

AYURVEDIC MANAGEMENT OF VATARAKTA WITH GUDUCHI KWATHA W.S.R TO GOUTY ARTHRITIS.

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ABSTRACT

Sedentary lifestyle has led to so many disorders in present era. Changes in the food habits and lifestyle has become the breeding ground for so many diseases and *Vatarakta* is one among them. On the basis of clinical features *Vatarakta* can be correlated with gouty arthritis in modern science. Its prevalence is increasing day by day with 2- 6 patients per hundred in India. It has affected 2.1 million people around the world. In this present study an effort has been made to find out an *Ayurvedic* preparation that is easy to take, cost effective, abundantly available with minimum no side effects.

KEYBOARDS: *Ayurveda*, *Vatarakta*, gouty arthritis.

INTRODUCTION

The main aim of *Ayurveda* is to prevent the disease and cure the already existing disease. Sedentary lifestyle has led to reduced physical activity which has become the main reason of diseases in today's life. *Vatarakta* is caused due to the vitiation of both *Vata dosha* and *Rakta dhatu*. Aggravated *Vata* leads to the aggravation of *Rakta* as a result causes pain and inflammation in joints. These vitiated *doshas* circulate through the *Srotas* and become localised at the place where they find obstruction leading to disease. The spread of *doshas* in joints is compared with *mushika visha* producing the symptoms of *Daha* (Burning sensation), *Toda* (pricking pain), *Kandu* (itching), *Vaivarnaya* (discoloration), *Sparshasahshnuta* (tenderness), *Stabadha* (stiffness). On the basis of similarity in symptoms it can be correlated with gouty arthritis in contemporary science.

Gouty arthritis is a metabolic disorder which occurs due to the deposition of mono sodium urate monohydrate crystals in joints giving rise to inflammatory arthritis. These crystals deposit in tissues mainly the joints and form Tophi. This condition is seen most commonly in post pubertal males and in females before menopause. The breakdown of waste products called purins lead to the formation of uric acid. This Uric Acid is excreted by the kidneys. Thus the abnormal filtration or excessive formation of uric acid leads to the accumulation in blood. In modern medicine the treatment consists of NSAIDS which have so many side effects like gastrointestinal disturbances, renal diseases etc. The present study has been carried out to find out an Ayurvedic preparation that is easy to take, cost effective, available in abundance with minimal or no side effects.

AIMS AND OBJECTIVES

To evaluate the efficacy of *Guduchi Kwatha* in *Vatarakta* w.s.r to Gouty Arthritis.

MATERIAL AND METHODS

30 patients were taken from opd, IPD at GAMC and hospital, Jammu.

Inclusion criteria

patience with age of 18 to 70 years were selected. Patients with serum uric acid more than 6.5 mg/dl and patients presenting with the symptoms of *Vatarakta*.

Exclusion criteria

Subjects having Osteoarthritis, Autoimmune disease, Renal impairment. Patients having tophaceous gouty arthritis and patients having hyperuricaemia due to any other disease.

Diagnostic criteria

Diagnosis was done on the basis of sign and symptoms of *Vatarakta* and elevated levels of Serum Uric Acid more than 6.5 mg/dl.

Drug and duration of trial

Guduchi Kwatha 50ml BD before food was given with lukewarm water for a period of 45 days with follow up after every 15 days.

Assessment of criteria

Assessment of patients was done before the treatment, after the treatment with follow up after every 15 days on the basis of improvement of clinical features. To assess the effect of therapy subjectively the scoring was given depending upon the basis of severity.

Subjective Criteria

Sandhi Shoola

Grade	Symptoms
0	No pain
1	Pain present but tolerable
2	Pain present but relieved on taking analgesic
3	Pain present on taking analgesic more than once a day

Sandhidaha

Grade	Symptoms
0	Absent
1	Transient, no approach for its aversion
2	Frequent, self approach for its aversion
3	Regular, seeking medical advice

Sparshaasahaishnuta.

Grade	Symptoms
0	Absent
1	Pain when pressed hard
2	pain on mild touch
3	Severe

Involvement of Joints.

Grade	Symptoms
0	Absent
1	At one joint
2	At two joints
3	At three or more joints

Sandhisotha

Grade	Symptoms
0	No Swelling
1	Swelling complained but not visible
2	Swelling obvious on 2 joints
3	Obvious swelling on >2 joints

Observations

In this research study out of all the 30 patients of *Vatarakta* the maximum number of patients belonged to the age group of 51 - 60 years following by patients in the age group of 61 - 70 years. The study revealed that most of the patients belonged to the middle and the rich socioeconomic status as it is also known as Rich man's disease. The majority of patients in the study were male. The majority of patients in the present study were Hindus. 94% of the patients were married persons. It was observed that 26% of patients in this study were housewives. It was found that the majority of patients were engaged in their occupations. Nearly 64% of the patients suffering from *Vatarakta* had the habit of smoking. The maximum number of patients 60% had the habit of taking a mixed diet. *Madhura Rasa* dominant diet was observed in most of the patients. In majority of patients *Dvandvaja Praktiti* was observed. The maximum number of patients in the present study had *Madhyama Samhanana*.

RESULTS

- *sandhidaha* - mean Score before treatment was 1.34 which lowered down to 0.94 after treatment, which was highly significant.
- *sandhiashool* - mean Score before treatment was 2.90 which lowered down to 2.34 after treatment, which was highly significant.
- *sandhisotha*- mean Score before treatment was 1.40 which lowered down to 0.20 after treatment, which was highly significant.
- *sparshasahshnuta*- mean Score before treatment was 0.78 which was lowered down to 0.06 after treatment, which was highly significant.
- Involvement of joints- mean Score before treatment was 2.30 which was lowered down to 1.80 after treatment, which was highly significant.
- Serum Uric Acid- mean Score before treatment was 7.92 which was lowered down to 7.20 after treatment, which was highly significant.

DISCUSSION

The present study shows that *Guduchi Kwatha* shows significant effects on the signs and symptoms. *Guduchi* is considered as drug of choice in *Vatarakta*. The alkaloid present in *Guduchi* such as Berberina acts as xanthine oxidase inhibitor. There are other alkaloids present in the plant like glycoside, polysaccharide that have Uricosuric activity which causes an additional excretion of uric acid. It has *Vyadhi pratyaneeka* as well as *Rasayana*

properties. It also possesses properties like *tridoshahara*, *Shophahara* due to which it acts as anti-inflammatory and analgesic.

CONCLUSION

Vatarakta is a disease in which there is vitiation of *Vatadosha* and *Rakta Dhatu* that results in pain and inflammation of joints. It can be correlated with gouty arthritis in modern medicine because of similarity in clinical picture. The treatment given in modern medicine has large number of complications like vasculitis, necrosis, renal insufficiency etc. Hence the drug *Guduchi Kwatha* used in the present study shows effects on reducing the symptoms of *Vatarakta* disease with no side effects. Further more researches can be carried out on this study with large samples and on different clinical parameters.

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