

6th Class Minutes / Class Notes (29th January 2026, Thursday)

Doshas at different stages Vata Dosha Explained

Session Overview

Session delves into the fundamental principles of Ayurveda, specifically focusing on the Vata Dosha. The goals include understanding its qualities (guna), functions (karma), locations (sthana), and how its balance or imbalance impacts the body and mind.

Sadyojata
Your health is your asset

☀️ Vayas (Age) Life Stages:

- **Anta (End/Old Age): Vata** (Degeneration, dryness, wisdom).
- **Madhya (Middle Age/Adulthood): Pitta** (Action, metabolism, drive).
- **Ādi (Beginning/Childhood): Kapha** (Growth, lubrication, mucus).







Sadyojata

Your health is your asset

Biological Clock (Circadian Rhythms)

Vayo'horātrabhuktānām te'ntamadyādigaḥ kramāt |

They dominate according to age, time of day, and stage of digestion

3 Doshas changes in a specific order (Kramāt) throughout life, the day, the night, and even during a single meal.

Sadyojata

* Ahorātra (Day & Night):

- Anta (End of Day/Night): **Vata** is high (e.g., late afternoon and pre-dawn).
- Madhya (Mid-day/Mid-night): **Pitta** is high (e.g., noon and midnight).
- Ādi (Start of Day/Night): **Kapha** is high (e.g., morning and early evening).



Sadyojata

* Bhuktānām (During Digestion):

- Anta (End of digestion): **Vata increases** (feeling of light or gassy three hours later)
- Madhya (During active digestion): **Pitta increases** (Ever felt a "burn" an hour later?)
- Ādi (Immediately after eating): **Kapha increases** (which is why we often feel heavy/sleepy after a meal).



Sadyojata

"If you know that Kapha is naturally high in the morning, does it make sense to eat a heavy, cold breakfast? Or are we putting Kapha on top of Kapha?"

Clinical Example: "In the clinic, we always ask a patient 'When does your pain start?' If they say 'Late at night' (Anta), we immediately know dealing with **Vata imbalance**. Ayurveda gives us Patient's clock to track the disease **without even touching the patient.**"

Sadyojata

Chronobiology (chrónos, meaning "time")

Modern science confirms that our hormones fluctuate with the sun. Ayurveda mapped this 5,000 years ago:

- **Biological Clocks:** Organisms possess internal mechanisms that regulate functions independent of external cues, allowing them to anticipate environmental changes. The circadian rhythm (approx. 24 hours), which governs sleep-wake cycles, hormone release, and body temperature

| Time Frame | Start (Âdi) | Middle (Madhya) | End (Anta) |
|-------------|-------------------------|-----------------------|-----------------------|
| Life Stage | Childhood (Kapha) | Adulthood (Pitta) | Old Age (Vata) |
| Time of Day | 6-10 am & pm (Kapha) | 10-2 am & pm (Pitta) | 2-6 am & pm (Vata) |
| Digestion | Just after meal (Kapha) | Mid-digestion (Pitta) | Post-digestion (Vata) |

Biological Clock

Hypothalamus
Regulates bodily functions and releases hormones that control the pituitary gland.

Pituitary
Secretes various hormones that regulate other endocrine glands.

Pineal Gland
Releases melatonin, regulating the sleep-wake cycle and other circadian rhythms.

Thyroid
Produces hormones that regulate metabolism and growth.

Parathyroid
Regulates calcium levels in the blood.

Thymus
Contributes to the development of the immune system.

Sadyojata
Your health is your power.

Sadyojata
Your health is your power.

Let's look at a common habit.

Act: Drinking ice-cold water immediately after a heavy lunch.

Logic:

1. Lunch just finished = Kapha (Heavy) phase.
2. Ice water = Cold/Damp (Kapha quality).
3. Result: You are doubling the Kapha, "drowning" the Pitta furnace.

The Resulting Feeling: Brain fog, bloating, and lethargy.

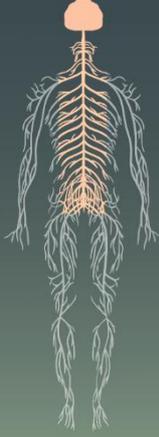
"Wind" Within Us

Tatra ruksho laghuh sheetaḥ kharah sukshmathchalo'nilah IIIIII



Imagine the wind outside. It's dry, it moves things, and it's cold. Now, imagine that same "Wind Principle" (Signaling) operating inside your body. That is Vata.

Vata = "**Anila**" (Wind) and it is the "King of Doshas" force that **moves the other two doshas** (Pitta and Kapha pangu)



Sadyojata

Ruksha (Dryness/brittle): Texture of Vata

PRACTICAL EXAMPLES

External: Dry skin in winter, cracked lips.
Clinical/Internal: Constipation (dryness in the colon), "cracking" joints (lack of lubrication), Dehydration / Lipid loss/ moisture loss in cells.



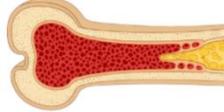
QUESTION Why do we naturally get drier skin as we hit our 60s compared to our 20s?"

Ans: Because Vata dominates the final stage of life

QUESTION Type "YES" if you have ever experienced "dry eyes" after looking at a screen

Sadyojata

Laghu & Sheeta (Lightness & Coldness)



LAGHU (LIGHTNESS)

·Clinical: Feeling "light-headed" or the porosity of bones (Osteoporosis).
 ◦ Experience: That feeling of being "airy" or ungrounded.

SHEETA (COLDNESS)

·Clinical: Poor Blood Flow/ circulation (vasoconstriction).
 ◦ Experience: Cold hands and feet, or feeling a chill easily.



EXAMPLE

Dry, old leaf—it's light enough to be blown away and feels cold to the touch.



Khara & Sukshma (Roughness & Subtlety)

Tatra ruksho laghuh sheeta kharah sukshmathchalo'nilah IIIIII

Khara (Roughness): like sandpaper

- Tissue Wear & Tear, Degeneration.
- **Example:** The difference between a smooth young vein and an "atherosclerotic" (rough/hardened) artery.



Sukshma (Tiny/Subtle):

- This is how Vata enters the microscopic channels. Think of **Neurotransmitters or Hormones**—they are tiny but run the whole show (Cellular Signalling)
- **Example:** A smell that travels through a room instantly.







Chala (Moving/unstable) – The Defining Guna

- Meaning: Movement or restlessness (Chanchala).
- Scientific Relation: Nerve impulses and muscle contractions.

Sadyojata

CLINICAL EXAMPLES:

Body: Tremors, eye twitching, or racing heart.
Mind: Anxiety, "racing thoughts," and inability to sit still.

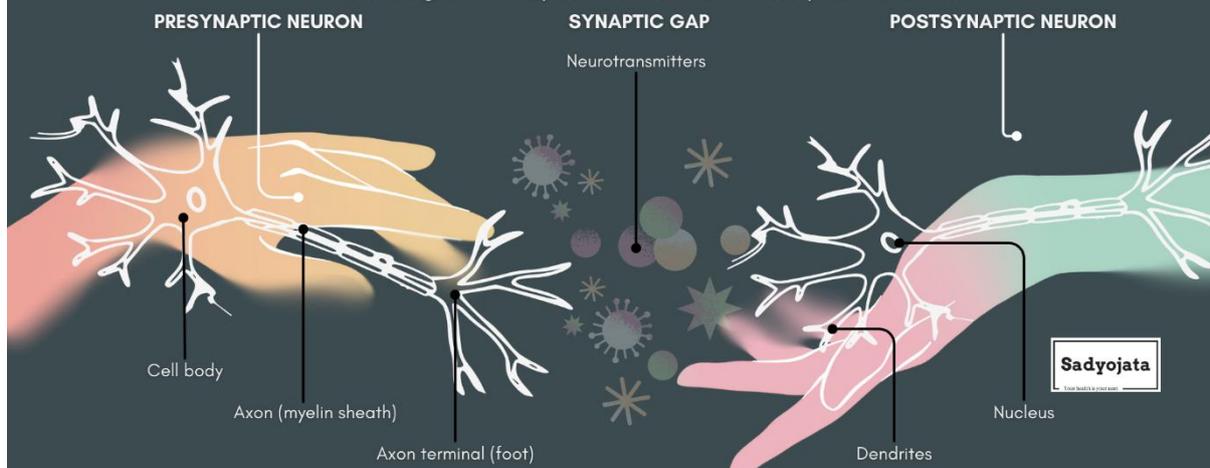
QUESTION:
 "Have you ever noticed that when you are very anxious (High Chala Guna), your hands also get cold (Sheeta)? Why do you think that happens?"

ANS: DOSHAS USUALLY MOVE IN GROUPS OF QUALITIES. ANXIETY (MOVEMENT) TRIGGERS THE COLDNESS QUALITY OF VATA.

How Vata looks (Qualities/Gunas) to what Vata does (Actions/Karmas)?

Vata is like Amurta (formless), but we know it exists because of its Vyaktakarma (visible actions).
 Balanced Vata karma (Prakrita) is like a Steady Breeze that turns a **windmill** (productive energy) and unbalanced Vata (Vaikrita) to a **Tornado** (destructive energy).

