

## PERIPHERAL VASCULAR DISEASES: UNDERSTANDING THROUGH SAMANYA LAKSHANAS OF UTTANA VATARAKTA

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### ABSTRACT

Peripheral Vascular Diseases are characterized by reduction of blood flow and oxygen supply through peripheral vascular vessels. This can happen in arteries or veins. Peripheral Vascular Diseases includes Peripheral Venous disorders and Peripheral Arterial Disorders. The incidence of Varicose vein is more common with age and high prevalence is after 30 years of life. PAD occurs in patients over 40 years old. The symptoms of *Uttana Vatarakta* owing to the *Margavarana* pathology simulate with the symptoms of Peripheral vascular diseases. Here an attempt is made to study in detail about the common signs and symptoms of Peripheral vascular disease and its understanding through the *Lakshanas* of *Uttana Vatarakta*.

**KEYWORDS:** Peripheral vascular disease, *Uttana Vatarakta*,

Varicose veins, PAD.

### INTRODUCTION

The Peripheral vascular system includes veins and arteries in the arms, hands and legs and feet.<sup>[1]</sup> Advanced life style and changing food habits affects the activities of individual which leads to many diseases and Peripheral Vascular Diseases are one among them. They are characterized by reduction of blood flow and oxygen supply through peripheral vascular vessels. This can happen in arteries or veins. Obstructive Arterial diseases are characterized by symptoms like cold dry shiny skin with pallor or rubor, sharp stabbing type of pain, numbness and diminished or absence of pulse distal to obstruction where as in venous obstruction warm thickened skin with pigmented areas, itching, aching or cramping type of

pain with dilated tortuous veins can be seen. The incidence of Varicose vein is more common with age and high prevalence is after 30 years of life.<sup>[2]</sup> PAD occurs in patients over 40 years old; the highest incidence occurs in the sixth and seventh decades of life and it affects 10-15% of the general population. There is an increased prevalence of Peripheral atherosclerotic diseases in individuals with Diabetes mellitus, Hypercholesterolemia, Hypertension and in Cigarette smokers.<sup>[3]</sup> *Vatarakta* is a *Vatavyadhi* and is caused by the vitiation of *Vata* and *Rakta* by their own causative factors. *Vatarakta's* *Lakshana* are divided into several categories, including *Uttana Vatarakta*, *Gambheera Vatarakta*<sup>[4]</sup>, *Ubhayashrita Vatarakta*, and *Vataja*, *Pittaja*, *Raktaja*, and *Kaphaja Vatarakta*, which are based on *Doshadhikyata*. In *Uttana Vatarakta*, patient may present with *Kandu*, *Daha*, *Ruk*, *Toda* or *Sphurana* type of pain, *Ayama* and *Syava* or *Tamra Varnata* of *Twak*.<sup>[5]</sup>

## DISCUSSION

*Praturbhuta Lakshana* of the *Vyadhi* is called *Rupa*.<sup>[6]</sup> *Linga*, *Chihna*, *Akruti*, *Lakshana*, *Samsthana*, and *Vyanjana* are some of its synonyms.<sup>[7]</sup> This *Lakshana* manifests itself in *Vyadhi's* *Vyakta Avastha*, which is the fifth stage of *Kriyakala*. If *Dosha* reaches a higher level of aggravation at the *Sthana Samshraya* stage, *Lakshana* will fully appear. Because this *Rupa* can be used to infer the *Abhyantara Vikruti*, *Lakshana* plays a significant role in both diagnosis and prognosis, as well as therapy planning.

**Table No. 1: Showing the Signs and Symptoms of *Uttana Vatarakta*.**

SL NO.	LAKSHANAS OF VATARAKTA	Reference Texts								
		C.S	S.S	M.N	Y.R	B.P	A.H	A.S	G.P	G.N
1	<i>Kandu</i>	+	-	-	-	-	+	+	-	-
2	<i>Daha</i>	+	-	-	-	-	+	+	-	-
3	<i>Ruk</i>	+	-	-	-	-	-	-	-	-
4	<i>Ayama</i>	+	-	-	-	-	+	+	-	-
5	<i>Toda</i>	+	-	-	-	-	-	-	-	-
6	<i>Spurana</i>	+	-	-	-	-	-	-	-	-
7	<i>Kunchana</i>	+	-	-	-	-	+	+	-	-
8	<i>Shyava Twak</i>	+	-	-	-	-	+	+	-	-
9	<i>Tamra Twak</i>	+	-	-	-	-	+	+	-	-

### *Kandu*

*Kandu* means Itching. It is defined as *Kandum gatra vigharshane*.<sup>[8]</sup> This symptom could be caused by *Kupita Kapha Dosha* and *Dushita Rakta Dhatu*. Even though the presence or lack of discharge will be determined by the *Dosha* that predominates. Itching in varicose vein is called as venous stasis dermatitis. Accumulation of blood in veins causes an increase in the

pressure inside the veins. Blood began to leak out of the vessel to the surrounding tissues like skin in order to reduce the pressure. This will result in Venous stasis dermatitis. In Arterial obstruction itching is rare and sometimes occurs because of the cold dry skin.

