

CONCEPTUAL STUDY ON VATARAKTA

Dr. Shalini Panwar^{*1}, Dr. Deepika², Dr. Sanjay Kumar Singh³ and Dr. Shobhit Kumar⁴

^{1,2}PG Scholar, Department of Rog Nidan Evum Vikriti Vigyan, Rishikul Campus, UAU
Haridwar.

³Professor, Department of Rog Nidan Evum Vikriti Vigyan Rishikul Campus, UAU
Haridwar.

⁴Associate Professor and HOD, Department of Swasthvritta, Rishikul Campus, UAU
Haridwar.

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*Corresponding Author

Dr. Shalini Panwar

PG Scholar, Department of
Rog Nidan Evum Vikriti
Vigyan, Rishikul Campus,
UAU Haridwar.

ABSTRACT

WHO defines Health as “A state of complete physical, mental and social well-being and not merely the absence of disease or infirmity”. The health of an individual solely depends on his diet and lifestyle. The Expedition modernization of India, Nutriment culture, speedy and disagreeable life, and urbanization is the main factors for the prevalence of *Vatarakta*. Nowadays people are vulnerable to various disorders which are due to the results of faulty lifestyles and dietary habits. Among such metabolic disorders, *Vatarakta* is one of them. *Vatarakta* is a common and distressing metabolic disorder where pain is the predominant symptom, which disturbs routine activities of that individual. *Vatarakta* is a *Vatpradhan Tridoshaj Vyadhi* characterized

by the *Dusti* of *Raktdhatu* and *Prakopa* of *Vata Dosha*. *Vatarakta* mainly causes extreme pain and inflammation in the joints generally in the *kara pada Moolam* (metatarsal metacarpal phalangeal joints) which later on spread to other joints.

INTRODUCTION

Vata is the main *dosha* governing the body movements and it has more significance among *Tridosha* as it has control over the other two *Dosha*. And on the other hand, another causing factor of *Vatarakta* is *Rakta* represents blood is also very important for living beings. In *Vatarakta*, both *Vata* and *Rakta* are afflicted by distinct etiological factors. In *Vatarakta* these *doshas* are mainly vitiated by abnormal dietary habits and lifestyle which become etiological factors of *Vatarakta*, these etiological factors are well explained in various *Ayurvedic* kinds

of literature. *Vatarakta* can be very well correlated with Gout due to the similarity in the signs and symptoms. Gout is a chronic metabolic disorder of purine metabolism in which excessive accumulation of uric acid leads to the formation of (MSU) monosodium urate crystals or uric acid crystals. These uric acid crystals precipitate in small joints due to overproduction or under-excretion of uric acid crystals causing pain and inflammation of the joints. Gout is called the rich man's disease because foods such as meat and other high-protein-rich food are consumed by them are high in purines.

SYNONYMS

Adhya Vata- The literal meaning of the word *Adhya* is rich, and this disease is mostly seen in rich people. Also, its mentioned under the *Sannatarpanjanye Vyadhi* in the *Ayurvedic* classics.

Khudda Vata- It points to the site of affection which is typically seen in *Khudda desh* i.e. near the ankle or smaller joints.

Vatabalasa- This disease is manifested by *Avaran* of *Rakta* over the *Vata dosha* increasing the *Bala* of *Vata*. Hence it is called *Vatabalasa*.

Vata Dosha and *Rakta Dhatu* are the two main components of the *Nidana* of *Vatarakta*. Many basic factors are responsible for the vitiation of *Vata Dosha* and *Rakta Dhatu* and when this morbid *Rakta Dhatu* obstructs the vitiated *Vata Dosha* then *Vatarakta* is manifested. Different *Nidanas* of *Vatarakta* have been mentioned by *Ayurvedic Acharyas* and they can be classified into the following groups:

1. Aharaja Nidana- Causes related to dietetic habits. Various aetiological factors have been mentioned for the development of *Vatarakta* in *Charaka Samhita*. It has been described that excessive intake of foods and drinks that are having *Lavana*(salty), *Amla*(sour) and *Katu*(pungent), *Snigdha*(viscous), *Ushna*(hot), *Ruksha*(rough) *Vidahi* and *Kshara*(alkaline) in quality tend to cause *Vatarakta*. The habit of taking *Viruddha Aahara* (incompatible diet), and *Adhyashana* (intake of food before digestion of meal). Intake of *Anupa Mamsa*(aquatic flesh), *Kulathika* (horse gram) *Masha*(black gram), *Nishpava*(beans) *Arnala*, *Souviraka*, *Shukta*, *Sura*, *Aasava* (a fermented food items), all are the causative factors of this disease.