Vata isn't a "bad" thing. Without it, your heart wouldn't beat and you couldn't think!





Vata – Your Internal Electricity (Normal Karma)

- When Vata is balanced, it is the "**Prana**" or life force that keeps the machine running.
- Balanced Doshas support the Anuvartana (continuity) of life.

1

ENTHUSIASM (UTSAHA)

That "get up and go" feeling in the morning.

2 **Key Functions (Normal):**

BREATHING (UCHVASA-NISHVASA)

The rhythmic movement of the lungs.

3

MOVEMENT (CHESHTA)

Walking, talking, and even blinking.

4

ELIMINATION (VEGA-PRAVARTANA)

The timely urge to clear your bowels and bladder.

Scientific Relation: This represents the Autonomic Nervous System working in perfect harmony.

Imagining vata: "Think of a day you felt incredibly energetic and joyful. That was Vata in its 'Best Friend' mode





When the Wind Turns Wild (Abnormal Karma)

When Vata increases too much (**Vridhhi**), it acts like a hurricane—causing **drying, depletion, and erratic movement**.

Clinical/Practical Signs (Abnormal):

- **Pain (Shula):** There is no pain without Vata eg: Pressure cooker.
- **Wasting (Karshya):** Unintentional weight loss or muscle thinning.
- **Tremors/Spasms (Kampa):** Involuntary movements (like a facial tic).
- **Obstruction (Sangha):** Too much dry "wind" can dry up stools, leading to constipation.
- **Mental Fog/Fear:** Anxiety and a "scattered" feeling.

Scientific Relation: **Oxidative stress** and **Nerve over-firing** (Hyper-excitability).

Clinical Example: A patient with **Sciatica** or **Fibromyalgia** is a classic case of "Abnormal Vata Action"—the "electricity" is causing pain because the "wires" (nerves) are dry and irritated.




Summary Table (Guna + Karma)

Sadyojata

| Quality (Guna) | Normal Action (Prakrita) | Abnormal Action (Vaikrita) |
|------------------|--------------------------------|------------------------------------|
| Ruksha (Dry) | Keeps tissues firm | Constipation, Dry Skin, Bone Loss |
| Chala (Mobile) | Smooth movement, Nerve signals | Tremors, Anxiety, Racing Heart |
| Sheeta (Cold) | Maintains body temperature | Poor circulation, Stiffness, Pain |
| Laghu (Light) | Feeling energetic/light | Insomnia, Weight loss, Frailty |
| Sukshma (Subtle) | Enters tiny cells/pores | Piercing pain, Deep-seated anxiety |

| Quality / State | Balanced (Prakrita) | Increased (Vridhhi) | Decreased (Kshaya) |
|-----------------|---------------------------|-----------------------------|------------------------------|
| Movement | Graceful walking/exercise | Tremors, tics, sudden fear | Laziness, no desire to move |
| Speech | Clear and meaningful | Talking too fast/non-stop | Loss of speech or very quiet |
| Digestion | Regular elimination | Gas, bloating, constipation | Sluggish feeling after meals |
| Sleep | Refreshing 6-8 hours | Insomnia, "wired" brain | Feeling sleepy all day |

Closing – The "Wind" Management Strategy

Sadyojata

YOU CANNOT "STOP" VATA (THAT WOULD BE DEATH), BUT YOU CAN "GUIDE" IT.

QUESTION 1 "If Vata is the Master of the Nervous System, and it is 'Moving' and 'Restless,' what is one 5-minute daily habit that could slow it down?"

ANSWER: DEEP BREATHING OR MEDITATION (ADDING STHIRA OR STABILITY AND CALM/REST)

QUESTION 2

"If Vata is Dry and Cold, what is the simplest thing in your kitchen that could balance your "Moving and restless" Nervous system?"

Answer: Abhyanga (oil/Ghee massage) - it is the exact opposite (snigdha or Oily and Warm).

Homework – The "Vata's work (Karma)" Challenge

To start seeing Ayurveda in the real world, not just in books.

- Part A (Nature): Find **5 examples of Vata** in the world around you today.
- Part B (Self): Observe **5 Vata Karmas** happening inside you before the next class.

Write them down and post them in our group.

Example: "**Outside:** Flower blooming (laghu/ruksha/Chala).
Inside: Eyelid movement (Chala)."

Dosha Movement According to Age, Time, and Digestion:

- **Age (Vaya):** Vata dominates in old age (**anta**), Pitta in middle age (**madhya**), and Kapha in childhood (**aadi**).
- **Time of Day (Ahoratri):** **Kapha** is high at the start of the day/night (6-10 AM/PM), **Pitta** in the middle (10 AM-2 PM/AM), and **Vata** at the end (2-6 PM/AM).
- **Digestion (Bhuktanah):** **Kapha** increases immediately after eating, **Pitta** during active digestion, and **Vata** as digestion concludes.

Chronobiology in Ayurveda: This timing of dosha changes aligns with modern chronobiology, emphasizing the importance of the **body's biological clock over external clocks**.

Example:

Chronobiology and Daily Habits: Discussed how eating heavy or cold breakfast items (like sandwiches or leftover dinner) in the morning **increases Kapha**, making one lazy, especially when Kapha is naturally high at that time. Emphasized balancing doshas through diet.

- **Ice Cream After Meals:** Highlighted how eating cold desserts like ice cream immediately after a meal aggravates Kapha and disrupts digestion, especially when Kapha is already high after eating. Recommended eating sweet items first in a meal.

Vata Gunas (Qualities):

- **Ruksha** (Dryness/Brittleness): Manifests as dry skin, cracked lips, constipation, cracking joints, and increased dryness in old age.

Ruksha Guna Examples: Dry skin, cracked lips, constipation, and cracking joints were given as practical examples of Vata's dryness.

- **Laghu** (Lightness): Causes a light feeling in the body and contributes to conditions like osteoporosis.

Laghu Guna Examples: Feeling light, inability to feel gravity, and osteoporosis were linked to the lightness quality of Vata.

- **Sheeta** (Coldness): Leads to cold hands/feet, chilly feelings, and vein constriction.

Sheeta Guna Examples: Cold hands/feet, general chilliness in cold weather, and vein constriction were attributed to Vata's coldness.

- **Khara** (Roughness): Manifests as degenerative changes in the body, **akin to sandpaper**.

Khara Guna Examples: Degenerative changes in veins and other tissues were likened to the roughness of sandpaper.

- **Sukshma** (Subtlety/Tiny): Allows Vata to penetrate minute spaces, influencing nerve impulses and the rapid spread of smells.

Sukshma Guna Examples: The ability of Vata to enter neurons and the rapid spread of a burnt milk smell demonstrated its subtle nature.

- **Chala** (Moving/Unstable): Associated with restlessness, an unstable mind, muscle contractions, tremors (e.g., Parkinson's), eye twitching, racing thoughts, and anxiety.

Chala Guna Examples: Restlessness, anxiety, tremors in Parkinson's, eye twitching, racing thoughts, and muscle contractions were all linked to the unstable nature of Vata.

Few more Examples: Anxiety and Cold Hands: Explained this common phenomenon due to increased Vata qualities by correlating Vata's *chala* (movement) and *sheeta* (coldness) qualities.

Vata Karmas (Actions/Functions):

Vata is **formless** and its actions reveal its presence (e.g., tremors caused by unseen Vata).

Vata is considered the '**king of doshas**' due to its pervasive influence on all bodily movements and functions.

- Pain as a Vata Indicator: **Any pain in the body** signifies increased Vata. A headache worsening late at night indicates Vata predominance at that time. Knee Pain: Reaffirmed that all pain, including knee pain, is associated with Vata.
- Vata as King of Doshas: Used the analogy of clouds moving with the wind to explain how Vata influences and moves other doshas, malas, and dhatus throughout the body.

Compared a balanced wind to a windmill and an imbalanced wind to a tornado, causing destruction.

- **Normal Karmas:** Prana (life force), enthusiasm (**utsaha**), breathing (**uchvasa, nishvasa**), all physical movements (**cheshta**), and elimination (**vega pravartana**)
- **Abnormal Karmas** (Increased Vata): Pain (**shula**), depletion/wasting (**karshyata**), tremors (**kampa**), obstruction of flow (**sangha**), fear, anxiety, and hyperexcitability.
- **Effects of Decreased Vata:** Leads to decreased movement, laziness, quietness, sluggish digestion, and excessive sleep.

Controlling Vata

The principle of using opposing qualities to balance Vata.

- **Practices:** Pranayama, holding asanas for stability (vs. mobile ones), meditation, oil massage (abhyanga) for warmth and unctuousness.
- **Dietary:** Warm foods, sweet, sour, and salty tastes reduce Vata (e.g., ghee).
- **External Applications:** Massaging, tapping, firm wrapping (vestana) for pain, hot liquid pouring (seka), shirodhara for stress relief.
- **Ayurvedic Treatments: Basti (enema)** for Vata regulation in the intestines, specific medicines (e.g., anulomana dravyas).

