



## AYURVEDA PERSPECTIVE OF VATARAKTA AND TRADITIONAL APPROACHES OF ITS MANAGEMENT

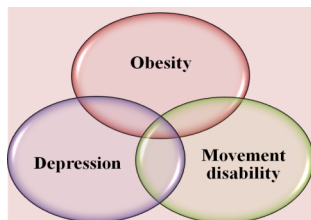
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**ABSTRACT** Vatarakta is pathological condition which involves small joints of feet & hand and as per modern science it is characterized by increased level of serum uric acid ( $\geq 2-7$  mg/dl). Vatarakta resembles symptomatic similarities of Gout as per modern medical science. The females of middle/higher age are more susceptible than male and disturbance in metabolism of purine leads deposition of uric acid over joints. As per ayurveda disease persisted aggravation of Vata along with Rakta resulting obstruction in metabolic pathways leading to joint pain, restriction in movement and joint swelling, etc. Ayurveda described different therapies for the management of Vatarakta i.e.; drugs, Panchkarma, yoga and good conduction of daily regimen. This Article explores Ayurveda perspective on Vatarakta along with its therapeutic considerations.

**KEYWORDS :** Ayurveda, Gout, Vatarakta, Uric Acid.

### INTRODUCTION

The wellness of human health depends upon synchronization of Atma, Indriya and Mana. The balances of Doshas (Doshasamyā), Agni (Agnisamyā) and Dhatus (Dhatusamyā) also required towards the maintenance of normal health status. The diseases related to joint affecting large number of global population and such types of health issues increases in current time due to the imbalanced living style. Vatarakta is one such type of joint disease described as 'Sandhigat Roga', involves vitiation of Vata & Rakta along with diminishes state of Asthi and Dhatus. The avoidance of rules of Dinacharya and Rutucharya initiate pathogenesis of Vatarakta in which urate crystal get deposited over joints. **Figure 1** depicted some complications related to Vatarakta.



**Figure 1: Some complications related to the Vatarakta.**

NSAIDs, analgesics, corticosteroids, physiotherapy and topical formulations, etc. are recommended for the management of gout in modern medical science. Ayurveda also emphasizes various therapeutic approaches for the management of Vatarakta such as; Abhyanga, Seka, drugs and yoga, etc. **Table 1** mentioned different types of Vatarakta on the basis of disease progression and their typical symptoms:

**Table 1: Pathological stages of Vatarakta and their clinical manifestation:**

S. No.	Pathological stages		Symptoms
	Ayurveda considerations	Modern correlation with Gout	
1	Vatarakta Uttana	Initiation stage of gout	Daha, Kandu, Sphurana, skin pigmentation and Aayas.
2	Gambhira	Progressive stage of gout	Daha, stiffness, nodule formation and severe pain.

### Causes of disease:

- Injury, trauma and shock.
- Consumption of incompatible food; excessive use of oily, salty, sour and sea food.
- Horse riding and long vehicle riding.
- Heat exposure.
- Diseases condition like obesity.
- Renal dysfunction and intake of high protein diet.

### Symptoms of disease:

- Black colouration of joint.
- Insensibility to touch.
- Pain and pricking sensation.
- Stiffness and burning sensation.
- Spots over joints.
- Problem in mobility or change in posture.
- Numbness.
- Swelling & joint pain in cloudy weather.

### TREATMENT OF VATARAKTA

#### Treatment principles

- Pathologically disease affects Tridosha but Vata is predominate therefore drugs pacifying Vata can offers relief in disease.
- The vitiation of Rakta also involves in disease pathogenesis therefore blood purifying approaches and nourishment therapy is recommended.
- Therapy which prevents obstruction of Vayu helps to break pathogenesis of disease.
- The therapies offering analgesic and anti-inflammatory properties can also be recommended for the management of Vatarakta.

Ayurveda drugs such as Guda haritaki, Guduchi, Sukumara Taila, Churnam of Nimbadi, Madhuka tailam, Pinda taila and Satapaka madhuka tail, etc., provide beneficial effects in the management of Vatarakta. Ayurveda drugs provide health benefits in Vatarakta & helps to break pathogenesis of disease at various stages as depicted in Table 2.

**Table 2: Role of Ayurveda to suppress Samprapti of Disease:**

Disease pathogenesis	Ayurveda therapies helps in specific stages of disease pathogenesis
Etiological factors	→ Consideration of Dinacharya and Rutucharya help to avoid effect of etiological factors

↓ Aggravates Vata	→ Drugs pacify Vata (Ashwagandha, Ardraka, Triphala)
↓ Vitiates Rakta	→ Drugs pacify Rakta (Nimba, Chakramarda, Haridra & Bhallataka etc.)
↓ Obstruction of Vayu	→ Drugs prevent obstruction of Vayu Licorice (Yashtimadhu), Shatavari, Triphala and Swarnapatri etc.)
↓ Cumulative disturbance in Vata & Rakta leads disease manifestation	→ Drugs prevent Cumulative disturbance in Vata & Rakta (Kaishora guggulu, Amrita guggulu, Terminalia chebula & Tinospora cordifolia)
↓ Vatarakta	→ Consideration of Pathya & Apathya helps to pacify overall symptoms of Vatarakta

#### Therapies for Vatarakta

- Abhyanga: massage reduces pain sensation and suppresses swelling of joints thus imparts symptomatic relief.
- Seka: Seka with liquid containing Bilva Patala, Sala Parni, Syonaka, Katakari and Brihati helps in pain and burning sensation.
- Pradeha: Pradeha with flour, gout milk & Ghee offers relief in Vatarakta.
- Panchkarma: this therapy boosts Dhatu, cleans channels, enhances circulation thus nourishes tissue, pacify vitiated Vata and prevent obstruction of Vayu. The detoxification measure restrict accumulation of Ama thus helps to prevent pathological progression of disease.

#### Pathya

- Consumption of cereals, wheat.
- Kakamachi, Shatavari, Shunthisiddha jala and Vatsaka.
- Cow milk.
- Exercise and Yoga.
- Calcium rich, low fat and protein diet.

#### Apathya

- Consumption of Anoopta habitat animal's meat.
- Excessive physical stress, bike riding and horse riding.
- Sleeps during day time and late night awakening.
- Excessive exposure to heat and walking in hot climatic condition for long time.
- Excessive consumption of saline, sour, alkaline & pungent foods stuffs.
- Alcohol consumption and smoking.

#### CONCLUSION

Vatarakta is condition which presents with sever joint pain due to the deposition of uric acid and as per ayurveda disease involves vitiation of Vata & Rakta, can be correlated with Gout based on the symptoms and pathogenesis. Joint pain, restriction in movement, swelling, stiffness and joint discolouration etc. are the typical symptoms of disease. Ayurveda suggested drugs, Panchkarma, yoga and daily regimen for the management of disease. Abhyanga, Seka & Pradeha also suggested for the symptomatic relief in case of Vatarakta.

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