

A Far Reaching Clinical Way to Deal with Vatarakta: A Case Study

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ABSTRACT

Ayurveda describes Vatarakta as a disease involving imbalance of the VataDoshathat affects the Raktadhatu. The Chalaguna of Vatadosha is increased due to excessive travelling over long distances on two wheelers and exposing to a lot of wind. Intake of Food having Katu, Amla, Lavana, Kshara Rasa leads to Raktaprakopa which obstructs the passage of vatadosha causing Avaran at the most dependable parts of the body like limbs. Vatarakta can be correlated with gout. A 57 year-old female arrived at the OPD with the following primary complaints: Right leg toe oedema with pain and discoloration of the fingers. Burning sensation in right and left palm. There is also hyper pigmented patches over the limbs associated with mild burning sensation, general weakness and loss of appetite since six months. Shaman Chikitsa with Viddhakarma and modest Panchkarma for period of 15 days showed encouraging improvements in the signs and symptoms. This single case study is used to demonstrate that shaman chikitsa paired with Panchkarma and Viddhakarma had outstanding outcomes in Vatarakta (gout).

KEYWORDS - Ayurved, Viddhakarma, Shaman chikitsa, Adhyavata.

I. INTRODUCTION

Vatarakta is a very distressing ailment. The fundamental SampraptiGhataka involved in the Vatarakta and the foundation for its name are the VataDosha and Raktadhatu, both of which have independent origins¹. Vatarakta is derived from Rakta obstructing vitiated Vata².

Vatarakta is discussed in Bruhatrayee elaborately. Small joints in the hands and feet are primarily impacted by Vatarakta. The aetiology and symptoms of gout are comparable to those of Vatarakta. Gout results in hyperuricemia, deposition

of monosodium urate crystals in joint, soft tissue, as well as abnormal uric acid metabolism³. Vatarakta is of 4 types but as per requirement of chikitsa it is classified in 2 types Utthan&Gambhir Vatarakta⁴.

II. CASE REPORT

A 57-year-old female arrived at the OPD of Kayachikitsa, Major S.D. Singh P.G. Ayurvedic Medical College & Hospital, Farrukhabad, Uttar Pradesh with the following primary complaints: Right toe oedema with pain and discoloration of the fingers. Burning sensation in right and left palm. There is also hyperpigmented patches over the limbs associated with mild burning. General weakness, loss of appetite. The aforementioned complaints date back six months.

No H/o DM/HTN/Asthma

Personal Illness History

Patient was healthy six months ago after a blunt trauma on right toe 6 months ago patient started to get oedema at the site of trauma. At first the oedema was not associated with pain. The patient has a habit of consuming excessive Katurasatmakaahar occasionally and after which the swelling started to pain.

There was discoloration of fingers since then which was progressive the discoloration was Arunavarnathe patient is not a case of DM and does not have any signs of peripheral neuropathy the dorsalispedisartery is pulsating and palpable in the right toe the pain was followed by burning of palms and feet which increased after taking Mishri. There was hyper pigmentation seen over the lower limbs which was diffused and spread up to the knees it was associated with mild burning patient complained of weakness which has been progressive since last six months and also complains of loss of appetite.

Table 1: Personal History

Occupation: House Wife	Ashtha Vidha Pariksha
ADDICTION- Mishri	Nadi: 78/Min
Bala -Madhyam	Mutra-6-7
Blood Pressure 128/84 mm of hg	Mala :2 Times /Day
Jivha : Saam	
Shabdha: Khar	
Sparsh : Ushna	
Druk : Avishesh	
Akruti: Madhyam	

Objective

To assess efficacy of Ayurvedic treatment in management of Vatarakta.

III. MATERIALS & METHODS

Method:

Material: Simple random single case study with daily treatment and prognosis

The patient's clinical assessment demonstrated symptom regression as a result of Ayurvedic Management.