Types of Vata (Pancha Vayu)

Five categories based on location and function, all being manifestations of the same Vata.

- **Prana Vata:** Located in the head, lungs, chest, throat. Controls breathing, swallowing, coughing, sneezing, belching. "Head office" for other Vata types. Keeps one alive.
- **Udana Vata:** Located in the chest, umbilicus, nose. Moves upwards. Controls speech, enthusiasm, physical strength, complexion, and memory.
- **Vyana Vata:** Present all over the body. Controls all movements (flexion, extension, contraction, relaxation, eye blinking), nerve conduction, blood circulation, nutrient transport to cells, and subtle sensory movements.
- **Samana Vata:** Located in the abdominal area. Controls digestion (receiving food, dividing nutrients/waste, assimilation). Analogized to a mixer and pressure cooker to illustrate how Samana Vata aids in the movement and processing of food during digestion.
- **Apana Vata:** Located below the navel. Moves downwards. Controls elimination (ejaculation, menstruation, urination, defecation), sweating, and childbirth. Imbalance leads to constipation.

Aggravated Vata Symptoms: Wrinkled skin, depression, insomnia, weak bones, generalized weakness, memory loss, weak sense organs, tremors, constipation.

Participant Questions and Discussion

- **Impact of Stress on Constipation:** Discussion revolved around how stress, due to its *chala* (moving) quality, increases Vata, particularly Prana Vata and Udana Vata, thereby disrupting the overall balance of Vata subtypes, including Apana Vata, leading to constipation. It was explained that *chala guna* at the mind level affects the physical *chala* required for proper elimination.
- **Yogavaahitva Example (Adaptability):** Air taking on the warmth of the sun or the coldness of a lake demonstrates Vata's ability to adapt to its environment.
- **Osteoporosis Treatment:** Mentioned specific Abhyangas (oil massages) like Kayaseka (pouring oil over the whole body) and Ayurvedic internal medicines to balance Vata for bone health.
- **Learning to "Let Go":** A participant asked how to learn the art of letting go, relating it to balancing Apana Vayu. The response emphasized that this is a life skill and while **meditation** helps temporarily, a deeper **understanding of one's body**, lifestyle adjustments, and

potentially Ayurvedic therapies/medicines (like anulomana dravyas) might be necessary for persistent issues.

- **"Eat like a King" in the Morning:** Clarified that while Ayurveda recommends a substantial breakfast, the emphasis is on **matra (quantity) and guna (quality)** of food. Eating heavy *Kapha-increasing* foods in the morning is discouraged; light but **sufficient food is better**. The quality of ingredients should not aggravate Kapha. Digestion is strong in the morning.
- **Chronic Throat/Nose Irritation:** A participant described chronic throat irritation and nose issues. It was suggested this could be due to Pitta (burning, irritation) or Kapha (itching) or other underlying causes, requiring personalized assessment.
- **Water Intake:** A participant asked about optimal water intake, specifically about not feeling thirsty. It was explained that Ayurveda doesn't prescribe fixed quantities (e.g., 4 liters) but emphasizes drinking **according to one's thirst (daha)**, as each body is unique. This will be further clarified as more concepts are understood.

Action Items (Homework)

- Vata Work Challenge: Participants are encouraged to observe and note down:
 - i. Five actions or manifestations of Vata in nature (e.g., flower blooming, eclipses, traffic signals).
 - ii. Five actions or manifestations of Vata within themselves (related to the qualities discussed).

Sadyojata

Your health is your asset

Sadyojata

Your health is your asset

Vata Dosha

The Master of Masters

Sarvam Dravyam Panchabhoutikam Asmin Arthe

FIRE
WATER
AIR
EARTH
ETHER

Sadyojata

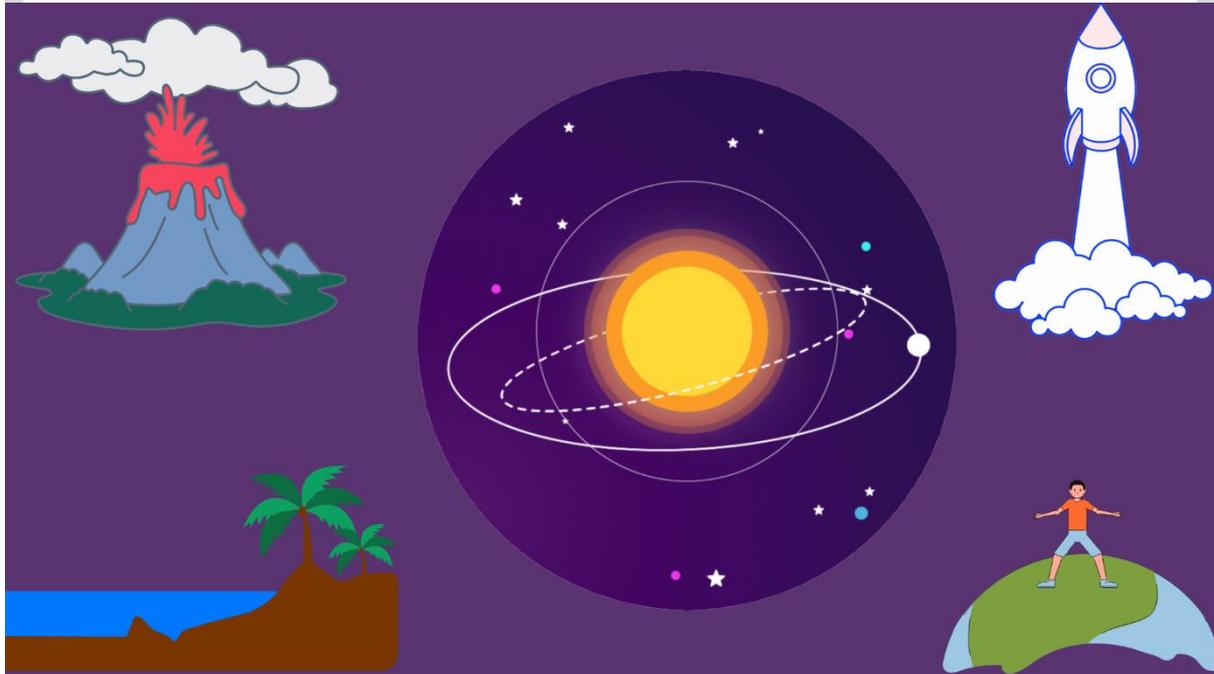
Your health is your asset



Vayu

The reason behind existence of the whole universe!!

(Vatakalakaleeya Adhyaya- Charaka Samhita)



Functions of Prakrita Loka Vayu

| | |
|--|--|
| धरणीधारणं | ○ Maintenance and sustenance of earth |
| ज्वलनीज्ज्वालनम् | ○ Kindling Fire |
| आदित्यचन्द्रनक्षत्रग्रहगणानांसन्तानगतिविधानं | ○ Movement of sun, moon, stars and planets |
| सृष्टिश्रमेघानाम् | ○ Creation of clouds |
| अपाविसर्गः | ○ Raining |
| प्रवर्तनंस्रोतसां | ○ Flowing of rivers |
| पुष्पफलानां चाभिनिर्वर्तनम् | ○ Maturity of flowers and fruits |
| उद्भेदनंचौद्धिदानाम् | ○ Shooting forth the plants |
| ऋतूनांप्रविभागः | ○ Changing seasons |
| विभागोधातूनां | ○ Dividing the 5 elements |
| बीजाभिसंस्कारः | ○ Germination of seeds |
| शस्याभिवर्धनमविकलेदोपशोषणे | ○ Growth of plants ▪ Bring about hardness and dryness in grains |

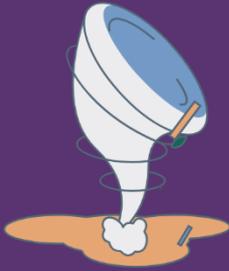
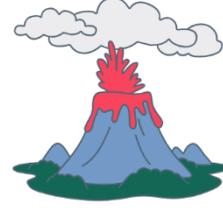


Sadyojata

Your health is your care

Functions of Vikruta Loka Vayu

| | |
|---|---|
| शिखरिशिखरावमथनम् | ◦ Breaking through the mountains |
| उन्मथनमनोकहानाम् | ◦ Uprooting trees |
| उत्पीडनसागराणाम् | ◦ Disturbing the ocean |
| उद्धर्तनसरसां | ◦ Overflowing of lakes |
| प्रतिसरणमापगानाम् | ◦ Changing the course of rivers |
| आकम्पनचभूमेः | ◦ Earthquakes |
| आधमनमम्बुदानां | ◦ Thunders in clouds |
| व्यापादनचषणामृतानां | ◦ Seasonal variations, epidemics |
| भावानांचाभावकरणं | ◦ Destroying the existence |
| चतुर्युगान्तकराणामेघसूर्यानि निलानां विसर्गः | ◦ Destroying all 4 yugas through cloud, sun, fire, wind |



Sadyojata

Your health is your care

VATA DOSHA

वायुरायुर्बलं वायुर्वायुर्धाता शरीरिणाम्
वायुर्विश्वमिदं सर्वं प्रभुर्वायुश्च कीर्तितः॥३॥

Cha Chi 28

Sadyojata

Your health is your power

Introduction



Vata is the Master behind all activities!!!
If the human body is a machine,
Vata is the switch, engine, and remote control
Pitta Kapha, all dhatu and Mala are mobilized by Vata
It also controls manas and indriyas

All the elements are dependent on Vata,
but Vata is independent.

