

AN APPRASIAL ON NIDANPANCHAK OF VATA RAKTA

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ABSTRACT

Vata rakta also called as '*vata-shonita*' is one of the important disease adequately described in the *Ayurvedic* classical literature like *Charaka Samhita*, *Sushruta Samhita*, *Ashtanga Hridaya* etc. In *Ayurveda* it is considered as "*Sandhigata Roga*" which is the disease of joints also involves *rakta* and *asthi dhatu*. In today's modern era people are suffering with various metabolic disorders due to altered life style, food habits, avoiding the life pattern as per *Ayurveda* and avoiding the concept of *Dincharya* and *ritucharya*. Among such type of disorders *vatarakta* is also one of them. *Vatarakta* is a *vatapradhan tridoshaja vyadhi* where *rakta* is main *Dushya*. In *vatarakta* there is *dushti* of both *vata* and *rakta*. This article is based on *nidanpanchaka* of *vatarakta* from various *ayurvedic samhitas* and textbooks. The detail knowledge

of *nidanpanchaka* and types of *vatarakta* will help in its diagnosis and management in this modern era also.

KEYWORDS: *Ayurveda*, *Vatarakta*, *Vata*, *Rakta*, *Nidanpanchaka*, types, overview.

INTRODUCTION

The health of an individual basically depends on his/her diet and lifestyle. In today's modern era people are following altered lifestyle, faulty dietary habits and avoiding life pattern as per *Ayurveda*. Due to this, various lifestyle disorders are increasing day by day and the diseases of joints are becoming main health problem. In *Ayurveda* *vatarakta* is considered as "*sandhigata roga*" which is the disease of joints. A detail explanation of *vatarakta* is found in almost all *Ayurveda samhitas* which shows that it was prevalent widely in that era too. Both *vata* and *rakta* gets aggravated due to their own causative factors. Aggravated *vata* having been obstructed in its passage by aggravated *rakta* affects the entire *rakta*. This is

known as *vatashonita* having synonyms as *khuda*, *vatabalasa* and *adhyavata*. Its sites are hands, feet, fingers and all joints.^[1] At first it confirms its root in hands and feet and then spreads all over the body.^[2] A detailed review of *Nidanpanchaka* (i.e. *Nidan*, *Purvarupa*, *Rupa*, *Upashaya*, and *Samprapti*) will be helpful for clear understanding of minute aspects connected to disease. This aids in diagnosis and treatment of a disease with high procession. Therefore in this article *Nidanpanchaka* of *vatarakta* has been review from authoritative *ayurveda samhitas* and textbooks with rational approach to elucidate different attributes connected to *vatarakta*.

MATERIAL AND METHODS

This article is based on review of *Nidanpanchaka* of *vatarakta* from available *ayurvedic samhitas* and texts. Principal texts referred are *Charaka Samhita*, *Sushruta Samhita*, *Ashtanga Hridaya* etc with their commentaries.

Nidanpanchaka of Vatarakta

Nidana (Etiology)

The following etiological factors mentioned for the manifestation of *vatarakta*.

Rakta prakopaka nidana^[3,4]

Aharaja – Due to intake of diet consisting *lavana* (excess salt), *amla* (*nimbu*, *imli*, *takra* etc.), *katu* (*marich*, *pippali* etc), *kshara* (*palash*, *yava*, *apamarga* etc), *snigdha* (*ghrit*, *tail* etc.), *ushna* (*marich*, *shunthi* etc.), uncooked food articles, *klinna*, *shushkanna*, *anup mansa*, *pinyaka*, *mulaka*, *kulattha*, *masha*, *nishpava*, other vegetables, *sema*, *ikshu*, *dadhi*, *kanji*, *sauvira*, *sukta* (vinegar), *matha*, *sura*, *asava*, *viruddha bhojana*, *adhyashana*.

Viharaja – *divashayan*, *ratrijagarana*, mostly in *sukumara* who eats delicious things at pleasure and are not in habit of walking, due to injury and avoidance of *panchakarma* when needed.

Manasika – *krodha*

Vata prakopaka nidana^[3,4]

Aharaja – excessive intake of *katu* (*pippali*, *shunthi* etc), *tikta* (*nimba*, *patola* etc), *Kashaya* (*amalaka*, *haritaki* etc) and unctuous substances, less intake of food or fasting.

