

MANAGEMENT OF VATARAKTA THROUGH RAKTAMOKSHAN- A LITERATURE REVIEW

Ajay Warhekar^{1*} and Jayashree Katole²

¹PG Scholar Department of Kayachkitsa, Vandanatai Agannath Dhone Ayurved College
Patur Dist. Akola, Maharashtra State.

²HOD & Professor, Department of Kayachkitsa, Vandanatai Agannath Dhone Ayurved
College Patur Dist. Akola, Maharashtra State.

Article Received on
05 June 2020,

Revised on 25 June 2020,
Accepted on 15 July 2020

DOI: 10.20959/wjpr20208-18139

*Corresponding Author

Dr. Ajay Warhekar

PG Scholar Department of
Kayachkitsa, Vandanatai
Agannath Dhone Ayurved
College Patur Dist. Akola,
Maharashtra State.

ABSTRACT

Oint diseases are becoming the main health problem of present era. Vatarakta (Gout) is very painful conditions & curtails output of patient day-to-day work. Pain has been given utmost importance even in Ayurveda thereby, offering varied treatments to cure the same. In spite of recent advantages in pain treatment including anesthesia, its management still remains challenged. Treatment modalities offered in Ayurvedasuch as Raktamokshan (alaukaavacharan), Agnikarmaetc, offer immediate pain relief without much untoward effects. Descriptions of Vatarakta shows that it was one of main articular disease as it is today. Regarding the pain accompanied with the disease it is important to treat the pain of disease on priority account. Second

most important component of Vatarakta is Vitiated Rakta Dhatu. During the treatment of Vatarakta treating the vitiated Rakta is of prime importance. Thus Raktamokshanis a great choice in treatment of Vatarakta. Raktamokshanprovides instant relief from the symptoms & can be regarded as the “Atyayik” i.e “emergency measure”.

KEYWORDS: Vatarakta, Raktamokshan, Atyayik.

INTRODUCTION

Vatarakta is one of the unique disorders among the Vatavyadhi compared to other Vatavyadhi. Vatarakta possesses a special place in the literature. Due to it's high prevalance in the society, increased incidence as age advances. The word Vatarakta is made up of two words i.e Vata & Rakta.^[1] In Vatarakta Vata Dosha & dushya Rakta are vitiated

simultaneously, which renders the condition highly difficult to treat & makes it's faster growth. The pathway of Vata Doshais obstructed by the vitiated Rakta Dhatu, so it is called as Vatarakta.^[2] Panchakarma is a unique module of management which can eliminate the causative pathogens from the system for complete eradication of disease process. Among the Panchakarma, Raktamokshan is one of them. As we know that, second most important component of Vatarakta is vitiated Rakta Dhatu. During the treatment of Vatarakta treating the vitiated Rakta is of prime importance. Thus Raktamokshana is a great choice in treatment of Vatarakta.

Aim

To study the management of Vatarakta through Raktamokshan.

Objective

To understand the concept of management of Vatarakta through Raktamokshan.

MATERIAL AND METHOD

For this study Ayurvedic literature is collected from classical text of Ayurveda available in central library of College.

Review of Literature: In Charak Samhita, Vatarakta is described in Chikitsasthan 29th chapter, Vataashonitiyadhyaya. In Sushruta Samhita, Acharya Sushrutanusar explains about Vataraktain Nidanstan 1st chapter & 5th chapter of Chikitsasthan. In Vagbhata Samhita, In Ashtang Hrudaya, Vatarakta is described in Nidanstan chapter 16 & Chikitsasthan chapter 22. While in Ashtang Sangraha, Vatarakta described in Nidanstan chapter 16 & Chikitsasthan chapter 24.

Nirukti: The Disease caused due to Vata & Rakta is Known as Vatarakta.^[3]

Definitions & Synonyms:^[4] Vitiated Vayu obstructed the path of vitiated Rakta in the beginning & the vitiates the Rakta further; This complete process is called as Vatarakta.

