



AYURVEDIC MANAGEMENT OF VATARAKTA (GOUT) - A CASE STUDY

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ABSTRACTS

Ayurveda describes Vatarakta as a condition involving an imbalance of the Vata Dosha that affects the Rakta Dhatu. Vayu is made worse by long rides on animals like elephants, camels, and horses, and Rakta, or blood, is vitiated by the consumption of Lavana, Amla, Katu, Kshara, etc. The Rakta, or blood, is further contaminated by the vitiated Vata, whose pathways are covered by Rakta. Later, Vayu's tainted blood burns the whole blood supply to the body and draws toward the limbs. Vatarakta is the name for these vitiated Vata and Rakta. Vatarakta and gout may share etiopathology, according to some research.

INTRODUCTION

In a time when contemporary science is developing with the introduction of cutting-edge technology for disease, diagnosis, and treatment, there is still no simple cure for countless chronic diseases that are challenging to manage. Medicines that are currently on the market can help with inflammation reduction and pain alleviation. Aamvata and Sandhigata vata cases were widespread in the past, but today the majority of patients who present with joint-related issues are vatarakta rather than aamvata. Fast-paced living disrupts vata and fast food dushitarakta simultaneously, which results in the development of vatarakta sickness. The illness known as Vatarakta causes patients' daily lives to be disrupted by pain as the main symptom. Vata-rakta is a condition in which different etiological causes affect both Vata and Rakta.^[1] Variant names for Vatarakta include Khudaroga, Vata-balasa, Vatashra, and Adhya Vata.^[2] Severe joint pain that starts in the Hasta, Pada, and Mulagata sandhi^[3] and migrates to other joints in a manner similar to Akhuvisha^[4] the following case report A 38-year-old female patient presented himself to us with the following primary complaints: a) Ubhaypaadashool-shoth (Swelling and Pain at both lower limbs). b) Ubhaya Jaanusandhi shoola and shotha c) Ubhay manibandha shoola. d) Angamarda (body ache) e) Patient has experienced the aforementioned problems for 1 month.

No Asthma, Dm/HTN,

Personal illness history

1 month ago, the patient was in a normal state. Since then, the patient has had Ubhaypaadashool-shoth (Swelling and pain at both lower limbs), ubhaya Jaanusandhi shoola -shotha, Ubhay manibandha shoola,

Angamarda (Body ache).^[5] For this patient took treatment from different pathies doctors but got little relief in pain symptoms only, then he came to our hospital – S.T.R. Rugnalaya in Kayachikitsa department OPD. For better management we admitted patient in IPD.

Personal history

Occupation: Work in Hospital (Standing work).

Bad Habits: NAD

Ashtavidhparikshana

- a. Nadi (Pulse) = 84/min.
- b. Mala (Stool) = Parkrut
- c. Mutra (Urine) = Normal.
- d. Jeeva (Tongue) = Saam.
- e. Agni = Kshudhamandya
- f. Shabda (Speech) = Normal.
- g. Sparsha (Skin) = Sandhipradeshishoth, Ushnasparsha
- h. Druka (Eyes) = Normal.
1. Akrti= Madhyama.
- i. Bala= Madhyama.
- j. Raktadaba (B.P) = 100/70 mm/Hg.

MATERIAL AND METHOD

- a) Centre of study: S.T.R. Ayurvedic Rugnalaya, Pune.
- b) Simple random single case study.

Material with Daily Treatment & Prognosis:

(Tables 1-4) (Figure 1) Clinical examination of the patients revealed regression of symptom due to our Ayurvedic management.

Table 1: Showing material used in study.

Sr. no.	Dravya	Dose	Duration	Anupana
1	Guduchi	500 mg	1 pack TDS	Warm Water
2	Punarnava	500 mg		
3	Manjistha	500 mg		
4	Sariva	500 mg		
5	Kaishor Guggulu	250 mg	1 pack BD	Warm Water
6	Samshamani Vati	250 mg	(after meals)	
7	Gandharva Haritaki	2 gm	HS	Warm Water

Table 2: Showing panchkarma done in study.

Sr. no.	Panchakarma
1	Snehana : Mahanarayana Tail
2	Swedana : Dashmool Kwath
3	Kalabasti Krama: Niruhabasti- Erandamuladi Kwath Anuvasan basti -Narayan Tail

Table 3: Showing daily treatment with prognosis.

Days	1 st	5 th	15 th	21 st
Treatment	All above treatment (table no. 1) as it is	All above treatment (table no. 1) as it is + Panchakarma (table no. 2)	All above treatment (table no. 1) as it is + Panchakarma (table no. 2) + Waluka pottali swedan + Dashang lepa (ubhayapaad pradeshi) OD	All above treatment (table no. 1) as it is
Symptoms				
Ubhayapaadashul-shoth	++++	++++	+++	++
ubhaya Jaanusandhi shola -shotha	++++	+++	++	++
Ubhay manibandha shola	+++	+++	++	+
Angamarda	++	++	+	+

DISCUSSION

Hetu^[6] of vatarakta as

A. Ahara

- Improper and irregular diet causes the disturbance of vatadosha.
- Lawan-ama-kshar food (different types of spicy salty Chinese dish)
- Paryushita ahara
- Dadhi
- Peanut Products.

B. Vihara

- Prolong standing
- Ratrijagaran.
- Manasik hetu – Chinta

Samprapti ghatak

- Dosh: Tridosha
- Dushya: Rasa, Rakta.
- Adhishtana: Twaka.

Action of Drug & Other procedure in Management of Gout (Table 5)**Table 5: Showing action of drug & other procedure done in study.**

Sr. no.	Dravya	Action
1	Guduchi	Vatahara, Raktapittahara
2	Punarnava ^[7]	Shothaghna, shaulanashaka, vatahara
3	Manjistha	Pittahara, Shothahara
4	Sariva	Tridosahara
5	Kaishor Guggulu ^[8]	Raktaprasadaka
6	Samshamani Vati	Deepana, Vatahara
7	Gandharva Haritaki	Anuloman, vatashulanashak, Pittashodaka
8	Kalabasti	Vatahara

9	Rukshasweda	Vatashulanashaka
10	Dashangalepa	Shulanashaka

RESULT

During their hospital stay, the patients began to grow better, and by day 21, practically all of their symptoms had subsided. As the case reached upadrava, it will take some time to heal, but Ayurvedic medicine produces dynamic results that relieve both subjective and objective parameters.

CONCLUSION

Ayurvedic care of chronic vatarakta can be a successful therapy since other pathies have limitations on the treatment for vatarakta and its complications.

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