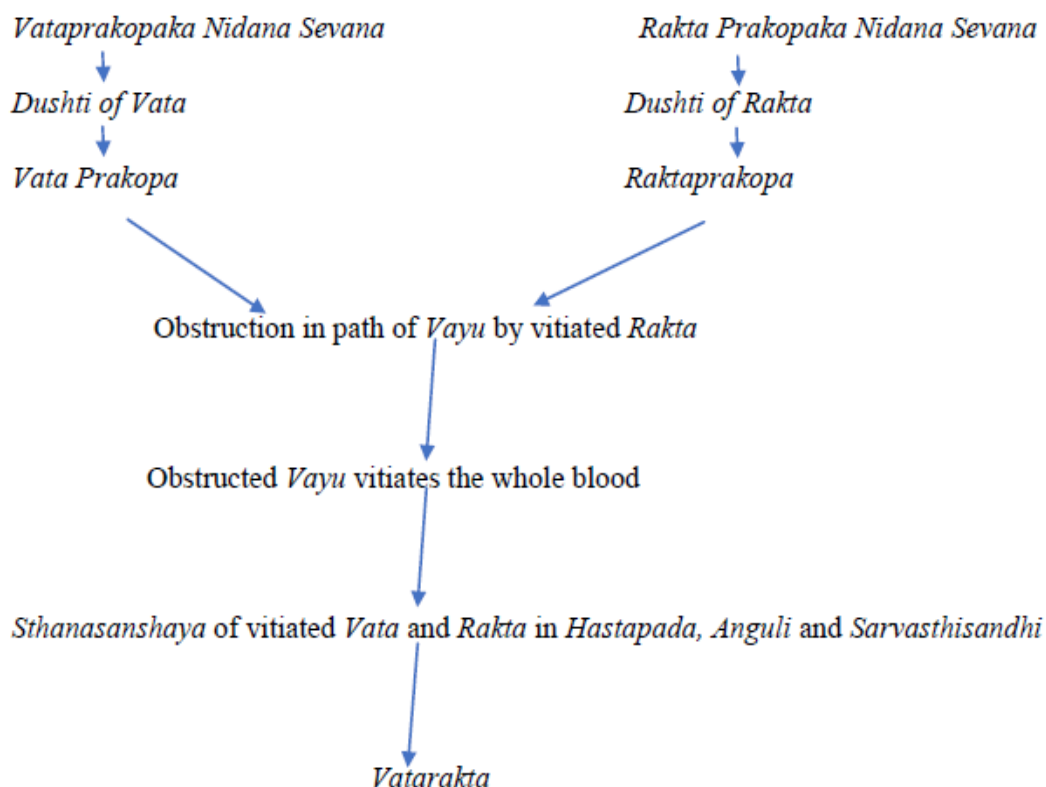
Viharaja – riding on an elephant, horse or camel or on carts carried by them; *ambukrida* (sporting in water), jumping, leaping, excessive travelling on foot in hot season, *maithuna* and *vega dharana*. One who is suffering from chronic diseases; long walk; excessive physical activities, one who indulge in *ahara-vihara* opposite to the season, obesity etc.

Samprapti

Due to above *vata* and *rakta prakopaka nidana*, they both got aggravated simultaneously. Aggravated *vata* having been obstructed in its passage by aggravated *rakta* and vitiates the entire blood. This is known as *Vata-shonita* having synonyms as *Khuda*, *Vatabalasa* and *Adhyavata*. Similarly, *Pitta* (aggravated) combining with vitiated *Rakta* and aggravated *Kapha* combining with vitiated *Rakta* will be known as *Pittarakta* and *Kapharakta* respectively.^[5,6]

Samprapti ghatak of vatarakta

<i>Dosha</i>	-	<i>Vata Pradhana Trishoja.</i>
<i>Dushya</i>	-	<i>Rasa, Rakta, Mamsa, Meda, Asthi, Majja, Sandhi, Snayu, Twak.</i>
<i>Agni</i>	-	<i>Jatharagnijanya, Dhatvagnijanya.</i>
<i>Agnidushti</i>	-	<i>Mandagni.</i>
<i>Srotas</i>	-	<i>Rasavaha, Raktavaha.</i>
<i>Srotodushti</i>	-	<i>Sanga.</i>
<i>Adhishthana</i>	-	<i>Janu, Jangha, Uru, Kati, Amsa, Dhamani, Hastapadanga, Sandhi.</i>
<i>Udbhavasthana</i>	-	<i>Pakvasayottha, Amashayottha.</i>
<i>Vyaktasthana</i>	-	<i>Janu, Jangha, Uru, Kati, Amsa, Dhamani, Hastapadanga Sandhi.</i>
<i>Sankarsthan</i>	-	<i>Rasa, Raktavahiniya.</i>
<i>Svabhava</i>	-	<i>Asukari.</i>
<i>Rogamarga</i>	-	<i>Madhyama.</i>

Samprapti**Sthana of vatarakta**

Vatarakta manifest in *Hasta* (hands), *Pada* (feet), finger and all joints. At first it confirms its root in hands and feet and then spreads all over the body. Due to *Sukshma* and *Sara Guna* of *Vata* and *Drava* and *Sara Guna* of *Rakta* it circulates all over the body through blood vessels, get obstructed in the joints due to zigzag way. Which make them further aggravated and gets lodged there. Further in the joints, in combination with *Pittadi Doshas* causes respective afflictions and produces different types of pain in the joints, which is very severe and patient suffers from such pain becomes unbearable.^[7]

