansa dhatu which leads to tremors (Kampa)
Along with Vata Anubandha Dosha involved is Pitta, Nidanas can lead to Ruksha Guna Vridhi which may cause Vata Prakopa. Since the Anubandha Dosha involved is Pitta we should pacify Vata and Pitta at the same time.

1. Sitopaladi churna was used as daha jit , kshaya har property, antipyretic property as mentioned in Bha.Bhai. Rat.5
2. Krumikuthar rasa was used against sanjat krumi lakshan as mentioned in Bha.Bhai. Rat.1/10 i.e. jwar veg, shool lakshan which was present in patient
3. Madhumalini vasant rasa was used as bal-mansa -agni vardhan as well it has antipyretic property as mentioned in Ras. Chandra. Jwaradhikar
4. Ksheerbala tail was used for sarvanga abhyanga . It acts on prakupit vaat dosha and diminishes the vaat prakop janya lakshan. It also act as rasayana , brunhan to elevates the mansa dhatu bala .
5. Ashwagandha – kshaya har ,balya , pacify vaat dosha
6. Shatavari – balya , rasayana, pacify vaat ,pitta dosha
7. Kavach beej – Vaathar, balya ,rasayana
8. Vidari – brumhana , pacify vaat dosha
9. Brahmi – Jwarhar, medhya
10. Jatamansi – nidrakar, balya, jwarhar
11. Bala -ashwagandhadi tail- pacify vaat dosha as mentioned in sahastrayog tail prakaran

Table 4- Principal Actions of Aushadhi Dravya

Sr.no.	Aushadhi dravya	Principal action
1.	Sitopaladi churna	daha jit , kshaya har
2.	Krumikuthar rasa	krumihar , shoolhar
3.	Madhumalini vasant rasa	bal-mansa -agni vardhan
4.	Ksheerbala tail	Vaat dosha shaman, rasayana, brunhan
5.	Aswagandha	kshaya har, balya, pacify vaat dosha
6.	Shatavari	balya, rasayana, pacify vaat, pitta dosha
7.	Kavach beej	Vaathar, balya ,rasayana
8.	Vidari	brumhana , pacify vaat dosha
9.	Brahmi	Jwarhar , medhya
10.	Jatamansi	nidrakar, balya, jwarhar
11.	Bala - ashwagandhadi tail	pacify vaat dosha

CONCLUSION

This case study demonstrated the satisfactory management on Ativyayam janya dhatukshaya vikar with Ayurvedic medicinal interventions and provides foundation for further future research studies.

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