

**REVIEW ARTICLE ON VATARAKTA AND IT'S MANAGEMENT IN
AYURVEDA****Dr. Pooja Vitthal Pansare^{1*}, Dr. Sanjeev B. Lokhande² and Dr. Priyanka R. Meher³**

¹PG Scholar, Kayachikitsa Dept. Ashvin Rural Ayurveda College. Manchi Hill, Sangamner, Maharashtra.

²HOD and Guide Kayachikitsa Dept. Ashvin Rural Ayurveda College, Manchi Hill, Sangamner, Maharashtra.

³Assistant Professor, Kayachikitsa Dept. Ashvin Rural Ayurveda College, Manchi Hill, Sangamner, Maharashtra.

Article Received on
30 September 2024,

Revised on 20 October 2024,
Accepted on 10 Nov. 2024

DOI: 10.20959/wjpr202422-34634



***Corresponding Author**

Dr. Pooja Vitthal Pansare

PG Scholar, Kayachikitsa

Dept. Ashvin Rural

Ayurveda College. Manchi

Hill, Sangamner,

Maharashtra.

ABSTRACT

Vata Dosha is considered as the prime Dosha as it is responsible for all the movements in the body. The disease Vatarakta holds a special place in the Ayurvedic literature due to its high prevalence in the society. The vitiated Rakta Dhatu obstructs the pathway of enraged Vayu which in turn vitiates the Rakta further giving rise to the disease Vatarakta. The disease can be correlated with Gouty Arthritis due to similarity in the clinical presentation. Vatarakta is a progressive disorder, where the disease is initially limited to the superficial Dhatu leading to Uttana Vatarakta but later on involves the deep Dhatu giving rise to Gambhira Vatarakta. The allopathic treatment give rise to many side effects and adverse reactions. Ayurveda can provide a a good holistic treatment option. The treatment described in Ayurveda not only focuses on drugs but also on the life style modification. Keeping all the points in mind, the disorder has been considered for the study to find an effective and

safe cure for the disease. The present study gives a sight of critical review of the disease Vatarakra and the aim of the review is to review and highlight the effectiveness of different Ayurvedic treatment modalities in patients with Vatarakta.

KEYWORDS: Vatarakta, Uttana Vatarakta, Gambhira Vatarakta.

INTRODUCTION

Vatarakta is one of the unique disorders among Vatavyadhi compared to other Vatavyadhis. Rakta dhatu represents blood and associated metabolism. It signifies that association of Vata disorder along with vitiated Pitta dosa and Rakta dhatu.^[1] The word Vatarakta is made up of two words Vata and Rakta.^[2] Vata is the chief without which any disease may take place, the Rakta is also a very important.^[3] The originating factor (root) of the body and it (body) is sustained by the Rakta and as such Rakta should be protected carefully; in fact, blood is life, If it gets afflicted, leads too many disorders. In Vatarakta Vata Dosha and the Dushya Rakta are vitiated simultaneously. Sushruta described this condition under Vatavyadhi^[4], while Charak and Vagbhata assign a separate chapter to this disease.

AIM AND OBJECTIVES

1. To understand Vatarakta in detail in comparison to gouty arthritis of joints.

MATERIALS AND METHOD

In this study information collected from the available Ayurvedic Samhitas and few elementary text books, published research papers, previous work done and related research works were searched to get comprehensive knowledge about the disease Vatarakta as well its line of management.

Definition^[5] and Synonyms^[6]

Morbid vata dosa when obstructed by vitiated rakta dhatu, further becomes virulent and once again adds to the abnormality of rakta dhatu, this illness is called as vatarakta. Adhyavata- The word adhya refers to rich person. As the disease is common in rich, it is called as adhyavata. Khudha - As the disease vatarakta involves the joints it is called as khudhavata where the khudha refers to the joint. Vatabalasa- Virulence of the illness is dependant up on morbidity of rakta dhatu worsened by the obstructed vayu and hence is known as vatabalasa.

Method of Progression

- According to Charaka⁹ the signs and symptoms are first manifested in small joints of fingers of both hands and feet.
- But Sushruta gives two different opinions in two different places. In nidanasthana, he states that the first manifestation is at the padamoola or root of the foot, sometimes affecting the hand also. In chikitsasthana, his opinion is same as that of Charaka.

