

ROLE OF VASTI IN NETRA ROGA

Vasti is one among the panchakarma is quoted as the best chikitsa for vatha. Vata is said to be the lord in ayurveda because it is not only cause diseases but it is also the one which destines the fate of pitta and kaphadosha. As vata is responsible in the various pathogenesis of netraroga such as vatikatimira and other degenerative conditions. In classics there is no remedy other than vasti for pacification of diseases caused by aggravated vata. In all ayurvedic classics the importance of vasti is highlighted as much as to call it half of the treatment. Among all therapeutic procedures, vasti is superior because it produces the effect of both santarpana and apatarpana immediately by using respective drugs and is can be categorised into primarily 2 types, that done through the ano-rectal route and that done through other routes. The former is again divisible into two types, anuvasanavasti and niruhavasti. Vasti. That done through other routes are again divided into apathyamargaga and mutramargaga. Vasti is also known to be tridosaharachikitsa. Coming to the role of vasti in netra, which nourishes the eyes and is indicating in netraroga such as timira, adimantha, vatikatimirachikitsa, krshnagataroga, abhishyantha, ajaka and akshipaka. As vata is yogavahi controlling dormant pitta and kaphadosha, anabolism and catabolism depends on normal physiological activities of vata. Hence it may be considered as the best treatment for all diseases.