Definition of Vata

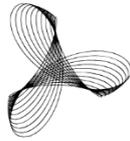
Root Word- “*Va Gati Gandhanayoh*”

Gati- movement, knowledge, obtaining something

Gandhana- carrying a message, continued effort, response to something



Vata is the one that causes movement, responds to stimuli, and makes a continued effort.



Vata ~ Air



| Vata and air are Same | Vata and Air are different |
|---|---|
| Both cannot be seen Both can only be felt Both causes movement Both become disturbing when excess Both are essential for life | Air is physical ~ Vāta is functional energy Air is outside body ~ Vāta works inside body Air can be measured ~ Vāta cannot be seen or measured by machines Vāta is understood by effects |

When air gets trapped in a closed room, it causes discomfort.
 Similarly, when air (Vāta) gets trapped in the body: Gas, Pain, Bloating

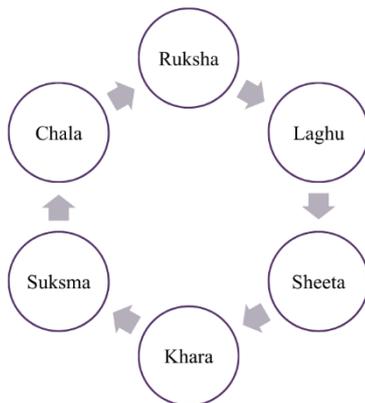
Fan wind = air | Electricity making fan rotate = Vāta



Air is a substance; but Vāta is a function.

Understood by its qualities, its functions and activities

Qualities of Vata Dosha



When we want to introduce a person whom you have never seen, what do we do? We describe their **qualities**, how they move, talk, think, and behave.

Ayurveda does not say 'this is Vāta'.
It says, *this is how Vāta behaves.*



Gunas of Vata

Ruksha- Dry

- Texture (Laddoo, Papad)
- Dry skin, lips, hair, constipation, Cracking joints

Laghu- light

- Quick movements, thinking
- Feeling tired, Weight loss

Sheeta- Cold

- Cold hands, feet, calms the mind
- Poor digestion, stiffness of body

Gunas of Vata

Khara-Rough

- Cracking sound of joints, removal of waste
- Joint pain, harsh speech

Chala- Movement

- Movement, flexibility, adaptability
- Restlessness, anxiety, tremors

Sukshma- Subtle

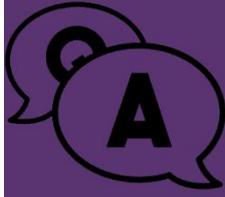
- Sharp perception, creativity, high sensitivity
- Pain, nervous disorders

Disease starts when these qualities increase or decrease too much!!!

To reduce them, use the opposite qualities

Warm, Oily, Heavy, Stable, Smooth





Does getting an Abhyanga or Oil massage make you feel relaxed??



Does taking hot water shower after a long day, relieve all your body pain?



Why Vata is so special?

Sadyojata

Your health is your asset.

योगवाहः परं वायुः संयोगादुभयार्थकत्॥३८॥

दाहकृत्तेजसा युक्तः, शीतकृत् सोमसंश्रयात्॥३९॥

YOGAVAHI-The property of adaptability



When air flows over fire, it's warm

When it flows through the lake, it's cold





Sadyojata

Your health is your asset.

Why Vata is so special?

पित्तं पङ्क्तु कफः पङ्क्तु पङ्क्तु मलधातवः।
वायुना यत्र नीयन्ते तत्र गच्छन्ति मेघवत्॥

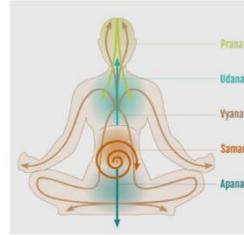
Vata is made up of Rajas, it propels and mobilizes things in the body.

*Just like clouds cannot move without wind,
Pitta, Kapha, dhātus and malas cannot function
without Vāta.*



Location of Vata

पक्वाशयकटीसक्थिश्रोत्रास्थिस्पर्शनिन्द्रियम्
स्थानं वातस्य, तत्रापि पक्वाधानं विशेषतः॥१॥



Sadyojata

Your health is your asset.

Functions of Vata

उत्साहोच्छ्वासनिश्वासचेष्टावेगप्रवर्तनैः॥१॥
सम्यग्गत्या च धातूनामक्षाणां पाटवेन च।

| | |
|------------------------|---|
| <i>Utsaha</i> | Feeling of getting up from bed and doing something Walk, Talk, Work, Learn The Will to do something |
| <i>Uchvasa- Nivasa</i> | Breathing, in and out, Movement of Prana through Nadis & Chakras To be alive and feel alive |
| <i>Cheshta</i> | All movements of the body: Walking, talking blinking of eyes, Blood circulation Movement of mind |
| <i>Vega Pravartana</i> | Urge to pass urine, stools, sneezing, coughing Hunger, thirst Urge to Sleep |

Functions of Vata

| | |
|--------------------------------|---|
| वायुस्तन्त्रयन्त्रधरः | ◦ Controls all activities of body |
| प्राणोदानसमानव्यानापानात्मा | ◦ 5 types |
| प्रवर्तकश्चेष्टानामुच्चावचानां | ◦ Initiator of all psychosomatic activities |
| नियन्ताप्रणेताचमनसः | ◦ Controller & activator of mind |
| सर्वेन्द्रियाणामुद्योजकः | ◦ Employer of sense organs |
| सर्वेन्द्रियार्थानामभिवोढा | ◦ Moderator of sense objects |
| सर्वशरीरधातुव्यूहकरः | ◦ Organizes all tissues of body |
| सन्धानकरःशरीरस्य | ◦ Integrates and aligns parts of the body |
| प्रवर्तकोवाचः | ◦ Initiates speech |
| प्रकृतिःस्पर्शशब्दयोः | ◦ Basis for touch and sound |

Functions of Vata

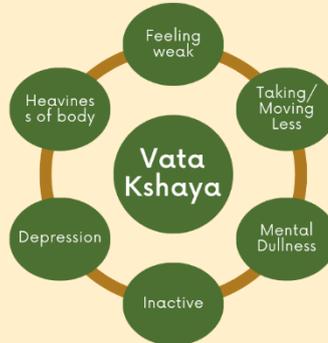
| | |
|--------------------------------------|---------------------------------------|
| श्रोत्रस्पर्शनयोर्मूलं | ○ Basis of ear and skin |
| हर्षोत्साहयोर्योनिः | ○ Root of pleasure & enthusiasm |
| समीरणोऽग्नेः | ○ Stimulates digestive power |
| दोषसंशोषणः | ○ Dries up excessive secreting doshas |
| क्षेप्ताबहिर्मलानां | ○ Elimination of waste |
| स्थूलाणुसोतसांभेत्ता | ○ Forms spaces for channels of body |
| कर्तागर्भाकृतीनाम् | ○ Gives shapes of embryo |
| आयुषोऽनुवृत्तिप्रत्ययभूतोभवत्यकुपितः | ○ It's a Representation of Life |

Vata Vriddhi Lakshana



वृद्धस्तु कुरुतेऽनिलः॥५॥
 कार्श्यकाष्ण्योष्णकामत्वकम्पानाहशकृद्ग्रहान्
 बलनिद्रेन्द्रियभ्रंशप्रलापभ्रमदीनताः॥६॥

Vata Kshaya Lakshana



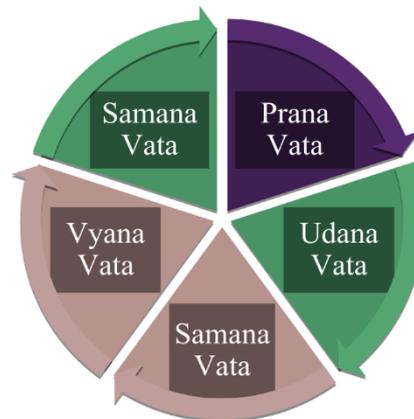
लिङ्गं क्षीणेऽनिलेऽङ्गस्य सादोऽल्पं भाषितेहितम्
 संज्ञामोहस्तथा श्लेष्मवृद्धयुक्तामयसम्भवः॥१५॥

Vata Predominance

| | | |
|----------------------|---|--|
| During the Day |  | Evening Time |
| Season |  | Aggravates in Rainy Season  |
| Tissues | | Bones Excreta of the body |
| Age of an individual |  | Old Age |

Types of Vata Dosha

Though Vata is only one dosha, based on its **placement and action**,
And for easy understanding, it is classified into 5 types



