



An Ayurvedic Approach in Management of Vatarakta

Mishra P^{1*}, Sanwal S², Gupta H¹, Singh H¹, Mukeriya PK³, and Anand N⁴

¹PG Scholar, Department of panchakarma, Uttarakhand Ayurved University, India

²Department of Ras Shastra and Bhaisajya Kalpana, Haridwar Ayurvedic medical college and research center, India

³Associate professor, Department of panchakarma, Rishikul campus, Uttarakhand Ayurved University, India

⁴Assistant professor, Department of panchakarma, Rishikul campus, Uttarakhand Ayurved University, India

Review Article

Volume 7 Issue 1

Received Date: February 16, 2023

Published Date: March 13, 2023

DOI: 10.23880/jonam-16000382

***Corresponding author:** Pankaj Mishra, PG Scholar, Department of panchakarma Rishikul Haridwar, Uttarakhand University, India, Tel: +917895752423; Email: pankajmishra.mishra4@gmail.com

Abstract

In present era Vatarakta is a common metabolic disorder which disturbs day-to-day life of the patients. It is a *Santarpana-Janya Vyadhi*, caused due to *Avarana* pathology. Compared with the other *Vatavyadhi*, *Vata-rakta* possesses a special place in the literature, due to its high prevalence (0.2 to 3.5 per 1000, with an overall prevalence of 2 to 26 per 1000) in the society, increased incidence as age advances, step-wise succession, and so on. It is correlated with gout in modern science due to similarities of symptoms between them. Incidence of *Vatarakta* is increasing Day by day. It is creating a lot of concern all over the world as it is causing serious complications with disabilities to human. Considering this fact, it was decided to do write an article on *Vatarakta*. All the material related to article has been collected from classical *Ayurvedic* texts and various published research article on *Vatarakta*. The purpose of this study was to investigate the understanding of *Vatarakta* with its treatment protocol and to compile the results of various *Vatarakta*-related studies.

Keywords: *Vatarakta*; *Santarpana Janya Vyadhi*; *Avarana*; *Vatavyadhi*

Introduction

Vatarakta is a *Vata* pradhana *Tridoshaja Vyadhi* where *Rakta* is main *Dushya* [1,2]. It is caused by vitiation of *Vata* and *Rakta*. Aggravated *Vata* blocked by vitiated *Rakta*, in turn leading to further aggravation of *Vata*. Thus aggravated *Vata* vitiates the *Rakta* leading to condition *Vatarakta* [3]. *Acharya Charaka* and *Vagbhata* assign a separate chapter to this disease and mentioned two types of *Vatarakta* as *Uttana* (superficial form) and *Gambhira* (joints involved) while *Sushruta* described this condition under *Vatavyadhi* with eight types according to *Dosha* and said that *Uttana* and

Gambhira are stages of it [4].

In modern science it is interrelated with Gouty arthritis due to similarities of symptoms between them. Gout is an atypical purine metabolic disorder which causes hyperuricemia and deposition of monosodium urate crystals in joint [5]. The effectiveness of different treatment protocols mentioned for *Vatarakta* such as *Raktamokshana*, *Virechana* and *Basti Karma*, in addition the *Shamana*, *Rasayana* *Dravyas* along with external applications like *Lepa*, *Upanaha*, *Parisheka*, *Abhyanga* showed evidence in numerous former studies. The description of *Vatarakta* is found in *Brihatrayi*

and other classical textbooks. *Charaka* and *Sushruta Samhita* describe its aetiology, epidemiology, types and sites of

manifestation, clinical features, prognosis, and management in detail (Tables 1-5).

