



Case Study

AYURVEDIC MANAGEMENT OF VATARAKTA- A CASE STUDY

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ABSTRACT

Vatarakta is a disease explained in Ayurveda involving *Vata Dosha* imbalance affecting *Rakta Dhatu*, where the *Vayu* gets aggravated due to long distance rides on animals like elephants, camels, horses, and on the other hand *Rakta* or blood gets vitiated by the consumption of *Lavana*, *Amla*, *Katu*, *Kshara* etc. The *Vata*, whose passages are blocked by *Rakta* further undergoes vitiation and further contaminates the *Rakta* or blood. The blood vitiated by *Vayu* later burns the whole blood in the body and later gravitates towards the foot. This vicious amalgamation of vitiated *Vata* and *Rakta* is called *Vatarakta*. *Vatarakta* can even be correlated to Gout on the basis of etiopathology. A 49 years old male patient approached the OPD with the chief complaints of: Right middle finger swelling along with discoloration. Right feet swelling along with burning sensation of b/l sole. Right shoulder joint pain along with difficulty in movements. General weakness was also seen. All the above complains were since 4 months. The patient was given completely Ayurvedic medicines and *Panchkarma* therapies for 8 days, and later was shifted on only Ayurvedic medicines on discharge and the results were remarkably seen. Hence this study was taken to prove that Ayurvedic management has remarkable results in *Vatarakta* (Gout). Observation and results were drawn on the basis of assessment criteria. Discussion was done on the basis of entire observations during research. Conclusion was drawn on the basis of result.

KEYWORDS: *Vatarakta*, Gout, *Vata dosha*, *Rakta dhatu*.

INTRODUCTION

Vatarakta is a painful condition. The condition develops suddenly and reoccurs after treatment. When aggravated *Vata* is obstructed by aggravated *Rakta*, this obstructed *Vata* again vitiates the *Rakta*. This pathological state is known as *Vatashonitam* or *Vatarakta*. *Vatarakta* is described in details in *Charak Samhita* and other *Samhita* also. In *Sushrut Samhita*, *Vatarakta* is described in *Vata Vyadhi adhyaya*. In *Vatarakta* mainly small joints of feets and hands are affected. On the basis of etiology and symptomatology Gout is similar to that of *Vatarakta*. Gout is also called metabolic arthritis. Gout is an abnormality of Uric acid metabolism that results in hyperuricemia, deposition of monosodium urate crystal in joints, soft tissue and renal tubules.^[1]

Types of *Vatarakta*

Vata pradhana Vatarakta: When *Vata* is severely vitiated in *Vatarakta* symptoms like pain, twitching, pricking pain, swelling which is dry and black, stiffness of body parts, aversion or aggravation of symptoms by cold, numbness etc will dominate the picture.

Rakta pradhana Vatarakta: When *Rakta* is severely vitiated in *Vatarakta*, the symptoms like swelling, severe pain and pricking pain, copper colour of the skin, itching and moistness predominate.

Pitta pradhana Vatarakta: When *Pitta* is severely vitiated in *Vatarakta*, the symptoms like severe burning sensation, sweating, fainting, thirst, tenderness, pain, swelling and suppuration will be predominantly found.

Kapha pradhana Vatarakta: When *Kapha* is severely vitiated in *Vatarakta*, the symptoms like numbness, heaviness, moistness, unctuousness and coldness will prevail.

***Vatarakta* is also of 2 types based on its location**

Uttana Vatarakta: The disease pathology afflicts the superficial tissues i.e. skin and muscles, the symptoms are also limited to the skin. In this type, the symptoms moreover look like a skin disease or *Kushta* with skin lesions and muscle pain.

Gambhira Vatarakta: The disease pathology involves blood and other deeper tissues like bone and joints and also the internal viscera. This is moreover

a systemic illness and the symptoms are more complicated. This moreover looks like a joint pathology because the joint symptoms are more than the skin presentation.

Case Report as Follows

A 49 years old male patient approached the OPD with the chief complaints of:

Right middle finger swelling along with discoloration

Right feet swelling along with burning sensation of b/l sole.

Right shoulder joint pain along with difficulty in movements.

