

A CASE STUDY OF AYURVEDIC MANAGEMENT IN VATARAKTA**Dr. Gauri More* and Dr. Manoj Kumar V. Chaudhari**

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***Corresponding Author****Dr. Gauri More**Ashtang Ayurved
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Pune Maharashtra India.**ABSTRACT**

Vatarakta is a disease explained in Ayurveda involving Vata Dosha imbalance and Rakta Dhatu dushti, where the Vayu gets aggravated due to long distance rides on animals or vehicles and on the other hand Rakta gets vitiated by the consumption of Lavana, Amla, Katu rasasevan abhighat(trauma), viruddha bhojan1 etc. The Vata, whose passages are blocked by Rakta further undergoes vitiation and further contaminates the Rakta or blood. This vicious amalgamation of vitiated Vata and Rakta is called Vatarakta.

KEYWORDS: Vatarakta, Avritt, Adhyavata, Gouty Arthritis, Raktamokshana.

INTRODUCTION

Vatarakta is disease due to imbalance of Vata Dosha and Rakta Dhatu where aggravated Vata Dosha further vitiate Rakta Dosha. Circulates together and in the small joints due to curvature of the joint circulation gets obstructed. Along with dushit Rakta and Vata in association with Pittadi Dosha gets obstructed Hence there is a Avritt Vata Rakta and Pittadi Dosha and symptoms of Vata Rakta seen.

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A lot references along with description of this disease are available in classical text under the name of Vatarakta, Adhyavata, Vatabalas, Khuddavata.^[2] Vatarakta is described as Adhyavata by Acharya Charak. The name of ailment itself describe that it is more prevalent among Adhya(rich people) and Sukumar^[3] people. In this disease aggravated Vata is obstructed by

aggravated Rakta, and is obstructed Vata again aggravates Rakta. Finally, these overall affects the entire Rakta which occurs in condition like injury, fasting cumbersome journey and walking in hot climate. Vatarakta also known as Khudaroga and Vatarsha.

Gout^[4] is the term used to describe the constellation of clinical features that results from deposition of microcrystals of sodium urate monohydrate or uric acid from hyperuricemic body fluids. Gout is a disorder of purine metabolism manifested by the following features, occurring singly or in combination.

- a) Increased serum uric acid concentration (hyperuricemia).^[5]
- b) Recurrent attacks of characteristic type of acute arthritis in which crystals of monosodium urate monohydrate may be demonstrable in the glucosides present in the synovial fluid.
- c) Aggregated deposit of monosodium urate monohydrate (tophi) in and around the joint of the extremities.
- d) Renal disease involving interstitial tissue and blood vessels.
- e) Uric acid nephrolithiasis

Gout was historically known as “disease of kings or rich man's disease” because it was believed that it's increasing this factors a longer life expectancy and rich diet.

Vatarakta is also a type of Vatavyadhi and it is co-related to gouty arthritis. Life style disorders and wrong dietary habits are making it different from other diseases as they are potentially preventable and can be depressed by adopting healthy dietary habits and life style so as in case of Vatarakta.

CASE REPORT

A female patient aged about 48 years having above complaints for almost 5-6 months. She was asymptomatic 7-8 months ago. But she got Chikungunya 8 months ago and had complaints like Severe fever, Joint pain, headache and fatigue. After the recovery of chikungunya the symptoms like joint pain and swelling gets worsen day by day. So she took some allopathy medicines for about 3-4 months. But she didn't get relief so she decided to take ayurveda treatment.

CASE STUDY

A 48 year old female having Swelling over left ankle joint reported to outpatient department (OPD) with following chief complaints.