- Even though Vagbhata is known to follow Caraka in majority of his opinion and methods of treatment, here he agrees with the statement of Susruta stating that the disease first manifest itself in padamoola, anyhow it is clear that the small joints of both hands and feet are the primary target organs.

Purvarupa

Sveda bahulya or svedabhava, Karshnyat , Sparsagnata, Kshathe athiruk Sandhi saithilyam, Alasyam, Sadhanam angam, Pidakodgamam, Vaivarnya and mandalotpathi in skin, Nisthoda, spurana, bheda, gurutwa, supthi in janu, jankha, uru, kati, amsa, hasta, padaanga and sandhi.

SAMPRAPTHI GHATAKAS

- Dosa – Vata pradhana tridosaja Vata - Vyana Pitta - Pacaka Kapha - slesaka
- Dushya - Dhatu – Uthana vatarakta – rakta, rasa, mamsa Gambhira vata rakta – Rakta, rasa, mamsa, medas, asthi and majja Upadhatu – Sira, kandara, sandhi, snayu, tvaca Saririka mala – Mutra, Purisha Dhatu mala – Kapha, sveda and pitta
- Agni - Jatharagnijanya, Dhatvagnijanya Agni dushti – Mandagni
- Srotas - Rasavaha, raktavaha initially later all dhatuvaha srotas Sroto dushtiprakara – sanga
- Udbhavasthana – pakvasayotha, amasayotha
- VyaktasthanaJanu, jangha, uru, kati, amsa, hastapadanga sandhi
- Sancharasthana - Sarvasarira
- Adhistana– Janu, jangha, uru, kati, amsa, hastapadanga sandhi
- Vyadhi marga – bahya and madhyama rogamarga.

SADHYASADHYATWA

Sadhya - following factors determine the curability of vatarakta

- Presence of one dosa in the pathogenesis of vatarakta.
- Absence of upadrava
- Vatarakta of recent onset Yasya - Following factors determine the yapyata of the vatarakta
- Involvement of two dosas in the pathogenesis
- Absence of upadrava
- Vatarakta of one year duration Asadhya - following factors determine its incurability
- Involvement of tridosas in the pathogenesis
- Presence of upadrava

- Presence of specific symptoms indicative of incurability like ajanushutita Treatment according to the dosa predominance.
- Vatadhika vatarakta; Puranaghruta pana is recommended by both Vagbhata and Susruta. According to Caraka pana, abhyanga, vasthi with the combination of chatursneha and usnopanaha should be given. If the disease affects the joints of the legs only, it is considered due to the vata predominance and the treatment is asthapanavasthi followed by anuvasthana vasthi.
- Pittadhika vatarakta; Virechana, pana of ghrita and milk, parisheka, vasthi, and cold application. The same treatment also advocated for the raktadhika variety. According to Vagbhata ksirabasthi added with ghrita is best. There is nothing equal to basthi in the treatment of vatarakta especially for those who have pain in the rectum, flanks, thighs, joints, bones and abdomen.
- Kaphadhika vatarakta; Mridu vamanasneha and svedha, which is not excessive in quantity, langhana and luke warm ointment should be applied over his body. If the disease affects the hands only, it is considered as kapha-pittanubhandha variety and the treatment is vamana, virechana and purana ghrita pana. Snehana Karma This consists of both shodhana sneha and as well as samana sneha is indicated in vatarakta. As preparation of the patient prior to vamana or virechana patient is subjected to shodhana sneha. Further in vathothara vatarakta following shodhana procedure snehapana with purana ghrita is ideal. Snehapana is not ideal if the patient of vatarakta exhibits excessive snehana in his body. Also in case of margavarana due to accumulation of kapha and medas snehapana is contraindicated. Swedana Karma After snehakarma is completed, the patient may be given a day's rest before the swedana karma is started. The swedana karma may be dispensed within pittadhika and raktadhika varieties or the niragni varieties of swedana karma may be prescribed. This treatment relieves the pain and burning sensation of the joints.

