



EFFECT OF AYURVEDIC TREATMENT IN VATARAKTA (GOUT) – A CASE STUDY

SIRDHYAL A^{1*}, YADAV JV², AND SHIRKE UJ³, KIRAN⁴ AND JITENDRA⁵

- 1: PG Scholar, Swasthavritta & Yoga Department, Dr. D.Y.Patil College of Ayurved and Research Centre, Pimpri, Dr. D.Y. Patil Vidyapeeth, Pune 411018 (Deemed to be University)
- 2: Guide & Associate Professor, Swasthavritta & Yoga Department, Dr. D.Y.Patil College of Ayurved and Research Centre, Pimpri, Dr. D.Y. Patil Vidyapeeth, Pune 411018 (Deemed to be University)
- 3: HOD & Professor, Swasthavritta & Yoga Department, Dr. D.Y.Patil College of Ayurved and Research Centre, Pimpri, Dr. D.Y. Patil Vidyapeeth, Pune 411018 (Deemed to be University)
- 4: PG Scholar, Shalaky Tantra Department, Dr. D.Y.Patil College of Ayurved and Research Centre, Pimpri, Dr.D.Y. Patil Vidyapeeth, Pune 411018 (Deemed to be University)
- 5: PG Scholar, Shalya Tantra Department, Dr. D.Y.Patil College of Ayurved and Research Centre, Pimpri, Dr. D.Y. Patil Vidyapeeth, Pune 411018 (Deemed to be University)

*Corresponding Author: Dr. Akshat Sirdhyal: E Mail: drakshatsirdhyal@gmail.com

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ABSTRACT

Vatarakta is caused by excessively vitiated *Vata dosha* and vitiated *Rakta dhatu* (blood). In modern medical science this disease is similar to Gout. *Vatarakta* is a lifestyle as well as a metabolic disorder, where the pain is a dominating symptom, which hampers daily activities of the patients. This disease is characterized by the deposition of monosodium urate monohydrate crystals in synovial fluid and other tissues of the joints formed secondary to hyperuricaemia. Main motive of present case study was to find out some fruitful and well accepted drugs for this painful condition. So, in the present study a 45 years old married male patient visited in OPD of *Swasthavritta* and *Yoga* presenting with complaints of *sandhi shoola* (pain in joints) sometimes *Dah* (Burning in nature) with *sandhi shotha* (swelling), *sandhi stabdhata* (stiffness), *sandhi shyavta* (discoloration) which is on & off in nature. The patient was treated

with oral *ayurvedic* medicines i.e. *Shaman* (Pacification) *chikitsa* for 13days. *Ayurvedic* treatment gives fabulous results.

Keywords: *Vata dosha, Rakta dhatu, Gout, Vatarakta, Shamana*

INTRODUCTION:

The word *vatarakta* is the creation of two words *vata* and *rakta* (Blood). The *vata* is the prime (King) of all disease without *vata* no disease will occur *rakta* is also important *dhatu* which provides nutrition to other *dhatu*s and all body tissues. Constant consumption of sour, salty, acidic, preserved food, bakery products, horsegram, blackgram, leguminous vegetables, sugarcane, eating during indigestion, daytime sleep, late night awakening etc. Due to these factors *vata* getting aggravated vitiates *rakta* (blood) quickly which in turn obstructs the path of *vata* becoming greatly aggravated. By such obstruction of its path *vata* causes great vitiation (increase) of blood because the vitiated blood is combined with greatly aggravated *vata* which is very predominant so the disease caused is known as *Vatarakta* [1] also denoted by other names like *vatabalasa*, *vatashonita*, *adhyavata* etc. The site where its symptoms are expressed - hands, fingers, feets, toes and all joints. Hands and feet's are affected at first then in late stages it spreads all over the body. In modern medical science this disease is correlated with gout. Gout is a type of

inflammatory disorder which is caused by the deposition of monosodium urate monohydrate crystals inside or around the synovial joints of the body. Prevalence of the disease increased in recent years. The incidence of gout varies in the population from 0.2-3.5 per 1,000 with an overall prevalence of 2-26 per 1,000. Men and old women are more affected than children [2]. Treatment protocol given in allopathy like NSAIDs, corticosteroids only suppresses the symptoms but does not cure the disease properly and patient also faces adverse effect of the drugs. In *Ayurveda* all texts described *vatarakta chikitsa* in detail along with the suitable line of treatment.

MATERIAL AND METHODS:

Case report:

The current case study is about fruitful *Ayurvedic* treatment in case of *vatarakta* (Gout). A 45 years old married male patient approached the OPD with the chief complaints of *Sandhi shoola* (pain in joints) sometimes *Dah* (Burning in nature) with *Sandhi shotha* (swelling), redness and *Sandhi shyavta* (discoloration) which is on and off in nature in right ankle joint which has been

sometimes associated with *Jwara* (raise in body temperature). All the above complaints were present since 3 to 4 months.

