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Review Article

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Concept of *Avarana*; Role in Disease and its Diagnostic Importance in Ayurveda

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Abstract

Avarana is a unique and important Ayurvedic concept that describes the pathogenetic route of a number of ailments. Accurate analysis and therapeutic application require a deep comprehension of its underlying principles. *Avarana* is similar to many clinical disorders, but because of insufficient clinical understanding, it is frequently misdiagnosed. As a result, standard therapeutic approaches may not yield the intended results when treating a variety of *Vata*-dominant illnesses. In Ayurveda, *Avarana* is a disease-specific concept and successful treatment outcomes of related diseases depend on the proper identification and management of *Avarana*. The main cause of the disorder is the vitiation of *Vata Dosha*, which becomes blocked and then serves as a catalyst for a number of disease processes. *Avarana Vata* must be accurately diagnosed and well managed because an incorrect diagnosis might result in ineffective therapeutic measures and worsen the disease.

Keywords: *Ayurveda, Avarana, Vata, Nidana, Diagnosis*

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1. Introduction

Avarana is a key pathogenic concept in Ayurveda that describes functioning of *Vata Dosha*. The blockage of *Vata Dosha* causes a variety of clinical symptoms, including stiffness, numbness, pain and metabolic problems. Assessing changed *Vata* functions is the main

method used to diagnose *Avarana*. In Chikitsa, its recognition is crucial because therapeutic success depends on the precise identification of the *Avruta* and the *Avaraka*, which allows for targeted and efficient treatment plans. According to Ayurveda varieties of *Avarana*, classified based on the nature of the obstructing factors as depicted in **Figure 1**.

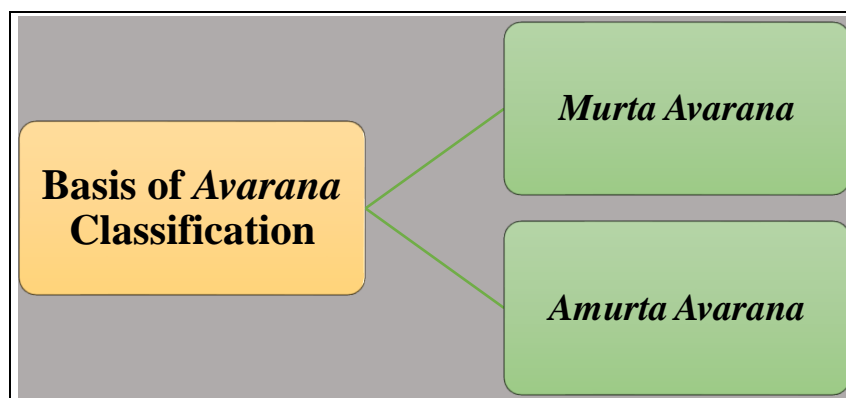


Figure 1. Classification basis of *Avarana*

As mentioned above *Murta Avarana* occurs when tangible entities such as *Pitta, Kapha, Dhatus* or *Mala* obstruct the movement of *Vata*, while *Amurta Avarana* involves mutual obstruction among different subtypes of

Vata, for example, *Prana Vata* obstructing *Vyana Vata* [1-3].

Avarana & Diagnosis:

Avarana diagnosis requires viewing opposing functional movements. For example, hyper-functioning *Avurika* combined with hypo-functioning *Avruta*. Each *Vata* sub type must also be examined to determine where the functional impairment is occurring. Confirmation of the diagnosis can be done with *Upashaya-Anupashaya*. Accurate diagnosis is essential in order to implement the appropriate treatment and effectively manage the disease. When treating *Avarana*, both the obstructing and obstructed factors must be addressed. Treatment consists of *Shamana Chikitsa*, *Shodhana Chikitsa* and *Rasayana Chikitsa* [3-5].

Anyonya Avarana has *Pitta* obstruction from the *Vata* nestled in *Pittavruta Vata*. The alternating application of *Sheeta* and *Ushna* causes effective *Pitta* removal from the *Vata* and reestablishes proper flow of *Vata*. Therefore, clinical judgment can be utilized when using *Vyatyasa Chikitsa* for *Avarana* based on predominant *Dosha* and clinical presentation.