Personal History

Occupation: Service (Fire and safety)	Mala : 2 times/day	Druk : Avishesh
Bad habits: Nil	Jivha : Saam	Akruti : Madhyam
Nadi : 76/min	Shabdha: Spashta	Bala : Madhyam
Mutra : 5-6 times/ day	Sparsha : Anushnasheet	Raktabhara: 130/90mm of Hg

Generalised weakness

All the above complains were since 4 months

No H/o DM/HTN/Asthma

History of Personal Illness

The patient was normal 4 months before. He developed swelling in right middle finger along with discoloration and right feet swelling along with b/l sole burning sensation and lumbar pain. Patient was admitted for the same for 4 days and was under multiple treatment one after the other.

After a lot of treatment the patient finally got admitted in YMTAMC for *Panchkarma*.

Objective

To study the effect of Ayurvedic treatment in the management of *Vatarakta*.

MATERIALS AND METHODS

Method:

Centre of Study YMTAMC

Simple Random Single Case Study

Material with daily Treatment and Prognosis

Clinical examination of the patient revealed regression of symptoms due to our Ayurvedic Management.

Table 1: Showing gradation of symptoms according to WHO scoring pattern [2]

Symptoms	Grade 0	Grade 1	Grade 2	Grade 3	Grade 4
Swelling	No swelling	Slight swelling	Moderate swelling	Severe swelling	
Discoloration	Normal coloration	Near to normal which looks like normal to distant observer	Reddish coloration	Slight reddish black discoloration	Blackish discoloration
Burning Sensation	No burning	Mild burning	Moderate burning	Severe burning	
Pain	No pain	Mild pain	Moderate pain but no difficulty in moving	Slightly difficulty in moving due to pain	Much difficulty

Table 2: Showing material used in study

Sr. No	Dravya	Dose	Duration	Aupana
1	Samshamani Vati	250 mg	4- 4- 4	Lukewarm water after food
2	Kaishor guggul	250 mg	2-2-2-	Lukewarm water after food
3	Guduchi+Yashtimadhu+ Haridra+ Kokilaksha churna	2g each	1tsf- 1tsf	Lukewarm water after food
4	Kokilaksha kshay	40ml	4tsf- 4tsf	Lukewarm water after food

Table 3: Showing Panchkarma Done

Sr. No	Panchkarma	Drug
1	<i>Sarwang Patra pottali</i>	<i>Shigru Patra, Arka Patra, Nirgundi Patra, Eranda Patra</i>
2	<i>Sarwang Dhara</i>	<i>Yashtimadhu, Sariva, Manjishta, Dashamool siddha ksheer</i>
3	<i>Matra Basti (30ml)</i>	<i>Guduchi ghrit</i>
4	<i>Niruha Basti (650ml)</i>	<i>Erandamooladi kwath</i>
5	<i>Siddha ksheer basti (450ml)</i>	<i>Rasna, Musta, Punarnava, Guduchi, Manjishta, Bibitaki, Amlavetas, Kutaki, Dashamool, Gokshur, Madanphal</i>
6	<i>Lepa</i>	<i>Vacha, Dashanga, Yashtimadhu</i>
7	<i>Raktamokshan (Sira vedha)</i>	From Right feet (approx 50ml)

Table 4: Showing daily treatment

Days	Treatment
1st	Medicines + <i>Sarwang Patra pottali, Matra basti</i>
2nd	Medicines + <i>Sarwang Patra pottali, Niruha Basti</i>
3rd	Medicines + <i>Sarwang Patra pottali Siddha ksheer basti</i>
4th	Medicines + <i>Sarwang Patra pottali Siddha ksheer basti</i>
5th	Medicines + <i>Sarwang Dhara, Siddha ksheer basti, Lepa</i>
6th	Medicines + <i>Sarwang Dhara, Siddha ksheer basti, Lepa</i>
7th	Medicines + <i>Sarwang Dhara, Siddha ksheer basti, Lepa</i>
8th	Medicines + <i>Sarwang Dhara, Siddha kshqeer basti, Lepa, Raktamokshan</i>