Types of Vayu

Prana Vayu

- Located in Head

Udana Vayu

- Located in chest

Samana Vayu

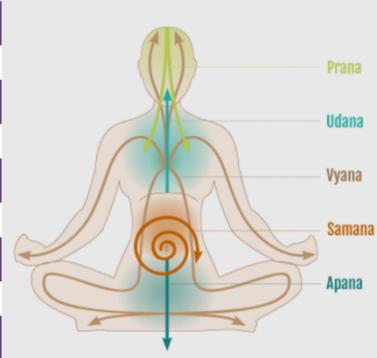
- Located in stomach

Vyana Vayu

- All over body

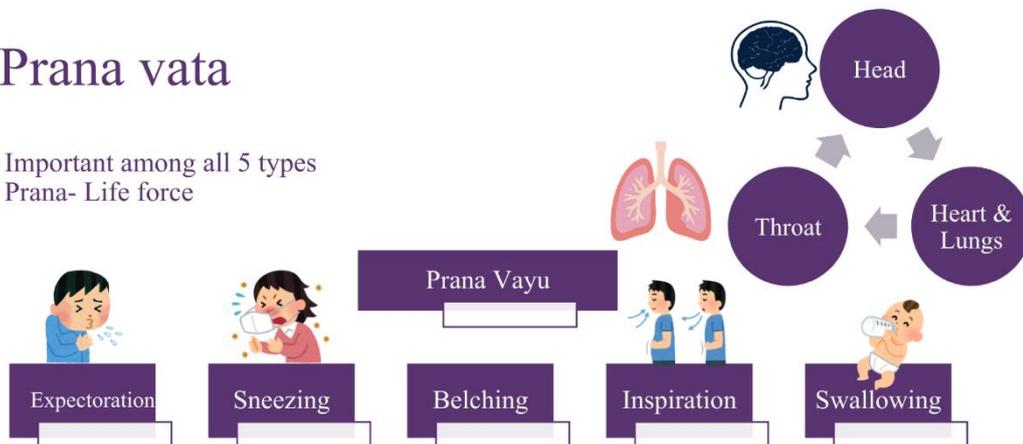
Apana Vayu

- Located below navel



Prana vata

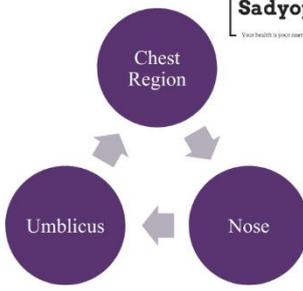
Important among all 5 types
Prana- Life force



प्राणोऽत्र मूर्धगः।
उरःकण्ठचरो बुद्धिहृदयेन्द्रियचित्तधृक्॥४॥
छीवनक्षवथूद्गारनिःश्वासान्नप्रवेशकृत्

Sadyojata
Your health is your asset

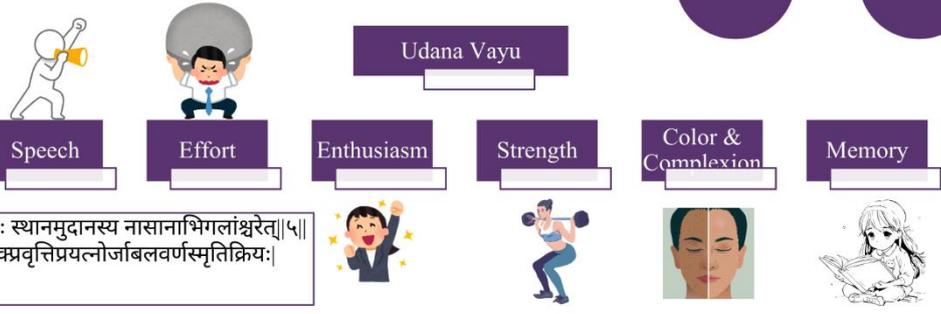
Udana Vata



Udana Vayu

Speech Effort Enthusiasm Strength Color & Complexion Memory

उरः स्थानमुदानस्य नासानाभिगलांश्चरेत्॥५॥
वाक्प्रवृत्तिप्रयत्नोर्जाबलवर्णस्मृतिक्रियः।



Sadyojata

Your health is your asset

Vyana Vata

Moves All over the Body in Great Speed



Flexion & Extension



Blinking of eyes

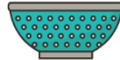
Blood circulation

All subtle movements

Vyana Vayu

व्यानो हृदि स्थितः कृत्स्नदेहचारी महाजवः॥६॥
गत्यपक्षेपणोत्क्षेपनिमेषोन्मेषणादिकाः।
प्रायः सर्वाः क्रियास्तस्मिन् प्रतिबद्धाः शरीरिणाम्॥७॥

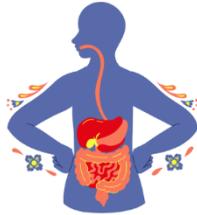
Samana Vata



Stomach

All over Koshta

Intestine



Samana Vayu

Receives food into stomach

Digestion

Dividing the food into Sara & Kitta Bhaga

Assimilation

समानोऽग्निसमीपस्थः कोष्ठो चरति सर्वतः।
अन्नं गृह्णाति पचति विवेचयति मुञ्चति॥८॥



Apana Vata

Apana Vayu

Ejaculation

Menstruation

Defecation

Urination

Child Brith

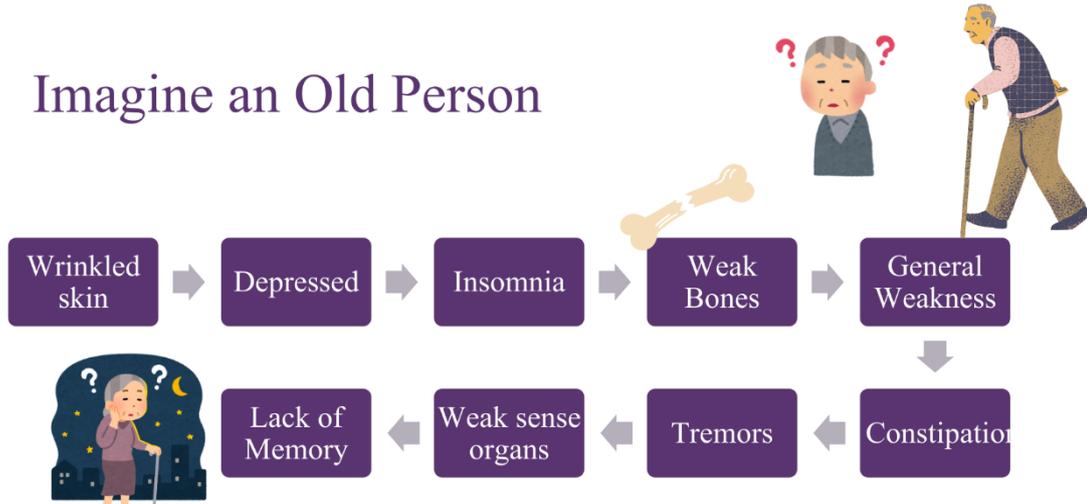
अपानोऽपानगः श्रोणिबस्तिमेद्वोरुगोचरः।
शुक्रार्तवशकृन्मूत्रगर्भनिष्क्रमणक्रियः॥९॥

Symptoms of aggravated Vata

संस्रव्यासव्यधस्वापसादरुक्तोदभेदनम्॥४९॥
सङ्गाङ्गभङ्गसङ्कोचवर्तहर्षणतर्षणम्
कम्पपारुष्यसौषिर्यशोषस्पन्दनवेष्टनम्॥५०॥
स्तम्भः कषायरसता वर्णः श्यावोऽरुणोऽपि वा।
कर्माणि वायोः ॥५१॥

| | | | | | | |
|------------------|-----------------------|---------------|-------------|-------------|------------|-----------------------|
| Looseness | Dislocation | Expansion | Obstruction | Seperation | Depression | Excitation |
| Thirst | Trembling | Piercing pain | Coarseness | Harshness | Porousness | Reddish discoloration |
| Astringest taste | Tastlessness in mouth | Wasting Pan | Numbness | Contraction | Rigidity | Lameness |

Imagine an Old Person



Vridha Vata Lakshanas

Sadyojata
Your health is your asset

Vatasya Upakrama



| | | | |
|-------------------------|---------------------|-------------------|-----------------------------|
| Snehana | Svedana | Mrudu Samshodhana | Svadu, Amla, Lavana Bhojana |
| Abhyanga | Mardana | Veshtana | Seka |
| Paishtika Goudika Madya | Snigdha Ushna Basti | Sukha Sheelata | Anuvasana Basti |

Sadyojata
Your health is your asset

Sadyojata

Your health is your asset.

HOW TO BALANCE VATA DOSHA?

Snehana

- External & Internal Oleation therapy



Svedana

- Sudation therapy



Mrudu Samshodhana

- Mild Vamana or Virechana

Ushna, Svadu, Amla Lavana Bhojana

- Warm, Sweet, Sour, Salty Food articles & beverages



Sadyojata

Your health is your asset.

