

**ROLE OF RAKTAMOKSHANA & SHAMANA CHIKITSA IN THE  
MANAGEMENT OF VATARAKTA W.S.R. TO GOUT: A CASE STUDY****<sup>1</sup>\*Dr. Ashok S. Shinde and <sup>2</sup>Dr. A. K. Burley**

<sup>1</sup>PG Scholar (Kayachikitsa), <sup>2</sup>MD Kayachikitsa, Prof. Dept. of Kayachikitsa  
CSMSS Ayurveda Mahavidyalaya, Kanchanwadi, Aurangabad, Maharashtra.

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**\*Corresponding Author****Dr. Ashok S. Shinde**

PG Scholar (Kayachikitsa),  
CSMSS Ayurveda  
Mahavidyalaya,  
Kanchanwadi, Aurangabad,  
Maharashtra.

**ABSTRACT**

Ayurveda is a science of life. 'Prevention is better than cure' is the basic concept of Ayurveda. Curing a diseased person and redefining his healthy status, is the primary goal of a physician. It is the science which laid emphasis on the preventive aspect.<sup>[1]</sup> Now a day's human beings are more vulnerable to many disorders due to changed lifestyle & dietary habits. Vatarakta is a disease that affects a particular group of organs i.e. Marma-asthi-sandhis. In Ayurveda, Vatarakta is a disease caused by imbalance of Vata dosha and Rakta dhatu. It is also known as 'Khuda vata', 'Aadhyavata', Medasavrutta vata'. Vatarakta is also one of the lifestyle disorder. Acharya Charaka explained in detail about Vatarakta vyadhi. Sushruta has explained Vatarakta disease under the concept of Vatavyadhi adhyaya named as 'Vatashonita'. In this disease

there is vitiation of Vata and Rakta. The aggravated vata dosha causes avarodha in the path of Rakta dhatu. For this Raktamokshana is the best chikitsa or line of treatment described by acharya. It relieves pain, araktata in the affected joints. With the raktamokshana chikitsa, Shamana chikitsa is also very important. In this Amritadi guggulu, pinda taila & Navakarshika Kwatha is used for pain, burning sensation and pricking pain.

**KEYWORDS:** Vatarakta, Raktamokshana, Shamana chikitsa, Gout.

**INTRODUCTION**

Vatarakta is one of the important and lifestyle disorder now a days. It can be correlated with Gout in modern science. Vatarakta is caused by Vidahi anna, Viruddha ahara, jagarana, abhighata etc nidanas.<sup>[2]</sup> In Sukumara persons it is formed, said by various acharyas. It is of 2

types mainly; Uttana & gambhira vatarakta.<sup>[3]</sup> Gout is an inflammatory disease caused by deposition of monosodium urate monohydrate crystals in and around synovial joints. The prevalence of gout varies between populations but is approximately 1-2%, with a greater than 5:1 male predominance. It is the most common inflammatory arthritis in men and in older women. The risk of developing gout increases with age and with serum uric acid levels, which are normally distributed in the general population.<sup>[4]</sup>

The Swabhava of Vatarakta is Pada, mentioned by Acharya Vagbhata.<sup>[5]</sup> In this disease the severity pain is like 'Akhuvishavata' i.e. it is highly spreads in the joint with severe pain.<sup>[6]</sup>

## MATERIALS AND METHODS

### Case Study

A 50 years old female patient came hospital with symptoms like Pain & Burning sensation in ubhaya janu sandhi, ubhaya hastaparva sandhi, Alpa nidra, throbbing pain in the muscles, redness & mild swelling in the affected joints since from 4-5 months. Patients Nidan was done initially along with Ashtavidha and Dashvidha Pariksha.

**Name of Patient** - ABC, 50 years – Female.

**Religion** – Muslim.

**Occupation** – Housewife.

### Chief Complaints

1. Pain & Burning sensation in ubhaya janu sandhi, ubhaya hastaparva sandhi.
2. Alpa nidra.
3. Throbbing pain in the muscles.
4. Redness & mild swelling in the affected joints.