Table 5: Showing Prognosis of treatment

1st f/u after 7 days	<i>Samshamani vati 4TDS</i> <i>Kaishor guggul 2TDS</i> <i>Guduchyadi kwath 6tsf</i> <i>Jalaukavacharan at right middle finger and right big toe</i>
2nd f/u after 7 days	<i>Samshamani vati 2TDS</i> <i>Kaishor guggul 2TDS</i> <i>Dashamool ghanavati 2TDS</i> <i>Guduchi, Yashtimadhu, Haridra, Kokilaksha churna 1tsf BD</i> <i>Siravedha at right middle finger</i>
3rd f/u after 7 days	<i>Amrutadi guggul 2TDS</i> <i>Ekanaveer rasa 2BD</i> <i>Guduchyadi kwath 6tsf BD</i> <i>Sariva, Manjishta, Guduchi, Kokilaksha, Shunthi, Suvarnamakshik churna 1tsf BD</i> <i>Siravedha at right feet</i>
4th f/u after 7 days	<i>Amrutadi guggul 2TDS</i> <i>Ekanaveer rasa 2BD</i>

	<i>Guduchyadi kwath</i> 6tsf BD <i>Sariva, Manjishtha, Guduchi, Kokilaksha, Shunthi, Suvarnamakshik churna</i> 1tsf BD <i>Jalaukavacharan</i> at right middle finger and right big toe
5th f/u after 7 days	<i>Amrutadi guggul</i> 2TDS <i>Ekgangaveer rasa</i> 2BD <i>Guduchyadi kwath</i> 6tsf BD <i>Sariva, Manjishtha, guduchi, Kokilaksha, Shunthi, Suvarnamakshik churna</i> 1tsf BD <i>Jalaukavacharan</i> at right middle finger and right big toe

Observation

Table 6: Showing changes in symptoms before and after treatment

Symptoms	Before treatment	After treatment
Right middle finger swelling	3	1
Discoloration	4	1
Right feet swelling	3	1
Burning sensation in b/l sole	3	0
Right shoulder joint pain	4	1

Table 7: Showing changes in Serum Uric acid levels

Before treatment (22.06.18)	8.54 mg%
After treatment (14.07.18)	4.7 mg%

RESULT

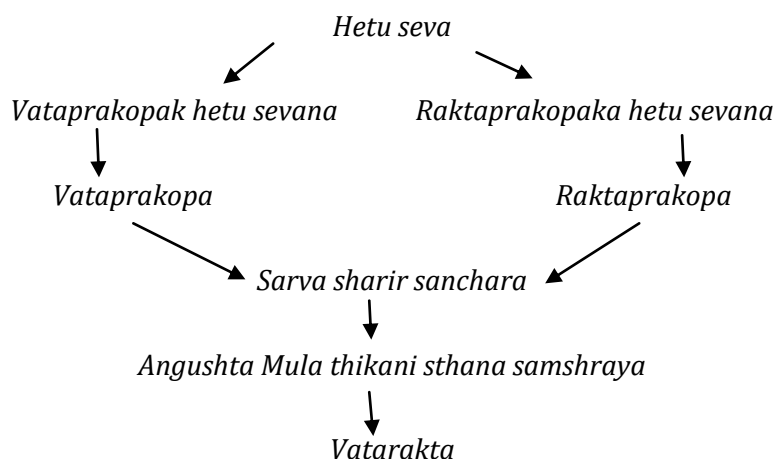
The patient had started improving during hospital stay and at the end of 8th day there was overall recovery as case had reached at *Upadrava*, so it needs time to cure but with Ayurvedic treatment it has relief in all the subjective and objective parameters.

DISCUSSION

Hetu of *Vatarakta* as

Ahara	Vihara	Samprapti Ghataka
Improper and irregular diet causes disturbance of <i>Vata dosha</i>	Prolonged standing	<i>Dosha- Tridosha</i>
<i>Lavana-Amla- Kshar</i> food (spicy and salty)	<i>Ratrijagaran</i>	<i>Dushya- Rasa, Rakta</i>
<i>Sushkaahara</i> (chips, toast, bread)	<i>Manasik nidan- chinta, Bhaya</i> and <i>Vegavrodha</i> causes <i>Vata vrudhi</i>	<i>Adhishthana- Twaka</i>
<i>Dadhi</i>		
<i>Mamsa- matsyasevana</i> (4-5 times a week)		

