



## AYURVEDA PERSPECTIVE OF VATARAKTA: CAUSES, SYMPTOMS AND MANAGEMENT

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### ABSTRACT

The *Vatarakta* is a disease of small joints of feet & hand characterized by excess serum level of uric acid more than 2-7 mg/dl and resembles "Gout" as per modern science. The disturbed purine metabolism considered responsible for the excess uric acid deposition over joints. The disease mostly affects female population after the age of 40. This Article described Ayurveda consideration of *Vatarakta* with special reference to disease symptoms, etiological factors and treatment modalities as per Ayurveda.

**KEYWORDS:** Ayurveda, *Vatarakta*, Gout, Urate crystals.

### INTRODUCTION

*Vatarakta* (Gout) disease associated with joints involves deposition urate crystal in joints. The modern health science considered various factors responsible for disease including disturbed purine metabolism while Ayurveda mentioned that vitiated *Vata* along with *Rakta* leads *Vatarakta*.<sup>[1-2]</sup> The modern science described different therapeutic approaches for the treatment of gout such as; use of NSAIDS, corticosteroids and physiotherapy. The Ayurveda described oleation therapy, *Virechana*, *Seka* and *Abhyanga*, etc. for the management of *Vatarakta*. There are two types of *Vatarakta* *Uttana* (initiation stage) & *Gambhira* (progressive disease), in *Uttana* disease persisted superficially, mainly affects *Twak* and *Mamsa*, it associated with pain, prinking sensation, *Kandu*, *Daha*, *Aayash*, *Kunchana* and Skin pigmentation, while *Gambhira Vatarakta* affects blood

and fatty tissue, it affects body deeply and possessed severe manifestations of disease. *Gambhira Vatarakta* associated with stiffness, severe pain and *Daha*, *Tophi* or nodule formation also occurs. *Vatarakta* may lead various diseases such as; *Anidra*, *Anorexia*, *Sloughing* of muscles, *Intoxication* and *Swasa*.<sup>[1-4]</sup>

### Symptoms of *Vatarakta*

- Joint becomes black in colour.
- Touching insensibility.
- Pain and burning sensation.
- Small dark spots over joints.
- Morning stiffness.
- Problem in movement after sitting for long time.
- Joints become numb and heavy.
- Sever pain in cloudy season.

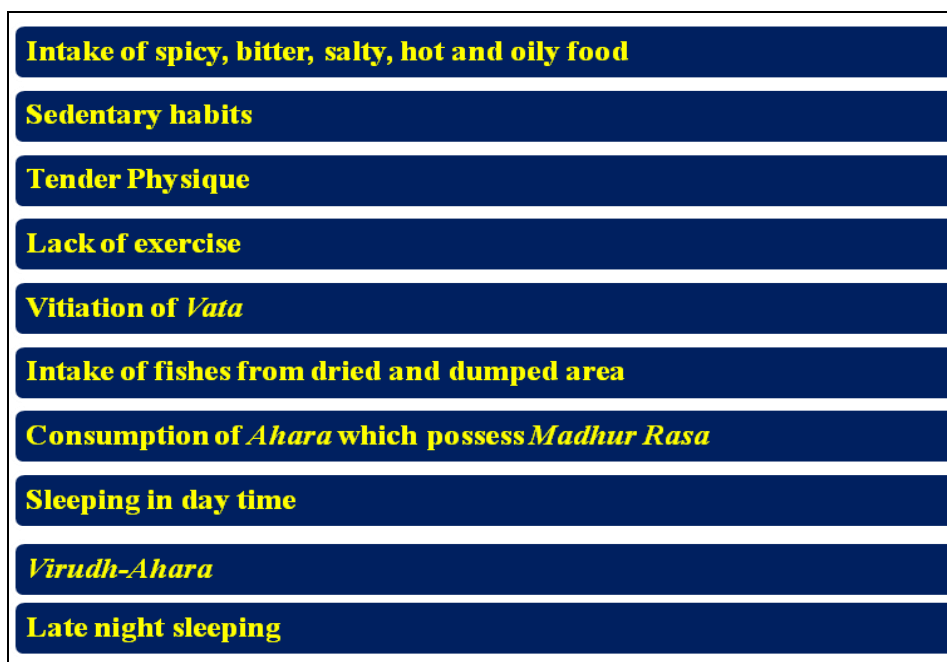


Figure 1. Etiological factors of *Vatarakta*:

#### **Samprapti of Disease.**

The various etiological factors mentioned above aggravates *Vata* which vitiate *Rakta* resulting obstruction of path of *Vayu*; this again vitiates *Vayu*, resulting more vitiation of *Rakta*, further vitiated *Rakta* along with aggravated *Vata* leads *Vatarakta*.<sup>[2-4]</sup>

#### **Pathya for Vatarakta**

Consumption of wheat, cereals; barley, *Nivara* & *Sali*, use of *Sunishnaka*, *Vishikara*, *Vetra*, *Kakamachi*, *Vastuka*, *Kheera*, *Upodika Chakavada*, *Aragavadha* and *Guduchi* etc. Milk of Cow, Buffalo and Goat offer relief in *Vatarakta*.

#### **Apathya for Vatarakta**

Consumption of meat of *Anoopa* habitat animals, excessive exercise, sexual intercourse, sleeps during day time, exposure to heat. Excessive intake of saline, pungent, alkaline, sour & hot food stuffs.

#### **TREATMENT OF VATARAKTA**

**Abhyanga:** *Manjistha*, *Sarjarass* & *Sariba*, it cures pain in *Vatarakta*.

**Virechana:** *Virechana* cleans the *Dhatu* it can be done using decoction of *Terminalia chebula*, *Abhaya* with *Ghee*. *Trivrit* with grape juice. This therapy offer *Tikshna*, *Ushna*, *Sukshma Guna* and therefore circulates all over the body. *Virechana* manage vitiates *Vata* and thus reduces disease prognosis.

#### **Seka**

*Seka* of boiled milk containing *Syonaka*, *Bilva Patala*, *Gambhari*, *Sala Parni*, *Ganikarika*, *Prishniparni*, *Brihati*, *Kantakari* and *Goksura*; cures pain.

#### **Pradeha**

Wheat flour along with gout milk and *Ghee* cure *Vatarakta*.

#### **Ayurveda for Vatarakta**

- *Guda haritaki*
- *Guduchi* Juice
- *Churnam* of *Nimbadi*
- *Sukumara Taila*
- *Guduchi Ghrita*
- *Madhuka tailam*
- *Satapaka madhuka tail*
- *Pinda taila*.<sup>[4-8]</sup>

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