

## "A Systemic Literature Review of Vatarakta and Its Management through Ayurveda w.s.r. to Gout"

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### ABSTRACT

In Ayurveda health means the state of Dosh-samyā, Agni-samyā & Dhātu-samyā as well as wellness of Atma, Indriya & Mana. Acharya Charaka says that the man desirous of the happiness should observe rule which is related with the prevention of unborn disease and the cure of those which are already exist. Now a day, due to change in life style , people are enforced to undergo "Hetusevan ". Occurrence of Vatarakta on large scale is one of the outcomes of this modification. Vatarakta (Gout) is vata associated with Rakta which consist of swelling including burning pain in metatarsophalangeal joints initially, which then followed by the other joint resulting in inability to the walk. Gout is a form of arthritis characterized by recurrent, painful, and potentially debilitating attacks of acute inflammatory arthritis. This review article aims to provide an in-depth exploration of the key aspects of vatarakta with special reference to gout. This article explores the understanding of the disease and the evolving its pathophysiology, its main sign and symptoms, factors affecting the disease, treatment strategies, and individuals seeking a deeper understanding of gout. The incidence of Gout varies in population from 0.2-3.5 per 1000 with an overall prevalence of 2 to 26 per 10001. Gout is found to have increase prevalence in recent year and in modern medicine the variety of drug like uricosuria, NSAID'S are used to treat but that medicines shows many side effect, so to find cost effective and no side effect remedy for the management of Vatarakta (Gout ) is the need of hour.

**Keywords:** Vatarakta , Gout.

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## INTRODUCTION

The causative factors mentioned in various Ayurvedic texts -

1. Excessive intake of alkaline, sour, salty and mutually contradictory food. Unwholesome diet, & activities.
2. Excessive intake of Radish, Kullatha, Masa, Nispav, meat etc.
3. To take sleep during day & remaining awake at night.
4. Intake of food before the previous meal is digested.
5. Excessive physical exercise
6. Obesity
7. Most often fallen to sad or often be angry.
8. More intake of curd, aranla, sauvira shukta, etc.

### Samprapti<sup>8</sup> ( Etiopathogenesis):

The etiological factor of vatarakta or vata dosha as well as Rakta Dhatu may culminate in development of vatarakta & is the usual variety of vatarakta where in the morbid vata dosha as well as vitiated Rakta Dhatu leads to rakta margavarana. It is the principal pathology of vatarakta.

### Poorvarupa<sup>9</sup> (Premonitory Sign and Symptoms)

1. Excessive or absence of sweating.
2. Black discoloration of skin.
3. Looseness of joint.
4. Absence of sensation.
5. Pricking type pain at joint, back, thigh, extremities, etc

### Types of Vatarakta: 10

1. Uttana.
2. Gambhira
- 3.

### Samanya Lakshana Uttana<sup>11</sup> (Premonitory Signs and Symptoms):

1. Itching.
2. Burning Sensation.
3. Pricking pain.
4. Throbbing Sensation & contraction.
5. Skin – brownish black, red, coppery in color, etc.

The sign stated by acharya Charak & acharya Vagbhatta for Vatarakta are similar but Astanga Hridayakara stated one more sign that is burning penetrating sensation produced like mustard oil (Osha).

**Samanya Lakshana Gambhira<sup>12</sup> (Premonitory signs and symptoms):**

1. Hard inflammation with Stiffness.
2. Sever pain beneath edema.
3. Blackish or coppery coloration of skin.
4. Burning sensation, pricking type of pain.
5. The aggravated vayu while causing pain & burning sensation inflammation of joints, bone & make the joints curved inwards.

**Doshaj Types of Vatarakta: <sup>13</sup>**

1. Vatarakta caused by Vata
2. Vatarakta caused by Pitta
3. Vatarakta caused by Kapha
4. Vatarakta caused by Rakta
5. Vatarakta caused by simultaneous aggravation of all the three dosha (Sannipatik)
6. Vatarakta caused by Davndaj (two dosha at a time)

**Management:**

Treatment of Vatarakta according to Acharya Charaka & other Acharya can be divided into 2 main parts as follow-

- A) Shodhana
- B) Shamana

**Shodhana Chikitsa :**

- Samanya chikitsa-sutra of Vatarakta content –

Snehan

Abhayanga(Massage)

Sheka(Affusion),

Pradeha.

Shodhana- Virechana, Bastikarma

- **Basti chikitsa** - In Vatarakta Basti is the best treatment. There is no any therapy is effective as compared to Basti regarding the treatment of vatarakta <sup>15</sup>

- **Raktamokshana-** Can be done according to the severity of involved dosha and the strength of the patient. Raktamoshana in small quantity should be done <sup>16</sup>

- **Shamana Chikitsa –**

- VATI:- Kaishor Guggulu,Punarnava Guggulu 20,Amrita Guggulu,Triphala Guggulu, etc;

- TAILAM:- Sukumara taila,Amrutadym taila,Mahapadyam taila,Pinda taila,Bala taila,<sup>21</sup>

- KSHIRA: - Dashamuldi kshir,Shaliparni shidha kshir <sup>24</sup> Etc.