Samprapti



Action of Drugs and Other Procedure in the Management of Vatarakta

Table 8: Showing action of medicine and other Panchkarma procedure

Sr. No	Dravya	Action
1	<i>Kaishor guggul</i>	<i>Tridoshaghna</i> <i>Rasayana</i> <i>Vatrakta adhikar</i> <i>Sharangdhar Samhita madhyam khanda 7/70-81</i>
2	<i>Samshamani vati</i>	<i>Shula nashak</i> <i>Amapachan</i> <i>Sidha rog sanghrraha, Jwara adhikara AFI Vol.II</i>
4	<i>Kokilaksha kashay</i>	<i>Shothaghna, shoolaghna</i> <i>Bhaishajya Ratvali, Vatarakta Rogadhikara 27/13</i>
5	<i>Amrutadi guggul</i>	<i>Bhavaprakash madhyam khanda, Vatarakta chikitsa</i>
6	<i>Ekangaveer rasa</i>	<i>Vata kapha shaman</i> <i>Bruhana, Rasayana</i> <i>Brihat Nighantu Ratnakara, Vatvyadhi chikitsa</i>
8	<i>Sarwanga Patrapottali</i>	<i>Sthambhagna, Shoolaghna</i>
9	<i>Sarwanga dhara</i>	<i>Sthambhagna, Shoolaghna, Shothaghna</i>
10	<i>Basti</i>	<i>Asthapana basti</i>
11	<i>Lepa</i>	<i>Shothaghna</i>
12	<i>Raktamokshana</i>	<i>Rakta shodhana</i>

Mode of action of Snehana^[3]: *Snehana* helps in the proper *Gati* of *Vata*, brings *Gatra Mardavata* and removes the *Srothorodha*.

Sneha overcomes *Rukshatha* by its *Snigdha* property and the *Sanga* is corrected.

Mode of action of Swedana^[4]: *Ushna guna* of *Swedana* does *Srothoshuddi* and *Ama pachana*, so it relieves stiffness. Due to elimination of *Kelda*, lightness is achieved. *Stamba*, *Gaurav*, *Swayathu* are the symptoms of *Vatarakta*. To relieve these symptoms *Swedana* is helpful.

Mode of action of Basti: *Basti* is the best therapy to control the *Vata* and thus it controls the *Pitta* and *Kapha* also. The given *Basti* when enters the *Pakvasaya* by its *Virya*, draws the vitiated *Doshas* lodged in the entered body from foot to the head, just as the sun situated in the sky sucks up the moisture from the earth.^[5] The *Tikshna Guna* of *Basti* helps in overcoming the *Sroto Dushti* resulting due to *Sanga*. Thus *Basti dravya* after reaching to large and small intestine get absorbed, due to *Laghu*, *Ushna*, *Tikshna*, and *Ruksha Guna* of *Dravyas*, it breaks the obstruction and expel out the morbid material from all over the body. *Vatarakta* located in *Paani* (hands) is caused by upward *Dosha* and in *Paada* (feet) is due to downward *Dosha*.^[6]

Mode of action of Raktamokshana^[7]: In *Vatarakta*, the aggravated *Vata* located in *Shakha* and joints

causes obstruction to *Raktamarga*. Then the *Vayu* and blood centers and cause obstruction of each other giving rise to pain and even death. Therefore depending upon the *Doshas* involved and the strength of the patient bloodletting was done with *Jalauka-vacharan* and *Sira vedha* respectively.

CONCLUSION

Since therapy for *Vatarakta* and its complications has limitations in other patients, Ayurvedic management of chronic *Vatarakta* can be effective therapy. On understanding proper *Nidan*, *Lakshana* and *Samprapti* of *Vatarakta* one can very well keep it under the heading of *Vata Vyadhi* and treat it successfully with *Panchkarma* treatment. With proper understanding of *Dosha*, *Dushya* and *Vyadhi Awastha* we can manage *Vatarakta*. The medicines given to the patient mainly fall under the categories of *Tikta kashay rasa*, *Laghu rooksha guna*, *Ushna veerya* and either *Kaphavata hara* or *Pittavata hara* mainly used for *Deepan paachan* and *Rakta prasadana* with *Shoola* and *Shothagna karma*. The patient had 80% relief and the laboratory findings of Serum Uric acid had lowered significantly. Therefore the given Ayurvedic treatment was successfully in curing the disease without landing into further complications.

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