Nidana

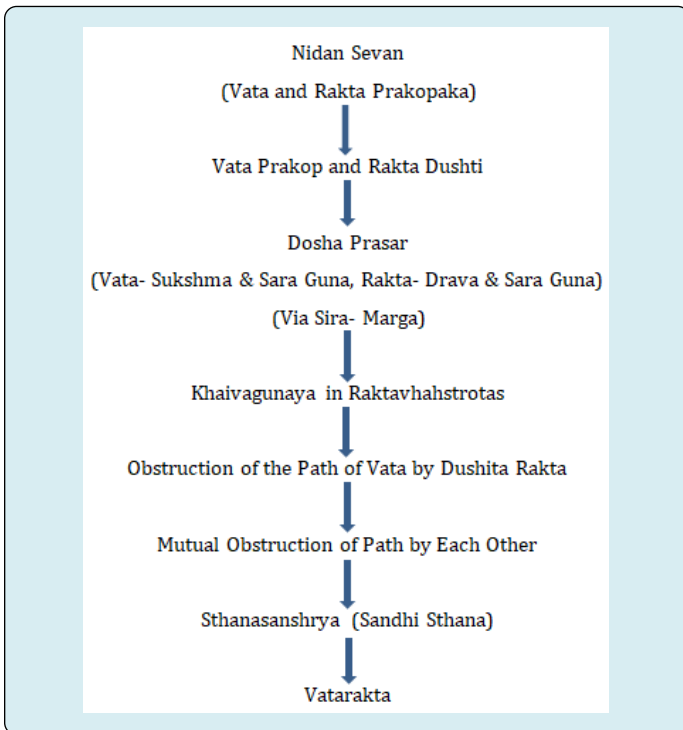
Sr. No.	Aetiological factors	Ch.	Su.	A.S.	A.H.
1	Aaharaj Nidana				
	Ati Amla Rasa	+	+		
	Ati Lavana, Katu, Tikta, KashayaRasa.	+			
	Ati Kshara Sevana	+	+		
	Snigdha	+			
	Ushna	+	+		
	Ruksha	+	+		
a.	Vidahi Anna (Irritable foods)				
	Shaaka (greenvegetables)	+	+		
	Klinna Mamsa, Shushka Mamsa, Ambuja Mamsa	+			
	Anoop Deshiya Mamsa, Ikshu	+			
	Vidahi Anna		+	+	+
b.	Vidahi Pana (irritable drinks)				
	Arnala, Sourviraka, Shukta, Sura (wine)	+			
	Aasava / Madyapan	+	+		
	Dadhi, Takra	+			
c.	Faulty dietary habits				
	Adhyashana, Ajeerna.	+			
	Virudhashana (incompatible food intake)	+			+
	Alpashana, Langhana	+			
	Mithya Aahara Vihara	+	+		+
	Mishthana Bhojana	+			
2	Viharaj Nidana				
	Diwaswapanama	+			+
	Ratri Jagrana	+			+
	Achakramana Sheela (sedentary habits)	+			+
	Ambukrida (Water games), Ambuplavan.	+			
	Ativyayama (doingexcessive exercise)	+	+		
3	Vegavidharana				
	Mala, Mutra,	+			
	Avyavaya (abstinence)	+	+		+
	Ativyavaya (excessive sexual indulgence)	+	+		
4	Hasti, Ushtra, AshwaRiding	+	+		
5	Kalaja Nidana				
	Ritu Satmya Viparayaya		+		
6	Mansika Nidana				
	Ati Krodha (excessive anger)	+			
	Shoka (grief)		+		
7	Agantuja Nidana				
	Abhighata (Traumatic injury)	+			+

8	Prakirana Nidana (Miscellaneous Factors)			
	Sukumara	+	+	+
	Stholya		+	
	Ashodhana	+		+
	Sneha Vibhrama		+	+
	Rakta Prakopaka Nidana	+	+	+
	Vata Prakopaka Nidana			+
	Sheetal Hetu			+

(Ch.Ch. 29/5-7, Su. Ni.1/40-42, A.S.Ni. 16/3,4, A.H.Ni. 16/-3)

Table 1: Showing Nidana of Vatarakta.

Samprapti [6]



Samprapti Ghataka

Dosha	Vata Pradhan Tridosha-Janya Vyadhi
Dushya	Rakta, Twak ,Mamsa
Agni	Mandagni
Udhbhava-Sthana	Pakvashya
Sanchara-Sthana	Sarava Sharira
Vyakta Sthana	Sandhi(Visheshata Kara Pada Sandhi)
Srotas	Raktavaha, Asthivaha, Majjavaha
Srotodushti Prakara	Sanga,Vimargagaman
Rogamarga	Madhyam

Table 2: Samprapti Ghataka.

Poorva-Roopa

Poorva-Roopa	C.S	S.s	A.s	A.h
Asveda	+	+	+	+
Alasya	+	-	-	-
Atisweda	+	-	+	+
Seveda	-	+	-	-
Ksatae ati ruk	++	-	-	-
Sandhi shaithilya	+	+	+	+
Nistoda/ toda	+	+	+	+
Spurana	+	-	+	+
Karshnyata/ vaivarnyta	+	+	-	-
Sadana	+	-	+	+
Supti	+	+	+	+
Guruta	+	+	+	+

(Ch.Ch. 29/16-17, Su. Ni.1/47, A.S.Ni. 16/4, A.H.Ni. 16/5-6)

Table 3: Poorva-Roopa of Vatarakta.

