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Review Article



Classification, Causes, Pathogenesis and Ayurveda Management of Avarana

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Abstract

Avarana is disease related concept of Ayurveda; that play role in the pathogenesis of various diseases. The management of *Avarana* also play key role in the successful treatment of disease. *Avarana* mainly involve vitiation of *Vata* which is self-generated and acts as triggering factors for many ailments. The *Avarana* itself means *Avarodha* that is also referred as *Gatinirodha*. Ayurveda described various types of *Avarana* or *Avarana Vatas* depending upon *Avruta* and *Avaraka*. *Avruta* means getting obstructed and *Avaraka* causes obstruction. The proper diagnosis and management of *Avarana Vata* is prerequisite since wrong diagnosis may lead to faulty treatment plan that may further deteriorate the pathology. The proper knowledge and diagnosis of *Avarana* is important for physician to attain *Chikitsa Saphalyata*. This article made an attempt to describe classification, causes, pathogenesis and Ayurveda management of *Avarana*.

Keywords: Ayurveda, Avarana, Diagnosis, Treatment, Vata

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1. Introduction

Ayurveda considered *Srotas* as body channels which are essential for the normal physiology of body. In pathological conditions the obstruction of these *Srotas* also play important role. *Nidana* (causative factors) leads to vitiation of *Dosha* that gets accumulated in the *Srotas*, followed by *Dosha Dushti* which results manifestation of the disease. According to Ayurveda there are many factors responsible for *Srotodushti* including obstruction by *Vata*. *Vata Kopa*, *Anubandha*, *Gata Vata* and *Avarana* results many symptoms with different aetio-pathogenic mechanisms. Here *Avarana* described as obstruction in body channels associated with vitiation of *Vata* and *Dhatu kshay*. (1-4)

2. Causes/Nidana:

Avarana mainly related with the obstruction in normal *Gati* of *Vata*. The general concept of *Avarana* is that the predominant *Dosha* after vitiation affects other *Dosha* which is weak in nature and hampers its *Gati*. Normally *Vata prakara* help to carry various functions properly but when it gets vitiated in path it impedes *Gati* of other causing to the *Avarana*.

Avarana involves two important aspect; one which is being obstructed and second one is which obstructs others. The obstructed factor is termed as *Avruta* and other factor that obstructs flow of the first factor is described as *Avaraka*. The *Vata* is comes under the group of *Avruta* factor due to its ability to flow independently while *Avaraka* factor can be a other elements including *Dosha* and *Mala* which obstruct *Avruta*. (4-6)

3. Classification:

According to *Dosha* there are two types of *Avarana* as mentioned below:

1. *Samanyaja Avarana*
2. *Nanatmaja Avarana*

According to *Nidana- Samprapti* there are four types of *Avarana* as mentioned below:

1. *Kevala*
2. *Avaranajanya*
3. *Samshrishta*
4. *Dhaatukshayajanya*

Avarana of Vata:

- ✓ Obstruction of *Vata* movement due to *Kapha*, *Pitta*, *Dhatu* and *Malas*, etc.

Anyonyavarana:

- ✓ Sub types of *Vata* get obstructed by other *Vata*.

Other Types of Avarana:

In Ayurveda, there are different types of *Avarana* associated with *Doshas*. Some common types include *Vata Avarana*, *Pitta Avarana*, *Kapha Avarana* and *Srotorodha*

➤ *Vata Avarana*:

This affects *Vata dosha*, which governs movement in the body. *Vata Avarana* can lead constipation, bloating, gas, dryness and joint pain, etc.

➤ *Pitta Avarana*:

Pitta dosha is affected in this type of *Avarana*; symptoms may include acidity, inflammation, heartburn, liver congestion and skin rashes, etc.

➤ *Kapha Avarana*:

Kapha dosha is impacted by this type of blockage including symptoms of congestion, weight gain, sluggishness, excessive mucus production and lethargy, etc.

➤ *Srotorodha*:

This refers to the obstruction of the body's channels, which can affect flow of vital substances.

Samprapti of Avarana:

Vata possess *Chala* quality responsible for *Gati* therefore it can be obstructed by any factors and in such conditions its function also gets hampered that results various diseases. *Avarana* can be produced by various *Vruddhi* or *Kshaya* of various types of *Dhatu*. *Kapha* is being heavier than *Pitta* and *Vata* thus it can obstruct *Vata* and *Pitta*. Similarly *Pitta* being heavier than *Vata* since it posses *Drava Guna* thus can obstruct *Vata* which is lighter than *Pitta*. Here it is very clear that *Vata* is only *Dosha* that is being obstructed by other factors and *Vata* can also be obstructed by different varieties of *Vata* moving in different directions. (6-8)

4. Symptoms of Avarana Vata:

There are various types of *Avarana Vata* some of them reflecting in **Figure 1**. These possess varied symptoms as mentioned below:

- ✓ *Pranavruta Vyanavata* includes symptoms of loss of sensory functions and diminished state of strength.
- ✓ *Vyanavruta Pranavata* includes symptom of sweating, skin problems & numbness.
- ✓ *Pranavruta Samanavata* includes symptoms of speech difficulty and slurring in speech.
- ✓ *Samanavruta Apanavata* includes symptoms of colic pain.
- ✓ *Pranavruta Udanavata* includes symptoms of head stiffness, obstruction in respiration, dryness in mouth and rhinitis, etc.

