

A CONCEPTUAL STUDY ON PATHYDI GUGGUL IN THE MANAGEMENT OF VATARAKTA

Ambika Pandey^{1*} and Sunil Patil²

¹M.D. Scholar, K.G.Mittal Ayurved College, Charni Road, Mumbai, India.

²Asso. Prof., P. G. Dept. of Kayachikitsa, K. G. Mittal Ayurved College, Charniroad,
Mumbai, India.

Article Received on
14 Oct. 2021,

Revised on 03 Nov. 2021,
Accepted on 24 Nov. 2021

DOI: 10.20959/wjpr202114-22450

***Corresponding Author**

Dr. Ambika Pandey

M.D. Scholar, K.G.Mittal
Ayurved College, Charni
Road, Mumbai, India.

ABSTRACT

Vatarakta is a vata and rakta pradhan vyadhi in which vata get affected which channelize the rakta in body.^[1] Acc to Charak samhita rakta is mula of deha.^[2] If rakta get vitiated then all the dhatus get vitiated. Therefore vatarakta shows main two types which are known as uttan and gambhir,^[3] In today s lifestyle vitiation of rakta due to vata and pitta is due to ahar and vihar. Pathyadi guggul which has been described in bhavprakash is fruitful in cure of vatarakta due to its composition which consists of guduchi. Guduchi is best in treatment of vatarakta as explained in ashtang hridya. As the content of pathyadi

guggul are deepan, pachan and rakta prasadan, rakta shodhan it helps in vatarakta.

KEYWORDS: Guduchi is best in treatment of vatarakta as explained in ashtang hridya.

INTRODUCTION

Ayurveda describes Health as an equilibrium state of Doshas, Agni, Dhatus, malas and pleasant mind, soul and senses. Any imbalance in these Doshas, Dhatus and malas are causes of diseases therefore for maintaining health in ayurveda Dinacharya, Ratricharya, Ritucharya, Achar rasayana is mentioned along with therapeutic procedures.

In this modern era, diseases have been more common. This diseases are not contagious; all diseases are some where due to sedentary and knee deep lifestyles. Out of which one of the disease is vatarakta in which patient is completely habitual to sedentary and comfortable lifestyle. The reason for occurrence of vatarakta in those patients are vata sevan i.e. through travelling where people sits in a same posture i.e sitting position and with this habitual to eat

stale food; bakery products etc. Today lifestyle has been changed completely which somewhere effect on over all body. These globlisation has brought good and growing finacial economy but with this positive out come, hard work has been put by people. As told in ayurved vatarakta occurs because of eating rakta dushya janya ahar with adhava chakraman vihar. So basically only travelling source has been changed, as in old times elephants, camels and other animal had been used for travelling in which both the legs are in half extended condition & now-adays yaan has been changed. Other cause of disease is eating habits which affect to the digestion and defect in the metabolism. This is the reason now a days disease has increased in the numbers. Main cause of this disease is ahar and vihar.

Definition

Morbid Vata Dosha creates obstruction in the path of vitiated Rakta Dhatu, further it becomes more Virulent up to the diseased state, thus it creates disease in body called as Vatarakta.

SYNONYMS^[1]

Khudavata

Khuda is synonyms of Sandhi, the condition involving Khuda by vitiated Vata is called as Khudavata.

Vata Balas

Powerful vata dosha avarna to rakta known as vatabalas.

Adyaroga

'Adya' means rich, the incidence of the disease is more prone to rich people and hence called as Adyaroga.

NIDAN^[1]

AHARATMAK HETU

1) Vishamashan

Is irregular timing of food intake. Irregularity in taking food causes Pitta and Rakta dhatu dushti.

2) Atimatrabhojanam

Excessive intake of food leads to Agnimandhya. Excessive use of dravyas like Masura, Adhaki, Kalaya, Nishpay etc. causes vitiation of Vata. The Vipak of these Dravyas is Katu, therefore it cause Vataprakop.

3) Ajir nabhojane

Having food when, previous food in stomach was not digested. Will leads to Agnimandhya and Aam nirmiti.

4) Adhyashana

That is excessive eating. This also leads to production of Aama due to relative Agnimandya.

5) Viruddha

That is to take incompatible food for example Ksheer and Matsya. These substances in combination produce toxic substances which is very difficult to digest and So cause Vidagdhatva to Aaharasa.

6) Parushitannasevan

Intake of Adulterated and foul smelling food

VIHARATMAK HETU

1) Ati-Maithunam

Will cause 'Shukrakshay', which leads to Dhatvagni Mandya and Vata Prakopa.