Roopa

Roopa	C.S	S.s	A.s	A.h
Kandu	+	-	+	+
Daha	+	-	+	+
Ruja	+	-	-	-
Ayama	+	-	+	+
Toda	+	-	+	+
Spurana	+	-	+	+
Kunchana	+	-	-	-
Shyava twaka	+	-	+	+
Rakta twaka	+	-	+	+
Bheda	-	-	+	+
Gourava	-	-	+	+
Suptata	-	-	+	+

(Ch.Ch. 29/20, Su. Ni.1, A.S.Ni. 16/6, A.H.Ni. 16/-9)

Table 4: Uttana Vatrakta.

Gambira Vatrakta

Roopa	C.s	S.s	A.s	A.h
Svathu stabdhata	+	-	-	-
Svathu Kathinya	+	-	-	-
Brusharti	+	-	-	-
Shyavatha	+	-	-	-
Tamra twaka	+	-	-	-
Daha	+	-	-	-
Todha	+	-	+	+
Spurana	+	-	-	-
Paka	+	-	-	-
Ruja	+	-	-	-
Vidhaha	+	-	+	+
Kanajtwa	+	-	+	+
Pangutwa	+	-	+	+
Svayathu grathitha	-	-	+	+
Angasya vakrikarana	+	-	+	+
Vatasy sandyasthimajjasu chindanniva charanam	+	-	-	-

(Ch.Ch. 29/21, Su. Ni.1, A.S.Ni. 16/7, A.H.Ni. 16/10-11)

Table 5: Gambira Vatrakta.

Chikitsa

The term *Chikitsa* is derived from the root “KIT ROGAAPNAYANE” [7] i.e., to adopt measures against the disease. The line of treatment has to be planned according to aetiopathogenesis, symptomatology and other aspect of the disease so that no complications can arise [8].

In the treatment of *Vatarakta*, both *Samsodhana*

and *Samsamana Chikitsa* are mentioned. Vitiated *Dosha* is evacuated from the body using *Samsodhana Chikitsa* (*Raktamokshana*, *Virechana*, and *Basti Karma*), and then *Samsamana Chikitsa* is given to the patients to maintain homeostasis, thereby alleviating the signs and symptoms of *Vatarakta* [9]. Many Herbomineralformulation are mentioned in the classical *Ayurvedic* Texts to alleviate the signs and symptoms of *Vatarakta*.

Previous Researches Work

SN.	Procedure	No.of patient
1	Guduchi Siddha Yoga Basti [9,10] (Sa-Ghrita Guduchi Ksheera Siddha Niruha) (Guduchi Siddha Taila Anuvasana)	No. of Patients 20 Niruha 50 gm- Guduchi Ksheera paka- Guduchi Kwath Choorna +400 ml milk=1600ml water = Ksheera avashesha (400ml), Madhu, Saindhav, Shatpuspha and Total duration -24 days Madanphala Kalka
2	Jalouka-Avcharana [9,11]	No. of patient 10 3 times at interval of 1 week
3	Siravyadha [9,10]	No. of patient 20 Siravyadha twice a day with an interval of 11 days
4	Ardhamatrika Basti [3]	No. of patient 50
5	Virechana [3] (Nimbamritadi Eranda Thailam)	No. of patient 50

Table 6: Showing Previous researches work done on various *Panchkarma* procedures.

Symptom	Guduchi Siddha Yoga Basti11 (in %)	Jalouka-Avcharana12 (in %)	Siravyadha11 (in %)	ArdhamaTrika Basti13 (in %)	Virechana13 (Nimbamritadi-Eranda Thailam (in %)
Sandhi Shool	95	60.8	95	99.85	48.97
Sandhi Shotha	25	61.5	65	73.33	72.09
Sparsh -Asahtva	75	-	75	90.1	72.15
Twak Vavarnya	-	-	-	86.44	67.18
Raag(Erythema)	95	65.38	75	-	-
Vidaha	85	66.6	85	-	-
Effect On Serum Uric Acid	21.4 reduction	4.4 Reduction	13.33 reduction	43 reduction	32.83 reduction

Table 7: Showing % result of *Panchkarma* procedure.

Trial drugs	No. of patients
Bodhivruksha Kashaya [12]	Total no. of pt. 10
	Trial 45 days
Guduchi Kwath [12]	Total no of pt. 10
	Total trial 45 days
Trikarshika Kwath [13]	Total no. of pt 30
	Total trial 45 days
Punarnava Amrita Guggulu [14]	Total no. of pt. 10
	500mg thrice each day with Anupaanas of Amritadi Kashaya
Amrita Guggulu [15]	Total no of pt. 30
	500 mg thrice each day
Amrita Guggulu With Amrita Kashaya [15]	Total no of pt. 30
(Amrita Guggulu Contain Punarnava + Chitraka)	500 mg thrice each day with Anupaana of Amritadi Kashaya 72 ml
Patoladi Kwath [1]	Total no of pt. 25
	Trial 90 days
	40 ml Kwath twice each day
Combination of Kaishore Guggulu with Punarnavadi Guggulu [16]	No of pt 32
	2 tabs {500mg} twice each day
	Total trial 42 days

Table 8: Showing various *Shamana yogas* in previous researches work.

