



STUDY OF VATRAKTA HETU W.S.R SERUM URIC ACID LEVEL AND GOUT HETU

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ABSTRACT

Vatrankta Vyadhi is described in all Ayurvedic Samhithas. Vatrankta is caused by vitiated VataDosha as well as Rakta Dhatu. Aggravated Vata is blocked by Vitiated Rakta, which leads to further Aggravation of Vata Dosha. Thus causing Vyadhi Vatrankta which have two Avasthas i.e. Uttana and Gambhira. Uttana Vatrankta affects Twacha and Mansa Dhatu whereas Gambhira mainly affects Asthi, MajjadiGambhirDhatu. Sandhi Shotha, Sandhi Stabdhat, Sandhi Kathinya all these occur in GambhirVatrankta as told by Acharya Charaka. In human body When there is deposition of Uric Acid salts and crystals in and around joints and soft tissue results the heterogeneous disorder Gouty Arthritis. Which causes Pain, Stiffness, Swelling over joints. So the question arises where there is any correlation between Gambhir Vatrankta and Gouty Arthritis and what are the Lakshanas of both conditions? In present article, we are trying to study Lakshanas of Gambhir Vatrankta w.s.r to Gout.

KEYWORDS: Ayurveda, Vatarakta, Vata, Rakta, Gouty arthritis.

INTRODUCTION

The word Vatarakta is made of two words Vata & Rakta. The Vata is the chief (King) without which no disease may take place, the Rakta is also a very important dhatu which gives nutrition to each & every body tissues & maintains them normal by eliminating toxins – malas (waste products) through the natural orifices of the body. It is a disorder of Vata associated with Rakta. The chief complaint of the patient is severe joint pain with onset at Hasta, Pada, Mulagata sandhi and then migrates to other joints in a way similar to Akhuvisha. The other symptoms are burning penetrating sensation produced like mustard oil^[1], itching, ache, extension, pricking pain, throbbing sensation & contraction. The skin becomes brownish black, red or coppery in colour. Vatarakta is also known as-Khuda roga, Vata-balasa, Vatashra & Adhya vata.^[2] Gout is metabolic disorder having the incidence of 0.2 to 2.5 per 1000, with an overall prevalence of 2-26 per 1000.^[3] Gout is rare in children and pre-menopausal females in India. Out of the affected population males are more common while females of post menopausal group are on more risk. Gout is the true crystal deposition disease characterized by pain & swelling of 1st Metatarsophalangeal joint initially followed by other joints with an abnormal elevation of Urate level in the body either due to over production or under excretion or sometimes both. It can also be defined as the pathological reaction of the joint or periarticular

tissues to the presence of non sodium urate monohydrate crystals, clinically this may present as inflammatory arthritis, bursitis, tenosynovitis, cellulitis or as a nodular tophaceous crystal deposits.^[4] The condition is further aggravated by the factors like starvation and alcohol along with meat intake, which is a rich source of protein. It has been emphasized in sAyurvedic classicin Charaka Samhita that specific etiological factors leads to the morbidity of the Vata dosha and Rakta dhatu. This vitiated vata along with deranged rakta circulates very fast all over the body due to the sukshma (minuteness) and drava (liquid state) guna (characters) of vata and rakta respectively and undergo dosha dushyasammurchana (pathogenesis) in Sandhi sthana (joints), specifically pada and angula sandhi (metatarso-phalangeal joint).The kapha has sheeta guna (coldness) and sandhi(joints) are considered to be sthana(place) of kapha dosha. Thus, small joints not being straight promotes the accumulation of circulating vitiated vata and rakta, every time the patient indulges in teekshna-ushna kshara ahara(spicy-fried-alkaline food).^[5] The line of treatment in the modern medicine is NSAIDs/Colchicine/Glucocorticoid which fail to modify the course of the disease or unable to treat the disease and frequently meet with the ill effects of these drugs. In Ayurveda a detailed description of Vatarakta chikitsa is discussed in all texts along with line of treatment, being Shodhana, Shaman and Bahyachikitsa. Many therapeutic

