

LITERARY REVIEW OF VATIKA SHOTHA W.S.R. CARDIAC OEDEMA***¹Dr. Preeti Rawat, ²Dr. Princi Verma and ³Dr. Sanjay Kumar Singh**

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ABSTRACT

Ayurveda describes diseases characterized with swelling under the title of *Shotha*. "*Shotha*" refers to the condition of oedema or swelling caused by an imbalance in the *Dosha* (*Vata*, *Pitta*, and *Kapha*). *Shotha* finds reference as a *Lakshana* of various diseases as well as a separate disease and may be a complication of other disease. *Utsedha* is the cardinal feature of *Shotha*. *Shopha* term used for mainly one meaning i.e. swelling (Oedema) and sometimes for different meaning like *Shopha* mainly used for inflammatory conditions. Here it is used in terms of *Shotha* (Oedema), in which vitiated *Tridosha* and *Rakta* accumulates between the "*Twaka*" and "*Mamsa*" *Dhatu* and cause a swelling. In allopathic literature *Shotha* can be correlated with Oedema i.e., abnormal and excessive accumulation of free fluid in the interstitial spaces & serous cavities. *Vatika Shotha* refers to *Shotha* caused by vitiation in *Vata Dosha*. On the basis of symptoms of *Vatika Shotha* can be correlated with cardiac oedema. Cardiac oedema occurs

due to heart related issue such as congestive heart failure (CHF), where the heart's capacity to pump blood reduces which results in fluid retention in various tissues, both conditions involve fluid accumulation and swelling. Faulty lifestyles, poor dietary habits, and increased stress level are major factors for cardiovascular diseases. These factors lead to the condition

such as hypertension, obesity and diabetes, which in turn increase the risk of heart disease and complications like cardiac oedema.

KEYWORDS: *Shotha*, Cardiac Oedema, *Vatika Shotha*, Swelling.

INTRODUCTION

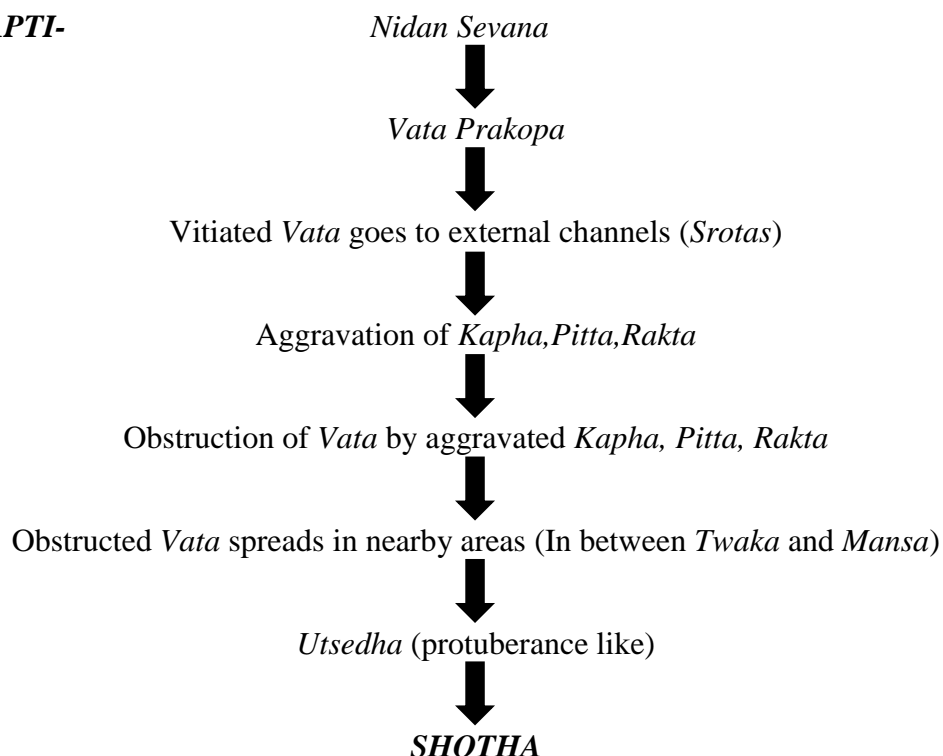
DEFINITION Word "*Shotha*" derived from अथ्वा प्रत्यय added with श्वि धातु, which means गन्धतवद्भेदो, that is marked swelling of skin in any place of body develop from any pathological condition.

NIDANA-*Nidana* of *Vatika Shotha* are divided into.

Aaharaj: *Guru* (heavy food to digest), *Kshar*(excessive alkaline), *Amla*(sour food and drinks), *Tikshna*(intense or strong food), *Dadhi sevana* (intake of curd), *Mirritikabakashan*(intake of mud), *Shaka sevana*(leafy vegetables) and *Viruddhahara*(wrong food combination)

Viharaja: *Atikarshana* (Excessive emaciation), *Deha Ashuddhi* (Not doing body purification at proper time), *Mithyupchar pratikarmana* (improper care of patient after the administration of Panchkarma therapies), *Achesta* (lack of exercise)

SAMPRAPTI-



SAMPRAPTI GHATAK

- *Dosha- Vata pradhan Tridosha.*
- *Dushya- Rasa and Rakta Dhatu.*
- *Srotas - Rasvaha, Raktavaha, Udakvaha.*
- *Srotodushti Prakar - Sang, vimarg gaman.*
- *Adhisthana - Twak mansantar madhya.*

