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VATARAKTA AND *AYURVEDA* – A CASE REPORT

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ABSTRACT

The health of individual depends upon *Pathya* & *Apathya* adopted in once life style. The rapid modernization in developing countries like India makes the culture of fast food, eating in standing posture, travelling in standing position, improper sitting posture, smoking, excessive intake alcohol, drug addiction (tobacco & narcotics) etc habits, which are spreading even in remote villages too. The human beings are hot blood mammals consumes most of the food in cooked form by adding salt to taste in almost all food. The taste of blood of normal human being is saltish in taste. The consumption of *mithya* and *virudha ahara- vihara, kaladi karmanaha* that is excessive intake of *lavana, amla, katu, kshara rasas, ajirna bhojana*, specially by *sukumara* leads to *vyadhi* called *Vatarakta. Vatarakta* is a dreadful disease which one of *Ashtamahagada*. Because of its Severity and its difficult nature is also known as *Mahavatavyadhi*. In this article, through *ayurveda Vatarakta* case study was managed.

KEYWORDS: *Vatarakta*, *Ayurveda*, Case study.

INTRODUCTION

Ayurveda the science of healing is now on its sharp edge of advancement which have solution for so many dreadful diseases. The day to day growing and grooming lifestyle inviting so many diseases. The "*Vatarakta*" is one of them. The present dietary habits, Life style etc are the predisposing factor for establishing the disease.

Vatarakta is the disorder wherein pain is predominant symptom which disturbs day-today life of the patients. It is a disorder of *Vata* associated with *Rakta*. The chief complaint of the patient is severe joint pain which primarily seen in *Hasta, Pada, Mulagata sandhi*[1] and then migrates to other joints in a way similar to *Akhuvisha.*[1]

In *Ayurveda Vatarakta* is explained in detail with focusing the main point like joint pain, chronicity, incurability, complication and morbidity. *Vatarakta* is better correlated with "Gout" in the modern medical science. Gout is metabolic disorder having the incidence of 0.2 to 2.5 per 1000, with an overall prevalence of 2-26 per 1000. Gout is rare in children and pre-menopausal females in India.[2] Out of the affected population males are more common while females of post-menopausal group are on more risk.

Gouty arthritis has onset of symptoms in great toe in 2/3 of the population while remaining has in other joints. The tissues around the joints are swollen, hot, red, shiny & extremely painful especially in the night.[3] The treatment of Vata Rakta is well explained in *Ayurveda* includes *Shodhana chikitsa*, *Shamanoushadhi* and also *Rasayana prayoga*, *atyayika Vedanahara Aushadha.*

OBJECTIVES

To study the effect of *Ayurveda* in the management of *Vatarakta*.

METHODOLOGY

CASE REPORT

Name – ABC

Age – 35 years old, Female

Occupation – Housewife

Chief complaints of patients

Patient having complaints of – *Vedana* [Pain] & *Shotha* [swelling] and, *Sparshaasahatva* [Tenderness], *Vam Angushthamula Sandhi Chankraman Kashtata* [Mild difficulty in Left

Metatarsophalangeal joint [MTP] since from 2-3 months. For relief and further treatment patient came to the *Ayurveda* Hospital.

Past History

No H/O any major illness.

No any Family history, drug or surgical history.

Personal history – Intake of Fast food, more intake of salt, Pickle, Intake of protein supplement daily, Intake of Non veg – once or thrice a week.

Local examination – Redness and warmth outer left joint [MTP]

General examination of patient

BP = 110/70 mm of Hg

PR = 70 / min

Temperature = 98.6^0 F

Systemic Examination

RS = AE=BE, Clear

CVS = S_1S_2 N

CNS = Conscious & well oriented

P/A = Soft, No tenderness

Assessment Criteria[4]

1] *Sandhi Shoola* [Pain]

Grade	Description
0	No pain
1	Occasional bearing pain
2	Often / moderate pain
3	Daily / severe pain may awake at night / after or along with every movement

2] *Sandhi Shotha* [Swelling]

Grade	Description
0	No swelling
1	Swelling but not apparent
2	Swelling obvious on lesser than 2 joint
3	Swelling obvious on greater than 2 joint

3] *Sankochan* [Stiffness]

Grade	Description
0	Normal movement
1	Mild difficulty in movement
2	Difficulty in movement
3	Inability to move at all

4] *Sparshasahatva* [Tenderness]

Grade	Description
0	No tenderness
1	Mild, deep touch cause tenderness
2	Moderate, little touch
3	Severe, little touch

5] *Daha* [Burning sensation]

Grade	Description
0	Absent
1	Transient, no approach for its aversion
2	Frequent, self-approach for its aversion
3	Regular, taking medical advice

6] Discolouration [Local colour changes in the skin]

Grade	Description
0	No colour change
1	Near to normal, which looks like normal to distant absence
2	Reddish colouration
3	Slight reddish black discolouration
4	Blackish colouration

OBSERVATIONS AND RESULTS

Observations were noted in this case report as before treatment and after treatment.

Symptoms	0^{th} day	7^{th} day	15^{th} days
Pain	3	1	1
Swelling	2	2	1
Stiffness	2	1	0
Tenderness	2	1	1
Burning sensation	2	1	0
Discolouration	2	2	1

VAS Scale

VAS Scale	0^{th} day	7^{th} day	15^{th} days
	8	3	1

Investigations

Investigations were done with Serum Uric acid, which is done before treatment and after treatment.

Serum Uric acid	BT	AT
	7.5 mg/dl	4.0 mg/dl

Management

Management of *Vatarakta* were done with *Eranda Taila Ksheera Virechana and Punarnavadi Guggulu* which is given for about 30 days of duration.

Drug	***Matra***	***Sevana Kala***	***Anupana***
Eranda Taila[5] *Ksheera Virechana*	10 ml	*Nishakale*[6] [At night]	-
Punarnavadi Guggulu[7]	250 mg 2 tablets BD	*Purvabhakta*[8] [Before food]	*Jala*

Patients follow up were taken on 7th day, 15th and 30th day. *Eranda Taila Ksheera Virechana and Punarnavadi Guggulu* were given along with proper dietary modification, restriction of protein supplements, beans, etc.

DISCUSSION

Eranda Taila Ksheera Virechana and Punarnavadi Guggulu is one of the drug which is having *Amla, Tikta Rasa, Tikshna Guna, Sheeta Virya, Madhura Vipaka*. It is mentioned as useful in *Vatarakta* as *Vata Dosha* balance is the work of *Eranda Taila Ksheera Virechana and Punarnavadi Guggulu*. As it helps to reduces the *Rakta Dushti*, Pain, Stiffness, Burning sensation, Tenderness, etc which are present in the *Vatarakta* patient. It has Anti-inflammatory, analgesic, antimicrobial, hepato-protective activity. This all properties were helps to reduces the signs and symptoms presents in the *Vatarakta* patient.

CONCLUSION`

Eranda Taila Ksheera Virechana and Punarnavadi Guggulu having properties of *Shothahara, Shoolahara, Vatanulomana, Dahahara* which helps to relieve pain, swelling & stiffness in *Vatarakta*. Also, it has *Santarpana, Shothahara, Shoolahara* properties. This all ingredients helps to reduces the *Vata* & *Rakta Dushti* along with decreases the uric acid deposition from the joints. In conclusion, *Eranda Taila Ksheera Virechana and Punarnavadi Guggulu* shows significant results in 30 days of management of *Vatarakta* w.s.r. Gout along with follow up of proper *Pathya-Apathya* with dietary restrictions.

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