Diagnosis of *Avarana* is done by determining the functional relationship between the *Avaraka* and *Avruta*. The clinical evaluation is corroborated by the process, where improvement or deterioration occurs as a result of a specific therapy. Accurate diagnosis of *Avarana* is crucial; if the diagnosis is incorrect, then the treatment protocol being used will be ineffective [4-6].

Causes/Nidana:

Avarana is mostly concerned with impeding *Vata Dosha's* regular *Gati*. According to the basic idea of *Avarana*, when a *Dosha* becomes dominant following vitiation, it might impede the normal movement and function of another *Dosha* that is relatively weaker. Through their unhindered mobility, the different subtypes of *Vata* enable and regulate physiological processes. *Avarana* develops when *Vata* becomes vitiated during the course of the disease, either because it becomes clogged or because it obstructs the movement of other elements [5-7].

Role in Disease Pathogenesis

Avarana is essential for understanding how certain diseases are caused. *Avarana* creates an obstacle to the normal functioning and motion of *Vata Dosha*, which regulates all the physiological processes in the body. If any one of the other three *Doshas*, *Dhatus*, *Malas*, or any other factor in the body becomes dominant over *Vata*, it will create an obstruction to its function, resulting in an abnormality in the functioning of *Vata*. At the same time, if the material that is causing the obstruction is active, it has produced a disturbance in the metabolism, decreased nourishment to the tissues, and dysfunctional organ systems, which can present with complex and mixed clinical presentations. The presenting signs and symptoms of disease associated with *Avarana* are therefore determined by the properties of both the object causing the obstruction and the *Vata* that is disturbed, making *Avarana* clinically complicated, having more dimensions and multi-factorial, thus indicating the need to understand *Avarana* when making effective treatment plans and diagnosing accurately [6-8].

Symptoms of Avarana

Various forms of *Avarana* present with distinct clinical features, some of which are as follows:

- ✦ **Pranavruta Vyanavata:** Loss of sensory functions and reduced physical strength
- ✦ **Vyanavruta Pranavata:** Excessive sweating, skin disorders, and numbness
- ✦ **Pranavruta Samanavata:** Difficulty in speech and slurring
- ✦ **Samanavruta Apanavata:** Colicky abdominal pain
- ✦ **Pranavruta Udanavata:** Stiffness of the head, respiratory obstruction and rhinitis

Ayurveda Management

It is advised to cleanse the *Srotas* using medicines that have *Anabhishtyandi* and *Snigdha* qualities because they encourage *Vatanulomana*, which allows *Vata* to flow freely. It is crucial to properly regulate the direction of *Vata* subtypes: *Apana Vata*, which governs downward movement, should be directed downward, while *Udana Vata*, which governs upward movement, should be guided upward. For their therapeutic benefits, medications like *Guggulu* and *Shilajatu* may be used. Furthermore, *Abhaya-Amalaki Rasayana* and *Chyavanaprasha* are recommended for their restorative properties, especially to offset the *Dhatu* depletion linked to *Avarana*. The type of obstruction and the *Doshas* involved should be taken into consideration when choosing *Panchakarma* treatments in *Avarana*. It is best to start with *Kaphahara Chikitsa* when *Kapha* is impeding *Vata*. Once the *Kapha* component is alleviated, *Vata*-pacifying measures should be followed [7-9].

Conclusion

According to Ayurvedic literature, *Avarana* is essential to the patho-physiology of many disorders. It includes obstructing the *Vata Dosha's* usual movement (*Gati*), which causes other *Doshas* to become deranged and a variety of illnesses to develop. *Avarana*, also known as *Gatnirodha*, is mostly caused by vitiation of *Vata*, which results in obstruction imposed upon or induced by other *Doshas*, *Dhatus*, or *Malas*. Interaction between the *Avruta* and *Avaraka* impedes the physiological movement of *Vata*. To correct this, Ayurveda recommended uses of *Anabhishtyandi* and *Snigdha* drugs which help to restore proper functioning and movement of *Vata*.

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Conflict of Interest

The author declares that there is no conflict of interest regarding the publication of this article.

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