Associated symptoms:

Agnimandhya (loss of appetite),

Malavivandha (constipation),

Dourbalya (generalized body weakness)

Aggravation of symptoms when patient comes in the contact with cold.

History of present illness:

Before three to four months patient has no illness. After that patient had developed rapid onset of symptoms i.e. Severe pain in right ankle joint while walking. There was

burning sensation, redness and tenderness on the affected joint due to which patient was not able to wear socks. Sometimes episode may or may not be followed by fever. He also complained about stiffness in early morning which is associated with swelling and pricking pain in the right ankle joint.

Past history: No H/o Diabetes mellitus (DM), Hypertension (HTN), Tuberculosis (TB) or any other serious illness.

Treatment history:

- 1) Tablet Febudac 40mg BD
 - 2) Tablet Zerodol-P 425mg BD
 - 3) Tablet Prednisone 30-40mg
- } For 7 days.

Table 1: Vital Parameter:

| | |
|------------------|-----------------|
| Blood Pressure | 130/90 mm of Hg |
| Pulse | 78/min |
| Respiratory Rate | 18/min |
| Height | 156 cm |
| Weight | 78 kg |
| Temperature | 99 °F |

Table 2: Ashta Vidha Pariksha

| | |
|-------------------------------------|------------------------|
| <i>Nadi: Kaphavataj</i> | <i>Sabda: Clear</i> |
| <i>Mala: Vibandha (constipated)</i> | <i>Sparsh: Ushna</i> |
| <i>Mutra: Regular</i> | <i>Druk: Normal</i> |
| <i>Jihva: Ishad sama</i> | <i>Akriti: Madhyam</i> |

Systemic Examination:

RS (Respiratory system): Lungs: clear, no any significant abnormality seen.

CVS (Cardio-vascular system): S1, S2 normal, no any significant abnormality seen.

CNS (Central nervous system): no any significant abnormality seen.

Assessment criteria:

a) Clinical criteria

Table 3: Showing gradation of symptoms according to WHO scoring pattern [3]

| Symptoms | Grade 0 | Grade 1 | Grade 2 | Grade 3 | Grade 4 |
|-------------------|-------------------|--|---|---|------------------------|
| Swelling | No swelling | Slight swelling | Moderate swelling | Severe swelling | - |
| Discoloration | Normal coloration | Near to normal which looks like normal to distant observer | Reddish coloration | Slight reddish black discoloration | Blackish discoloration |
| Burning Sensation | No burning | Mild burning | Moderate burning | Severe burning | - |
| Pain | No pain | Mild pain | Moderate pain but no difficulty in moving | Slightly difficulty in moving due to pain | Much Difficulty |

b) Laboratory test: Serum Uric Acid

Table 4: Showing Ayurvedic treatment given/ received

| Sr. No. | Drug/ Medicine | Dose/ Duration | Anupana | Days |
|---------|---------------------------------|--------------------|-----------------|-------------|
| 1. | Tab. <i>Kaishor guggulu</i> | 250mg Thrice a day | Luke warm water | For 13 days |
| 2. | Tab. <i>Arogyavardhini vati</i> | 250mg Thrice a day | Luke warm water | For 13 days |
| 3. | Tab. <i>Gokshuradi guggulu</i> | 500mg Thrice a day | Luke warm water | For 13 days |
| 4. | <i>Guduchi swarasa</i> (Juice) | 15ml Twice a day | Normal water | For 13 days |

Pathyapathya [4]

➤ Pathya (Ideal diet)

Stored grains such as Barley, Wheat, Rice i.e. cropped in sixty days, *Mugda*, *Masura*, *Patola*. *Amalaki*, *Ghruta*, Cow milk, Lemon, Carrot, Garlic

➤ Vihara (Activities)

Abhyanga (Massage) with *Tila taila* (Sesamum oil), Follow *Dinacharya* (Daily routine), Follow *Ritucharya* (Seasonal routine), *Yoga abhyasa*.

➤ Apathya (Things to avoid in Diet & Activities)

Consumption of food which is hot, spicy, heavy to digest. Salty (*Lavan*) and sour (*Amala*), *Tila*, *Dadhi* (curd), *Kaphakarka*

aahara i.e. Dairy Products, Bakery products, *Masha*, *Kultha*, *Diwaspana* (Day time sleep), *Dhoop Agni sevan* (Exposure to sun and heat), *Vyayama* (vigorous exercise) *Maithun* (excessive sexual intercourse).

OBSERVATION AND RESULTS:

Total treatment interval was 13 days and it was noticed that around 80% of his symptoms lowered with *ayurvedic* treatment. Again the serum uric acid levels were repeated after 13 days which shows a significant reduction in the levels from 11.27 to 6.18 which means the selected *ayurvedic* treatment is successful in the control of *Vatarakta* (gout).