Adhyavata: The word Adhyarefers to rich person. As the disease is common in rich, so it is called as Adhyavata.

Khudha: As the disease Vatarakta involves mostly small joints. Vatabalasa: As In Vatarakta, VataDoshais predominant.

Nidana:^[5]

Aharaja Nidana: Amla, Katu, lavana, Snigdha, Ushna, Pinyaka, Moolaka, Kulatha, Masha, Nishprava. Dadhi, Aarnala, Sauveera, Sukta, buttermilk, Sura, Virudhahara, Anupamamsa, Adhyashan, food which are soaked in water for long time, Irregular diet habits.

Samprapti:^[6] Vatarakta is caused by above said Aharaj & Viharajnidanasevana i.e. Vataprakopak hetu & Rakta prakopak hetu. This prakopita Vata leads to Rakta dusthi and moves all over the body and Sthanasamshray occur at Padangusthasandhidue to its Vyadhiprabhava. This is told as Anyonya avaranaby Chakrapani. Hence Vataraktais considered as Avaranjanyavatavyadhi. Due to properties of Sukshmatva and Saratwa of vayu, Dravatwa and Saratwa of Rakta they spread all over the body. The spreading is facilitated by Vyana Vayu. The doshasget lodged in sandhies. The main and first site of manifestation is pada mula (1stmetatarsophallangeal joint) and then hasta and pada and from there onwards spread upwards. The process of spreading of manifestations can be understood by the similar nature to that of rat poison.

Sampraptighatakas: Dosha- Vata, Dooshya- Rakta, Agni - Mandagni , Udhbhavasthan- Amapakwashaya, Sancharasthan - Sira, Vyaktisthana- Sandhi, Strotas- Raktavaha, Asthivaha, Majjavaha Strotodushtiprakar - Sanga , Rogmarga- Madhyam

Classification: Acharya Charak classified Vatarakta into two kinds, based on the site of pathogenesis & based on Doshik predominance.

According to site^[7]

Uttana (superficial): In external type the skin is blackish, red or coppery & associated with itching, burning sensation, pain, stretching, piercing pain, quivering & contractions.^[8]

Gambhir (deep): In deep type, there is swelling, stiff & hard, vwith severe pain inside, blackish or coppery, having burning sensation, piercing pain, quivering & inflammation, associated with distress & burning in stomach. Vayu moves with force frequently in joints, bones & marrow as if cutting & making them crooked , produce limping or lameness while moving all over body.^[9]

Ubhayartha (Superficial as well as deep): If all the above symptoms are found in Vatarakta should be known as located in both.^[10]

According to predominance of dosha and Dhatu

Vatadhika: Particularly dilatation of vessels, pain, quivering & piercing pain, blackness, roughness, aggravation & diminution, contraction in Dhamanis (arteries), fingers & joints, stiffness in body parts, intense pain, contracture & stiffness, aversion to cold.^[8]

Raktadhika: In predominance of Rakta, there is swelling with severe distress & piercing pain, coppering, with pricking sensation, not subsiding by either unctuous or rough application & associated with itching & moistening.^[9]

Pittadhika: In Paitik type, there are burning after meals, pain, fainting, sweating, thirst, narcosis, giddiness, redness, inflammation, tearing & dryness.^[10]

Kaphadhik: In predominance of Kapha, there are feeling of wetness, heaviness, unctuousness, numbness & mild pain.^[11]

Management of vatarakta:^[12] At First the patient, should be purgated after unction with unctuous rough mild purgatives. Frequent application of enema should also be done. Besides sprinkling, massage, onitment, food & uncting substance which do not cause burning are recommended.