POORVARUPA- *Ushma* (Rise in temperature)

Davathu (Burning sensation)

Siranam Ayama (Dilation of the vessels)

Ang Gaurav (Feeling of heaviness of body parts)

CLASSIFICATION OF SHOTHA

1. *Nija (Vatika, Pattika & Kaphaja), Agantuja.*
2. *Sarvanga, Ardhanga, Ekanga.*
3. *Urdhvagata, Madhyagata, Adhogata.*
4. *Prithu, Unnat, Grathit.*
5. *Chaturvidha (Vatika, Pattika, Kaphaja, Agantuj)*
6. *Saptavidha (Trividha, Dwandaja, Sannipataja).*
7. *Astavidha (Trividha, Dwandaja, Sannipataja, Agantuja).*

SAMANYA LAKSHNA OF SHOTHA

Sagauravam (Heaviness in the body). *Aashthirata* (Unstability in character of Shotha). *Utsedha* (Protuberance). *Ushma* (Temperature in affected area). *Siratanutvam* (Thin veins). *Lomharsha* (Horripilation). *Ang-Vivarnata* (Discoloration of affected area).

SAMANYA LAKSHNA OF VATIKA SHOTHA

Chaltanutwaka (Unstability in character of Shotha & thinned skin), *Parushoarunoasita* (Dryness and affected part becomes blackish or reddish), *Prasupti* (Numbness), *Harsharati* (Horripilation), *Animmit prashamyanti* (Shotha disappears without any causes), *Pronnamati prapidito* (Easily disappear after pressure on pitting), *Divabali* (More in daytime).

REVIEW OF MODERN LITERATURE CARDIAC OEDEMA

Cardiac oedema refers to the swelling or accumulation of fluid in tissues due to heart-related conditions. It is typically caused by heart failure or other cardiovascular problems that lead to

inefficient pumping of blood, causing fluid to leak out of blood vessels and collect in various parts of the body.

Causes Cardiac oedema is most commonly associated with **congestive heart failure (CHF)**. Specific mechanisms include.

1. **Increased venous pressure:** Inefficient heart pumping causes blood to back up in the veins, increasing pressure and forcing fluid out of the vessels.
2. **Decreased cardiac output:** Reduced blood flow can lead to renal dysfunction, triggering fluid retention.
3. **Neurohormonal activation:** The renin-angiotensin-aldosterone system (RAAS) is activated, promoting sodium and water retention.
4. **Capillary permeability:** Chronic venous congestion may increase capillary permeability, exacerbating fluid leakage.

Symptoms

1. Pitting oedema legs, feet, or ankles (especially after prolonged standing or sitting).
2. Shortness of breath (dyspnea), particularly during physical activity or at night.
3. Fatigue or weakness.
4. Weight gain due to fluid retention.
5. Coughing or wheezing, especially in pulmonary Oedema.
6. Abdominal discomfort or bloating

Sign

1. Raised jugular venous pressure
2. Hepatojugular reflex
3. Bilateral basal Crackles
4. Pulsus alternans

TYPES OF OEDEMA

1. Localized - Inflammatory oedema, lymphatic oedema, allergic oedema.
2. Generalized -When it is systemic in distribution e.g., renal oedema, cardiac oedema, nutritional oedema. or
 1. Pitting type - Cardiac oedema, renal oedema.
 2. Non-pitting type - Myxoedema, elephantiasis

Depending upon fluid composition, oedema fluid may be,

1. Transudate - in cardiac and renal oedema
2. Exudate -in inflammatory oedema.

DISCUSSION

Vatika Shotha (inflammatory oedema due to vitiation of *Vata dosha*) is a concept in Ayurvedic pathology that can be correlated with various clinical conditions, including cardiac oedema. The pathophysiology of cardiac oedema in modern medicine is primarily associated with heart failure and circulatory dysfunction. However, from an Ayurvedic perspective, *Vatika Shotha* represents an imbalance in *Vata Dosha*, which results in fluid retention, swelling, and dysfunction of the circulatory system. The etiopathogenesis of *Vatika Shotha* was examined through the lens of *Vata* vitiation and its impact on the heart and circulatory system. According to *Ayurveda*, *Vatika Shotha* occurs when the aggravated *Vata Dosha* disrupts the normal movement of fluids in the body, leading to the accumulation of fluid in the tissues. This can manifest as swelling, which, when localized around the heart or affecting circulation, corresponds to modern-day cardiac oedema. The classical concepts of *Srotas* (channels) and *Dhatu* (tissues) align with the understanding of circulatory disturbances in heart failure. Vitiation of *Vata*, in particular, may lead to stasis of fluids, which aggravates oedema.

CONCLUSION

Vatika Shotha, as described in *Ayurveda*, shares similarities with cardiac oedema in modern medicine, both involving systemic imbalances causing fluid accumulation and swelling. *Vatika Shotha* arises from *Vata Dosha* vitiation, disrupting fluid dynamics (*Rasa* and *Rakta Dhatu*), similar to circulatory inefficiencies in cardiac oedema due to heart failure. Common etiologies include poor lifestyle, aging, and chronic conditions, with *Srotas Dushti* resembling vascular resistance and venous congestion. *Dashmool Kwath*, an Ayurvedic herbal formulation, shows promise in managing *Vatika Shotha* by effectively reducing inflammation, pain, and swelling. Its anti-inflammatory, analgesic, and diuretic properties contribute to improved mobility.

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