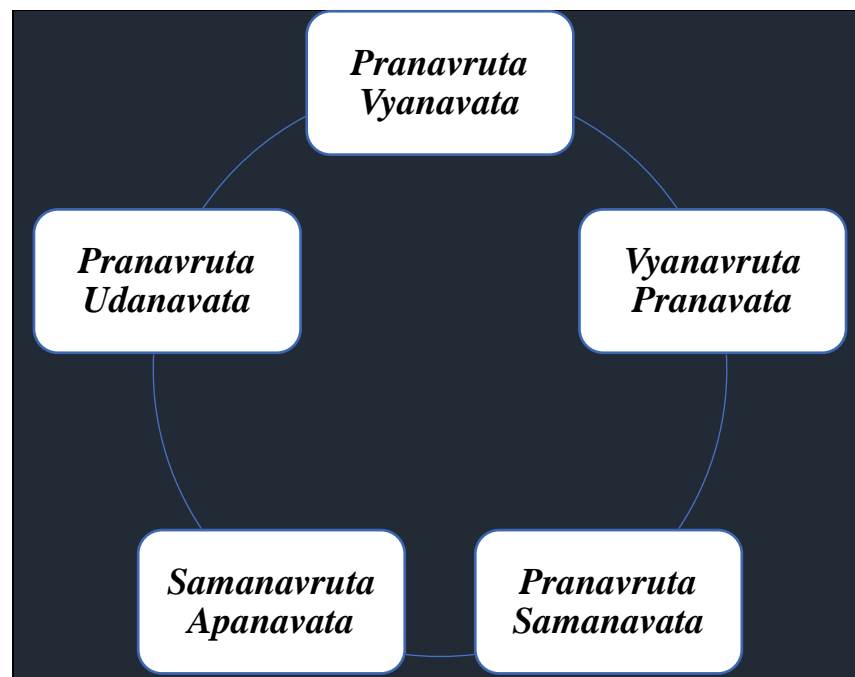


Figure 1: Various types of *Vata Avarana*

5. Ayurveda Management

Medicaments with *Anabhishyandi* and *Snigdha* properties should be used to cleanse the *Srotas*. They facilitate the movement of *Vata* since offering *Vatanulomana* properties. *Udana Vata* which is responsible for upward movement should be directed

upwards. *Apana Vata* responsible for downward movement should be directed downwards.

Shilajeet and *Guggulu*, can be administered, *Chyavanprash* and *Abhayaamalaki rasayana* are also recommended for their rejuvenating properties to combat against diminish state of *Dhatu* associated with *Avarana*.

Panchakarma therapies recommended for *Avarana*, *Panchakarma* should be based on the specific obstruction and *Doshic* involvement. *Kapha* obstructing *Vata*; should be done first to alleviate the *Kapha* obstruction.

Vyana Avruta Prana can be treated with *Snehayukta virechana*, *Prana Avruta Vyana* can be treated with *Nasya*, *Prana Avruta Samana* can be treated with *Yapana basti*, *Udana Avruta Apana* can be treated with *Basti*. (7-10)

6. Conclusion:

Avarana indeed plays a significant role in the pathogenesis of various diseases according to Ayurvedic principles. It involves the obstruction of normal *Vata* movements, leading to the vitiation of other *Doshas* and causing various ailments. *Avarana* also referred to as *Gatinirodha*, it involves vitiation of *Vata Dosha*, leading to the obstruction of other *Doshas*. Ayurveda describes various types of *Avarana* based on *Avruta* and *Avaraka*. These obstructions hinder the normal *Gati* of *Vata*. *Panchakarma* therapies are recommended for treating *Avarana*, *Kapha* obstructing *Vata* can be treated first to alleviate the *Kapha* obstruction. *Vyana Avruta Prana* can be treated with *Snehayukta virechana*. *Prana Avruta Vyana* can be treated with *Nasya*. *Prana Avruta Samana* can be treated with *Yapana basti* and *Udana Avruta Apana* can be treated with *Basti*.

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Conflict of Interest

The authors declare that there is no conflict of interest regarding the publication of this article.

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