2) Ati-Vyayam

Excessive exercise, running, walking, swimming etc. cause Vataprakopa.

3) Jagrana

Jagrana will cause Vata Prakopa and Rakta dhatu dushti.

4) Kathinotkatasan

Excessive and constant ride on elephants, horses, camels, motorcycle etc. This type of 'Kathinotkata-kasan'. Where the body as a whole is constantly moving and the postural peripheral circulatory disturbances also occur.

5) Vegavarodha

Suppression of natural urges like, Mala, Mootra, Chardi, Udgar Jrumbha etc. leads to vata Prakopa.

6) Diwaswap Sleep regularly in day time. This leads to incomplete digestion of food and cause vikrut Ahar-rasa nirmiti.

7) Atikrodha Anger causes pitta dosha vikruti

8) Winter and rainy season

Exposure to cold and water cause vitiation of Vata. Sheeta Guna in excessive causing this effect.

PURVARUPA

स्वेदोऽत्यर्थं न वा काष्ण्यं स्पर्शज्ञित्वं क्षतेऽतिरुक् |
 सन्धिशैथिल्यमालस्यं सदनं पिडकोद्गमः ||१६||
 जानुजङ्घोरुकट्यंसहस्तपादाङ्गसन्धिषु |
 निस्तोदः स्फुरणं भेदो गुरुत्वं सुप्तिरेव च ||१७||
 कण्डूः सन्धिषु रुग्भूत्वा भूत्वा नश्यति चासकृत् |
 वैवर्ण्यं मण्डलोत्पत्तिर्वातासृक्पूर्वलक्षणम् ||१८||

- Abnormality In Sweating
- Alteration In The Tactile Sensation
- Alteration In The Color Of Skin
- Itching At Affected Part
- Laziness, Body ache, Intermittent Pain In Joints Causing Restlessness Etc.

RUPA

Vatarakta further explain according to Involvement of Dhatu i.e. depending upon the superficial or deeper Dhatu. These are of two types.

Uttana(Anavgadha)

Vata Rakta in this type pathogenesis of disease is limited to **Twak and Mamsa Dhatu**.

Gambhira (Avagadha)

Vata Rakta pathogenesis of disease goes in deeper Dhatu **like Asthi, Majja and Sandhi**.

Uttan Vatarakta

- Kandu – Itching
- Daha – Burning sensation
- Ruja -Pain
- Ayama (sira ayama) -Dilatation of the vessels
- Toda -Pricking pain
- Sphurana -Trembling or throbbing sensation
- Kunchana (Sira akunchana) - Contraction
- Shyava Twak- Cyanosis of the skin
- Rakta Twak -Reddish coloration of the skin
- Tamra Twak -Copper like color of the skin

- Bheda -Splitting type of pain
- Heaviness –Gourav
- Suptata – Numbness

GAMBHIRA VATARAKTA

- Shvayatu Stabdhata - swelling and Stiffness
- Shvayatu Kathinya - swelling and Hardness
- Bhrishartha - Excruciating deep pain
- Shyavata - Cyanosis
- Tamra twak - Coppery discoloration
- Daha-Burning sensation
- Toda - Pricking type of pain
- Sphurana - Throbbing sensation
- Paka- Suppuration
- Ruja - Pain
- Vidaha - Internal burning sensation
- Vatasya Sandyasthi Majjasu Chindanniva Charana
- Aggravated Vayu while causing Pain burning sensation constantly moves with highspeed through the Sandhi Asthi and Majja.
- Kanjatwa - Lameness
- Pangutwa - Paraplegia
- Adhika Purvaruk -Increased pain
- Swayatu Grathita - Hard swelling

Vatasya Sarva Shareera Charana - Vitiated Vata moves all over the body.

SAMPRAPTI

तस्य स्थानं करौ पादावङ्गुल्यः सर्वसन्धयः ।
 कृत्वाऽऽदौ हस्तपादे तु मूलं देहे विधावति ॥१२॥
 सौक्ष्म्यात् सर्वसरत्वाच्च पवनस्यासृजस्तथा ।
 तद्द्रवत्वात् सरत्वाच्च देहं गच्छन् सिरायनैः ॥१३॥
 पर्वस्वभिहतं क्षुब्धं वक्रत्वादवतिष्ठते ।
 स्थितं पित्तादिसंसृष्टं तास्ताः सृजति वेदनाः ॥१४॥
 करोति दुःखं तेष्वेव तस्मात् प्रायेण सन्धिषु ।
 भवन्ति वेदनास्तास्ता अत्यर्थं दुःसहा नृणाम् ॥१५॥

Due to intake of diet consisting of salty, sour, pungent, Snigdha, hot and uncooked articles etc. type of Ayogya Aahara along with Mithya Vihara Vitiates Vata Dosha. This occurs in the Srotasa and then the Dushit Rakta obstructs the passage or Path of Vata Dosha. This Vitiated Vatadosha gets more vitiated by the same process. This Kruddha Vata Dosha again affects the entire blood, such a combination of Vruddha Vata and Dushita Rakta is named as Vata Rakta.

