

A REVIEW STUDY OF VATARAKTA W.S.R. PANCHNIDAN**Dr. Priyanka Gupta^{1*} and Dr. Aradhana Kande²**¹MD. Scholar, PG Department of Roga Nidan Evum Vikriti Vigyan, Shri N.P.A. Govt. Ayurvedic College Raipur.²Lecturer, PG Department of Roga Nidan Evum Vikriti Vigyan, Shri N.P.A. Govt. Ayurvedic College Raipur.***Corresponding Author: Dr. Priyanka Gupta**

MD. Scholar, PG Department of Roga Nidan evum Vikriti Vigyan, Shri N.P.A. Govt. Ayurvedic College Raipur.

Article Received on 13/08/2019

Article Revised on 03/09/2019

Article Accepted on 24/09/2019

ABSTRACT

Vatarakta described under vatavyadhis, its very important disease in Ayurveda. It is an illness where both vata and Rakta are vitiated by distinct etiological factors. Acharya Sushruta has described in the vatavyadhi chapter while Acharya Charak and Vagbhatta gave too much importance and described this as a separate chapter. There are two types of vatarakta i.e, Uttanvatarakta and Gambhiravatarakta. Generally it starts from feet but some times it may starts from hands, getting increased, spreads to entire body like Rat poison. On the basis of sign and symptoms we correlate this disease with the gout of modern medical science.

KEYWORDS: Vatarakta, Hetu, Samprapti, Bheda, Upadrav.**INTRODUCTION**

Vatarakta is very important vatavyadhi, which described almost in all Samhitas. Acharya Charak and Vagbhatta described this disorder as a separate chapter just after the chapter of Vatavyadhi and given too much importance. Acharya Sushruta has also given its description under Vatavyadhi. The word Vatarakta is made up of two words Vata and Rakta. Among Tridosha, Vata is most important because it possess chala guna. It is responsible for all movement and control every action of the body. Even not able to cause disease unless moved or displaced by Vata. The Rakta is also a very important Dhātu which gives nutrition to each and every body tissues and maintain them normal. The disease which is caused by excessively aggravated Vayu and vitiated Rakta is called vatarakta. It is related with kha –vaigunya of Raktavaha srotas, the vitiated Rakta gravitates and accumulates in the feet. In the initial stage the hands and feet are affected. The illness then spreads all over the body like rat poison. Vatarakta is also known as khuda roga, vata-balasa, vatarsha and adhya vata.

HETU/NIDAN^[1]

Causative factors of Vatarakta can be divided into two categories.

1. The factors that aggravates vata

*Excessive intake of kashaya, tikta, katu and ruksha dravya.

* Not taking meal timely(abhojanat).

*excessive riding on elephant, horse and camel etc, restoring to swimming and jumping.

*Excess travelling on foot in hot season.

*Excessive physical activity and sexual intercourse.

2. The factors that aggravates rakta

*Regular consumption of lavana, Amla, katu and kshar dravya.

* Intake of hot and uncooked food.

* Excessive intake of mulak (radish), kulattha, masa, nispava, curd, aranal (kanji), sauvira, shukta, takra, sura, asava.

* Anger

* Eating during indigestion.

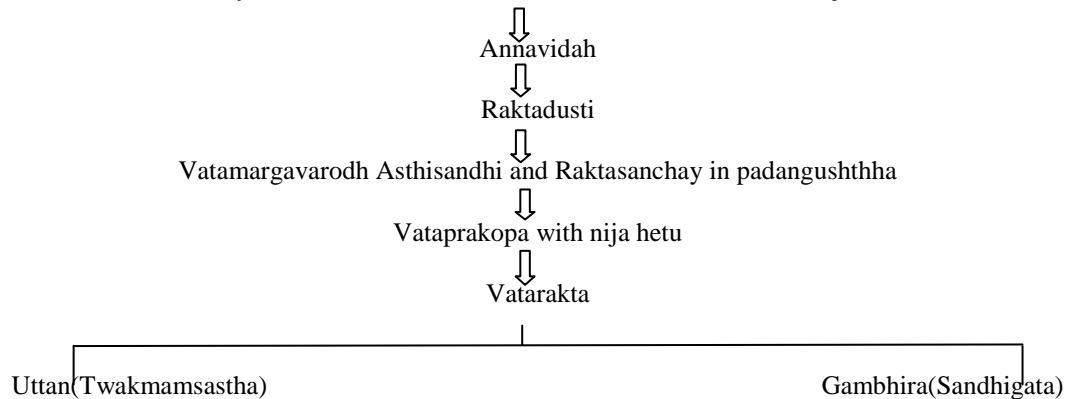
* Sleeping during day time and awakening in night.