➤ LEPHA: - Madhukadi lepha, Tiladi lepha, Sahijan lepha 25 Etc.

➤ **Various Ayurvedic formulations as follows –**

1. Intake of juice of Guduchi or powder or paste or decoction for prolonged periods.<sup>17</sup>
2. Guda Haritaki should be consumed regularly.<sup>18</sup>
3. Pippali may be used in increasing or decreasing order (Vardhmana Pippali).<sup>19</sup> Etc
4. Food & unctuous substance which do not cause burning sensation should also be given.<sup>14</sup>

**Management for side effects due to modern medicines –**

Most commonly drug like Uricosuric, NSAID'S are used to treat Gout which shows following side effects –

**More common:**

- Headache
- joint pain, redness, or swelling
- loss of appetite
- nausea or vomiting (mild)

**Less common:**

- Dizziness
- flushing or redness of face (occurring without any signs of an allergic reaction)
- frequent urge to urinate
- sore gums

Above complaints can minimize or cured by using ayurvedic drugs as follows –

**Headache –**

- Head should be anointed and ghee should be consumed at night followed by drinking of warm water.
- Pouring warm milk boiled with dashmula .
- Lubricating nasal drops - Varunadi gana siddha kshira,  
-Karpasa majja, tvak, musta, buds of sumana  
-Macerated in hot water, etc

**Loss of Appetite –**

- Dipana dravya – Yavagu added with panchkola ,  
- Light food added with salt  
- Peya containing Ativisha , sour juices, nagara .

- Takra – kindling the digestive power , water absorbing , laghu, etc.

#### **Nausea or vomiting-**

- Ghee mixed with saindhava made warm and drink
- Ghee mixed with of trikatu, and trilavana
- Ghee prepared with decoction of dadima , etc.

#### **Flushing or redness of face (occurring without any signs of an allergic reaction) –**

- Various pradeha ,lepa of drugs like – Karviraka, triphala, vishala, rodhra,devadaru, talaparni, jayanti,ajashringi, etc
- Tiktaka grita – used as pana,lepa , abhyanga

#### **Sore gums –**

- Holding warm water in mouth
- Paste of laksha , priyangu, lavanottam , gairika, kushtha, shunthi, marich, yasthimadhu, rasanjana, etc
- Kavala – lukewarm ghee or oil Such different chikitsa upkramas can be used for side effects of patients using Uricosuric, NSAID'S drugs. Ayurvedic therapy is useful to minimize these adverse effects.

#### **DISCUSSION:**

- According to acharya Jejjata , vatarakta is related to vatavyadhi in treatment. Moreover, there is also continuity of the context as well the three diseases begin with vatavyadhi ( Vatavyadhi-vatarakta-yoni-roga) are primarily caused by vata. In fact vatarakta is one of the type of vatavyadhi.
- According to Charaka, salt etc.(Lavanadi) vitiate mainly rakta while astringents etc (kashayadi) vitiate vata, thus both combined produce vatarakta. They are vitiated independently and as such etiology has been described in the same way.
- Separate mention of fingers denotes their being particular location of the disease.
- Charaka has described two types of vatarakta – Uttana ( Superficial) and Gambhira(deep). Sushruta has contradicted this view on the ground that the same affection being superficial at primary stage can become deeper later. Charaka has tried to reconcile these views. In fact , Charaka doesnt say that in some cases disease stays as only superficial but at the time of beginning some start at superficial while other originates deeply. There is no other contradiction between the statements of charaka and sushruta.

#### **CONCLUSION**

joint, redness at joint, which occurs due to vata dosha & vitiated Rakta dhatu .The drugs of Vatarakta are easily available and are cost effective. They are safe because these drugs shows minimal or no adverse effects. Gout is a manageable disease at its early diagnosis and appropriate treatment can significantly improve the quality of life of patient.

**Further Scope:**

- Different single drugs can be evaluated for the treatment of Vatarakta which can be easily available and less cost effective.
- The management for the complications due to Vatarakta should be evaluated like -  
Tophi - Uric acid forming small crystals build up under the skin and form small white or yellow lumps known as tophi.

**Joint damage**

**Kidney stones** - Occasionally, high levels of uric acid can lead to the formation of

Psychological and emotional effects -

Gout can also affect your mood, work and home life. The severe pain caused by gout can make it difficult to do everyday tasks and to get around, which in turn can lead to feelings of depression or anxiety.

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