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## Panchakarma In Vatarakta (Gout) - A Review

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### **Absract-**

*In Ayurved health means the state of Dosh-Agni-Dhatusamyatva and also the wellness of Atma, Indriya ,Mana . The diseased condition developes when the persone does not follow the direction of Ayurveda in regards to Aahara ,Nidra and Brahmacharya. In present era various disease increasing due adaptation of sendentarylifestyle ,out of them ,one is Vatarakta (Gout).Which consist of swelling including burning sensation in metaphalengealjoint.Panchakarmtherapy develop for detoxification and rejuavination of body. The various Acharyas has mentioned different Pachakarm therapies in the management of Vatarakra.*

**Keyword-** Vatarakta , Gout , Panchakama.

### **Introduction:**

Ayurveda is the ancient science which has advocated for the conservation of Health as it's primary consent . According to Ayurveda Swasth means samsdosha , samaagni , samaDhatu ,Mala kriya ,Prassan - Aatma - IndriyaMana .<sup>(1)</sup>According to W.H.O.Health means complete Physical ,Mental, and Social well being of a person not to mearly any absence of Disease.

The Roga or disease caused due to imbalanced of Dosha . The Health or Swastha of person depends upon the three Doshas like Vata, Pitta And Kapha . The VataDosha is responsible for almost all disease. In present era various diseases like Sthoulya, Prameha and Vatarakta are increasing due to adaptation of sedentary lifestyle and changes in eating habits and more vehicles riding ,sitting position .In Ayurved classic the disease Vatarakta is described as Adhyavata, because of it is more prevalent among rich people.TheVatarakta is sammurchanajanyaVyadi. The diseased condition caused when aggravated Vata is obstructed by Vitiated Rakta.Vatarakta is painful condition which disturbs the day to day life of person.<sup>(2)</sup>

Vatarakta mentioned by various Acharya's in different samhita's. Vatarakta is also known as Khudarog, Vata- balas, Vatashra and Adhya - Vata.<sup>(3)</sup>The chief complaint severe joint pain with onset at hasta , pada, mulgatsandhi. The classical symptoms of Vatarakta are Kandu, Shawaythu, Bheda ,Toda ,Shula ,Kathinya , Sparshasahatva .<sup>(4)</sup> All this symptoms ofVatarakta can be correlated with Gout. It is more common in affluent societies due to a rich in protein, fat and alcohol.Gout is medical condition usually characterized by recurrent attack of acute inflammatory

arthritis - a red ,tender ,hot, swollen joint ,<sup>(5)</sup> usually a single peripheral joint is affected further may cause chronic degenerative changes in affected joint.

In ancient time as life style of people were very near to nature . People were doing physical exercise so that the causative factors of Vatarakta were not made up. The incidence of Gout in India is not clear .The prevalence is 0.12% as per International League of Nations Against Rheumatism . As the change in Lifestyle now a days prevalence of Gout is increasing. Panchakarma therapy meant for detoxification and rejuvenation of Health . Various Acharya's mentioned different Pachakarma therapies for the treatment of Vatarakta .AcharyaCharaka has stated that to cure burning sensation "Basti" treatment is best treatment for Vatarakta.<sup>(6)</sup>

**Aim and Objectives:-**

- To study the Vatarakta in detail.
- To study the various Panchakarmaused inVatarakta detail.
- To draw conclusion from this study.

**Literature Review of Vatarakta :**

The disease Vatarakta has mentioned by various acharya's in different samhitas. AcharyaCharaka has given much preciseddefination of Vatarakta as " When aggravated vayu obstructed by aggravated Rakta , this obstructed Vata again Vitiated the Rakta . This pathological state is known as Vatashonit .<sup>(7)</sup> Mainly Vata and Rakta involves in the pathogenesis of Vatarakta .

**There are two types of Vatarakta :<sup>(8)</sup>**

- 1) UttanVatarakta
- 2) GambheerVatarakta

**Depending upon the dominance of Dosaj Acharya Sharangadhara has mentioned 8 types of Vatarakta.<sup>(9)</sup>**

- 1) VatajVatarakta
- 2) PittajVatarakta
- 3) KaphajVatarakta
- 4) RaktajVatarakta
- 5) VatapittajVatarakta
- 6) VatakaphajVatarakta
- 7) KaphapittajVatarakta
- 8) SannipatajVatarakta

**Causative Factors of Vatarakta :-<sup>(10)</sup>**

- 1) Sukamar( Tender physique )
- 2) MithyaAharVihar
- 3) Guru Anna ( Heavy food to digest )

- 4) High protein diet
- 5) Intake of purified or dry meat of aquatic or marshy land animals
- 6) Virudhanna (Intake of mutually contradictory incompatible food).
- 7) Adhyashana
- 8) Divaswap ( sleeping during day time)
- 9) Excessive sexual activity, physical activities
- 10) More intake of curd, arnala (Kanji) sauvira ,shukta , buttermilk and wine.