Uttana (Superficial): The external type should be treated with pastes, massage, sprinkling & poultice.^[16]

Gambhir (deep): In the deep one with purgation, non-unctuous enema & intake of uncting substance.^[17]

In vatadhika:- Intake of ghee, oil, fat & marrow, massage, enema & comfortable hot poultices.^[18]

In Raktadhika & Pittadhika:- Purgatives, intake of ghee & milk, sprinkling, enema, cold refrigerants.^[19]

In kaphadhika:- mild emesis, less unctuous application & sprinkling & warm pastes are useful.^[20]

In Vatarakta predominant in Kapha & Vata, if cold pastes are applied, the burning sensation, swelling pain & itching aggravate due to cheeking, likewise in that predominant in Raktapitta

burning sensation, moistening & tearing occur if hot things are applied. Hence the physician should apply measures after considering the strength of morbidity.^[21]

Pathya-apathyain vatarakta

Pathya:^[13] Old cereals of barley, wheat, nivara, sali & Sashtik rice & for meat soup of gallinaceous & pecking birds are wholesome. In Vatarakta soups of pigeon pea, Bengal gram, lentils & Makushthaka added with plenty of ghee are recommended. Those who are suited to vegetables should be given the vegetables of Sunisannaka, tip of Vetra, Kakamachi, Shatavari, Vadtuka, upodika and Sauvarchala fried with ghee & meatsoup in milk, cows, Buffalo's & goat's milk is beneficial.

Apathya:^[14] The patient should abstain from day sleep, exposure to heat, physical exertion, coitus, eating of pungent, hot heavy, channel blocking, salty & sour things.

Importance of Raktamokshanain management of Vatarakta: Second most important component of Vatarakta is Vitiated Rakta Dhatu. During the treatment of Vatarakta treating the vitiated Raktas is of prime importance. Thus Raktamokshan is a great choice in treatment of Vatarakta. Raktamokshan provides instant relief from the symptoms & can be regarded as the “Atyayik” i.e “emergency measure.

Vayu having obstructed the passage of blood, enters into the joints of extremities & covering mutually takes away life with pain. In such case blood should be let out with Shrunga (horns), alauka (leech), Prachana (Scarifying) Alabu (bottle-gourd), Siravyadha (venesection) according to morbidity & strength.^[15]

According to condition type of raktamokshana

- **Alauka (leech therapy)-** when one suffering from distress, burning, peircing pain & redness.
- **Shrunga & Alabu (Horns & Bottlegourds)-** when a person having numbness, itching & prickly sensation.
- **Siravyadha & Prachana (Venesection or Scarifying)-** If the pain is shifting from place to place.

DISCUSSION

Regarding "Raktamoktashana" it is said that Raktamoktashana alone stands more important

treatment than compared to Sneha- Sweda & medicinal treatment. Raktamargavarana is the predominant pathology of Vatarakta & this leads to accumulation of morbid Rakta. Hence Raktamoktashana is considered as the first line of treatment of Vatarakta of both varieties. We can say Raktamokshana as a 'Atyayik' Chikitsa to immediate relief from pain of Vatarakta. alaukavacharana when there is pain, redness, pricking pain & burning sensation. Shrunga & Alabu when there is tingling sensation, itching & burning sensation. Siravyadha & Prachanawhen the lesion is found spreading from place to place.

It is contraindicated when there is debility of the body, dryness & Predominance of Vata.

Dietary habits & lifestyle modification plays a major role in management of Vatarakta. But for immediate pain relief, Raktamokshanais a great choice of treatment in Vatarakta.

CONCLUSIONS

From above literary review study, we can conclude that, As Vitiated Rakta Dhatu is Second most important component of Vatarakta. During the treatment of Vataraktatreating the vitiated Raktais of prime importance. Thus Raktamokshan is a great choice in treatment of Vatarakta. Raktamokshan provides instant relief from the symptoms & can be regarded as the "Atyayik" i.e "emergency measure".