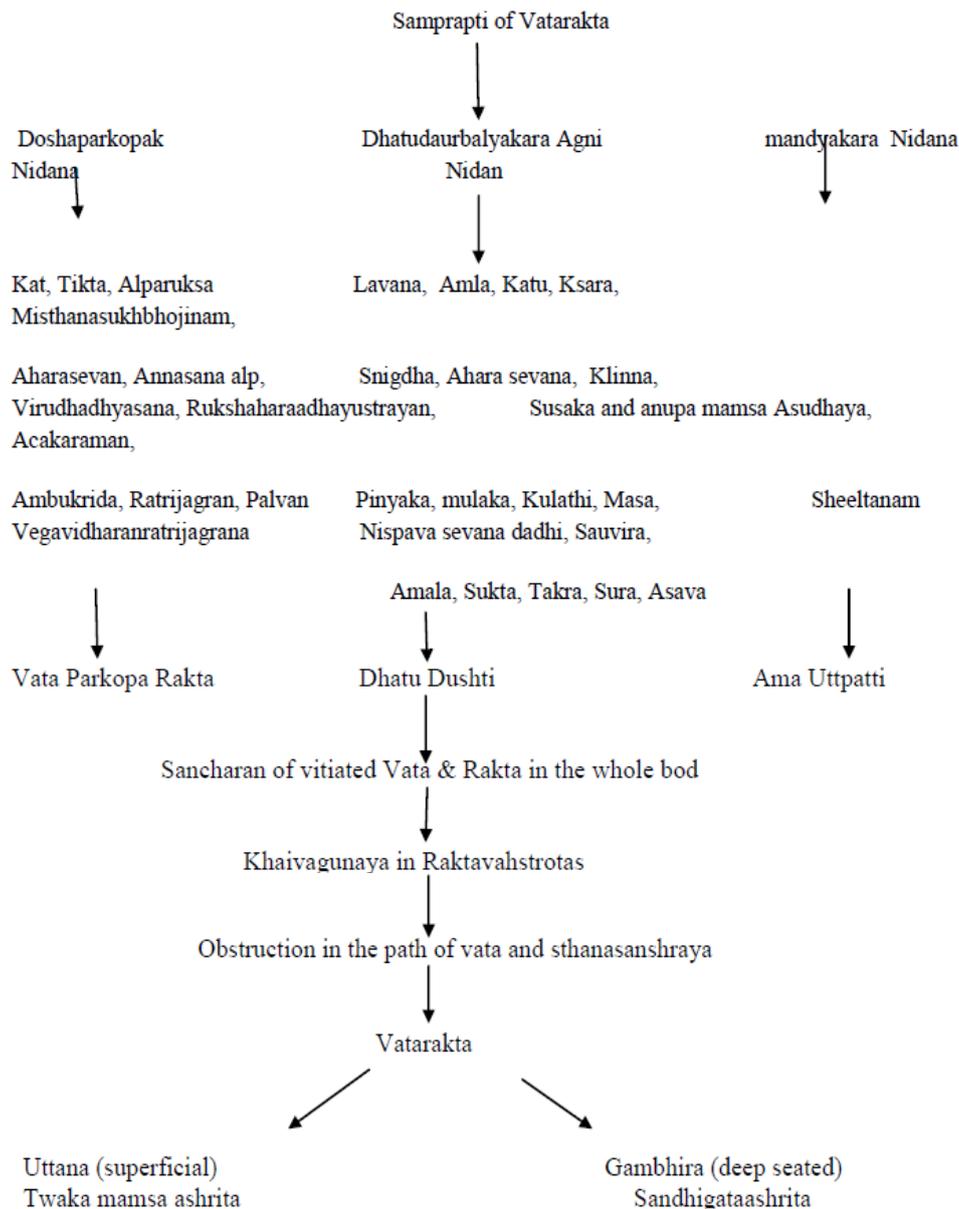
modalities and different preparation are mentioned by our ancient acharyas for Shamana, Shodhana^[6] and the Bahyachikitsa, which can effectively treat the disease and it is the need of hour to manage such a condition. So, the present study is intended to see the efficacy of Ayurvedic management of Gouty arthritis in a single case Study.

- 2) Divaswap
- 3) Prajagaran
- 4) Abhighat
- 5) Virudha ahar
- 6) Atikrodha
- 7) Vegnigrahat
- 8) Lavanamlakatukshar snigdhoushan bhojanahi
- 9) Riding over horse and camel

Hetu of vatarakta according to charak, sushruta and vagbhata

- 1) Adhyashan

Samprapti of vatarakta



Etymology

The disease which occurs due to the derangement of Vata and Rakta is known as Vatarakta (Shabda-Kalpa Druma). The disease caused due to Vatadosha and Raktadhatu is called as Vatarakta (Chakrapaniteeka).^[1]

The vitiated Raktadhatu obstructs Vata results in Vatasonita (Ashtanga Hridaya).^[3]

The disease which is resulted due to vitiation of Vatadosha and Raktadhatu leading to the specific Samprapti, is known as Vatarakta (Madhukosha teeka).^[4]

URIC ACID

Cause of uric acid

Most of the time, a high uric acid level occurs when your kidneys don't eliminate uric acid efficiently. Things that may cause this slow-down in the removal of uric acid include rich foods, being overweight, having diabetes, taking certain diuretics (sometimes called water pills) and drinking too much alcohol. Other less common causes are a diet high in purine-containing items or your body producing too much uric acid.

