A CLINICAL STUDY TO ASSESS THE EFFICACY OF SINHASYADI KWATHA IN THE MANAGEMENT OF VATARAKTA

1Dr. Devesh Kishor Wagh and 2Dr. Somadatta Bhaskarao Kulkarni

1PG Scholar, Department of Kayachikitsa, S.S.A.M. & H, Nashik.
2H.O.D. and Professor of Department of Kayachikitsa, S.S.A.M. & H, Nashik.

ABSTRACT
Ayurved is an ancient system of Indian Medicine, based on firm principles which can never be challenged. But violating these principles give rise to various diseases. Faulty Aahar and Vihar, improper exercises, increased travelling, junk food leads to Vata and Raktaprapaka which in turn lands in Vyadhis like VATARAKTA. Vatarakta is a disease of Raktavahastrotas and is a Madhyammargagatavadyadhi. Vatarakta is commonest among Chronic inflammatory joint diseases in which mainly small joints become swollen, painful. Therefore, it has taken the foremost place among the joint disorders. It continues to pose challenge to physician due to severe morbidity & crippling nature & claiming the maximum loss of human power. There are many treatments are available for the disease but to decrease events of side effect and adverse effect and to achieve best and long term results it is necessary to do research study on herbal medicine. Although lots of work has been done on Vatarakta still the disease challenges our medical sciences, so it requires further research & proper treatment by Ayurvedic medicine.

KEYWORDS: Vatarakta, Gout, Sinhasyadi Kwatha

INTRODUCTION

- Ayurved is an ancient system of Indian Medicine, based on firm principles which can never be challenged. But violating these principles give rise to various diseases. Faulty Aahar and Vihar, improper exercises, increased travelling, junk food leads to Vata and Raktaprapaka which in turn lands in Vyadhis like VATARAKTA.

- Vayu gets aggravated because of self-causing factors. Being obstructed in its course by the vitiated Rakta, the excessively aggravated Vayu vitiates the entire Rakta. The disease thus is called Vata-Rakta. It is also known by the synonyms like Khudavat, Vatbalasak and Aadhayavat.

- Vatarakta is a disease of Raktavahastrotas and is a Madhyammargagatavadyadhi.[1]

- Prakupitvayu along with dushitrakta travels in whole body & affects the joint starting with Parvasandhi especially Padangushtha. It reflects the equal role of both Dosha and Dushya in the causation of this disease.

- Vatarakta is commonest among Chronic inflammatory joint diseases in which mainly small joints become swollen, painful. Therefore, it has taken the foremost place among the joint disorders. It continues to pose challenge to physician due to severe morbidity & crippling nature & claiming the maximum loss of human power.

- The disease Gout can be presented as a very similar to Vatarakta. The disease Gout is chronic in nature and affects mostly the middle age group. It is one of the common debilitating diseases by the virtue of its chronicity and implication. The prevalence of gout varies between populations but is approximately 1-2%, with a strong male predominance (>5:1). [2]

- Prevalence increases with age and increasing serum Uric Acid concentration. The peak age of onset in males is between 40 and 60 years. [3]

- Vatarakta is described as an independent disease as Vat-Shonita in Charak Samhita, Vagbhath and other Samhitas.
Rationale of the study

- The most commonly observed diseases in present era are due to improper life style and food habits. These things are contributing a number of diseases which are challenges for the human race.
- Various kwatha preparations are mentioned in different ayurvedic classical texts and they are being practiced in India since time immemorial. Today this is a right time to search the best effective formulations to treat vatarakta, hence we decide to compare Amrutadi Kwatha and Sinhasyadi Kwatha.

- Amrutadi Kwatha Contains amruta, Shunthi and Dhanyak hence this cause may affect on samavastha and symptoms like daha, Toda, Kandu etc. Shunthi will be effective to treat ama dosha, Dhanyak will be effective on Daha, Toda and Amruta may create Dhatu sanyata and Dosha Sanyata in the body.
- Sinhasyadi Kwatha contains Vasa, Bruhatpanchmula, Guduchi, Gokshura and Erandmula Tvak hence it may be effective to treat vitiated vata dosha, Guduchi and Vasa will be effective to treat vitiated Pitta Dosha and Gokshura may be effective to treat Shotha and Erandmula tvak may be effective treat Toda.
- Hence assessment of Amrutadi Kwatha and Sinhasyadi Kwatha will be beneficial to treat cases of Vatarakta with different symptoms and this study can help to determine the best effective Kwatha preparation in different conditions.
- Although lot's of work has been done on Vatarakta still the disease challenges our medical sciences, so it requires further research & proper treatment by Ayurvedic medicine.

Hence this topic “A Clinical Study To Assess The Efficacy Of Sinhasyadi Kwatha In The Management Of Vatarakta” has been selected for my proposed research work.

MATERIALS AND METHODS

Inclusion criteria
1. Patients with signs and symptoms of Vatarakta will be selected.
2. Age group 18-60yrs.
3. Patients will be selected irrespective of their sex, religion, geographical areas and economical condition.

Exclusion criteria
1. Patients with arthritis of other origin (Osteoarthritis, Rheumatoid Arthritis, Ankylosing spondylitis etc.

CASE REPORT
A 35 year male patient visited in Kayachikitsa OPD of Shree Saptashrungi Ayurved College And Hospital, Nashik
No H/O – DM/HTN
Had C/o – Uhay Shotha, and uric acid levels
Daha Shotha
Stabdhata Since 2 Months O/E
Temp – Afebrile PR – 75/Min

BP- 130/90 mm of Hg S/E-
RS – AEBE Clear CVS – S1S2 +
CNS – Conscious and Oriented
P/A – Soft / NT
L0S0K0

DRUG PREPARATION
As per Sharangdhar Samhita Sinhasyadi Kwatha Prepared

DRUG DOSE
Sinhsyadi Kwatha 40ml 2 times a day before meal.

DISCUSSION
Probable mode of action of study drug on Vatarakta Sinhshyadi Kwatha is predominant in katu, tikta, kashaya, madhura rasa ushna vira, katu and madhura vipaka, Laghu, ruksha, tikshna, sDDnigdha gunas kaphavatashamaka, tridoshahar, shothahara, todahara and dahashamak actions. The drug includes Eranda, Gokshura etc which is Vataghna because of madhura rasa vipaka and ushna vira properties. Vasa is daha shamak because of tiktakashaya rasa and sheeta vira. Because of these properties according to modern terminologies drug may act as antioxidant, anti-inflammatory, analgesic activities.

CONCLUSION
At the end of the case study, following conclusion can be drawn on the basis of observations made. Results achieved and thorough discussion in the present context as below.

- Vatarakta is described as separate disease in our ancient samhitas like Charaka Samhita, Vagbhata Samhita etc.
- Vatarakta is chronic disease in nature and has high prevalence in young age people.
- As the word suggest in vatarakta, the pivoting entities in disease process are Rakta and vitiated Vata.
- It is observed that Vatarakta and Hyperuricemia/Gout are very closely resembles each other because of their symptomatology.
- Patient selected in the study were between 18 to 60 year of age. Patient were registered for study were vatapipta pradhana prakriti.
- Sinhsyadi Kwatha provided better results in sandhitoda, sandhishtotha, sandhidaha, and stabdhaha and uric acid levels
- No side effects are observed in the study.
- To achieve more significant results we can increase dose of drugs and duration of treatment. There is no side effect of present dose of Sinhshyadi Kwatha observed so, we can increase it for more significant results.

Further evaluation of this drug is still required for assessing the side effects and exact mode of action on
large sample.

REFERENCES