

HOW TO RECOGNISE HEALTHY VATA AND IMBALANCED VATA?

VATA DOSHA (vayu and akasha – air and ether are the dominant elements)

Giving the following characteristics to **VATA: COLDNESS, DRYNESS, ROUGHNESS, LIGHTNESS, SUBTLENESS, CLARITY/TRANSPARENT, MOVEMENT**

Healthy VATA is mainly located in the LARGE INTESTINE and waist, thigh, bone, hearing organ (ear), touching organ (skin)

VATA is directly linked to the **CENTRAL NERVOUS SYSTEM**

NORMAL – BALANCED VATA VATA sits in the abdomen	IMBALANCED – TOO MUCH VATA Air goes up in the body, mind instability
<p>What keeps VATA balanced?</p> <ul style="list-style-type: none"> - regularity in taking food and going to bed - regular evacuation of body wastes - certain routine and discipline - keeping peace of mind, patience, consistency - feeling of being centred/grounded - lightness of being, vitality - being creative/inventive, expressing beauty regardless the media - sense of belonging to a place/a community/following the aspiration - feeling of flowing, effortless movement - finishing tasks for a sense of satisfaction and relaxation - keeping warm, taking proper rest - taking care of body with diligence - water activities, hammam-steam - oil massages with sesame oil, enema - meditation, Yoga, Pranayama, QiGong, Tai Chi... <p><u>In the food:</u></p> <ul style="list-style-type: none"> - eat cooked, warm, spiced food (with soft spices, anything except chillies) - sweet, sour, salty tastes - vegetables cooked in their juice, gravy food, unctuous, nourishing food - milk and dairy, specially buttermilk 	<p>Causes for too much VATA?</p> <p><u>General causes:</u></p> <ul style="list-style-type: none"> - too much computer work/working hours/ internet use - too much physical exercise or sexual intercourse - over-stimulating activities - too many purifying therapies - fractures - holding natural urges - stay awake at night - too much travelling/moving places - irregularity - aggravates easily during old age, 2 to 6 (am&pm), summer and rainy season <p><u>In the food:</u></p> <ul style="list-style-type: none"> - dry, rough items - light or eating less in quantity - cold, raw food - pungent/sharp spices - bitter and astringent tastes - fasting, prolong lack of nutrition, starvation <p><u>Mental/Vital:</u></p> <ul style="list-style-type: none"> - lack of concentration/attention - fear/anxiety/worry/guilt/stress
<p>VATA manifests in the 5 senses:</p> <ul style="list-style-type: none"> - thin, dry, cold rough dull skin - small and sunken eyes with nervous look (always moving) - rapid speech - disturbed sleep, less than 6 hours <p>VATA is responsible for:</p> <ul style="list-style-type: none"> - regulation of sense organs, proper functioning - speech and breathing - origin of touch & sound senses - proper hearing 	<p>Too much VATA in the 5 senses:</p> <ul style="list-style-type: none"> - excess dry throat, mouth, scalp, eyes, skin - early wrinkles - disturbed sleep, sleeplessness, insomnia - decreased function of sense organs - tinnitus, pain in ear, difficult hearing, deafness - hoarseness of voice, lulling speech - blackish discoloration of skin - aphasia - astringent taste in mouth - ptosis of eyes

How VATA manifests physically:

- body thin and lean, very tall or small
- slight dryness in the body (hair, skin...)
- light weight: easy to lose
- bony structure, irregular teeth
- cracking joints
- hardly any sweat
- pulse is feeble and irregular
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And physiologically:

- irregular appetite, skip meals easily
- irregular digestion, bloated/gas
- tendency to constipation
- small dry hard stool

VATA is responsible for:

- all movements (upward, downward, circular, peristaltic, outward, inward)
- motor activity
- breathing
- regulates the natural urges, throws out the waste material, responsible for excretion of different excreta from the body
- regulates the peristalsis and enzyme secretion for the proper absorption and cell nourishment
- stimulates the digestive fire, helps in deglutition (swallowing) of food
- makes the heart beat regularly
- good blood circulation
- regulates the transportation of any kind (eg: the food along the digestive tract)
- regulates menstruations and deliveries

The 5 Vayu (Vata):