REFERENCES

1. Acharya Sushruta , Dr Anantaram Sharma, Sushruta Samhita with Hindi Commentary Chaukhambha Surbharti Prakashan Varanasi, Nidansthan, Vatavyadhinidanadhyaya, 2015; 462(1): 43-44.
2. Acharya Charak, Charak Samhita, Dr V. Shukla, Dr R. Tripathy, Charak Samhita with Hindi commentary Chaukhambha Sanskrit pratishthan Delhi, Reprint Chikitsasthan, Vatashonitadhyaya, 2013; 732(29): 13-14.
3. Acharya Charak, Charak Samhita, Dr V. Shukla, Dr R. Tripathy, Charak Samhita with Hindi commentary Chaukhambha Sanskrit pratishthan Delhi, Chikitsasthan, Vatashonitadhyaya, 2013; 731(1): 2910.
4. Acharya Charak, Charak Samhita, Dr V. Shukla, Dr R. Tripathy, Charak Samhita with Hindi commentary Chaukhambha Sanskrit pratishthan Delhi, Reprint Chikitsasthan, Vatashonitadhyaya, 2013; 731(29): 10-11.
5. Acharya Charak, Charak Samhita, Dr V. Shukla, Dr R. Tripathy, Charak Samhita with Hindi commentary Vol -1, Chaukhambha Sanskrit pratishthan Delhi, Reprint

- Chikitsasthan, Vatashonitadhyaya, 2013; 730(1): 295, 6-7.
6. Acharya Charak, Charak Samhita, Dr V. Shukla, Dr R. Tripathy, Charak Samhita with Hindi commentary Chaukhambha Sanskrit pratishthan Delhi, Reprint Chikitsasthan, Vatashonitadhyaya, 2013; 731(29): 10-13.
 7. Acharya Charak, Charak Samhita, Dr V. Shukla, Dr R. Tripathy, Charak Samhita with Hindi commentary Chaukhambha Sanskrit pratishthan Delhi, Reprint Chikitsasthan, Vatashonitadhyaya, 2013; 734: 2920-23.
 8. Acharya Charak, Charak Samhita, Dr V. Shukla, Dr R. Tripathy, Charak Samhita with Hindi commentary Chaukhambha Sanskrit pratishthan Delhi, Reprint Chikitsasthan, Vatashonitadhyaya, 2013; 734(29): 25-26.
 9. Acharya Charak, Charak Samhita, Dr V. Shukla, Dr R. Tripathy, Charak Samhita with Hindi commentary Chaukhambha Sanskrit pratishthan Delhi, Reprint Chikitsasthan, Vatashonitadhyaya, 2013; 734(1): 29-27.
 10. Acharya Charak, Charak Samhita, Dr V. Shukla, Dr R. Tripathy, Charak Samhita with Hindi commentary Chaukhambha Sanskrit pratishthan Delhi, Reprint Chikitsasthan, Vatashonitadhyaya, 2013; 734(1): 29-28.
 11. Acharya Charak, Charak Samhita, Dr V. Shukla, Dr R. Tripathy, Charak Samhita with Hindi commentary Chaukhambha Sanskrit pratishthan Delhi, Reprint Chikitsasthan, Vatashonitadhyaya, 2013; 734(1): 2929.
 12. Acharya Charak, Charak Samhita, Dr V. Shukla, Dr R. Tripathy, Charak Samhita with Hindi commentary Chaukhambha Sanskrit pratishthan Delhi, Reprint Chikitsasthan, Vatashonitadhyaya, 2013; 737(1): 2941-47.
 13. Acharya Charak, Charak Samhita, Dr V. Shukla, Dr R. Tripathy, Charak Samhita with Hindi commentary Chaukhambha Sanskrit pratishthan Delhi, Reprint Chikitsasthan, Vatashonitadhyaya, 2013; 738(1): 2950-53.
 14. Acharya Charak, Charak Samhita, Dr V. Shukla, Dr R. Tripathy, Charak Samhita with Hindi commentary Chaukhambha Sanskrit pratishthan Delhi, Reprint Chikitsasthan, Vatashonitadhyaya, 2013; 738(1): 2949.
 15. Acharya Charak, Charak Samhita, Dr V. Shukla, Dr R. Tripathy, Charak Samhita with Hindi commentary Chaukhambha Sanskrit pratishthan Delhi, Reprint Chikitsasthan, Vatashonitadhyaya, 2013; 736(29): 36-37.