### ***Daha***

It is defined as *Tapa dahe*.<sup>[9]</sup> There is vitiation of *Rakta* in *Utthana Vatarakta*, which leads to *Sthanika Pitta Dosha Vruddhi* in *Twacha*, which leads to *Lakshana* in the manner of *Daha*. The body's temperature is controlled by blood. Dilated-tortuous veins cause a localised rise in temperature, which manifests as a burning sensation on the skin. In arterial obstruction burning sensation occurs due to the disturbances in circulation.

### ***Ruk, Toda and Bheda***

*Rujati deham* is *Ruk*.<sup>[10]</sup> *Ruk* brings up the subject of pain. *Prakupita Vata Dosha* is primarily responsible for the manifestation of various types of pain, such as *Toda*, *Bheda*, and *Vedha*.<sup>[11]</sup> *Toda* is defined as *Tudyate anena iti toda* or it is *Vyadhana*.<sup>[12]</sup> *Toda* which is having synonyms like *Totra* and *prajana* indicates pricking type of pain. Again, this kind of pain will be brought by *Prakupita Vata Dosha* in *Utthana Vatarakta*. Failure in the venous reflux will results in the pooling of blood in the veins and poor blood supply throughout the leg. Thus, the muscles are unable to relax and cramping will occur in case of Varicose veins. In Arterial obstruction, intermittent claudication is a main symptom. This pain is due to accumulation of excessive P substances in the muscle which are not absorbed properly due to inadequate blood supply. Arterial occlusion progresses, intermittent pain of the muscle will be supplanted by a continuous rest pain at the sites most distal of the arterial supply e.g., toes, foot, fingers, hand etc. this is called as Rest Pain, and is mainly due to ischaemic changes in the somatic nerves, so it is the cry of the dying nerves.

### ***Aayama***

*Vistara*, or dilatation, is denoted by the term *Aayama*.<sup>[13]</sup> In this case, *Aayama* should be understood as *Sira Aayama*, or vein dilatation. *Sankocha* in *Sira* in terms of tortuousness is caused by *Prakupita Vata Dosha's* action. *Rakta Dusthikara Nidana* raises *Kledamsha* in *Rakta Dhatu*, which results in *Sira Aayama*.

### ***Sphurana***

*Sphurana* is *Kinchit Kampana*.<sup>[14]</sup> In the context of *Upadhatu Pradoshaja Vikara*, *Acharya Charaka* says that vitiation of *Sira*, *Snayu*, *Kandara* causes *Sphurana*, *Sankocha*, and other

maladies.<sup>[15]</sup> The aggravation of *Vata Dosha*, which vitiates *Rakta Dhatu*, will cause this *Sphurana*.<sup>[16]</sup> In PVD, different types of *Vedana Vishesha* can be seen.

### ***Kunchana***

The word *Kuncha* comes from the Sanskrit word *Kutilata*<sup>[17]</sup>, which means "bending of the physical parts." *Kunchana* should be limited to *Dhamani Kunchana* or *Dhamani Sankocha* in the context of *Utthana Vatarakta*. Varicosity is characterised by elongated, dilated, and convoluted veins.

### ***Shyava-Tamra Twak***

Change in colour of an ischaemic limb is a main feature of Arterial Obstruction. Congestion and purple-blue cyanosed appearance particularly in dependency is noticed in chronic arterial insufficiency. When the limb is elevated, it becomes pallor. Incompetence of venous valves responsible for stasis of blood and chronic ambulatory venous hypertension. So, there will be defective microcirculation. RBC diffuses into tissue planes and there is lysis of RBC's. This will result in the release of haemosiderin and finally results in the pigmentation of skin.

### ***Suptata***

*Suptata* is numbness occurs due to *Dushta Vata* which vitiates *Rakta Dhatu*. In Arterial obstruction numbness is result of lack of blood supply to the nerves and in venous insufficiency disturbances in the microcirculation results in Numbness.

### ***Gourava***

*Gourava* is a result of *Rakta dushana*.

## **CONCLUSION**

Peripheral vascular diseases can be of two types, either due to vascular obstruction or due to arterial obstruction. Arterial obstructions may be characterized by symptoms like intermittent claudication, pallor, paraesthesia, cool peripheral extremities, rest pain, diminished pulse, dry shiny skin, cyanosis and gangrenous changes. Whereas venous obstruction is characterized by dilated tortuous veins, tired and aching sensation of the limb, night cramps, bursting pain while walking, blackish or coppery discoloration of the skin, ankle swelling, itchy skin and heaviness of the limbs. Patients with *Vatarakta*, mainly *Uttana Vatarakta* may mimic the symptoms of peripheral vascular diseases like different types of *Vedana vishesha* like *Toda*,

*Bheda, Sphurana, Ruk* etc which can be said under the symptoms of Arterial obstruction and also different cramps of venous obstruction *Suptata* as numbness or paraesthesia, *Tamra-shyava Varnata* of *Twak* under discolorations happening in varicosities and cyanosis happens in arterial obstruction. *Aayama* is nothing but *Sirayama* is the cardinal feature of Varicose veins. Thus, we can explain the Peripheral vascular diseases under the umbrella of *Uttana Vatarakta*.

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