AYURVEDIC MANAGEMENT OF VATARAKTA W. S. R. TO GOUT- A CASE STUDY

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ABSTRACT
Vatarakta is a common metabolic disorder caused due to aggravated vayu and vitiated rakta dhatu. It can be correlated with gout in modern science. Gout is a disorder of purine metabolism caused due to hyperuricaemia. Pain is the predominant symptom in vatarakta associated with redness, tenderness, swelling, burning sensation, colour discoloration in joints. so in this case a 56yr old female patient having such complaints was treated with oral medication, abhyanga, jaloukacharan and pathya for 45days. At the end of the treatment by oral medication, abhyanga, jaloukavharn and pathya patient got significant improvement in symptoms

KEYWORD: Vatarakta, Gout, Oral Medication, Abhyanga, jaloukacharan, pathya.

INTRODUCTION
The word vatarakta is made of 2 words i.e vata and rakta. Vitiation of vata is important in this disease without vata no disease may occur. Vitiated vata dosha vitiates the rakta dahtu in this disease. Vata and Rakta respectively undergo dosha dushya Sammurchana (pathogenesis) in Sandhi sthana (joints), specially Pada and angula-sandhi (metatarso- phalangeal joints). The disease further spreads all over the body like a virulent rat poison. Chief complaints of patient includes severe joint pain with onsent at hasta pada, mulagata sandhi with burning senation, ichage ache, extension, pricking and throbbing pain colour of skin changes to red, brown.
Symptoms of this disease resembles to Gout. Gout is a metabolic disorder. In this disorder crystals of monosodium urate monohydrate derived from hyper uricaemic body fluids give rise to inflammatory arthritis, tenosynovitis, bursitis, cellulitis, tophaceous deposits and renal disease. It affects men after puberty and women after the menopause. Clinical features include acute arthritis affecting the big toe in 75% attacks. Ankle, knees or fingers are affected occasionally. Joint is extensively painful, red, hot, swollen and tender. Attack of gout usually begins at night with moderate pain that increases in intensity.

MATERIALS AND METHODS
OPD of department of Kayachikitsa, Gopal Nanaji Tank Ayurvedic hospital & Vidarbha Ayurveda college Amravati, Maharashtra 444606.

Case report
The present case study is about successful Ayurvedic management of a case of vatarakta w.s.r Gout A 56yr old female patient with registered O.P.D No.(3566), I.P.D no. (213) came to opd with complaints of Sandhisheool,sandhi graham, sandhi shota, sparsha asahatva, daha & alpa vaivarnya of both knee , Ankle joints, and 1st metatarsophalangeal joint of right foot since 1 year.

History of present illness
Since 1 year patient has been suffering from the symptoms. Sandhisheool, sandhi graham, sandhi shota, sparsha asahatva, daha & alpa vaivarnya were seen in both knee and ankle joints and prickling pain were observed in 1st metatarsophalangeal joint of right foot.

Past history
No h/o HTN, DM or any other major illness.

Treatment history
NAD

Personal history

<table>
<thead>
<tr>
<th>Name: XYZ</th>
<th>Bala: Madhyam</th>
<th>BP: 130/80mm of hg</th>
</tr>
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<tbody>
<tr>
<td>Age: 56 yr</td>
<td>Sleep: Inadequate</td>
<td>Weight: 58kg</td>
</tr>
<tr>
<td>Sex: Female</td>
<td>Addiction: None</td>
<td>Height: 5’2’’</td>
</tr>
<tr>
<td>Marital status: Married</td>
<td>Bowel habit: Regular</td>
<td>Pulse: 82/min</td>
</tr>
<tr>
<td>Occupation: Home maker</td>
<td>Appetite: Good</td>
<td>Mala: Samyak</td>
</tr>
<tr>
<td>Mutra: Prakruta</td>
<td>Jivha: Alpa sama</td>
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</table>
No abnormality detected in Nervous, Respiratory and Digestive systems.

1. Tab Kaishora guggulu 500mg with lukewarm water thrice a day
2. Tab Guduchi Ghan vati 250mg with lukewarm water twice a day
3. Guduchi kashaya 30ml with equal amount of water twice a day
4. Shatadhouta grhuta for lepan
5. Abhyanga- External application of Pinda taila after ushna jaal parisheka.
6. Raktamokshan (jalukacharan) 50ml on 15th & 30th day

Duration= 45 days

**Pathya**

Purana Yava, Godhuma, Shali, Kakamachi, Vastuka, Chanaka, Masura, Mudga, Ghrita, Milk of Goat, Buffalo, Cow.

**Apathya**

Meat seafood, Masha, Kulatha, dadhi, Tila taila, Kanji, Saktu, Jackfruit, divaswap, vyayama, maithunam, katu, ushna, guru, abhishyandi, lavana, amla rasa. Adhik sevam.

Patient with classical signs and symptoms of Vatarakta with uric acid level more than 9mg/dl. Assessment of the patient was done at the interval of the 15 days. The symptoms were graded as 0, 1, 2, 3, 4 for none, mild, moderate, moderate to severe and severe respectively.

**OBSERVATION AND RESULT**

The follow up was made on the 15th, 30th and 45th day. During this period, the patient did not develop any other complaints patient reports gradual improvement in symptoms.

Progress of patient in 3 follow up visit.

<table>
<thead>
<tr>
<th>Symptoms</th>
<th>Before treatment</th>
<th>15th day</th>
<th>30th day</th>
<th>45th day</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sandhishools</td>
<td>3</td>
<td>3</td>
<td>2</td>
<td>1</td>
</tr>
<tr>
<td>Sandhi Graham</td>
<td>3</td>
<td>2</td>
<td>2</td>
<td>1</td>
</tr>
<tr>
<td>Sandhi Shota</td>
<td>2</td>
<td>2</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>Sparsha Asahatva</td>
<td>2</td>
<td>1</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Daha</td>
<td>2</td>
<td>1</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>Alpa Vaivarnya</td>
<td>2</td>
<td>1</td>
<td>0</td>
<td>0</td>
</tr>
</tbody>
</table>

Changes in serum uric acid level

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<tbody>
<tr>
<td>Before treatment</td>
<td>7.9mg %</td>
</tr>
<tr>
<td>After treatment</td>
<td>5.4 mg %</td>
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</tbody>
</table>
DISCUSSION
Kaishora Gugglu can be used to support healthy joints and connective tissue. Drug acts as Anulomanak, Dahaprashamnak, Shula Prahamnan, Shula Har, Vataprashmana, Rasayanam, Deepan, Kapha Pittahar, Anti Inflammatory, Balya.

Pinda Tailam Used specially to cure vatarakta and disease caused due to Rakta and Pitaa doshas acts as Topical analgesic, anti inflammatory has cooling effect so reducers burning sensation, redness, swelling improves joint movement.

Guduchi kwath and guduchi ghan vati works as balya improves strength of joints; daha hara reduces daha it helps to relieve raktadushti. Acts as Analgesic and anti inflammotry relives sandhi shoola and shotha. Rasayan and dhatawagni vardhak.

Shatadhouta ghrita relives daha (burning sensation), pacifies pitta dosha, and reduces vaivarnya of skin. Shothaghana Jaloukavacharana is mainly used in conditions of Vatarakta where shoola (pain) and Daha (burining sensation) were present. It helps to remove pitta dosha, and helps in purifying rakta.

CONCLUSION
Since the therapy for vatarakata and its complication has limitation in other pathies, Ayurvedic management of chronic vatarakata can be effective therapy.

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