Purvarupa

The *Purvarupa* of *Vatarakta* are as follows^[8]

- *Swedo-atyarthama na wa* (excess or absence of perspiration)
- *Karshya* (blackishness)
- *Sparsha- Asahatva* (tenderness)
- *Kshate – atiruka* (severe pain on injury)
- *Alasya*
- *Avasada* (depression)

- *Pidikodgama* (appearance of boils)
- *Nistoda* (piercing pain), *Sphurana* (quivering), *Bheda* (tearing), *Gurutva* (heaviness), *Supti* (numbness) and *Kandu* (itching) in joints of *Janu*, *Jangha*, *Uru*, *Kati*, *Amsa*, *Hasta*, *Pada* and *Sarvvasharir*.
- *Vaivarnya* (abnormal complexion)
- *Mandalotpatti* (appearance of patches)

Types of *vatarakta*

It is classified into 2 varieties

- 1) *Uttana Vatarakta*
- 2) *Gambhir Vatarakta*

The further is located in *Twak* and *Mamsa* while the Later in deeper *Dhatus*.^[9]

Another type of classification of *Vatarakta* is based on predominance of *Doshas*^[10]

- 1) *Vata Pradhana Vatarakta*
- 2) *Pitta Pradhana Vatarakta*
- 3) *Kapha Pradhana Vatarakta*
- 4) *Dvandva Dosha Pradhana Vatarakta*
- 5) *Tridoshaja Pradhana Vatarakta*.

Rupa of vatarakta

The common sign and symptoms of *Vatarakta* are as follows^[11]

- *Sparshodwigna* (inability to tolerate touch), *Toda* (pricking pain), *Bheda* (cutting pain), *Prashosha* (profounda dryness), *Swap* (wasting), loss of sensation in *Pada* (feet)^[11]
- With the association of *Pitta* and *Rakta* produces severe burning sensation, *Raktashopha mridu* (redness and soft swelling) in the *Pada* (feet).^[11]
- With the association of *Kapha* and *Rakta* causes *Kandu*, *Shweta*, *Sheeta*, *Shopha*, *Peena* and *Stabdha* (immovable).^[11]
- With the association of all the *Doshas* with *Rakta* causes respective sign and symptoms of all the three *Doshas* in the legs.^[11]
- Generally it starts from *Padamula* (feet) but sometimes it may start from *Hasta* (hands) getting increased, spreads to entire body like *Akhuvisha* (rat poison)^[12]

Vishesha lakshana of vatarakta

Specific sign and symptoms of *Vatarakta* are as follows-

Uttana vatarakta

Uttana Vatarakta is characterized by *Kandu*, *Daha*, *Ruja*, *Ayama*, *Toda*, *Sphurana*, *Kunchana*, *Shyavarakta* and *Tamra varna* of skin.^[13]

Gambhir vatarakta

Gambhir Vatarakta is characterized by *shwayathu*, *stabdhata*, *kathinata*, severe pain in entire part of the body, *Shyava* or *Tamra* skin discoloration, *Daha*, *Toda*, *Sphurana* in *Sandhi*. Aggravated *Vata* moves with high speed bring *Ruja*, *Daha* in the *Sandhi*, *Asthi* and *Majja* and produces *Khanja* and *Pangu* while moving all over the body.^[14]

Ubhayashraya

If all the symptoms are found *Vatarakta* should be known as located in both *Uttana* and *Gambhir*.^[14]

Vata-Pradhana vatarakta

It is characterized by *Sirayama*, *Shula*, *Sphurana*, *Toda*, *Krishna Shotha*, *Rukshata*, *Shyava Varna Shotha*, *Vridddhihani Yukta Shotha*, *Dhamani*, *Anguli*, *Sandhi*, *Sankocha*, *Angagraha*, *Atiruja*, *Kunchanastambha*, *Shitdwesha*.^[15]

Rakta pradhana vatarakta

It is characterized by the *Shotha* having *Kandu*, *Kleda*, *Ruja*, *Tamratwak*, *Chimchimayana* (tingling sensation). Do not subside by *Snigdha* and *Ruksha* substances.

Pitta – Pradhana vatarakta

It is characterized by *Vidaha*, *Vedana*, *Murchha*, *Sweda*, *Trishna*, *Mada*, *Bhrama*, *Raga*, *Paka*, *Bheda*, *Shosha*, *Ushna* etc.^[17]

Kapha – Pradhana vatarakta

It is characterized by *Staimitya*, *Gaurava*, *Sneha*, *Supti*, *Mandaruja*.^[18]

Sadhyasadhyata of vatarakta

Ekdoshanug (caused by single *Dosha*) and *Naveen* (newly manifested) *Vatarakta* is *Sadhya*.