* Due to injury.

SAMPRAPTI^[2]

Due to etiological factor vata and rakta exacerbate simultaneously. Aggravated vata having been obstructed in its passage by aggravated blood vitiates the entire blood. This is known as vata-rakta, it is also known by synonyms like khuda-vata, vata balasa and adhya-vata.

^[3]Mithya aharvihar + Lavanamla katuksharadi & viruddha bhojan etc.



SAMPRAPTI GHATAK

Dosa- Vata

Dushya- Rakta, Twak, Mamsa

Adhishthan-Rasavah srotas

Srotas – raktavaha srotas

Srotodushti – sanga

VATARAKTA MULA STHANA^[4]

Vatarakta manifest in hands, feet, fingers and all joints. Initially hands and feet are afflicted and later it spreads to all over the body, similar to the spread of the poison of the rat.

PURVARUPA^[5]

The purvarupa in vatarakta in view of different Samhita are mentioned below.

*Atisweda/Asweda(excess or absence of perspiration)

*Karshnyata(blackish discolouration)

*Sparshgnatwa(paraesthesia)

*kshate atiruk(increased pain on touch/injury)

*Sandhi saithilya(looseness of the joints)

*Aalasya (laziness)

*Supti(numbness)

*Kandu(itching)

*Sandhi ruk(pain in joints)

*Vaivarnya(discolouration)

*Daha(burning sensation)

*Sopha(swelling)

*Sakthi daurbalya(decreased strength in thigh)

*Khara sparsh(hard on touch)

*Shrama(increased exertion)

TYPES OF VATARAKTA^[6]

It is classified into two types-

1.Uttana Vatarakta

2.Gambhira Vatarakta

But according to Acharya Sushruta this is not correct because it develops first as Uttana and later becomes Gambhira, so it should not be classified into two types.^[7]

ROOP/LAKSHANA (SAMANYA)^[8]

Patient will not tolerate touch in feet region and develops severe pain i.e, either pricking or cutting in the feet, profound dryness, wasting, loss of sensation.

*with the association of pitta and rakta produces severe burning sensation, profound heat, redness and soft swelling in the feet.

*with the association of kapha and rakta causes swelling, itching, whitishness, coldish touch.

VISISHTA LAKSHANA OF VATARAKTA

1. UTTANA VATARAKTA^[9]

It is situated superficially in the skin along with muscle tissues. It is characterized by kandu(itching), daha(burning sensation), ruk(pain), aayam(stretching), toda(piercing pain), sfuran(quivering) and aakunchan(contraction). The skin colour changed to brownish black (shyavrakta), red or coppery in colour.

2. GAMBHIRA VATARAKTA^[10]

Gambhira vatarakta is located in deeper tissue of the body. It is characterized by svayathu(swelling), stabdhata(stiffness), hardness, severe pain in interior part of the body, blackish brown or coppery discolouration, burning sensation, pricking pain(toda), quivering(sfuran) and inflammation.

SADHYASADHYATA^[11]

*If vatarakta caused by predominance of single dosha and newly manifested is curable (sadhya).

*If vatarakta caused by dominance of two doshas is palliable (yapya).

*If vatarakta caused by dominance of all the three doshas along with complications is incurable(asadhya).

UPADRAVA^[12]

Insomnia, anorexia, dyspnoea, stiffness in head, distress, fever, unconsciousness, hiccup, giddiness, burning sensation, tumours etc. If vatarakta associated with profuse discharge having abnormal complexion of the skin, stiffness, tumours, such patient should not be treated. Patient suffering from few complications may be palliable (yapya) and absence of complications is curable.