HOW TO BALANCE VATA DOSHA?

Mardhana

- Soothing massage without any oil



Veshtana

- Wrapping or covering the part with cloth



Seka

- Pouring Herbal solutions on affected part

Paishtika Goudka Madya

- Alcohol prepared from corn flour & Jaggery

Sadyojata

Your health is your asset

HOW TO BALANCE VATA DOSHA?

Snigdha Ushna Basti

- Enema therapy

Sukha Sheelata

- Relaxing, Rest & comfort

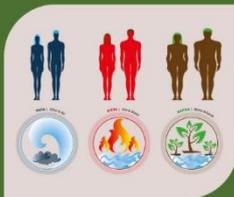
Medya Pishita Taila Anuvasana

Sadyojata

Your health is your asset

Prakriti

It's Your Personal Identity!!!



Prakṛti is the natural body–mind constitution of a person, decided at birth and remaining the same throughout life.

How it is formed?



Prakriti is decided at the time of Conception
Influenced by Parents' Health, Season, Diet &
Lifestyle of Mother



WHY PRAKRITI IS IMPORTANT?

To understand Oneself

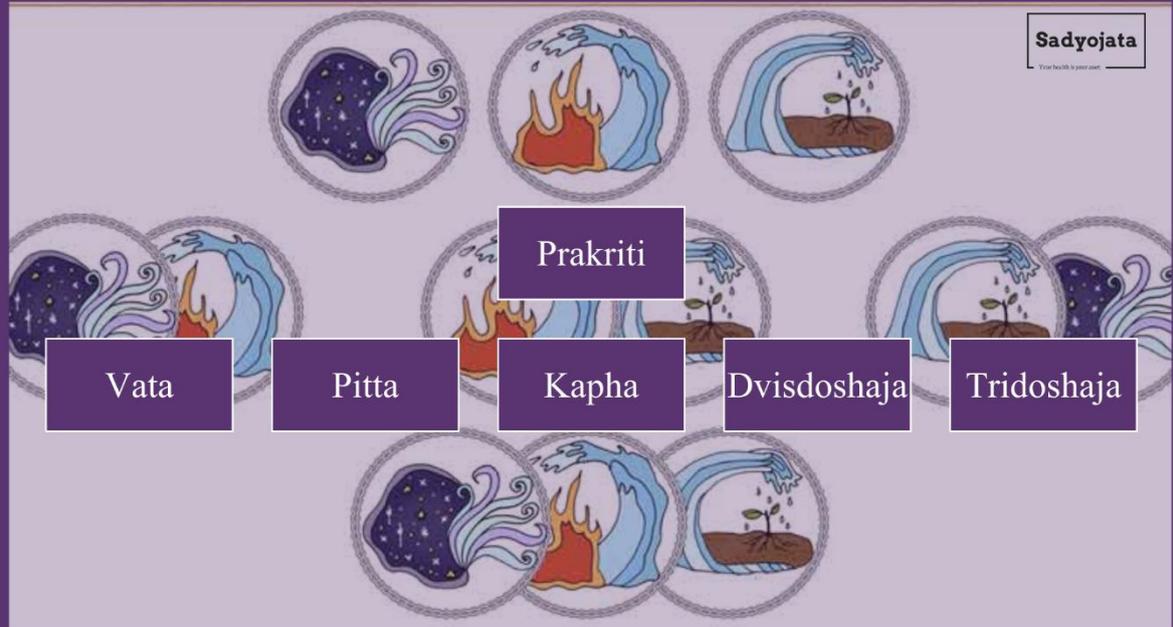
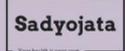
What climate suits you

How fast you can recover

What food suits you

What diseases you are prone to

Suitable Lifestyle to be Healthy



FACTS ABOUT PRAKRITI

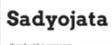
Prakriti is not a disease, it's the normal constitution

Prakriti will not change over time

Most of the people have Dual Prakriti
(Dvidoshaja Prakriti)

VATA PRAKRITI LAKSHANA





VATA PRAKRITI LAKSHANA

Digestion

- Varying appetite
- Hard stools/constipated
- Likes hot, sweet, sour, salty tastes

Social behavior

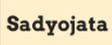
- Not trustworthy, Tendency to steal
- Have many friends
- Loose friends easily
- Less endurance during crisis
- Love to quarrels and conflicts
- They love singling, dancing, fun, luxury

Dreams

- Roaming around
- Flying in the sky
- Climbing Mountains & trees

Similar Animals

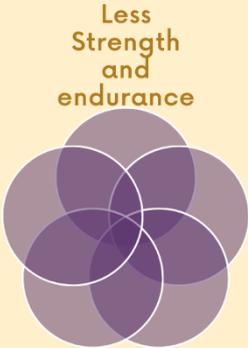
- Goat
- Jackal
- Rabbit
- Mouse
- Camel
- Dog
- Crow
- Donkey



Overall

Less Success

Less Strength and endurance



Less life span

Less amneties in life and less weath

Less progeny

Due to these reasons, Vata Prakriti individuals are regarded as the Least Praised among all three prakritis

Vata Prakriti is also called as "Sadaatura"

ದೋಷಗಳ ಸ್ಥಿತಿ ಮತ್ತು ವಾತ ದೋಷದ ವಿವರಣೆ

ಆಯುರ್ವೇದದ ಮೂಲಭೂತ ತತ್ವಗಳನ್ನು, ವಿಶೇಷವಾಗಿ ವಾತ ದೋಷದ ಮೇಲೆ ಕೇಂದ್ರೀಕರಿಸುತ್ತದೆ. ಇದರ ಗುರಿಯು ವಾತದ ಗುಣಗಳು (Guna), ಕಾರ್ಯಗಳು (Karma), ಸ್ಥಾನಗಳು (Sthana) ಮತ್ತು ಅದರ ಸಮತೋಲನ ಅಥವಾ ಅಸಮತೋಲನವು ದೇಹ ಮತ್ತು ಮನಸ್ಸಿನ ಮೇಲೆ ಹೇಗೆ ಪ್ರಭಾವ ಬೀರುತ್ತದೆ ಎಂಬುದನ್ನು ಅರ್ಥಮಾಡಿಕೊಳ್ಳುವುದಾಗಿದೆ.

ವಯಸ್ಸು, ಸಮಯ ಮತ್ತು ಜೀರ್ಣಕ್ರಿಯೆಗೆ ಅನುಗುಣವಾಗಿ ದೋಷಗಳ ಚಲನೆ:

- ವಯಸ್ಸು (Vaya): ವೃದ್ಧಾಪ್ಯದಲ್ಲಿ (ಅಂತ್ಯ) ವಾತವು ಪ್ರಾಬಲ್ಯ ಹೊಂದಿರುತ್ತದೆ, ಮಧ್ಯವಯಸ್ಸಿನಲ್ಲಿ (ಮಧ್ಯ) ಪಿತ್ತ ಮತ್ತು ಬಾಲ್ಯದಲ್ಲಿ (ಆದಿ) ಕಫವು ಪ್ರಬಲವಾಗಿರುತ್ತದೆ(strong).

- ದಿನದ ಸಮಯ (**Ahoratri**): ದಿನದ ಅಥವಾ ರಾತ್ರಿಯ ಆರಂಭದಲ್ಲಿ (ಬೆಳಿಗ್ಗೆ/ರಾತ್ರಿ 6-10) ಕಫವು ಹೆಚ್ಚಿರುತ್ತದೆ, ಮಧ್ಯಭಾಗದಲ್ಲಿ (ಬೆಳಿಗ್ಗೆ/ರಾತ್ರಿ 10-2) ಪಿತ್ತ ಮತ್ತು ಕೊನೆಯ ಭಾಗದಲ್ಲಿ (ಮಧ್ಯಾಹ್ನ/ಮುಂಜಾನೆ 2-6) ವಾತವು ಹೆಚ್ಚಿರುತ್ತದೆ.
- ಜೀರ್ಣಕ್ರಿಯೆ (**Bhuktanah**): ಆಹಾರ ಸೇವಿಸಿದ ತಕ್ಷಣ ಕಫವು ಹೆಚ್ಚಾಗುತ್ತದೆ, ಜೀರ್ಣಕ್ರಿಯೆ ನಡೆಯುತ್ತಿರುವಾಗ ಪಿತ್ತ ಮತ್ತು ಜೀರ್ಣಕ್ರಿಯೆ ಮುಗಿಯುವ ಹಂತದಲ್ಲಿ ವಾತವು ಹೆಚ್ಚಾಗುತ್ತದೆ.
- ಕ್ರೋನೋಬಯಾಲಜಿ (**Chronobiology**): ಆಯುರ್ವೇದದ ಈ ಸಮಯದ ಲೆಕ್ಕಾಚಾರವು ಆಧುನಿಕ 'ಕ್ರೋನೋಬಯಾಲಜಿ'ಗೆ ಹೇಗೆ ಹೊಂದಿಕೆಯಾಗುತ್ತದೆ ಎಂಬುದನ್ನು ವಿವರಿಸಲಾಯಿತು. ಹೊರಗಿನ ಗಡಿಯಾರಕ್ಕಿಂತ ದೇಹದ ಒಳಗಿನ ಗಡಿಯಾರಕ್ಕೆ ಹೆಚ್ಚಿನ ಮಹತ್ವ ನೀಡಬೇಕು.

