

## VATARAKTA: AN AYURVEDIC CLASSICAL LITERATURE REVIEW

Ali Mohmad<sup>1\*</sup>, Pramod Mishra<sup>2</sup>, Brahmanand Sharma<sup>3</sup> and Indumati Sharma<sup>4</sup><sup>1</sup>MD Scholar P.G. Department of Kayachikitsa PGIA, Jodhpur.<sup>2</sup>Professor & HOD P.G. Department of Kayachikitsa PGIA, Jodhpur.<sup>3</sup>Associate Professor P.G. Department of Kayachikitsa PGIA, Jodhpur.<sup>4</sup>Associate Professor P.G. Department of Kayachikitsa MMM, Udaipur.Article Received on  
01 July 2024,Revised on 21 July 2024,  
Accepted on 11 August 2024

DOI: 10.20959/wjpr202416-33617



\*Corresponding Author

Dr. Ali Mohmad

MD Scholar P.G.

Department of Kayachikitsa  
PGIA, Jodhpur.

## ABSTRACT

Ayurveda's main concept is that "the inequalities of basic constituents in the body are the root cause for different diseases," indicating that having control over the body's many fundamental elements (*Sharira*) indicates good health and a lack of disease. It has been observed that *Ayurvedic* treatments and remedies are highly beneficial and helpful in maintaining the balance of these essential components in the body. A chronic condition of the joints and body that involves vitiated *Vatadosha* and *Raktadhatu*, *vatarakta* is characterized by pain, stiffness, and swelling over the joints. *Vitriated Rakta* obstructs aggravated *Vata*, exacerbating the *Vata Dosha* even more. *Uttana* and *Gambhira* are the two *Avasthas* of *Vatarakta*. *Gambhira* affects mainly *Asthi*, while *Uttana Vatrakta* affects *Twacha* and *Mansadhatu*.

**KEYWORDS:** Ayurveda, *Vatarakta*, *Uttana*, *Gambhira*, Gouty arthritis.

## INTRODUCTION

In Ayurveda, *vatarakta* is considered as one such chronic illness. One of the most serious health issues that exists in society is *vatarakta*, an increasingly common metabolic illness. As the name suggests, *vataraka* is the vitiation of *Rakta Dhatu* (blood) and *Vata Dosha*. In this condition, *Rakta Dhatu* obstructs the natural *Vata* Flow. The diseased condition known as *vatarakta* results from this obstructed *vata* again vitiating the *Rakta*.

*Vatarakta* mostly affects the small joints of the hands and feet. Various other names for it include *Khuddavata*, *Vatabalasaka*, *Adhyavata*, and *Vata Shonita*.<sup>[1]</sup>

Severe pain, soreness, inflammation, and a burning sensation in the affected region of the body are the characteristics of *vatarakta*.<sup>[2]</sup> There are many different kinds of *vataraka*, such as *uttana*, *Gambhira* And *Vata*, *pitta*, *kapha* And *Rakta Pradhan Vatarakta*.

*Acharya Charaka* mentioned that those persons, who have tender constitution, not accustomed to do hard work and indulge in *mithyaahara-vihara* are prone to this disease.<sup>[3]</sup> This is well cleared by *Acharya Chakrapani* that aetiological factors started from intake of saline (*Lavnadi*) are the aggravating factor of *Rakta dhatu* and aetiological factors initiated from intake of astringent (*Kashayadi*) are predominately causes aggravation of *Vayu*. Combination of these two types of aggravating factor leads to *Vatarakta*.<sup>[4]</sup>

Similar to this, numerous aetiological factors have been mentioned in the *Sushruta Samhita*. These include excessive grief, overindulgence in sexual activity, excessive physical exertion, regular large-scale wine consumption, and eating foods that are incompatible with one's temperament. These factors vitiate an individual's *Rakta* and *Pitta*. They also agitate *Vata* and *Rakta* simultaneously to create *Vata-Rakta*. It also says that people with sensitive constitutions (*sukumar prakriti*) and those who defy seasonal and dietary restrictions are both susceptible to the illness. These elements vitiate both *Vata* and *rakta*.<sup>[5]</sup>

