

## Nidana & Samprapthi

विरुद्धाहारचेष्टस्य मन्दाग्नेर्निश्चलस्य च  
स्निग्धं भुक्तवतो ह्यन्नं व्यायामं कुर्वतस्तथा १

वायुना प्रेरितो ह्यामः श्लेष्मस्थानं प्रधावति  
तेनात्यर्थं विदग्धोऽसौ धमनीः प्रतिपद्यते २



## ETIOLOGY & PATHOPHYSIOLOGY

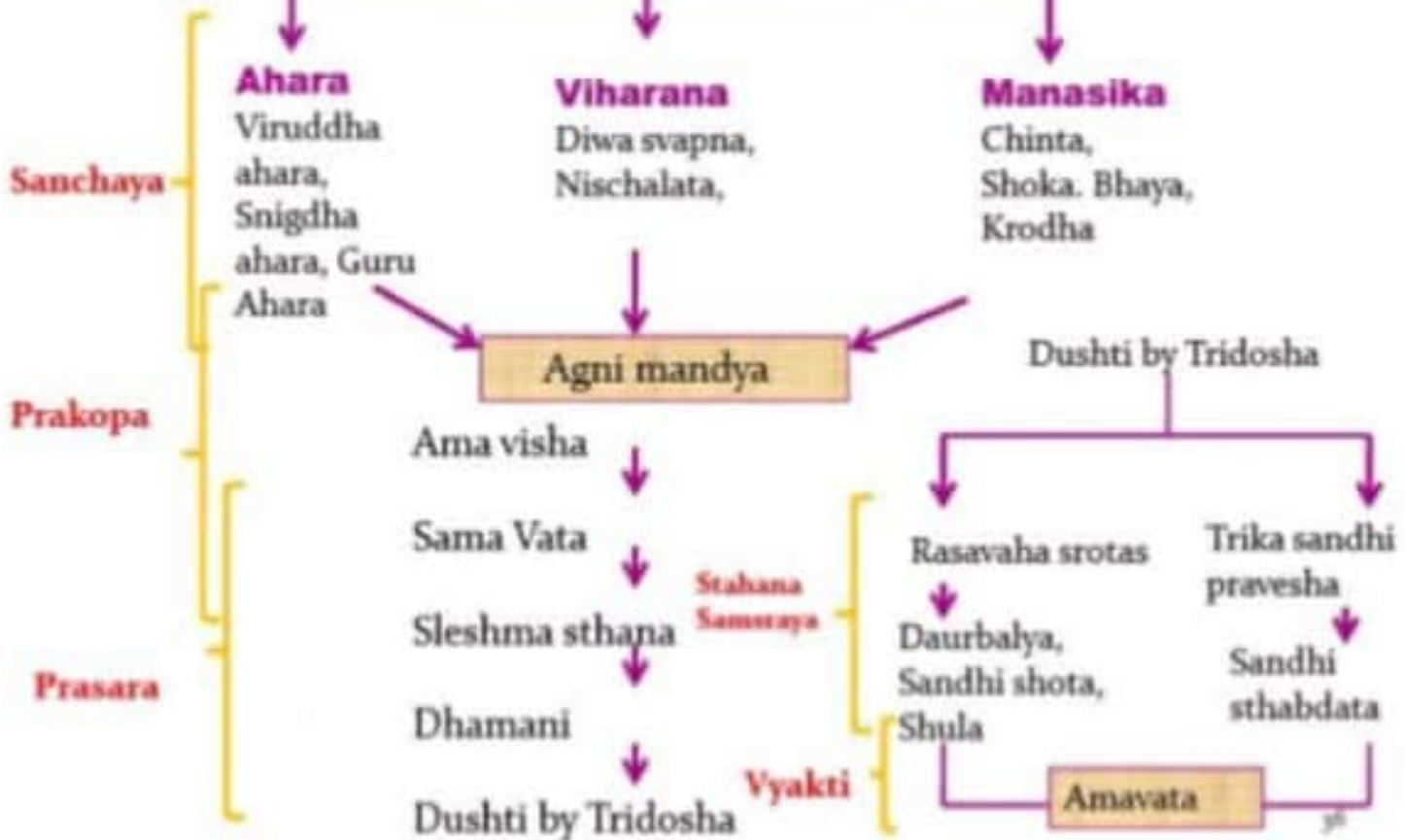
- **Viruddahara**- means unwholesome foods or combination of foods which effects adversely.
- **Poor digestion** power, defective metabolism
- **Sedentary life style** and also too much exercise
- So affected defective metabolism with the influence of **Vata** also affects the normal functioning, and the products of this reaches Dhamanis (blood vessels) and circulates all over the body especially to the **sites of Kafa** and produces symptoms.

## ETIOLOGY & PATHOPHYSIOLOGY

वातपित्तकफैर्भूयो दूषितः सोऽन्नजो रसः  
स्रोतांस्यभिष्यन्दयति नानावर्णोऽतिपिच्छिलः ३

जनयत्याशु दौर्बल्यं गौरवं हृदयस्य च  
व्याधीनामाश्रयो ह्येष आमसंज्ञोऽतिदारुणः ४

**Samprapti of Ama Vata**



## Signs

युगपत्कुपितावन्तस्त्रिक सन्धिप्रवेशकौ  
स्तब्धं च कुरुतो गात्रमामवातः स उच्यते ५

- These defective metabolic products with the influence of Vata produces symptoms in neck, lower back and all over the body and produces stiffness.

## Samanya Laxyan

अङ्गमर्दोऽरुचिस्तृष्णा ह्यालस्यं गौरवं ज्वरः  
अपाकः शूनताऽङ्गानामामवातस्य लक्षणम् ६

- Bodyache
- Poor appetite, feeling thirsty, lethargic
- Heavyness in the body
- Feverish feeling
- Non inflammatory and non suppurative nature

हस्तपादाशरागुल्फात्रकजानूरुसान्धषु ७

करोति सरुजं शोथं यत्र दोषः प्रपद्यते

स देशो रुज्यतेऽत्यर्थं व्याविद्ध इव वृश्चिकैः ८

- Very difficult to tolerate when becomes severe. Can also be considered as difficult to treat when aggravates
- Severe pain in hand, foot, head, ankle, neck, low back, knee and hip joints
- Pain and swelling is seen in different parts of body
- Pain will be severe as if **bitten by scorpion**.  
(burning sensation and pain as if hit by stick)

## Complications

- Anorexia and feeling of heaviness over the body
- Loss of interest/drive
- Bad taste in the mouth
- Polyurea and burning micturition
- Hardness in the abdomen
- Colicky pain
- Reversal of normal sleeping habit
- Thirst
- Vomiting
- Giddiness
- Fainting
- Pericardial discomfort
- Constipation
- Stiffness
- Gurgling intestinal sounds
- Other complications



## **Doshik involvement and Sadhyasadhyatha**

पित्तात्सदाहरागं च सशूलं पवनानुगम्  
स्तिमितं गुरुकरडूं च कफदुष्टं तमादिशेत् ११

एकदोषानुगः साध्यो द्विदोषो याप्य उच्यते  
सर्वदेहचरः शोथः सः कृच्छ्रः सान्निपातिकः १२

### Dosha Involvement

Pitta-Daha and Raga

Vata- soola

Kafa- Stimitata, Kandu and Tama

### Prognosis

Sadhya-Ekadoshas

Yappya-Two dosha involved

Asadhya-All dosha involved and if inflammation is all over  
the body