ಉದಾಹರಣೆಗಳು:

- ಗಡಿಯಾರ ಮತ್ತು ಹವ್ಯಾಸಗಳು: ಬೆಳಿಗ್ಗೆ ಕಫವು ನೈಸರ್ಗಿಕವಾಗಿ ಹೆಚ್ಚಿರುವಾಗ, ಸ್ಯಾಂಡ್‌ವಿಚ್ ಅಥವಾ ತಣ್ಣನೆಯ ಉಪಹಾರ ಸೇವಿಸುವುದು ಕಫವನ್ನು ಮತ್ತಷ್ಟು ಹೆಚ್ಚಿಸಿ ಆಲಸ್ಯಕ್ಕೆ ಕಾರಣವಾಗುತ್ತದೆ.
- ಉಟದ ನಂತರ ಐಸ್‌ಕ್ರೀಮ್: ಉಟವಾದ ತಕ್ಷಣ ಐಸ್‌ಕ್ರೀಮ್ ತಿನ್ನುವುದು ಈಗಾಗಲೇ ಹೆಚ್ಚಾಗಿರುವ ಕಫವನ್ನು ಕೆರಳಿಸಿ ಜೀರ್ಣಕ್ರಿಯೆಗೆ ಅಡ್ಡಿಪಡಿಸುತ್ತದೆ. ಆದ್ದರಿಂದ ಸಿಹಿ ಪದಾರ್ಥಗಳನ್ನು ಉಟದ ಆರಂಭದಲ್ಲಿ ಸೇವಿಸಲು ಶಿಫಾರಸು ಮಾಡಲಾಗಿದೆ.

ವಾತದ ಗುಣಗಳು (Vata Gunas):

1. ರೂಕ್ಷ (**Ruksha** - ಒಣಗಿದ/ಬಿರಿಯುವ): ಇದು ಒಣ ಚರ್ಮ, ಒಡೆದ ತುಟಿಗಳು, ಮಲಬದ್ಧತೆ ಮತ್ತು ಕೀಲುಗಳಲ್ಲಿ ಶಬ್ದ ಬರುವಿಕೆಗೆ ಕಾರಣವಾಗುತ್ತದೆ.
2. ಲಘು (**Laghu** - ಹಗುರವಾದ): ದೇಹದಲ್ಲಿ ಹಗುರವಾದ ಭಾವನೆ ಮತ್ತು ಅಸ್ಥಿರಂಧ್ರತೆಯಂತಹ (**Osteoporosis**) ಸ್ಥಿತಿಗಳಿಗೆ ಇದು ಕಾರಣವಾಗುತ್ತದೆ.
3. ಶೀತ (**Sheeta** - ತಂಪು): ಕೈಕಾಲುಗಳು ತಣ್ಣಗಾಗುವುದು ಮತ್ತು ರಕ್ತನಾಳಗಳ ಸಂಕೋಚನಕ್ಕೆ ಇದು ಕಾರಣ.
4. ಖರ (**Khara** - ಒರಟಾದ): ಇದು ದೇಹದಲ್ಲಿ ಕ್ಷೀಣಿಸುವ ಬದಲಾವಣೆಗಳನ್ನು (Degenerative changes) ಉಂಟುಮಾಡುತ್ತದೆ; ಇದನ್ನು ಮರಳು ಕಾಗದದ (Sandpaper) ಒರಟುತನಕ್ಕೆ ಹೋಲಿಸಬಹುದು.
5. ಸೂಕ್ಷ್ಮ (**Sukshma** - ಅತಿ ಸಣ್ಣದಾದ): ವಾತವು ಅತ್ಯಂತ ಸೂಕ್ಷ್ಮ ಜಾಗಗಳಿಗೂ ನುಗ್ಗಬಲ್ಲದು, ಇದು ನರಗಳ ಸಂವೇದನೆ ಮತ್ತು ವಾಸನೆಯ ವೇಗದ ಪ್ರಸರಣದ ಮೇಲೆ ಪ್ರಭಾವ ಬೀರುತ್ತದೆ.
6. ಚಲ (**Chala** - ಚಂಚಲ/ಅಸ್ಥಿರ): ಇದು ಚಡಪಡಿಕೆ, ಅಸ್ಥಿರ ಮನಸ್ಸು, ಸ್ನಾಯುಗಳ ಸೆಳೆತ, ನಡುಕ (ಉದಾ: ಪಾರ್ಕಿಂಗ್ ಕಾಯಿಲೆ), ಕಣ್ಣು ಹಾರುವುದಕ್ಕೆ ಮತ್ತು ಆತಂಕಕ್ಕೆ ಕಾರಣವಾಗುತ್ತದೆ.

ವಾತದ ಕರ್ಮಗಳು (Vata Karmas - ಕಾರ್ಯಗಳು):

ವಾತವು ಆಕಾರವಿಲ್ಲದ್ದು, ಅದರ ಕಾರ್ಯಗಳ ಮೂಲಕವೇ ಅದರ ಅಸ್ತಿತ್ವ ತಿಳಿಯುತ್ತದೆ.

- ದೋಷಗಳ ರಾಜ: ಮೋಡಗಳನ್ನು ಗಾಳಿಯು ಚಲಿಸುವಂತೆ ಮಾಡುವ ಹಾಗೆ, ದೇಹದಲ್ಲಿ ಇತರ ದೋಷಗಳು, ಮಲಗಳು ಮತ್ತು ಧಾತುಗಳನ್ನು ಚಲಿಸುವಂತೆ ಮಾಡುವುದರಿಂದ ವಾತವನ್ನು 'ದೋಷಗಳ ರಾಜ' ಎನ್ನಲಾಗುತ್ತದೆ.
- ನೋವು ಒಂದು ಸೂಚಕ: ದೇಹದಲ್ಲಿ ಎಲ್ಲಿಯೇ ನೋವಿದ್ದರೂ ಅದು ವಾತವು ಹೆಚ್ಚಾಗಿದೆ ಎಂಬುದರ ಸಂಕೇತ.
- ಸಾಮಾನ್ಯ ಕಾರ್ಯಗಳು (Normal Karmas): ಪ್ರಾಣಶಕ್ತಿ, ಉತ್ಸಾಹ (Utsaha), ಉಸಿರಾಟ, ಎಲ್ಲಾ ದೈಹಿಕ ಚಲನೆಗಳು ಮತ್ತು ಮಲಮೂತ್ರಾದಿಗಳ ವಿಸರ್ಜನೆ (Vega pravartana).
- ಅಸಹಜ ಕಾರ್ಯಗಳು (Abnormal Karmas): ಶೂಲೆ ಅಥವಾ ನೋವು (Shula), ದೇಹದ ಸವೆತ ಅಥವಾ ಕ್ಷೀಣತೆ (Karshyata), ನಡುಕ (Kampa), ಹರಿವಿಗೆ ಅಡ್ಡಿ ಉಂಟಾಗುವುದು, ಭಯ ಮತ್ತು ಅತಿಯಾದ ಆತಂಕ.
- ವಾತ ಕಡಿಮೆಯಾದಾಗ: ಚಲನೆ ಕುಂಠಿತವಾಗುವುದು, ಆಲಸ್ಯ, ಮಂದ ಜೀರ್ಣಕ್ರಿಯೆ ಮತ್ತು ಅತಿಯಾದ ನಿದ್ರೆಗೆ ಕಾರಣವಾಗುತ್ತದೆ.

ವಾತ ನಿಯಂತ್ರಣ (Controlling Vata)

ವಾತವನ್ನು ಸಮತೋಲನಗೊಳಿಸಲು ಅದರ ಗುಣಗಳಿಗೆ ವಿರುದ್ಧವಾದ ಗುಣಗಳನ್ನು ಬಳಸುವುದು ಮೂಲ ತತ್ವವಾಗಿದೆ.