Table 2: Showing gradation of symptoms (validated)

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 coloration	Blackish Discoloration
Burning Sensation	No Burning	Mild Burning	Moderate Burning	Severe Burning	
Pain	No Pain	Mild pain	Moderate Pain But no difficulty in moving	Slight difficulty in moving due to pain	Much difficulty

Table 3: Drug used and treatment duration in study

S.No.	Dravya	Dose	Duration
1	Patoladi Kwath	OD 50 ML Early morning	15 Days
2	Amrutadi Guggula	2 BD before breakfast and dinner	15 Days
3	Shatavari, Nagkeshar, Musta, kokilaksha, laghumanjishthadichurna	5 gms TDS empty stomach	15 Days
4	Vidha Karma	3 times/week	15 Days

Table 4: Panchkarma Done

S. No.	Panchkarma Procedure	Drug	Duration	Frequency
1	Kwath Dhara	Kokilaksha Kwath	15 Days	Once daily (15 min/day)
2	Lepam	Dashang with pinda tail	15 Days	Once daily (15 min/day)

IV. RESULT

Table 5: Showing changes in symptoms before and after treatment

S.No.	Symptom	Before treatment	After treatment
1	Right leg toe oedema	3	1
2	Burning sensation in right and left palm	2	0
3	Hyperpigmented patches over the limbs associated with mild burning	4	1
4	Pain	4	1

Table 6: Showing changes in Serum Uric acid levels

Before treatment (25/05/24)	10.4 mg/dl
After treatment (09/06/24)	2.3 mg/dl

V. DISCUSSION

The contents of Patoladikwathare Tridoshshamak, Anti-inflammatory, DahaShamak and Analgesicin nature. They help to pacify Pitta Dosha and also act on RaktaDhatu which helps in RaktaPrasadanand DahaPrashaman.

Amrutadiguggula

The content of amrutadiguggula are tikta,katu and kashay rasapradhan with

tridoshaghnakarma andmadhurvipaka. Katu Rasa has Deepan, KledaNashak, Srotoshodhak properties, Tikta Rasa has deepan,pachan and lekhan properties, kashay rasa has kledaNashan, kaphaprashaman and srotoshodhanproperties. Amrutadiguggula helps to remove srotorodh by its lekhan karma and helps in pacifyingDosha by Deepan and Pachan karma.Action of Drugs and other Procedure in the Management of Vatarakta.

Table 7: Showing action of medicine and other Panchkarma procedure

Dravya	Action
PatoladiKwath	It actsDahprashaman,Raktshodhak,Pittashamakand helps in removing the Strotorodha of Vata by removing DushitRakta,Meda and Kapha.
AmrutadiGuggulu	Anti-inflammatory activity. Excretes excess amounts of Uric Acid fromthe body due to uricosuric action.
Shatavari,Nagkeshar,Musta,kokila ksha,laghumanjishthadiChurna	Act as Vata Pitta Shamak, Pachak,bruhanand shaman in nature
Dashanglep with Pinda Tail	Anti inflamatory,helps to reducehyperpigmentation or discoloration.
Viddha Karma	Vidhha Karma at KshipraSthan of Hastand Pada is indicated in Vatarakta andhelps in reduction of pain.
KokilakshaUshnaKwathaDhara	Acts as analgesic and anti-inflammatorythus help to reduce local pain andinflammation.

VI. CONCLUSION

Vatarakta can be treated by figuring out the VyadhiAwastha, Dosha and Dushya associated with the pathogenesis of sickness. The endorsed treatment helps in eliminating the Srotorodh of VataDosha by conciliating RaktaDhatu, Pitta Dosha and assists with limiting the signs and side effects of Vatarakta by Dahprashaman, Raktshodhak, Pittashamak,pain relieving and calming movement and subsequently help to decrease neighbourhood agony and aggravation. The mix of above treatment is supposed to be viable, average, and safe and helps in limiting the uric acid levels also help in decreasing the side effects.

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