In Samprapti of Vatarakta, there is dominance of Vruddha Vata over Dushita Rakta that's why the name is given as Raktavata instead of Vatarakta.

Dosha	Vata
Dushya - Srotas Dustiprakara	Twak, Rakta, Mamsa, Asthi, Majja Srotas Raktavaha Srotas, Swedavaha Srotas.
Udbhavastana	Pakvashaya
Sancharastana	Sarvasharira
Adhisthana	Peripheral joint
Vyadhi Marga	Bahya and Madhyama Roga Marga.

UPASHAYA

➤ Ushna

Ushan has vata shaman property. Also Sheeta is the inherent quality of Vata Dosha. Sheeta Guna is likely increase the Vata Dosha in body and it will worsen the disease. This is best counteracted by the heat. Thus exposure to warm environment brings about comfort to the patient.

➤ Anayasa

Vigorous exercise increases the Vatadosha and also rest pacifies the Vata Dosha. Hence Chakramana is listed as a Nidana of Vatarakta.

➤ Snigdha

Ruksha is inherent quality of Vatadosha and in nidana like Ati Vyayam Ati- Maithunam increases ruksha, is best neutralize by Snigdha Chikitsa.

ANUPSHAYA

➤ Sheeta

Cold environment worsens the Vatadosha also increases symptoms. Hence exposure to cold is considered as Anupashaya. This anupashaya is mainly seen in Vatadhika Vatarakta.

➤ **Ruksha**

Any measures that increase Rukshata in the body increases Vata Dosha and hence worsens the symptoms to Vatarakta.

CHIKITSA: PATHYADI GUGGUL

Sr. No.	Drug Name ^[4]	Family	Latin Name	Ras	Virya	Vipaka	Anga
1.	<i>Guggul</i>	Burseraceae	<i>Commiphora mukul</i>	Tikta, Katu	Ushna	Katu	niryas
2.	<i>Haritaki</i>	Combretaceae	<i>Terminalia chebula</i>	Pancharasa	Ushna	Madhur	Phala
3.	<i>Bibheetak</i>	Combretaceae	<i>Terminalia bellirica</i>	Kashay	Ushna	Madhur	Phala
4.	<i>Amalaki</i>	Euphorbiaceae	<i>Emblica officinalis</i>	Pancharasa	Sheet	Madhur	Phala
5.	<i>Vidanga</i>	Myrsinaceae	<i>Embelia ribes</i>	Katu, kashay	Ushna	Katu	
6.	<i>Danti</i>	Euphorbeaceae	<i>Baliospermum monatum</i>	Katu	Ushna	Katu	Mula
7.	<i>Trivrutta</i>	Convolvulaceae	<i>Operculina terpeethum</i>	Tikta, Katu	Ushna	Katu	Mula
8.	<i>Guduchi</i>	Menispermaceae	<i>Tinospora cordifolia</i>	Tikta, Kashay	Ushna	Madhur	Mula
9.	<i>Pippali</i>	Piperaceae	<i>Piper longum</i>	Katu	Anushnasheet	Madhur	Phala
10.	<i>Shunthi</i>	Zingiberaceae	<i>Zingiber officinale</i>	Katu	Ushna	Madhur	Kanda

Probable mode of action**Probable mode of action on Dosha**

Due to predominance of tikta, kashaya rasa, it pacifies pitta dosha. Also Tikta and Kashaya rasa reduces the kapha. As most of the drugs in Pathyadi Guggul have Ushna Virya, it has vata-kaphahara property. It also helps in vilayan of doshas which is necessary step for bringing Shakhagat dosha towards koshtha. Madhurapak is present in pathyadi guggul as main ingredient is guduchi which helps in vatarakta pacification of doshas.