UPASAYA /PATHYA

AUSADHA^[13]

*Sravanayadi Ghrita

*Bala Ghrita

- *Sthiradya Ghrita
- *Sthiradya Taila
- *Pinda Taila
- *Sahastra paka Bala Taila
- *Satapaka Bala Taila
- *Vardhamana Pippali Yoga.

ANNA^[14]

- *Cereals like old Barley, Wheat, Sali and Sastika types of rice.
- *Yush of Adhaki, Chanaka, Mudga, Masura and Makustha added with Ghee.
- *Pratuda and Vishkira Mamsarasa.
- *Shaka- Satavari, Vastuka, Upodika, Kakamachi, Vetra.

VIHARA^[15]

- *Warm poultices
- *Pouring liquids on the body
- *Use of soft pillows and bed
- *Mild massaging.

COCLUSION

The illness Vatarakta can arise in two different ways depending upon the character of Nidan and Samprapti involved in the causation. A distinct etiological factor of vata dosha as well as Rakta dhatu leading Vatarakta. A healthy lifestyle must be adopted to resist these disease with pathya ahar and vihar. In this modern era we cannot stop doing the developmental work, but we can reduce our disease by including simple and effective regimen mentioned in classics such as Dincharya, Ritucharya and Ratricharya. The proper implementation of these regimen not only prevent the disease but plays major role in the management of the disease.

REFERENCES

1. Pt. Kashinath Shastri, Charak Samhita Volume 2, Reprint Chaukhambha Bharti Academy, Varanasi 2015, Ch. Chi. 29/5-10.
2. Pt. Kashinath Shastri, Charak Samhita Volume 2, Reprint Chaukhambha Bharti Academy, Varanasi 2015, Ch. Chi. 29/10-11.
3. Pt. Ravidatta Tripathi, Charak Samhita Volume 2, Reprint Chaukhambha Bharti Academy, Varanasi 2015, page 732.
4. Kaviraj Ambikadatta Shastri, Susruta Samhita volume 1, Reprint Chaukhambha Sanskrit Sansthan Varanasi 2014, Su. Ni. 1/48.
5. Pt. Kashinath Shastri, Charak Samhita Volume 2, Reprint Chaukhambha Bharti Academy, Varanasi 2015, Ch. Chi. 29/16-18.
6. Pt. Kashinath Shastri, Charak Samhita Volume 2, Reprint Chaukhambha Bharti Academy, Varanasi 2015, Ch. Chi. 29/19.
7. Kaviraj Ambikadatta Shastri, Susruta Samhita volume 1, Reprint Chaukhambha Sanskrit Sansthan Varanasi 2014, Su. Chi. 5/3.
8. Kaviraj Ambikadatta Shastri, Susruta Samhita volume 1, Reprint Chaukhambha Sanskrit Sansthan Varanasi 2014, Su. Ni. 1/45-46.

9. Pt. Kashinath Shastri, Charak Samhita Volume 2, Reprint Chaukhambha Bharti Academy, Varanasi 2015, Ch. Chi. 29/20.
10. Pt. Kashinath Shastri, Charak Samhita Volume 2, Reprint Chaukhambha Bharti Academy, Varanasi 2015, Ch. Chi. 29/21-23.
11. Pt. Kashinath Shastri, Charak Samhita Volume 2, Reprint Chaukhambha Bharti Academy, Varanasi 2015, Ch. Chi. 29/30.
12. Pt. Kashinath Shastri, Charak Samhita Volume 2, Reprint Chaukhambha Bharti Academy, Varanasi 2015, Ch. Chi. 29/31-34.
13. Dr. P. S. Vyadgi, Parmeshwarappa's Textbook of Ayurvediya Vikriti Vijnana & Roga Vjnana, volume 2, Chaukhambha Publications New Delhi 2017, Page no.-156.
14. Pt. Kashinath Shastri, Charak Samhita Volume 2, Reprint Chaukhambha Bharti Academy, Varanasi 2015, Ch. Chi. 29/50-54.
15. Prof. Siddhinandan Mishra, Bhaishajya Ratnavali of Kaviraj Govind Das Sen, Chaukhambha Surbhati Prakashan Varanasi Reprint 2012, B.R. 27/5.