Symptoms	<i>Bodhi vruksha Kashaya</i> ¹⁴ (in %)	<i>Guduchi kwath</i> ¹⁴ (in %)	<i>Trikarshik kwath</i> ¹⁵ (in %)	<i>Punarnava Amrita guggulu</i> ¹⁶ (in %)	<i>Amrita guggulu</i> ¹⁷ (in %)	<i>Amrita guggulu with amrita Kashaya</i> ¹⁷ (in %)	<i>Patoladi kwath</i> ¹⁸ (in %)	<i>Combination of Kaishore guggulu with Punarnavadi guggulu</i> ¹⁹ (in %)
<i>Sandhi Shool</i>	85	80	46.56	65.11	66.75	65.11	68.96	80
<i>Sandhi Shotha</i>	86.66	81.25	40.01	87.5	85.71	87.5	79.5	87
<i>Sparsh -Asahtva</i>	77.77	66.66	34.62	91.48	78.35	91.48	70.2	81
<i>Twak Vavarnya</i>	85	58.33	-	43.47	38.88	43.47	29.94	-

<i>Raag (Erythema)</i>	84.61	80	31.43	55.55	88.75	55.55	79.5	84
<i>Vidaha</i>	82.33	78.57	35.7	87.5	63.66	87.5	73.85	76
Effect on serum uric acid	39.04 reduction	23.93 reduction	42.57 reduction	43.43 reduction	38.09 reduction	43.43 reduction	20.76 reduction	17 reduction

Table 9: Showing % result of various *Shamana yogas* in previous researches work.

Discussion

Vatarakta is a more upsetting and painful disease that is commonly found in the modern era. Intense pain is a major symptom of *Vatarakta*, interfering with the affected patient's daily lives. The *Shodhana* and *Shamana Chikitsa* is not only an essential component of *Ayurvedic* treatment, but it also serves as the ultimate foundation of *Ayurvedic* treatment. Previous *Shodhana therapy* research has revealed *Ardhamatrika Basti* has a highly significant result in *Sandhi Shoola*, *Twak Vavarnya* and Effect on serum uric acid, with values of approximately 99.85%, 86.44% and 43% (reduction) respectively, *Guduchi Siddha Yoga Basti* has a 95% success rate in *Sandhi shoola* and *Raga* and an 85% success rate in *Vidaha*, *Siravyadha* has a significant improvement in *Sandhi Shoola* of approximately 95% and in *Vidaha* of approximately 85%, *Jaluka Avcharana* has a significant improvement in *Vidaha* of approximately 66% and *Virechana (Nimbamritadi Eranda Thailam)* has a significant improvement in *Sandhi Shotha* and *Sparsh -Asahtva* of approximately 72%.

In the *Shamana Chikitsa Bodhivruksha Kashaya* showed maximum effect in *Sandhi Sotha* about 86.66%, *Guduchi Kwath* showed maximum effect in *Sandhi Sotha* about 81.25%, *Trikarshik kwath* showed maximum effect in *Sandhi Soola* about 46.56%, *Punarnava Amrita Guggulu* showed maximum effect in *Sparsh -Asahtva* about 91.48%, *Amrita guggulu* showed maximum effect in *Raag (erythema)* about 88.75%, *Amrita Guggulu with Amrita Kashaya* showed maximum effect in *Sparsh - Asahtva* about 91.48%, *Patoladi Kwath* showed maximum effect in *Sandhi Sotha* and *Raag (erythema)* about 79.50%, Combination of *Kaishore Guggulu with Punarnavadi Guggulu* showed maximum effect in *Sandhi Sotha* about 87%. *Punarnava Amrita Guggulu* and *Amrita Guggulu with Amrita Kashaya* showed maximum reduction (43.43%) on serum uric acid.

Conclusion

Due to the desk-bound regime, *Vatarakta* is one of the common illnesses in modern medical practise. Therefore, it is imperative to investigate the function and uses of *Ayurvedic* medicines in *Vatarakta*. After reviewing various previous research studies on *Vatarakta* management, it was discovered that, *Ardhamatrika Basti*, *Siravyadha*, *Guduchi*

Siddha Yoga Basti and *Jaluka Avcharana* as *Shodhana* therapy and *Punarnava-Amrita Guggulu*, *Guduchi Kwath*, *Amrita guggulu*, Combination of *Kaishore guggulu* with *Punarnavadi guggulu*, *Amrita Guggulu* with *amrita Kashaya* as *Shamana Chikitsa* showed significant improvement.