**The Factors Responsible for vitiation of Vata are follows.**<sup>(11)</sup>

- 1) Intake of kashaya ,katu, tikta , AlparukshaBhojan (i.e. Excessive intake of astringent , pungent,bitter and unctuous ingredient
- 2) Alpaahara or langhana (Intake of less food or abstinence from food ).
- 3) Hayostrayana ( Riding over elephants, horses , camel or on vehicles drawn by them for long periods.
- 4) Ambukrida( Resorting to aquatic games).
- 5) Exhaustion by heat due to Atichakramana in hot season.
- 6) Ativyavay (Excessive sexual activity)
- 7) Vegvidharana( Suppression of the manifestation of natural urges)
- 8) Exposure to cold breeze .

**The Factors Responsible for vitiation of Rakta**

- 1) Abhighata
- 2) Omission of vamanvirechanadipanchakarma therapies.
- 3) Partaking of foods which causes burning sensation during digestion which are incompatible.

**According to Morden concept predisposing factors of Gout are**<sup>(12)</sup>

- 1) Trauma to the joint
- 2) Surgery
- 3) Exposure to cold
- 4) Injection of foreign protein
- 5) Drugs
- 6) Excessive use of Alcohol
- 7) High Protein Diet
- 8) Diuretic
- 9) Chemicals like urograffine , Allopurinols ,urocosuricetc .
- 10) Sometimes it is associated with changes in the atmospheric pressure .
- 11) Acute infection

Hyperuricaemia is a prerequisite for deposition of urate in synovium and other tissue, uric acid is the end product of purine metabolism. There are two pathways involved in purine synthesis.<sup>(13)</sup>

A) A- De- Novo pathway- in which purines are synthesized from non purin precursors.

B) A Salvage pathway- in which free bases derived from the breakdown of nucleic acid of endogenous and exogenous origins are recaptured. The enzyme Hypoxanthine guanine phosphoribosyltransferase (HGPRT) is involved in the salvage pathway.

**Sign and Symptoms :-**

Uttana Vatarakta (Superficial ) : Acharyacharaka and Vagbhata stated very similar sign and Symptoms for uttanVatarakta . But AshtangaSangrahaHridayakara stated one more sign that is burning penetrating Sensation produced like mustered oil (osha ).<sup>(14)</sup>

**The sign and Symptoms of uttanVatarakta are as follows.**

- 1) Kandu ( Itching )
- 2) Daha (Burning sensation)
- 3) Pida ( Pain)
- 4)Aayam ( Contraction of skin)
- 5)Toda (Pricking pain)
- 6)Sphurana ( Pulsating pain )
- 7) Kunchana( Deformities of joint)
- 8) The colour of skin becomes coppery black.

**Gambhir Vatarakta:-**

- 1) Shvayathu
- 2) Stabdha
- 3)Kathinya
- 4) Shyavstatambra
- 5)Daha
- 6)Toda
- 7)Sphuran
- 8)Pak

The aggravated Vayu while causing Vayu pain and burning sensation at the site of inflammation constantly moves with high speed through the joints ,bones and bone marrow produces cutting pain ,make the joints curved inwards and when this aggravated Vayu moves to all over the body, results the person lame and paraplegic.

**Depending upon the dominance of Doshaj following symptoms appears**

**Vataj Dosh** :-Sirayam ,Severe pain like pulsating or pricking ,the swelling of joints will appear dry , black or shyav, The swelling will be increasing or decreasing often, contracture of the fingers, stiffness and severe pain ,deformaties , loss of function and dislike for cold .<sup>(15)</sup> The legs or lower extremities cannot bear the least touch and a sort of picking , piercing pain is experienced in these regions. The legs becomes withered or atrophied and loss of sensibility to touch.<sup>(16)</sup>

There is more pain , throbbing and pricking, swelling is dry , black or shyav, increasing and decreasing constriction of the Dhamanias of the joints or the fingers ,catching pain in the body , Severe pain , dislike for cold , stiffness ,shivering and loss of tentile sensation.<sup>(17)</sup>

**Pitta Dosha :-** The legs will becomes extremely Red, Hot , Soft and swollen , characterized by a sort of indescribable burning sensation .<sup>(18)</sup> If Rakta is affected profoundly ,the swelling will be giving severe pain, pricking type of pain, coppery red in colour and there will be no relief either with oil or dry massage , Itching and Exadation may also be present.<sup>(19)</sup> There is swelling with severe pain , pricking ,coppery color, and tingling sensation not subsiding with the application of either unctuous or dry things, accompanied with itching and exadation.<sup>(20)</sup>

**Kapha :-**If Kapha is predominant ,there will be Staimitya ,heaviness ,greasiness of the skin, loss of sensation and slight pain.<sup>(21)</sup> The legs becomes swollen and numbed . The swelling assumes a whitish blue and feels cold to the touch ,and is accompanied by excessive itching .<sup>(22)</sup> There is inactivity ,heaviness ,loss of tactile sensation ,unctuosness and cold ,mild itching and pain . If two ,threedoshas are involved ,there will be combination of above symptoms .<sup>(23)</sup> The legs exhibit symptoms which are respectively peculiar to all the preceding type.