Factors that may cause a high uric acid level in your blood include

- Diuretics (water retention relievers)
- Drinking too much alcohol
- Genetics (inherited tendencies)
- Hypothyroidism (underactive thyroid)
- Immune-suppressing drugs
- Niacin, or vitamin B-3
- Obesity
- Purine-rich diet — liver, game meat, anchovies, sardines, gravy, dried beans and peas, mushrooms, and other foods
- Renal insufficiency (inability of the kidneys to filter waste)

The kidneys are powerful chemical factories that perform the following functions

- Remove waste products from the body
- Remove drugs from the body
- Balance the body's fluids
- Release hormones that regulate blood pressure
- Produce an active form of vitamin D that promotes strong, healthy bones
- Control the production of red blood cells

Gout

Gout is a common and complex form of arthritis that can affect anyone. An attack of gout can occur suddenly, often waking you up in the middle of the night with the sensation that your big toe is on fire. The affected joint is hot, swollen and so tender that even the weight of the sheet on it may seem intolerable

SYMPTOMS

The signs and symptoms of gout almost always occur suddenly, and often at night. They include

- **Intense joint pain.** Gout usually affects the large joint of your big toe, but it can occur in any joint. Other commonly affected joints include the ankles, knees, elbows, wrists and fingers. The pain is likely to be most severe within the first four to 12 hours after it begins.
- **Lingering discomfort.** After the most severe pain subsides, some joint discomfort may last from a few days to a few weeks. Later attacks are likely to last longer and affect more joints.
- **Inflammation and redness.** The affected joint or joints become swollen, tender, warm and red.

- **Limited range of motion.** As gout progresses, you may not be able to move your joints normally.

Causes

Gout occurs when urate crystals accumulate in your joint, causing the inflammation and intense pain of a gout attack. Urate crystals can form when you have high levels of uric acid in your blood.

Your body produces uric acid when it breaks down purines — substances that are found naturally in your body.

Purines are also found in certain foods, such as steak, organ meats and seafood. Other foods also promote higher levels of uric acid, such as alcoholic beverages, especially beer, and drinks sweetened with fruit sugar (fructose).

Normally, uric acid dissolves in your blood and passes through your kidneys into your urine. But sometimes either your body produces too much uric acid or your kidneys excrete too little uric acid. When this happens, uric acid can build up, forming sharp, needlelike urate crystals in a joint or surrounding tissue that cause pain, inflammation and swelling.

- Uric acid levels approach those of men. Men are also more likely to develop gout earlier — usually between the ages of 30 and 50 — whereas women generally develop signs and symptoms after menopause.
- **Recent surgery or trauma.** Experiencing recent surgery or trauma has been associated with an increased risk of developing a gout attack.

Effect of uric acid on gout and also hetus of vatarakta

1. **Gout** occurs when urate crystals accumulate in your joint, causing the inflammation and intense pain of a **gout** attack. Urate crystals can form when you have high levels of **uric acid** in your blood. Your body produces **uric acid** when it breaks down purines — substances that are found naturally in your body.
2. fruits, vegetables, whole grains, soy products and **low-fat dairy products** may help prevent gout attacks by lowering uric acid levels.
3. A sleep disorder called sleep apnea causes the body to take in less oxygen. The decrease in oxygen **can** cause the body to produce more purines, potentially leading to hyperuricemia^[5,9] and a **gout** attack.
4. Severe joint pain and swelling during **gout** flares significantly interferes with sleep. Sleep disturbances in **gout** negatively effect daily functioning and other chronic conditions.
5. **Stress** may trigger a **gout** attack, and it **can exacerbate** symptoms of a **gout** attack.
6. An increased amount of uric acid in the **urine** often indicates **gout**, which is a common form of arthritis. This condition is characterized by severe pain and tenderness in the joints, especially those in the toes

and ankles. Other symptoms of **gout** include: swelling in a joint.

7. Keep on moving. Exercise and motion are key to manage **gout**. Add slow blood circulation to already high uric acid levels and **you're** prone to a **gout** attack. Keep this in mind when **traveling** on a plane or train where **you** may be sitting in a small space with little leg room for an extended period. so according to ayurveda travelling on horse and camel is not safe.
8. **Gout** may be precipitated by conditions such as a **trauma**, surgery, diuretic therapy, or ethanol intake. All predisposed individuals such as those with hyperuricemia, hypothyroid etc. with **trauma** and bone fractures should be observed for precipitation of acute gouty arthritis.

DISCUSSION

The main causative factors for Vatarakta are excessive use of alcohol, high purine diet, non-vegetarian diet, acidic and astringent foodstuffs, person leading sedentary life, excessive anger and emotional distress. Both Vata and Rakta play a major role in the pathogenesis of Vatarakta. Vitiating Raktadhatu obstructs the path of Vridhavyayu, in which the Vayu has to flow. Vridhavyayu and obstructed Vata in turn vitiates the whole Rakta and this Dosha-dushya sammurchhana in joints manifests as Vatarakta. Pathya and Apathya are very important factors in the management of gout like metabolic disorder. So along with medicine disease can be better controlled by avoiding all such precipitating factors.

CONCLUSION

The prevalence of life style disorders is rising rapidly. The best thing which can be done in current scenario is to prevent it rather than cure. Vatarakta is also a life style disorder of today world. Excessive purine diet and sedentary life style are the causative factor of the disease. Disease can be controlled by adopting certain life style changes like excessive water intake, reducing body weight and low purine diets. In advance cases there may be need of some herbal drugs which can remove excess uric acid present in the body and all eviate symptoms of the disease.

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