If *Vatarakta* is caused by *Dvidoshaja* that is *Yapya*.

If *Vatarakta* is caused by all the three *Doshas* along with *Upadrava* (complications) that is *Asadhya*.^[19]

Upadrava of vatarakta

The following *Upadrava* (complications) observed in *Vatarakta* patients

Aswapna, Arochaka, Shwasa, Mamsakotha, Sirograha, Murchha, Mada, Ruja, Trishna, Jwara, Moha, Prakampa, Hikka, Pangulya, Visarpa, Toda, Bhrama, Klama, Angulivakrata, Shopha, Daha, Marmagraha, Arbuda, such patients are *Asadhya*. Even *Upadrava* '*Moha*' is enough to judge *Asashyata* of *Vatarakta*.

If *Vatarakta* associated with profuse discharge having abnormal complexion of the skin, *Stabdhata, Arbuda, Indriyasankocha*, such patients should not be treated means that is *Asadhya*. Patients suffering from few *Upadravas* may be *Yapya* and absence of *Upadrava* is *Sadhya*.^[20]

Upashaya and Anupashaya of vatarakta

Upashaya^[21,22]

Aushadha - *Sravanyadi Ghrita, Bala Ghrita, Parushaka Ghrita, Jivaniya Ghrita, Sthiradhya Ghrita, Vardhamana pippali Yoga*.

Taila – *Sthiradhya taila, Madhuparnyadi Taila, Sukumaraka Taila, Amritadya Taila, Mahapadmaka Taila, Khuddaka-Padmaka Taila, Madhuka Taila, Satapaka-Madhuka Taila, Sahastrapaka and Satapaka bala Taila, Pinda taila*.

Anna – *Purana Yava, Godhuma, Nivara, Shali, Shashtika, Vishkir, Pratuda Mamsa, Yush, Adhaki, Chanaka, Mudga, Masura, Makushtha* added with excess quantity of ghee.

Shaka – *Sunisannaka, Vetagra, Kakamachi, Satavari, Vastuka, Upodika and Sauvarchala* fried with *Ghee*.

Mamsa rasa, Godugdha, Mahisha and Aja Dugdha

Vihara – *Lepa, Abhyanga, Upanaha and Parisheka* therapies should be done in case of *Uttana Vatarakta*. In *Gambhira Vatarakta* one should take treatment by *Virechan, Asthapana, Snehapana* and *Basti*. In both type of *Vatarakta Raktamokshana* therapy by *shringa, Suchi, Tumbi* and *Jalauka*. Generally ointment of *Satdhauta Ghrita* and *Parishechana* with milk of sheep is useful in such cases.

Anupashaya / Apathya^[23]

Ahara - *Katu* and *Ushna* (eg. *Pippali*, *Shunthi* etc), *Guru* (eg. *Masha* etc), *Abhishyandi* (eg. *Dadhi* etc), *Lavana* evum *Amla Padartha*, *Masha*, *Kulatha*, *Sema*, *Matar*, *Kshar*, *Anup mamsa*, *Viruddha Anna*, *Dadhi*, *Ikshu*, *Mulaka*, *Madya*, *Pinyaka*, *Amla*, *Kanji*, *Sattu*.

Vihara – *Divashayana*, *Agnisantapa*, *Vyayama*, *Atapa Sevana*. *Maithuna*.

DISCUSSION AND CONCLUSION

From above article it is clear that *Vatarakta* is mainly the disease of joints. Majority of *Nidanas* are *Vata* and *Rakta Prakopaka*. Aggravated *Vata* having been obstructed in its passage by aggravated *Rakta* and vitiates the entire *Rakta* and produces *Vatarakta*. Mainly *Rasavaha* and *Raktavaha Srotas* are involve in manifestation of *Vatarakta*. According to location in body *Vatarakta* is classified in 2 types *Uttana* and *Gambhir Vatarakta* and other type of classification is based on predominance of *Doshas*. *Ekdoshaja* and *Naveen Vatarakta* is *Sadhya*, *Dvidoshaja* is *Yapya* but *Vatarakta* caused by all the three *Doshas* along with *Upadrava* is *Asadhya*. So *Upashaya* and *Anupashaya* should be followed in *Sadhya Vatarakta*. The study of *Nidanapanchaka* will helpful in accurate understanding of *Nidana*, *Purvarupa*, *Rupa*, aggravating factors, relieving factors, major outcome and prognosis of *Vatarakta*. This ancient knowledge of *Ayurveda* will help in specific, rational, scientific, result oriented treatment and management planning in patients.

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