Probable mode of action on Dushya

Both katu as well as tikta rasa also reduces the kled guna of Rakta, Kapha And Ama. Pathyadi guggul has raktashodhak properties. Most of the drugs selected have their Rasayana guna. Rasayana is said to be 'Vyadhi Vidhwansi' (which means effective in curing the disease). It helps in maintaining homeostasis between all doshas and dhatus by its action through rasa, Guna, Virya and vipaka.

Probable mode of action on Agni

Tikta rasa is said to have deepana karma by which it corrects mandagni and pachana karma which helps in amapachana. As Agnimandya is one of the factors in causation of disease, it corrects abnormality in jatharagni as well as dhatvagni.

Probable mode of action on Strotasa

Among all 10 drugs present in formulation, 3 drugs are known to be ushna virya and 3 drugs (Guggul, Marich, Shunthi) are tikshna in nature, due to which they help in dissolving doshas as well as ama. Tikshna dravya has also the property of lekhan karma which leads to Srotoshodhan at the level of microchannels. The lekhan and Shoshana Guna clears the Srotas and Siramarga avrutta (siraavarodh).

CONCLUSION

Due to sedentary lifestyle, bad food habits, suppression of the natural vegas, travelling, excessive exercises, stress, late night activity all these factors cause vitiation of Vata dosha and vatavyadhi occurs.

According to Ayurveda in Vatarakta there is vitiation of Vata and Pitta dosha. Because of vitiated Rakta dusya there is Avrodha in the marg of Vayu which causes Vimarg gaman of Vata dosha which causes Vatarakta.

Pathyadi guggul from Bhavprakash is mentioned for Vatarakta, In there is vitiation of Vata and pitta dosha. Vitiated rakta in Marg of Vayu because of Vimarg gaman of Vata dosha there is vatarakta, so for the treatment drug should have Dipan, Pachan property for elimination of Avrodha of vata, Vatanulomana, Vatashamak properties. And Pathyadi Guggulu will help in removing obstruction because of rakta shodhan, vatanulomana and vatashaman hence will relieve Shoola, Stambha.

REFERENCES

1. Acharya Charak, Charak Samhita, Chikitsasthana, Vataraktachikitsa -Adhyaya, 29/5-8 edited by Dr. Ravidatta Tripathi, Chaukhamba Sanskrit Pratishthana, Delhi, Published, 2013; pg. 731.
2. Acharya Vagbhata, Ashtanga HrudayaUttar tantra adhyay edited by Pandit Shastri Lalchand. Third edition. Shri Baidyanath Bhawan, Nagpur, 1986; 5067.
3. Dravyaguna Vigyan, By Prof. P.V.Sharma, Vol II, Chaukambha Bharti Academy, 2012,

Pg no.632, 370, 331, 362,275, 675, 674, 239, 54.

4. Bhavprakash, Edited with Vidyotini Hindi Commentary By Pandit Shri Brahma Shankara Mishra Vol 1 Priyvrata Sharma, dravyaguna Vigyan Part 2, Chaukhambha Bharti Prakashan, Edition, 2003; page No- 678-680.
5. Priyvrata Sharma, dravyaguna Vigyanpart 2, Chaukhambabharati Prakashan, Edition, 2003; page No- 61-64.
6. Priyvrata Sharma, dravyaguna Vigyan Part 2, Chaukhambha Bharti Prakashan, Edition, 2003; page No- 57-61.
7. Priyvrata Sharma, dravyaguna Vigyan Part 2, Chaukhambha Bharti Prakashan, Edition, 2003; page No- 39.
8. Priyvrata Sharma, dravyaguna Vigyan Part 2, Chaukhambha Bharti Prakashan, Edition, 2003; page No- 504.
9. Priyvrata Sharma, dravyaguna Vigyan Part 2, Chaukhambha Bharti Prakashan, Edition, 2003; page No- 363.
10. Priyvrata Sharma, dravyaguna Vigyan Part 2, Chaukhambha Bharti Prakashan, Edition 2003; page No- 277.
11. Priyvrata Sharma, dravyaguna Vigyan Part 2, Chaukhambha Bharti Prakashan, Edition 2003, page No- 426.
12. Priyvrata Sharma, dravyaguna Vigyan Part 2, Chaukhambha Bharti Prakashan, Edition, 2003; page No- 32.
13. Priyvrata Sharma, dravyaguna Vigyan Part 2, Chaukhambha Bharti Prakashan, Edition 2003; page No- 333.
14. Priyvrata Sharma, dravyaguna Vigyan Part 2, Chaukhambha Bharti Prakashan, Edition, 2003; page No- 76.