## AIMS AND OBJECTIVES

- Provide a comprehensive overview of *Vatarakta* (Gout) from *Ayurvedic* texts.
- Contrast *Ayurvedic* and modern medical views on Gout.
- Assess the effectiveness of *Ayurvedic* treatments for *Vatarakta*.
- Highlight areas for future research in *Vatarakta* management.
- Examine classical *Ayurvedic* and modern medical literature on Gout.

## Nidana

**Aharaja nidana** – Due to inappropriate dietary habits.

### *Vata dushtikar nidana*<sup>[1]</sup>

- ❖ Excessive intake of food and drinks having *Rasa* like *Katu*, *Tikta*, *Kashaya*, *Laghu*, *Sheeta* in quality leads to *Vata Prakopa*.
- ❖ Faulty dietary pattern such as *Abhojana*, *Ajeerna bhojana*, *Alpa Aahara Sevana*—these factors are responsible for vitiation of *Vata*.
- ❖ Not taking meal timely, Malnutrition & fasting.

- ❖ Travelling on *Hasti*, *Ashva*, *Ushtra* etc. causes aggravation of *Vata dosha* and vitiation of *Rakta*.
- ❖ Excessive swimming and other water sports, jumping, walking long distances in the hot sun leads to aggravation of *Vata Dosha*.
- ❖ Excessive physical activity and sexual indulgence suppression of natural urges. causes the aggravation of *Vata Dosha*.

### ***Rakta pradushak nidana***

- ❖ Excessive intake of food and drinks having *Lavana*, *Amla*, *Kshara* and *Katu* in quality leads to *Rakta Dhatu Dushti*.
- ❖ Intake of foods which are predominantly of *Snigda*, *Ushna* in nature.
- ❖ Excessive intake of *Klinna Mamsa*, *Shushka Mamsa*, *Aanupa Mamsa* leads to *Vidagdhatta (Dushana)* of *Rakta Dhatu*.
- ❖ Excessive intake of *Pinayaka*, *Kulattha*, *Masha*, *Ikshu*, *Sura*, *Souvira*, *Aasava*, *Dadhi*, *Takra* etc.
- ❖ Excessive intake of fermented food like *Dadhi* (curd), *Aranala*, *Souvira*, *Shukta*, *Takra*, *Sura*, *Asava* etc. causes *Rakta Dhatu Dushti*.
- ❖ *Virudha Ahara Sevana*, *Adhyashana*, *Krodha*, *Divaswapana* and *Prajagarana* leads to *Tridosha Prakopa* and also *Rakta Dhatu Dushti*.
- ❖ *Abhighata* also causes *Rakta dushti*.
- ❖ If one is not undergoing *Shodhana* for cleansing the body, it can lead to the vitiation of *Rakta Dhatu*.

### ***Viharaja nidana***

- ❖ Excessive intake of *Virudha Aahara* (incompatible diet) and *Adhayashana* (intake of food prior to digestion of meals taken earlier).
- ❖ *Krodha* (anger), *Divaswapana* (sleeping in the daytime), and *Prajagrana* (nocturnal awakening) lead to *Tridosha Kopa* and also *Rakta Dushti*.
- ❖ Persons who have a tender personality, who are not habitual hard workers, and who are indulged in *Mithya Aahara Vihara* are more prone to this disease.

### **Samprapti (Pathogenesis)**

#### **1. Etiological factors**

- Improper diet and lifestyle.

- Excessive consumption of foods causing vitiation of *Vata* and *Rakta*.

## 2. *Dosha-Dushya* interaction

- *Vata Dosha* and *Rakta Dhatu* get vitiated.
- Vitiated *Vata* obstructs the path of *Rakta*.