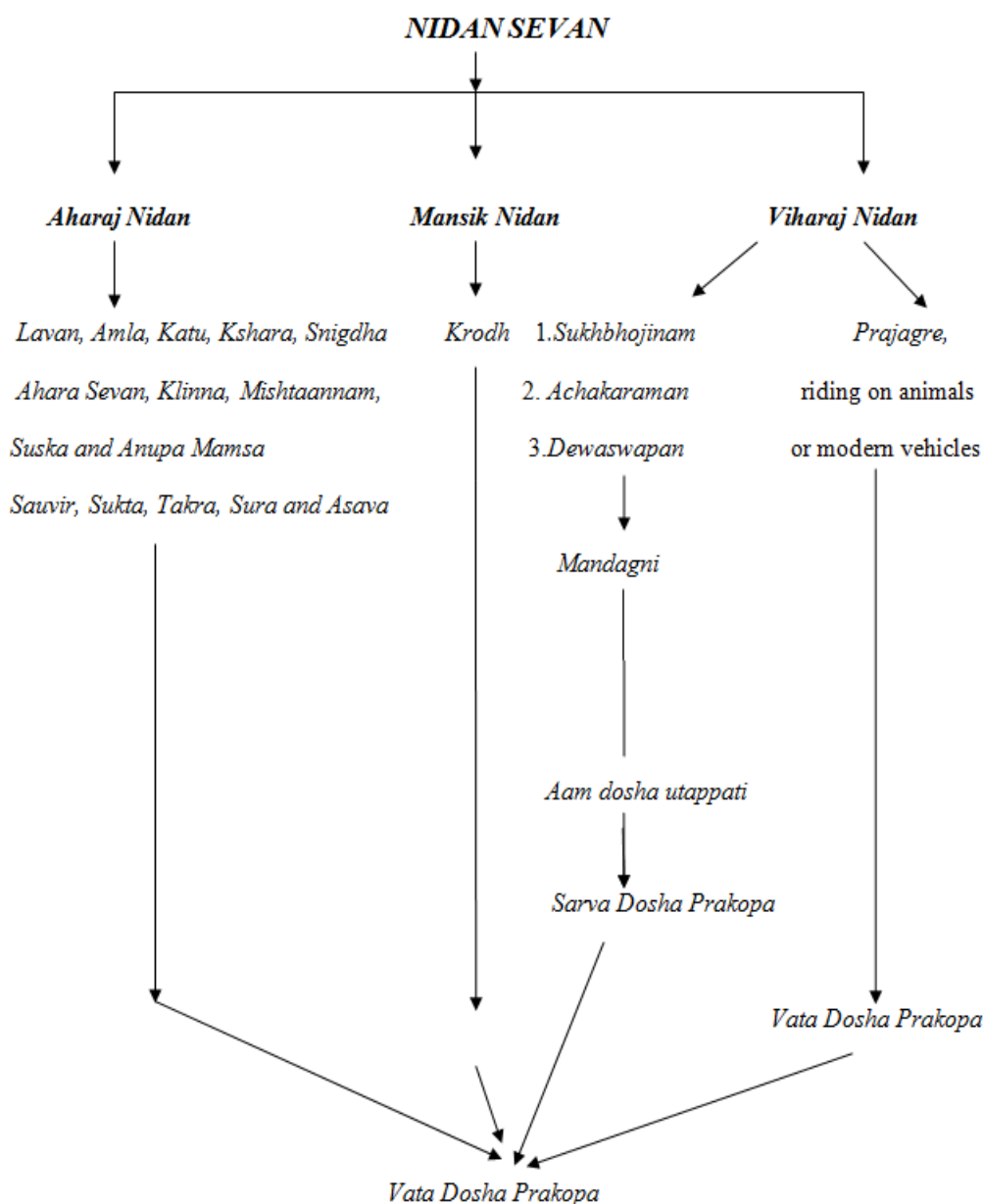
2. Viharaja Nidana- Causes related to individual habits and environmental factors. *Krodha* (anger), *Divaswapana* (sleeping during the day hours), *Ratrijagrana* (nocturnal awakening), *Achakramanasheel*(not in habit of walking), *Abhighata*(injury), riding on an elephant, horse,

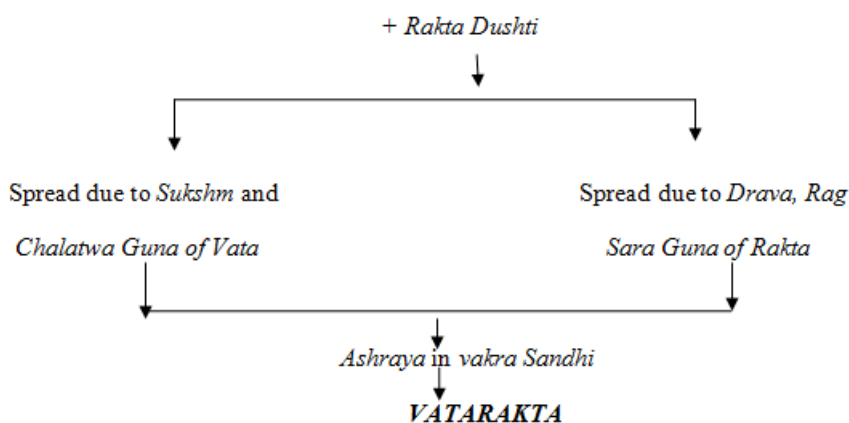
and camel, etc., excessive swimming, excessive sexual indulgence are the causes of this disease.