Table 5: Showing difference in the symptoms before and after treatment

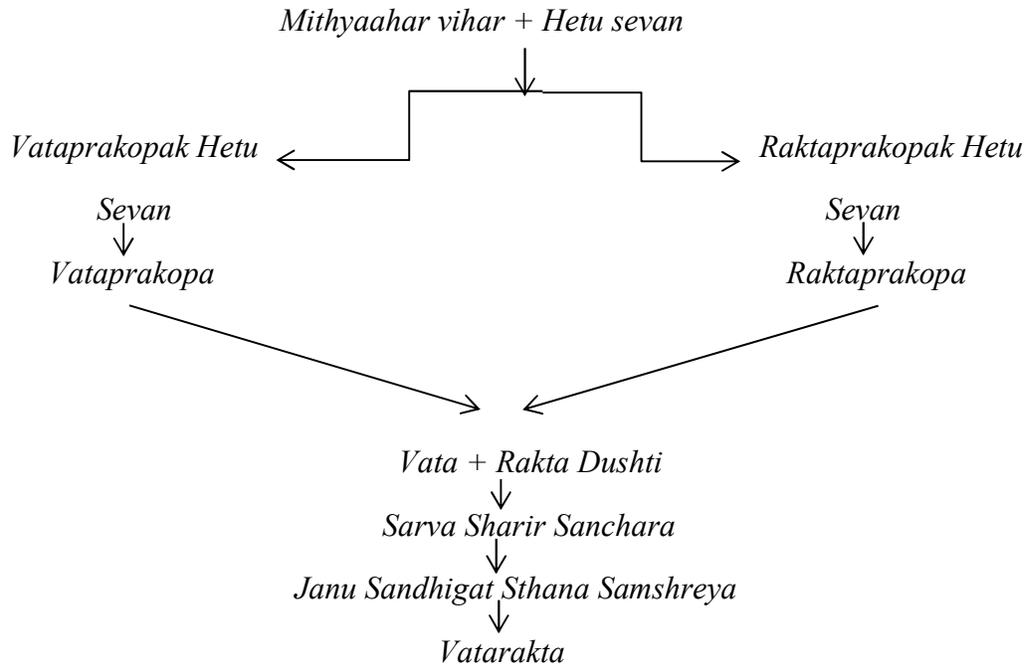
| Symptoms | Before treatment | Percentage | After treatment | Percentage |
|---------------------------------------|------------------|------------|-----------------|------------|
| <i>Sandhi shotha</i> (Swelling) | 3 | 75% | 0 | 0% |
| <i>Sandhi shyavta</i> (Discoloration) | 2 | 50% | 1 | 25% |
| <i>Dah</i> (Burning sensation) | 2 | 50% | 0 | 0% |
| <i>Sandhi shola</i> (Joint pain) | 3 | 75% | 1 | 25% |

Table 6: Showing difference in Serum uric acid levels

| | |
|-------------------------------|-------------|
| Before treatment (19-03-2022) | 11.27 mg/dL |
| After treatment (01-04-2022) | 6.18 mg/dL |

DISCUSSIONS:

Samprapti (Pathogenesis) [5]

Table 7: *Samprapti ghatak* (Etiopathogenic factors) of *Vatarakta* [6]

| | |
|---------------------|--|
| <i>Dosha</i> | <i>Vata pradhan tridoshaja</i> |
| <i>Dushya</i> | <i>Rasa, Rakta</i> |
| <i>Agni</i> | <i>Jatharagnijanya, Dhatvagnijanya</i> |
| <i>Srotas</i> | <i>Vatavaha, Rasavaha, Raktavaha</i> |
| <i>Srotodushhti</i> | <i>Sanga</i> |
| <i>Adhishtana</i> | <i>Twaka</i> |
| <i>Rogmarga</i> | <i>Madhyama</i> |

Table 8: Probable mode of action of drugs

| Ayurvedic medicine | Action on Vatarakta |
|---|--|
| <i>Tab. Kaishor guggulu [7, 8] Gulika</i> | <i>Tridoshaghna Rasayana Vatrakta adhikar Sharangdhar Samhita madhyam khanda 7/70-81</i> |
| <i>Tab. Arogyavardhini vati</i> | <i>Balances pitta</i> |
| <i>Tab. Gokshuradi guggulu [9,10]</i> | <i>Calms vata Diuretic Anti-inflammatory Sharangdhar Samhita madhyam khanda 7/84-87</i> |
| <i>Guduchi swarasa [11] (Juice)</i> | <i>Drug of choice according to Charak agrya aushdha Tridosh-shamak Pittasarka Analgesic properties Tikta rasa subsides Rakta Madhur vipaka subsides vata</i> |

CONCLUSION:

From above case report it is concluded that *Ayurveda* treatment showed significant results in the management of *Vatarakta*. *Pathyapathya* should be kept in mind along with treatment. More research should be done on this topic.

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