## 3. Progression

- Vitiated *Rakta* accumulates in the joints, causing inflammation and pain.
- Involvement of *Pitta* or *Kapha* may aggravate the condition.

## Sites (Sthana)

- Predominant sites
- Joints (Sandhi) – Primarily small joints like toes, fingers, and ankles.
- Other possible sites include Skin and Subcutaneous tissues.

## Poorvarupa (Prodromal symptoms)

- Mild pain and stiffness in joints.
- Heaviness in the body.
- Pricking sensation and slight redness in affected areas.
- Loss of Appetite and General discomfort.

## Rupa (Manifested symptoms)

- Severe joint pain, especially in the big toe.
- Swelling and redness in affected joints.
- Heat and burning sensation in the joints.
- Restricted joint movements and deformities in chronic cases.
- Systemic symptoms like fever and fatigue may also be present.

## Chikitsa (treatment)

### *Shodhana chikitsa* (Purification therapy)

#### 1. *Snehana* (Oleation)

- Internal and external use of medicated oils to prepare the body for purification.

#### 2. *Virechana* (Purgation)

- Use of purgative herbs like *Trivrit* (*Operculina turpethum*) to eliminate toxins from the body.

### 3. *Basti* (Enema)

- Medicated enemas (*Anuvasana Basti* with oils and *Niruha Basti* with decoctions) to balance *Vata* and remove toxins.

### *Raktamokshana* (Bloodletting therapy)

- Methods
- *Jalaukavacharana* (Leech therapy), *Siravyadha* (Venesection), and *Pracchana* (Scarification) to remove vitiated blood.

### *Shamana chikitsa* (Pacification therapy)

#### 1. Herbal formulations

- *Patoladi kwatha*: Decoction of herbs like *Patola*, *Nimba* and *Guduchi* to reduce inflammation and purify blood.
- *Gokshuradi guggulu*: Tablets to reduce uric Acid and Alleviate joint pain.

#### 2. Dietary management

- Avoidance: High-purine foods, Alcohol and Processed foods.
- Inclusion: Fresh vegetables, low-fat dairy Products and Plenty of water.

#### 3. Lifestyle modifications

- Regular physical activity without overexertion.
- Stress management techniques like yoga and meditation.

### External therapies

- *Abhyanga* (Oil massage)
- Use of medicated oils like *Pinda Taila* for reducing Inflammation and Pain.
- *Lepa* (Paste application)
- Application of herbal pastes like *Dashanga Lepa* on affected joints for pain relief.

This concise treatment plan integrates purification, pacification, Dietary and Lifestyle approaches to manage *Vatarakta* (Gout) in Ayurveda.

### CONCLUSION

When vitiated rakta dhatu obstructs morbid vata dosha, it becomes even more virulent and contributes to the abnormality of rakta dhatu, a condition known as vata shonita.<sup>[6]</sup> The

Ayurvedic term vatarakta bears a striking resemblance to the present scientific definition of gout.

## REFERENCES

1. Tripathi B. Charaka Samhita; Varanasi: Chaukhambha Prakashan; Chikitsa Sthana ch, 2011; II, 29: 983-11.
2. Tripathi B. Charaka Samhita; Varanasi: Chaukhambha Prakashan; Chikitsa Sthana ch, 2011; II, 29: 22-23.
3. Tripathi B. Charaka Samhita; Varanasi: Chaukhambha Prakashan; Chikitsa Sthana ch, 2011; 29, 983: 5-10.
4. Singh R.H. Charaka Samhita of Agnivesha elaborated by Charaka and Dridhbala with theayurveda dipika commentary by Sri Chakarpanidatta (reprint); Varanasi: Chaukhambha Surbharati Prakashan. Chikitsa Sthana ch, 2011; 29, 628: 4-11.
5. Shastri A.D. Sushruta Samhita with Ayurveda Tattva Sandipika- Hindi Commentary (Reprint); Varanasi: Chaukhambha Sanskrit Sansthana. Sutra Sthana.ch, 2007; I, 21: 231-5.