- **Prana Vayu:** the vital air: located in the head and moves in the chest and throat. Helps breathing (inhaling), swallowing food, functioning arteries, veins and nerves. Supports mind, heart, sense organs and intelligence.
- **Udana Vayu:** the rising air: located in the diaphragm and throat. Any upward movements, exhalation, speech, voice, effort.
- **Samana Vayu:** associated with digestive fire: located in the small intestine and navel region. Moves in the whole intestinal tract to facilitate the digestion and assimilation, transports waste products.
- **Apana Vayu:** the downward air: located in the large intestine and pelvis, moves in the waist, bladder, genital organs and thighs. For elimination of stool, urine, semen and menstrual blood, keeps the foetus in uterus for 9 months, helps during birth by pressing downwards.
- **Vyana Vayu:** the omnipresent air: located in the heart and diffuses through the body, moves all over the body, blood circulation, movements

Symptoms of imbalance in the body:

General:

- feeling of not being in the body, being detached from it
- weight loss, lean body, emaciation
- dryness, hardness
- physical and mental fatigue
- general weakness, vertigo, giddiness
- pain anywhere in the body: feet, knee, thigh
- stiffness: ankle, back, neck, thigh, penis
- cramps: calves, muscles
- tension in groin
- monoplegia, hemiplegia, paraplegia, polyplegia
- convulsions (straight & bending)
- lameness, dwarfism
- tremors (Parkinson), shivering, numbness, coldness
- atrophy of arm
- dropping of upper eyelid
- not able to close eyes

In the head/chest:

- headache (temporal, frontal), epilepsy, seizure
- dandruff
- toothache, loose teeth
- torticollis
- pain in jaws, lips, eyes
- heart palpitations/stroke
- pain in chest (rubbing, stabbing)
- bradycardia, tachycardia
- tinnitus
- impaired thoracic movement
- hiccup
- facial paralysis

In the large intestine, rectum, anus:

- gas, bloated, abdominal distension, colic or griping pain, gurgling sound, cramps
- constipation, diarrhoea, colitis
- diverticulosis
- fissure, fistula, haemorrhoids
- rectal prolapse
- tenasmus (pain in anus)
- mis-peristalsis

In pelvic cavity:

- vaginal prolapse
- miscarriage
- irregular periods
- irregularity in micturition
- prostate enlargement
- pain in scrotum, in groin

In lower back:

- pain, scoliosis, herniation, slipped disk, inguinal hernia, sciatica

In bones and joints/nails:

- dislocation, abnormal spine curvature
- osteoporosis/arthritis
- pain in bones or joints, muscles, tendons, ligaments, nerves
- muscles hypertonia
- foot drop
- cracking n splitting of nails
- crackles on heels

<p>Balanced VATA in the mental:</p> <ul style="list-style-type: none"> - proper function of heart, mind, senses - blissful awareness, clarity - creativity/projects/ideas/motivation - feeling of being a channel - proper movement of thoughts - memory: quick grasping and forgetting 	<p>Too much VATA in the mental:</p> <p>Prana energy is locked in the head giving:</p> <ul style="list-style-type: none"> - dispersion, restlessness, instability - excessive talk, delirium - hyperactivity - nervousness/panic attack - psychological issues (phobia, schizophrenia, psychoneurosis, psychosis)
<p>Balanced VATA in the vital:</p> <ul style="list-style-type: none"> - proper movements of feelings, emotions, sensations, perception - enthusiasm, trust, balanced nature - happiness, lightness of being - sense of harmony - incline to progress 	<p>Too much VATA in the vital:</p> <ul style="list-style-type: none"> - anxiety, anguish feeling, worry, fear - insecurity, guilt - emptiness - loneliness, isolation - self conscious - loss of trust
<p style="text-align: center;">General Line of Treatment</p>	<p><u>AIM: CENTERING, CALMING, NOURISHING</u></p> <ul style="list-style-type: none"> - avoid the above causes - restore causes of healthy VATA - (top left column - NORMAL – BALANCED VATA) - oil massage with sesame oil: whole body or head/ears/hands/feet followed by warm bath/shower - internal oleation: enema with medicated oil - contact with water: swimming, shower, foot bath, drinking warm water - Ayurveda Panchakarma: <i>basti</i> (enema), <i>nasya</i> (administration of medicines through the nose), <i>shirodhara</i> (oil on forehead), <i>abhyanga</i> (body massage), <i>swedana</i> (sudation/sweat therapy) - seek medical advice if needed