However, *Ardhamatrika Basti*, *Guduchi Siddha Yoga Basti*, *Kaishore guggulu* combined with *Punarnavadi guggulu*, and *Bodhivruksha Kashaya* are more effective in improving the signs and symptoms of *Vatarakta*.

References

- Gupta D, Sachdev K, Garg R (2019) A Clinical Study to Evaluate the Efficacy of Patoladi Kwath with or without Rasnadi Pradeh in cases of Vatarakta (W.S.R. to Gouty Arthritis). Journal of Drug Delivery & Therapeutics 9(2S): 98-110.
- Rana V, Mishra A, Mehra BL (2017) Effect of Punarnava-amrita Guggulu with Amritadi Kwath in The Management of Vatarakta W.S.R. To Gout-a clinical trial. World Journal of Pharmaceutical Research 6(8): 1149.
- Prashanth AS (2019) A Pre-Test and Post-Test Design to Assess the Efficacy of Virechana and Ardhamatrika Basti in Gouty Arthritis W .S. R To Vatarakta. Ayushdhara 6(2): 2120-2127.
- Sushruta (2010) Sushruta Samhita (Ayurveda tatva Sandipika Hindi Vyakhya) Vol 1. Shastri KA (eds.) 1st (edn.) Chikitsa sthana Mathavatavyadhi 5/3, Chowkhamba Sanskrit Sansthan Varanasi, pp: 37.
- Bhavar V, Kumari J, Trivedi AB (2022) Comparative Study to Evaluate Role of Bodhi Vriksha Kashaya and Guduchi Kashaya in Vatarakta ~ Hyperuricemia. World Journal of Pharmaceutical Research 11(8): 996-1005.
- Charaka (2009) Charaka Samhita (Vidyotini Hindi Commentary). Shastri R, et al. (eds.) 1st (edn.) Chikitsa Sthana, 29/10-13. Chaukhamba Bharti Academy, Varanasi, pp: 820-821.
- Raksha Pathak KR (2002) Kaya Chikitsa Vol 1. Chaukhamba Bharti Academy, Varanasi 1(1): 5.

8. Pathak P, Tegta N, Jagota A, Shukla U, Gupta R et al. (2020) An ayurvedic perspective of Vatarakta. World Journal of Pharmaceutical and Medical Research 6(8): 344-356.
9. Patel P, Bhatted SK, Dharmarajan P (2020) Systematic Review on Understanding and Management of Vatarakta (Gouty Arthritis). International Journal of Health Sciences and Research 10(9): 198-204.
10. Adithya AK, Ahalya Sharma (2013) Evaluation of the efficacy of Siravyadha and Guduchi Siddha Yoga Basti With in the Management of Vatarakta with special reference to Gout. Int J Res Ayurveda Pharm 4(3): 402-409.
11. Shashanka Jha, Londhe PD (2014) Role of Leech Application in Vatarakta: a pilot study. International journal of Ayurvedic Medicine 5(1): 129-132.
12. Saini RK, Thakur A, Sharma S, Srivastva AK, Manglesh R (2018) To Evaluate the Comparative Effect of Bodhi Vriksha Kashaya and Guduchi Kashaya in The Management of Vatarakta W. S. R To Gout. World Journal Of Pharmaceutical And Medical Research 4(9): 198-209.
13. Ansaril T, Ghosh S, Singh SK (2021) A comparative clinical study of trikarshika kwatha with and without lifestyle modification in the management of vatarakta with special reference to hyperuricaemia. International Journal of AyurvedaandPharma Research 9(1): 10-19.
14. Sharma U, Sharma KK, Singh M, Shrivastava AK, Shukla GD, et al. (2015) Role of Punarnava Amrita Guggulu Within the Management of Vatarakta-A Clinical Trial. Ayurpharm Int J Ayur Alli Sci 4(1): 1-9.
15. Sharma U, SharmaKK, Bohra M (2015) A Comparative Study of Efficacy of Two Different Samples of Amrita Guggulu in the Management of Vatarakta. World journal of pharmacy and pharmaceutical sciences 4(6): 589-603.
16. Nariyal V, Sharma OR, Dhiman KS (2017) A Combined Effect of Kaishora Guggulu and Punarnavadi Guggulu in The Management of Vatarakta (Gout): A case series. Int J Adv Res 5 (6): 1793-1798.