#### **Samprapti of Vatarakta :-**

Because of causative factors ,Vata gets aggravated .Being obstructed in its course by Vitiated blood ,the excessively aggravated the Vitiated the entire blood . The disease thus,caused is called Vatarakta.

#### **Line of treatment for Vatarakta:-<sup>(24)</sup>**

Chikitsa plays important role in maintaining the equilibrium of Dosha and Dhatu. The process which help to do that is called as Chikitsa.

Shodhana and Shamana are two main types of Chikitsa .ShodhanaChikitsa is preferered when Vitiated Doashas are in excess.

#### **The following Panchakarma therapies are used for Vatarakta Chikitsa.**

In the beginning Snehana (oleation) therapy is given to the patient suffering from Vatarakta.

**Virechana :-**Sneha -Virechana (purgation) therapy with unctous ingredient.

RookshaVirechana -If the patient has excess oiliness .These purgative are of mid nature .

Virechana karma is the best treatment of Pitta and Rakta . Because of the Aashrayay- Ashrayibhava of Pitta and Rakta in Vatarakta this Virechan karma should be done.

**Basti** :- Patient should given Basti i.e. Medicated enema . Basti treatment is important for the shamana of VataDosh . Acharya Charaka stated that for the cure of burning sensation and colic pain , a wise physician should used the medicated oil for Basti, Abhanga , Seka.

Acharya Vaghata mentioned ksheerbasti for the treatment of Vatarakta.

**Raktamokshana** :- The aggravated Vata located in the Shakha and joints causes obstruction to the channels of blood instantaneously. Because of Raktamokshana obstruction ruled out .

Seka , Abhanga and Pradehai.e application of thick ointment should be given to patient. All above Panchakarma treatment should be given to patient suffering from Vatarakta.

### **Specefic Panchakarma treatment for Vatarakta.**

#### **Treatment of Uttan Vatarakta:-**

Aalepan, Abhyanga, Panseka and Upanaham are the measures useful in Uttan Vatarakta.

#### **Treatment for Gambhir Vatarakta:-**

For Gambhira Vatarakta Virechana , Aasthapan Basti, Snehapana this measure are followed. Before giving Virechana it is essential to give Sneha according to the severity of Rukshata. Mainly Mrudu Virechana is advised with Castor oil or Gandharva Haritaki Chooranam.

#### **Treatment for Vatadhika Vatarakta:-**

Vatadhika Vatarakta treated with various types of medicated Ghrita , Vasa and Majja by various ways such as Paana, Abhyanga , and Basti. Hot poultice give good relief in Vatadhika Vatarakta , for this Dashmoola, Rasna, Nirugundi, Eranda , Shunthi these drugs can be used.

#### **Rakta Pitta Pradhana Vatarakta:-**

Raktapittadhika Vatarakta appears critical as there is excruciating pain , Burning sensation . Here the first foremost treatment is Virechana, Ghritapana, Ksheerapana, Seka and Basti. Mainly Sheeta Dravyas are used in this type of Vatarakta.

#### **Treatment of Kaphadhika Vatarakta:-**

Kaphadhika Vatarakta should be treated with Vamana, Sneha, Seka, Langhana and Ushna Veerya ointment.

#### **Pathya for Vatarakta**:- According to Ayurveda

- 1) The person suffering from Vatarakta should take cereals like old Barley , Wheat, Nivara and Sali as well as Shastika.
- 2) Soup of the meat of Viskikara ( gallinaceous) and Pratuda (pecker) birds like peacock , hen etc.
- 3) Soup of Adhaki (Cajamusindicus) , Chanaka ( Cicerarietenum ) , Masura (Lentil), Mudga (Psoralea radiatus) added with Ghrita in liberal quantity .

- 4) Leafy vegetables like Sunishnaka, tender branches of Vetra, Kakamachi, Satavari, Upodika , Souvarchala sizzled with ghrita & meat soup.
- 5) Milk of Cow , Buffalo and Goat .
- 6) Limited consumption of meat, poultry and fish and Alcohol.
- 7) Drink plenty of fluids , particularly Water.

**Apathya for Vatarakta:-**

- 1) Diwaswap ( Sleeping during day time )
- 2) Santapa ( Exposure to heat)
- 3) Vyayama (Exercise)
- 4) Maithuna (sexual intercourse)
- 5) Intake of Katu, Abhishyandi , Ushna ingredient which causes obstruction to the channels .
- 6) Meat of aquatic and anooopa habitat animals .
- 7) Incompatible diets should be avoided by the patients suffering from Vatarakta.

**Discussion –**

As Vatarakta is sammurchanajanyavyadhi of Vata and Rakta . When aggravated Vata is obstructed by Vitiated rakta . The diseased condition develops due aaharaj , viharajetus . According to modern science Gout can be treated with the help of NASID , oral Allopurinol etc. Which causes side effect such as vomiting and hepato-toxicity. In Ayurved Acharyas mentined different Panchakarm therapy for treatment of Vatarakta .

**Conclusion –**

Vatarakta the diseased condition develops due to obstruction of aggravated Vata with Vitiated Rakta. Swelling, Pain and burning sensation is predominant symptoms . Panchakarma is best treatment for elimination of vitiated doshas

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