Pathya-Apathya

PATHYA: Purana Yava (old barley), Godhuma (wheat), Nivara (wild rice), Shali Dhanya, Shastika Dhanya, Adhaka (red gram), Chanaka (bengal gram), Mudga (green gram), Makushtha (moth), Masura (lentils), Kulatha (horse gram), Sunishnaka (Marsilia minula), Vetagra (new buddings of Salix caprea), Kakmachi (Solanaum nigrum), Shatavari (Asparagus racemosus), Vastuka (Chemopodium album), Godugdha (cow milk), Mahishi Dugdha (buffalo milk), Aja Dugdha (Goat milk), Ghrita (Clarified butter) etc.

APATHYA: Katu, Amla, Lavana, Kshara, Abhishyandi (causing obstruction in channels), Ushna (hot), Guru (heavy) food; Diwaswapna (sleeping at day time), Santapa (exposure to heat), Vyayama (exercise), Maithuna (sexual intercourse) etc.

CHIKITSA OF VATARAKTA

Table 1: Plants recommended for Vatarakta.

SN	Name of the Drug	Latin Name	Reference	Monograph
1.	<i>Draksha</i>	<i>Vitis vinifera</i>	B.P.Ni. ^[1] sloka, Pp-197	Not available
2.	<i>Guduchi</i>	<i>Tinospora cordifolia</i>	B.P.Ni. 1-9 sloka, Pp-75-76	API ^[2] - Part 2, Pp-51-52
3.	<i>Guggulu</i>	<i>Commiphora mukul</i>	Su. Sam ^[3] chi.5/4045, Pp-76	API –Part 2, Pp-52-53
4.	<i>Kusta</i>	<i>Saussurea lappa</i>	B.P.Ni. 164 sloka, Pp-32-33	API -Part 2, Pp-95-96
5.	<i>Nakachik kani</i>	<i>Centipeda orbicularis</i>	B.P.Ni.306-307 sloka, Pp-135	Not available
6.	<i>Nili</i>	<i>Indigofera tentoria</i>	B.P.Ni. 200203 sloka, Pp-114-115	API –Part 2, Pp-119-120
7.	<i>Prasarini</i>	<i>Paederia foetida</i>	B.P.Ni. 238-240 sloka, Pp-120-121	API –Part 2, Pp-113-114
8.	<i>Dhamasa</i>	<i>Fagonia arabica</i>	B.P.Ni. 210211 sloka, Pp-116	Not available
9.	<i>Vanda</i>	<i>Loranthus falcatus</i>	B.P.Ni. 235 sloka, Pp-126	Not available
10.	<i>Rasna</i>	<i>Pluchea indica</i>	B.P.Ni. 155156 sloka, Pp-30-31	API –Part 2, Pp-140
11.	<i>Yavasa</i>	<i>Alhagi camelorum</i>	B.P.Ni. 208 sloka, Pp-116	Not available
12.	<i>Sudarshana</i>	<i>Crinum latifolium</i>	B.P.Ni. 155156 sloka, Pp-30-31	Not available

Table 2: Dhanya (food) recommended for Vatarakta.

SN	Name of the drug	Reference	Monograph
1.	<i>Yava</i>	Kaiyadeva Nigantu 1/65, Pp-288	API-Part 2, Pp-192

Table 3: Mineral preparations recommended for Vatarakta.

SN	Name of the drug	Reference	Monograph
1.	<i>Tala Bhasma</i>	R.S.S. vatarakta chi. 9-14 sloka, Pp-652-653 ^[7]	API-Part 2, Pp-347-348
2	<i>Shilajatu</i>	Kaiyadeva nigantu 1/65, Pp-288	API-Part 2, Pp-215

Table 4: Tailas recommended for Vatarakta.

S N	Name of the Drug	Reference	Monograph
1.	<i>Chandanadi Taila</i>	BBR-3 rd Vol, 3097 sloka, Pp-74, BBR- 2 nd vol, 1791 sloka Pp-175, SY ^[9] -Pp-141 ^[8]	Not available
2.	<i>Dwipancha</i>	Ga.Ni, taila	Not

SN	Name of the Drug	Reference	Monograph
1.	<i>Trikarshika Kashaya</i>	CD-23/4, Pp-215	Not available
2.	<i>Vatsadani Kashaya</i>	CD-23/5, Pp-215	Not available
3.	<i>Vasadi Kashaya</i>	CD-23/6, Pp-215, BR-27/23, Ga.Ni. part 2, 20/31, Pp-428	Not available

Table 5: Churnas recommended for Vatarakta.