**Duration:** since from 4-5 months.

### Ashtavidha Pariksha

- |                       |                      |
|-----------------------|----------------------|
| 1. Nadi - 80/min.     | 5. Shabda - Spashta  |
| 2. Mala - Samyaka.    | 6. Sparsha - Anushna |
| 3. Mutra - Samyaka.   | 7. Druka - Prakruta  |
| 4. Jivha - Alpa Saam. | 8. Akriti - Madhyam  |

**General Examination**

PR - 80/min

BP - 110/70 mm of Hg

RS - AE= BE, Clear

CVS – S<sub>1</sub> S<sub>2</sub> N

CNS - Conscious, Oriented

P/A - Soft, No Tenderness

**Past History**

H/O – Osteoarthritis of both knee joints (6 months before).

Patients received allopathic treatment but had no reliefs. Thus the symptoms aggravated such as burning sensation, redness and throbbing pain the muscles.

**Management****a) Raktamokshana<sup>[7]</sup>**

In Vatarakta disease there is vitiation of Vata as well as Rakta dhatu so therefore rakta dushti nirharana is important. So therefore Raktamokshana – Jalaukavacharna<sup>[8]</sup> is best treatment for pain, burning sensation, throbbing pain relief.

Patient had given Jalaukavacharana chikitsa– on both knee joints, both Hastaparva sandhi for 2 times in a week.

Suddenly there is a pain & relief in burning sensation complaints.

**b) Shamana Chikitsa**

In Shamana chikitsa; we had given Amritadi guggulu, Navakarshika kashaya, & Pinda taila<sup>[9]</sup> for local application. For about 2 months with jalaukavacharana chikitsa. In this case due to burning sensation & severe pain there is aggravation of vata dosha so therefore nidra is alpa. When vata dosha is decreases it causes proper nidra.

	Matra	Kala	Anupana
<b>a) Amritadi guggulu<sup>[10]</sup></b>	250 mgm	Adhobhakta (2 times a day after food)	Koshna jala
<b>b) Navakarshika kwatha<sup>[11]</sup></b>	40 ml	Adhobhakta (2 times a day after food)	Sama bhaga jala

Along with treatment proper pathya had been followed by patient. In Ahara, ghrita, taila, vasa, majja pan, godhum, masha, shashtika shali, patola, draksha, etc, vata shamak dravyas are given. In Vihara, Vyayam is Important. Also some apathyas was advised that is vata prakopaka ahara such as chanaka, vatana, mudga, jambu, shushka mansa, karvellaka etc.

### Observation

Effect of the treatment on Pain & Burning sensation in ubhaya janu sandhi, ubhaya hastaparva sandhi, Alpa nidra, throbbing pain in the muscles, redness & mild swelling in the affected joints.

	Symptoms	Before treatment	After treatment
VAS Scale	Pain & Burning sensation in ubhaya janu sandhi, ubhaya hastaparva sandhi	10	5
	throbbing pain in the muscles	8	5
	Redness & mild swelling in the affected joints	10	6
Alpa nidra		+++	++

### Gradation of Symptoms

1 - 3 = Mild; 4 - 6 = Moderate; 7 - 10 = Severe

+ = Mild, ++ = Moderate, +++ = Severe

### DISCUSSION

In this study, observations was done before and after treatment based on symptoms and though VAS Scale - is often used for pain, burning sensation etc.

**Raktamokshana - Jalaukavacharana:** for rakta dushti important panchakarma advised is the raktamokshana. In this acharya Charaka stated the Raktamokshana according to situations. In which for burning sensation, pain relief, Throbbing pain Jalaukavacharana is helpful.

### Shamana Chikitsa

- Amrutadi guggulu:** for vatarakta patient guggulu is considered to be a good, useful medicine. It contains Amruta, Guggulu, Triphala, etc. It is one of the important guggulu kalpana for Vatarakta.
- Navakarshika kwatha:** It contains Triphala, Nimba, Manjishtha, Vacha, Kutaki & Devadaru. It is indicated for Vatarakta.

- c) **Pinda taila:** for Pain management, local application of Pinda taila is useful. It is mentioned by Acharya Charaka, for Ruja, Daha shaman.

## CONCLUSION

In this case all symptoms like Pain & Burning sensation in ubhaya janu sandhi, ubhaya hastaparva sandhi, Alpa nidra, throbbing pain in the muscles, redness & mild swelling in the affected joints are markedly diminished in 2 months study. In conclusion Raktamokshana i.e. Jalaukavacharana and Shamana chikitsa are significantly effective in Vatarakta, followed by proper Pathya & Apathya.

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