3. *Mansika Nidana*- causes related to various psychological factors. *Krodha* (anger) etc, are the factors which aggravates *Vata* in the body, which leads to *Vatarakta*.

4. *Prakriti* based *Nidana*- *Acharya Sushruta* has mentioned that the individuals who are *Sukumara* (delicate person) and consuming an unwholesome diet are mainly affected by *Vatrakta*. The overweight person also surrenders the exercise schedule so chances of getting *Kapha -Meda Dushti* are increased. *Kapha-Meda Dushti* further adds up to the etiology of the disease.

SAMPRAPTI



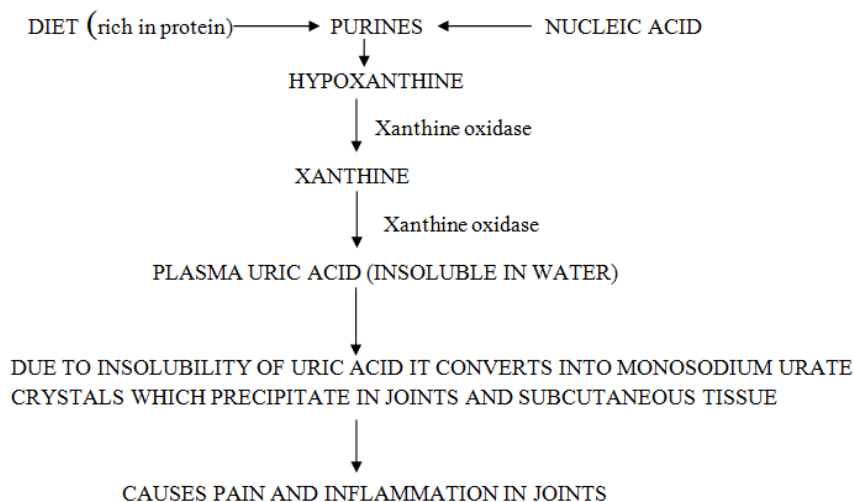


Samprapti Ghatak

Dosha	-	Vatapradhan Tridosha
Dushya	-	Rakta
Agni	-	Mandagni and Dhatavaagni Dusti
Srotas	-	Rasavaha, Raktavaha
Strotodusti	-	Sang
Adhithana	-	Twak, Vakra Sandhi

Gout is a metabolic disorder of Purine metabolic characterized by Hyperuricemia.

PATHOPHYSIOLOGY:



In *Charaka Samhita*, *Vatarakta* has been classified based on *Dhatu* in two forms:

1. *UttanaVatarakta*
2. *Gambhira Vatarakta*

According to *Acharya Sushruta*, these are not the types but different stages similar to *Kushtha*. Initially, it affects the superficial structures like *Twaka* and *Mamsa*, and later on, it becomes *Gambhira* i.e. deep-seated, and affects the deep structure.

Sign and symptoms of *Uttana Vatarakta*

- *Kandu* (Itching)
- *Daha* (Burning sensation)
- *Ruja* (Pain)
- *Toda* (Piercing pain)
- *Sphurana* (Trembling)
- *Kunchana* (Contraction)
- *Shyava-Rakta Twak* (The skin color changed to brownish black, red, or coppery in color)

Sign and symptoms of *Gambhira Vatarakta*

- *Swayathu* (Swelling)
- *Sthbdhata* (Stiffness)
- *Kathinya* (Hardness)
- *Shvavata-Tamra Twak* (Blackish brown or coppery discoloration)
- *Daha* (Burning sensation)

Toda (Pricking pain)

- *Spurana* (Trembling)
- *Paka* (Suppuration)

DISCUSSION

Vatarakta is a disease which is caused by vitiation of *Vata* as well as *Rakta*. Aggravated *Vata* is obstructed by vitiated *Rakta*, in turn leading to further aggravation of *Vata*. Worldwide, it is creating a lot of concern due to disturbed lifestyles. *Nidan* is etiological factors responsible for a disease, avoidance of such factors help in preventing the progression of the disease. *Ayurveda* also emphasizes the *Nidan Parivarjan* as the best treatment for a disease. Modern science only considers physiological factors (disturbance in purine metabolism) as the main causative factor for the production of disease. On the other hand, *Ayurveda* considers both physiological and psychological factors for the same. And as we know that the incidence of *Vatarakta* is increasing at an alarming rate. Hence proper knowledge of *Nidan* will be

beneficial in the prevention of *Vatarakta* and its complication also. In view of increasing and alarming rate of *Vatrakta* proper knowledge of *Nidan Parivarjan* is increasing and beneficial for prevention of *Vatrakta* and its complications.

CONCLUSION

As we know that lifestyle and dietary habits has a significant influence on physical and mental health of individuals. Faulty lifestyle dietary habits plays major role in predisposition of various metabolic and systemic disorders, *Vatarakta* is one of them which can creates serious health problems. So, it is important to know the etiopathology of the disease, which will help in prevention and planning of further treatment.

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