SN	Name of the Drug	Reference	Monograph
1.	<i>Brihat Agni Mukha Churna</i>	CD-6/30-36, Pp-95, BR-VOL 1 st , 10/67-75, BBR-4 th vol, 6645 sloka, Pp-601, CD-6/30-38, Pp-95	Not available
2.	<i>Narasimha Churna</i>	CD-67/15-24, Pp-597	Not available
3.	<i>Katukadi Churna</i>	CD-23/15, Pp-217	Not available
4.	<i>Amrutadi Churna</i>	BBR-VOL 1 st , 70 sloka, Pp-70	Not available
5.	<i>Alambhushadi Churna</i>	BR-29/41-43, Pp-293, BBR Vol 1 st , 81 sloka, Pp-25, B.P.M.K. Amavata chap, Pp-81, Vru.Ma., 25/56-59, PP-397	Not available
6.	<i>Nimbadi Churna</i>	BR-27/28-35, Pp-244, BBR-Vol 3 rd , 3443 sloka, Pp-173	Not available
7	<i>Panchanimba Churna</i>	BR-54/80-88, Pp-53, Vru. Ma.- vol 2 nd 51/91-100, Pp-630,	Ayurvedic Formulary of India
8.	<i>Trivrutadi Churna</i>	BBR-2 nd vol, 2370 sloka, PP-396	Not available
9.	<i>Navakarshikadi</i>	BBR-3 rd vol, 3410 sloka, Pp-	Not

DISCUSSION

The etiological factors lead to the predominant morbidity of vata dosa and rakta dhatu. To be more specific, the obstruction of rakthamarga, or the rakthavaha srothas is the leading pathology. The umbrella of vatarakta parlance with conventional medicine includes many conditions related to extremities and to mention a few are connective tissue disorder and well as peripheral vascular diseases. Dietary habits and life style modalities plays a major role in cause of vatarakta. Also the morbidity of kapha and medas can cause different other serious diseases in different systems. The pathology of margavarana leads to the establishment of clinical signs and symptoms in vatarakta. Further to add shodhana, shamana, bahirparmarjana and rasayana chikitsa all are aimed at the rectification of margaavarana in this disease.

CONCLUSION

In present era, due to faulty dietary habit, sedentary lifestyle and increasing urbanization, Vatarakta has become one of the common diseases in day to day clinical practice. Therefore, it is important to explore the role and application of Ayurvedic drugs and Panchkarma therapies in Vatarakta.

REFERENCES

1. Shukla S V, Vaidya, Kayachikitsa, part 2, Rakthavaha vyadhi's 7/5. edition 1st Varanasi. Chaukhamba orientalia, 2012; 672.
2. Sushruta, Sushruta Samhita, Nidanasthanam, vatavyadhi nidana 1/43-44. Vaidya Jadavji Trikamji Acharya and Naryana Ram Acharya edition 2nd Varanasi. Chaukhamba surbharti prakashana, 2012.
3. Sushruta, Sushruta Samhita, Nidanasthanam, vatavyadhi nidana 1/4. Vaidya Jadavji Trikamji Acharya and Naryana Ram Acharya edition 2nd Varanasi. Chaukhamba surbharti prakashana, 2012.
4. Sushruta, Sushruta Samhita, Nidanasthanamvatavyadhi nidana 1. Vaidya Jadavji Trikamji Acharya and Naryana Ram Acharya edition 2nd Varanasi. Chaukhamba surbharti prakashana, 2012.
5. Sushruta, Sushruta Samhita, Nidanasthanam vatavyadhi nidana 1/43-44. Vaidya Jadavji Trikamji Acharya and Naryana Ram Acharya edition 2nd Varanasi. Chaukhamba surbharti prakashana, 2012.
6. Caraka, Caraka Samhita, Chikitsasthanam vatashonithachikitsa 21/11. Vaidya Sri Satya Narayana shastry reprint: Varanasi. Chaukhamba bharati academy, 1998.