



MANAGEMENT OF VATARKATA W.S.R TO GOUTY ARTHRITIS THROUGH AN AYURVEDIC APPROACH: - A SINGLE CASE REPORT.

Ayurveda

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ABSTRACT

In our classics so many diseases are explained under vitiation of Vata dosha in the body, vatarakta is one of them. This disease causes in the body due to imbalance of Vata dosh and Rakta Dhatu. Aaharaj and vihaaraj are two important hetu of this disease, example i excess intake of Amla Ras, Ratu Ras & kshara draya, because of the obstruction in the passage, by Ratta date or blood gets contaminated then with the help of vayu travels through the whole body and accumulates in the foot because of the gravity. This combination of vitiated Vata rakta is called as vatarakta. According to the sign and symptoms mentioned in modern system of medicine, it can be correlated to Gout arthritis due to its etiopathology. A 38 years old male presented to Divya Jyoti Ayurvedic medical college and hospital OPD with the complaints of severe pain. in the Right, foot associated with swelling, mild burning sensation. Loss of appetite and difficulty in walking for 20 days. Two types of treatments are explained in our texts that is Shodhana and Shamana. Shodhana explains all the Panchakarma therapies and shamana explains medicines. Virechana as shodhana and was given and remarkable results were seen.

KEYWORDS

Vatarakta, Gouty arthritis, Shodhana shamana, Panchakarma.

INTRODUCTION-

Vata Rakta comprises of two words Vata & Rakta which combines and forms a disease. According to Acharya Sushruta, Vata Rakta comes under vatavyadhis the diseases which are caused due to aggravation of vata in the body. As per Ayurvedic classics, disease is caused by excessive intake of salty, sour, alkaline, spicy oily, hot & uncompressed food, Excessive intake of alcohol & high Protein diet also effects body. Sleeping in the day time stress anger are also its causative factors. The signs symptoms present in this disease are pain in all joints, stiffness, tenderness and small Joints swelling. These symptoms start from small joints in the initial stage and then settles in one of joint. Vatarakta starts from the greater toe of foot then spreads all over the body. According to allopathic science it can be correlated to Gouty Arthritis due to its symptomatology and pathophysiology. In India prevalence of gout is 200 per 1000 patients usually below the age group of 25-50 years. In contemporary science Vata Pakta is treated with NSAID's, Pain killers, steroids which are effective in immediate results But gives short term relief. So here we selected Ayurvedic management which give long term effect and cure the root of disease. There are varieties of treatment explained in ayurveda. Virechana plays most important role as panchakarma procedure in Vatarakta followed by medications for 20 days with follow up of 7 days.

Patient's Findings-

A 38 years old Male was not a known case DM, HTN, IHD or any other morbid diseases. He was asymptomatic for 15 days then he started complaining of pain in left ankle joint associated with swelling, tenderness and rise in temperature of joint. He also complains of difficulty in walking. He went to modern hospital & took medications but did not get relief The he visited Kayachikitsa OPD of our hospital for further management. Considering all the sign and symptoms, patient was diagnosed as Vatarakta.

History Medical/ Surgical - No relevant medical History.

Personal History-

Sleep- irregular because of pain, Micturition -5-7 times a day, Bowels- Regular & twice a day

Addiction- Tea, Appetite- decreased

Family History- No relevant history

General Examination-

Conscious and well oriented to date place and time
BP- 150/90 mm hg
P.R- 94/ min
R.R- 20/ min
Temperature- 98.6 F
Chest- B/L clear

CVS- S1 S2 heard

P/A- soft and non-tender

Ashta Sthana Pariksha-

- Nadi- Kapha pitta
- Mala- twice a day, semi solid
- Mutra- 5-7 times aday
- Jivha- lipta
- Shabad- spasht, prakarut
- Sparsh- sushanasheeta
- Drik- prakrut
- Akriti- madhyam

Dashvidh Pariksha-

- Prakriti – Pitta kapha
- Vikriti- kapha pitta
- Sara- mamsa sara
- Samhanan- madhyam
- Pramana- madhyam
- Satva- avar
- Ahara shakti- madhyam
- Vyayama shakti- madhyam
- Vaya- Madhyama