- Vam Gulpha Sandhi Tivra shoola shotha, sthanik daha prachiti, aaraktata
- Dakshin hasta Madhyama anguli shotha evam vakrata
- Sarvanga graha
- Daurbalya
- Hasta paad tala daha

Associated Complaints

Urodaha, Adhmana

Examination of swelling

- Non pitting oedema
- Local rise in temperature
- Redness
- Pain
- Restriction in movements

Preliminary data

- Age – 48 years
- Marital status – Married
- Occupation – Housewife
- Weight -55 kg
- Height – 158 cm
- Desha – Aanupa

On Examination

- SpO₂ – 99% on Room air
- BP – 120/80 mmHg
- PR – 76/min
- RR – 19/min
- Addiction- none
- Appetite- Mandya
- Bowel habit – Regular
- Menstrual history – Regular
- Sleep – Sound

Ashtabhava	Parikshan
Nadi	76/min pittapradhan vat
Mala	Samyak 1/day,pratah
Mutra	Prakrut,5-6/day
Jivha	Alpa Saam
Shabda	Prakrut
Sparsha	Anushna
Druk	Prakrut
Akriti	Krusha

Systemic Examination

- CNS – conscious and oriented to time, place, person
- CVS- S1 and S2 normal,no added sounds
- RS – air entry bilaterally equally
- P/A – soft, non- tender.

Investigation

- Sr. Uric acid- 7.5
- Sr. Calcium- 9.39
- RAfactor- 16 iu/ml

TREATMENT REGIMEN

- 1)Shodhana chikitsa

Jalaukavcharan 2 times followed by basti chikitsa

- 2) Upakarma

Sukhoshna dhara sweda and lepa

- 3) Shaman Chikitsa

Amrutadi guggul, avipattikar churna, Gokshuradi guggul

Jalaukavcharan Chikitsa:

No. of jalauka - 4(medium size)

Sthan - Vam gulpha pradeshi

Times of process - 2 times with 7 days duration between 2 processes.

Basti Chikitsa (Yogbasti Kram)

Yogabasti^[7] krama for 8 days-

Basti Krama- ANANANAA

- **Anuvasana basti-** Tiktak Ghruta- 60ml
- **Niruha basti-** 700ml

Madh- 50g

Saindhav- 5g

Tail- 50ml Shatapushpa Kalka -5g

Kwath- 600ml (Bala, Guduchi, Aragwadha, Palash, Traymana, Patha, Laghu panchamula)

Sthanik karma chikitsa

- **Dhara swedan-** with Laghumnajishthadi kwatha i.e. manjishtha, triphala, kutaki, vacha, darvi, amruta, nimba.

1) Sukhoshna kwatha dhara for 7 days

2) Sukhoshna siddha kshir dhara for 7 days

- **Lepa Chikitsa-** Gruhadhumadi lepa⁸
(Gruhdhuma, vacha, shatavha, kushtha, haridra, daruharidra)

Shaman Chikitsa

- Amrutadi guggul⁹ – 250mg- vyanodan
- Gokshuradi guggul – 250mg-vyanodan
- Avipattikar churna- 3gm-nishakal

OBSERVATION AND RESULTS

Sr. no.	Symptoms	Before treatment	After treatment
1	Vaam Gulpha Sandhi shoola shotha, sthanik daha prachiti, raktima	+++	+
2	Dakshin hasta Madhyama anguli shotha evam vakrata	+++	+
3	Sarvanga graha	+++	-
4	Hasta paad tala daha	+	-
5	Daurbalya	++	-
(+++) severe presentation of symptoms, (++) moderate presentation of symptoms, (+) Mild presentation of symptoms, (-) no symptoms			

DISCUSSION AND CONCLUSION

- In Vatarakta vyadhi Vatanulomana and Raktaprasadan are main line of treatment. Also whenever there is tivra shool means there is raktadushti in it. So Jalaukavacharan is stat treatment in Vatarakta.
- In Vatrakta adhyay Charak elaborated Raktamokshan¹⁰ chikitsa first jast beacause in vatrakta shool is always present as first symptoms which is difficult to tolorate for patient. Hence due to raktamokshan as rakta let go out of body the reason for shool is not present hence there is a stat shoolprashamn.
- In Raktamokshan charak also gave 6 types of Raktamokshan. As there is shool at one place and by considering Dah we choose Jalauka¹¹ method as raktamokshan.
- Overall combination of dhara, jalaukavacharan, abhyantar aushadhi chikitsa, lep, bastikarma effective in treatment of vatarakta. Basti is the main treatment in vatarakta disease.

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