- ಅಭ್ಯಾಸಗಳು: ಪ್ರಾಣಾಯಾಮ, ಅಸ್ಥಿರತೆಗೆ ವಿರುದ್ಧವಾಗಿ ಸ್ಥಿರತೆಯನ್ನು ನೀಡುವ ಆಸನಗಳು, ಧ್ಯಾನ ಮತ್ತು ಉಷ್ಣತೆ ಹಾಗೂ ಜಿಡ್ಡಿನಂಶಕ್ಕಾಗಿ ಎಣ್ಣೆ ಮಸಾಜ್ (ಅಭ್ಯಂಗ).
- ಆಹಾರ ಕ್ರಮ: ಬಿಸಿಯಾದ ಆಹಾರಗಳು, ಸಿಹಿ, ಹುಳಿ ಮತ್ತು ಉಪ್ಪು ರುಚಿಗಳು ವಾತವನ್ನು ಕಡಿಮೆ ಮಾಡುತ್ತವೆ (ಉದಾಹರಣೆಗೆ: ತುಪ್ಪ).
- ಬಾಹ್ಯ ಚಿಕಿತ್ಸೆಗಳು: ಮಸಾಜ್ ಮಾಡುವುದು, ಮೆಲ್ಲಗೆ ತಟ್ಟುವುದು, ನೋವಿರುವ ಜಾಗದಲ್ಲಿ ಗಟ್ಟಿಯಾಗಿ ಬಟ್ಟೆ ಕಟ್ಟುವುದು (ವೇಷ್ಠನ), ಬಿಸಿಯಾದ ದ್ರವವನ್ನು ಸುರಿಯುವುದು (ಸೇಕ), ಮತ್ತು ಮಾನಸಿಕ ಒತ್ತಡ ನಿವಾರಣೆಗಾಗಿ ಶಿರೋಧಾರ.
- ಆಯುರ್ವೇದ ಚಿಕಿತ್ಸೆಗಳು: ಕರುಳಿನಲ್ಲಿ ವಾತವನ್ನು ನಿಯಂತ್ರಿಸಲು ಬಸ್ತಿ (Enema) ಮತ್ತು ನಿರ್ದಿಷ್ಟ ಔಷಧಗಳು (ಉದಾ: ಅನುಲೋಮನ ದ್ರವ್ಯಗಳು).

ವಾತದ ಪ್ರಕಾರಗಳು (ಪಂಚ ವಾಯು)

ಸ್ಥಾನ ಮತ್ತು ಕಾರ್ಯದ ಆಧಾರದ ಮೇಲೆ ವಾತವನ್ನು ಐದು ವಿಧಗಳಾಗಿ ವಿಂಗಡಿಸಲಾಗಿದೆ:

1. ಪ್ರಾಣ ವಾತ: ತಲೆ, ಶ್ವಾಸಕೋಶ, ಎದೆ ಮತ್ತು ಗಂಟಲಿನಲ್ಲಿರುತ್ತದೆ. ಇದು ಉಸಿರಾಟ, ನುಂಗುವುದು, ಕೆಮ್ಮು, ಸೀನು ಮತ್ತು ತೇಗನ್ನು ನಿಯಂತ್ರಿಸುತ್ತದೆ. ಇದು ಇತರ ವಾತ ಪ್ರಕಾರಗಳಿಗೆ "ಪ್ರಧಾನ ಕಚೇರಿ" (Head office) ಇದ್ದಂತೆ.
2. ಉದಾನ ವಾತ: ಎದೆ, ಹೊಕ್ಕುಳಿ ಮತ್ತು ಮೂಗಿನ ಭಾಗದಲ್ಲಿರುತ್ತದೆ. ಇದು ಮೇಲ್ಮುಖವಾಗಿ ಚಲಿಸುತ್ತದೆ. ಮಾತು, ಉತ್ಸಾಹ, ದೈಹಿಕ ಶಕ್ತಿ, ಮೈಬಣ್ಣ ಮತ್ತು ನೆನಪಿನ ಶಕ್ತಿಯನ್ನು ಇದು ನಿಯಂತ್ರಿಸುತ್ತದೆ.

3. ವ್ಯಾನ ವಾತ: ಇಡೀ ದೇಹದಲ್ಲಿ ವ್ಯಾಪಿಸಿರುತ್ತದೆ. ದೇಹದ ಎಲ್ಲಾ ಚಲನೆಗಳು (ಚಾಚುವುದು, ಮುಂದುವರಿಸುವುದು, ಕಣ್ಣು ಮಿಟುಕಿಸುವುದು), ರಕ್ತ ಪರಿಚಲನೆ ಮತ್ತು ಪೋಷಕಾಂಶಗಳನ್ನು ಜೀವಕೋಶಗಳಿಗೆ ತಲುಪಿಸುವುದನ್ನು ಇದು ನೋಡಿಕೊಳ್ಳುತ್ತದೆ.
4. ಸಮಾನ ವಾತ: ಕಿಬ್ಬೊಟ್ಟೆಯ ಭಾಗದಲ್ಲಿರುತ್ತದೆ. ಇದು ಜೀರ್ಣಕ್ರಿಯೆಯನ್ನು ನಿಯಂತ್ರಿಸುತ್ತದೆ. ಆಹಾರವನ್ನು ಸ್ವೀಕರಿಸುವುದು, ಪೋಷಕಾಂಶ ಮತ್ತು ತ್ಯಾಜ್ಯವನ್ನು ಪ್ರತ್ಯೇಕಿಸುವುದು ಹಾಗೂ ಜೀರ್ಣಿಸಿಕೊಳ್ಳಲು ಇದು ಸಹಾಯ ಮಾಡುತ್ತದೆ.
5. ಅಪಾನ ವಾತ: ಹೊಕ್ಕುಳಿನ ಕೆಳಭಾಗದಲ್ಲಿರುತ್ತದೆ. ಇದು ಕೆಳಮುಖವಾಗಿ ಚಲಿಸುತ್ತದೆ. ಮಲಮೂತ್ರ ವಿಸರ್ಜನೆ, ಮುಟ್ಟು, ವೀರ್ಯ ವಿಸರ್ಜನೆ ಮತ್ತು ಮಗುವಿನ ಜನನ ಪ್ರಕ್ರಿಯೆಯನ್ನು ಇದು ನಿಯಂತ್ರಿಸುತ್ತದೆ. ಇದರ ಅಸಮತೋಲನವು ಮಲಬದ್ಧತೆಗೆ ಕಾರಣವಾಗುತ್ತದೆ.

ಚರ್ಚೆ ಮತ್ತು ಪ್ರಶ್ನೋತ್ತರಗಳ ಮುಖ್ಯಾಂಶಗಳು

- ಒತ್ತಡ ಮತ್ತು ಮಲಬದ್ಧತೆ: ಮಾನಸಿಕ ಒತ್ತಡವು ವಾತದ 'ಚಲ' (Movement) ಗುಣವನ್ನು ಹೆಚ್ಚಿಸಿ ಪ್ರಾಣ ಮತ್ತು ಉದಾನ ವಾತದ ಮೇಲೆ ಪ್ರಭಾವ ಬೀರುತ್ತದೆ. ಇದು ಅಂತಿಮವಾಗಿ ಅಪಾನ ವಾತದ ಕಾರ್ಯಕ್ಕೆ ಅಡ್ಡಿಪಡಿಸಿ ಮಲಬದ್ಧತೆಯನ್ನು ಉಂಟುಮಾಡುತ್ತದೆ.
- ನೀರಿನ ಸೇವನೆ: ಆಯುರ್ವೇದವು ದಿನಕ್ಕೆ ಇಷ್ಟೇ ಲೀಟರ್ ನೀರು ಕುಡಿಯಬೇಕು (ಉದಾ: 4 ಲೀಟರ್) ಎಂದು ಹೇಳುವುದಿಲ್ಲ. ಬದಲಾಗಿ, ಪ್ರತಿಯೊಬ್ಬರ ದೇಹದ ಅವಶ್ಯಕತೆ ಬೇರೆಯಾಗಿರುವುದರಿಂದ, ನಿಮ್ಮ ಬಾಯಾರಿಕೆಗೆ (ದಾಹ) ಅನುಗುಣವಾಗಿ ನೀರು ಕುಡಿಯಲು ಸೂಚಿಸುತ್ತದೆ.
- ಬೆಳಗಿನ ಉಪಹಾರ: ಬೆಳಿಗ್ಗೆ ಜೀರ್ಣಶಕ್ತಿ ಚೆನ್ನಾಗಿರುತ್ತದೆ. ಆದರೆ ಕಫವನ್ನು ಹೆಚ್ಚಿಸುವ ಅತಿಯಾದ ತಂಪು ಅಥವಾ ಭಾರವಾದ ಆಹಾರ ಸೇವಿಸಬಾರದು. ಗುಣಮಟ್ಟದ ಮತ್ತು ಹಿತಮಿತವಾದ ಆಹಾರ ಸೇವನೆ ಉತ್ತಮ.

ಚಟುವಟಿಕೆ (Homework)

ಭಾಗವಹಿಸುವವರು ಈ ಕೆಳಗಿನವುಗಳನ್ನು ಗಮನಿಸಿ ಬರೆದಿಡಲು ಸೂಚಿಸಲಾಗಿದೆ:

1. ನಿಸರ್ಗದಲ್ಲಿ ವಾತದ ಐದು ಕ್ರಿಯೆಗಳು (ಉದಾ: ಹೂವು ಅರಳುವುದು, ಸಂಚಾರ ಸಂಕೇತ/Traffic signals, ಗ್ರಹಣ).
2. ನಿಮ್ಮೊಳಗೆ ಕಂಡುಬರುವ ವಾತದ ಐದು ಕ್ರಿಯೆಗಳು (ಚರ್ಚಿಸಿದ ಗುಣಗಳಿಗೆ ಸಂಬಂಧಿಸಿದಂತೆ).