Local Examination-

Redness present, tenderness present

Swelling present, warmth- present on left ankle more than right

Diagnostic Criteria-

S.no	Subjective Parameter	Observation	Scale
1	Sandhishula (Joint Pain)	No Pain	0
		Mild pain	1
		Moderate pain	2
		Severe pain	3
2.	Daha (Burning Sensation)	Absent	0
		Mild	1
		Moderate	2
		Severe	3
3.	Sandhishota (swelling)	No swelling	0
		Swelling but no apparent	1
		Swelling on two joints	2
		Swelling more than two joints	3
4.	Sparshashyayta (Tenderness)	No tenderness	0
		Mild, deep touch causes sparshaasahatva	1
		Moderate, deep touch causes sparshaasahatva	2
		Severe	3

5.	Red discoloration of skin	Absent	0
		Present	1

Treatment Plan-

Patient advised to take Shamana Aushdis (oral medications) for 20 days with follow up of 7 days after Shodhana (virechana).

Shodhana followed by Shamana aushdhis were advised.

1. Deepana and Pachana with Chitrakadi vati for 3 days.
2. Snehpana with Mahatiktaka ghrita for 4 days.
3. Virechana with Trivrit lehyam followed by sansarjana karma

Shamana-

1. Kaishor guggul 1 tab twice a day after food
2. Shankh vati 1 tab twice a day after food
3. Pinda taila for local application

Virechana Procedure-

S. No	Day	Procedure	Observations
1.	First day	Snehpana 30ml	-
2.	Second day	Snehpana 70ml	Symptoms still persists
3.	Third day	Snehpana 110ml	Mild reduction in pain, redness still there, swelling reduces
4.	Fourth day	Snehpana 180ml	Burning sensation slight reduces
5.	Fifth day	Sarvanaga abhyanga	-
6.	Sixth day	Sarvanaga abhyanga	-
7.	Seventh day	Virechana with Trivrit lehyam	-
8.	Eighth day	Sansarjana karma	Pain better, swelling reduced, stiffness better, patient is able to walk proper

Observations & Results: Showing Results After Virechana

Parameter	Before Treatment	After Treatment
Pain	3	1
Swelling	2	1
Tenderness	3	1
Redness	1	0
Burning Sensation	2	0

Hematological Findings

Test	Before Treatment	After Treatment
Serum Uric Acid	8.9mg/dl	6.0 mg/dl

DISCUSSION-

Vararakta is a disease which involves vata and rakta. It is related with khavaigunya in raktavaha srotas. Due to its pathology it comes under vatavyadhi. Because of the obstruction in the path of rakta dhatu vata gets along with rakta and pitta, that's why it is also called as tridoshaja vayadhi. In Ayurveda Panchakarma plays a significant Role in the treatment of vatarakta. Among all panchakarma procedures virechana shows significant results. Mahatiktaka ghrita was used as a snehpana because of its properties.

- Virechana is an Ayurvedic purgation therapy that cleanses the body by eliminating toxins, especially excess Pitta dosha. The benefits range from improving digestion and treating skin conditions to promoting mental clarity and overall detoxification.
- Kaishor guggul acts as vatashamaka and kaphamedonashka. It has anti-inflammatory properties, and Used to help balance uric acid levels in the joints and muscles, which supports comfortable movement and relieves pain associated with Gout and Gouty arthritis.
- Shankha vati helps in vata anulomana & deepana Pachana. Pinda taila reduces swelling Pain & act as antimicrobial activity, vatanulomana and Kaphahara.

CONCLUSION-

After virechana significant results were shown in signs and symptoms. Hence it is concluded that virechana karma is highly affected in vatarakta. The medication which were advised after virechana alleviate vata by bringing back it in normal state and removed obstructions from channels in raktavaha srotas by vatanulomana properties.

As some symptoms were still there after the therapy, so patient advised to take oral medications after the procedure for 20 days.

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