

ROLE OF PATHYAHAR IN THE MANAGEMENT OF VATARAKTA W.S.R. TO GOUT: A REVIEW

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Abstract: nowadays due to the effect of modernization peoples are enclosed by a number of life style and metabolic diseases. Although *vatarakta* exit from the ancient time but recently the gradual increase in prevalence of gout is noted. The main presenting problem of people suffering from *Vatarakta* is intense and unbearable pain for which the patient came to the doctor. Pain affects the normal comfortable daily routine of patients so it is must to treat and cure the patient. My ambition of this review article is to provide information about the disease *vatarakta* and its dietary constituents to manage the disease and check its occurrence. In common language *vatarakta* is known by signs like intense pain, tenderness, swelling in small joints of fingers. *Vatarakta* is a *vata Pradhan tridoshaj vyadhi*, its main pathogenesis occurs in *vata dosha* and *rakta dushya*, so center of its treatment is to maintain the balance between vitiated *vata* and *rakta*. *Shaman* of *vata* and *shodhan* of *rakta* cures the disease completely. In modern medical science *vatarakta* is correlated with gout which is caused due to increased level of serum uric acid. In modern medical science gout is managed by use of analgesics like NSAIDs, uricosuric drugs like probenecid allopurinol etc use of these drugs causes many adverse effects on patients like diarrhea, vomiting, headache and many other complication. In *Ayurveda* we can conduct different methods to give easily available, effective and cheap treatment and prevention for gout. In this review article I have explained wholesome and unwholesome diet as explained in *Charak Samhita*, *bhaishjya ratnavali*, *yog ratnakar*.

Key words: *Vatarakta*, Gout, *Pathyahar*, *Apathyahar*, *Ayurveda*.

INTRODUCTION-

In *Ayurvedic* classical literatures *vata dosha* is described very specifically among all three *vata pitta and kapha doshas*. According to them, *vata dosha* is more powerful and dynamic than others. In *Sharanghar Samhita* mentioned that *Vata dosha* spreads, quick action, vigor and capable to vitiate other *doshas* so it has power for creating maximum number of diseases. *Vatarakta* is a disease described in *Charak* and *Shushrut samhitas* caused by vitiated *vata dosha* and *rakta* as *dushya*. It is one of the important disease adequately described in *ayurvedic* classical literatures like *charak samhita*, *sushrut samhita*, *astang hrudayam*, *madhav nidan*, *yog ratnakar*, *bhaishjya ratnavali* etc. In different literatures it is described as different name like *Vatashonit*, *Vatabalask*, *khudda vata* etc.¹ *Acharya* described *vatarakta* as one of the important *vata vyadhi* with *pratyama laxan* “*vrischikhdansavat vedana*” which is generally start with swelling in great toe of feet or thumb of hands. Afterwards other small and big joints are affected too.

According to modern medical science *vatarakta* is correlated with gout, which is an inflammatory and metabolic disorder caused by deposition of mono sodium urate-mono hydrate crystals in synovial joints secondary to hyperuricemia. In 50% of cases its onset is acute mono arthritis, generally attacks on metatarsophalangeal joint and other common site at small joints of hands and wrist elbow etc. Its typical features includes-²

- Rapid onset
- Sever pain
- Extreme tenderness
- Marked swelling with red shiny skin.
- Irregular firm nodules called tophi.

The prevalence of gout varies between populations but it is approximately 1-2% with a greater than 5:1 male preponderance.³ The health of an individual depends on their food habits and life style they are living with. As a result of modernization nowadays people are living with luxurious sedentary life, bad food habits. People indulge in fast, junk and baked food items, irregular and improper sleep, these factors provoking the metabolic diseases like gout so, the gradual increase in prevalence of gout is noted. So it is very necessary to improve food habits of diseased person and healthy individual both. Wholesome and unwholesome are very widely described in *ayurvedic* classical literature as *pathya-apathya*. As mentioned in *charak samhita* definition of *pathya* is- “*pathyamphoanpetamya chauttamansahpriyam, ya chchapriyapathyameha niyatannalakshayeta.*” (ch. su. 45/25).⁴ The substances which are healthful to the body or

channels of the body and substances which are pleasurable or which bring delightfulness to the mind known as *pathya*. On the contrast *apathy* are unhealthful or in advantageous substances adversely affects the body and are unpleasant to mind. As matter of fact the concept of *upsaya-anupshaya* is totally related and describe the all above phenomenon of good and bad both *ahar* and *vihar*. *Pathya* means the diet and other regimen which are good for health and disease. *Apathya* means the diet and other regimens which are not good for health and disease which may give rise to the diseases. The knowledge of *patha-apathya* plays very important role to live healthy life. On conclusion we can say that *pathya* preserves the health of healthy person and helps in curing the disease of the diseased person.

AIM AND OBJECTIVE-

1. To study about the disease *Vatarakta*.
2. To study the *pathyahar* for *Vatarakta*.
3. To study the *apathyahar* in *Vatarakta*.

MATERIAL AND METHODS-

Various information regarding *pathya-apathya* of gout has been studied and collected from various classical text books, journals and internet sources. Afterward discussion and conclusion is drawn on the basis of complete information.

DISSCUSION-

Ayurveda is derived from words "*Ayu*" and "*veda*" *Ayu* stand for life and *Veda* for science, so *Ayurveda* is a science to promote healthy life. The ambition of *Ayurveda* is to promote the life of healthy individual and cure the diseases of unhealthy one. W.H.O. states that "prevention is better than cure" so it is very clear that for preventing any type of disease *pathya-apathya palan* is must, even for curing diseased, one needs the same too. *Vaidyakajivan* states that if a man abide by *pathya-apathya* there is no need of medicine. If a patient does not follow *pathya* and indulges in *apathy* the medicine will not act, hence it may be said that treatment can be carried out by regulated and wholesome or solitary diet even without the use of medicine. Metabolic diseases quite reliant to proper digestion of food material taken. It is must to eat wholesome diet so that, the final product after the break down of food material would be beneficial to us. So we can conclude that, in case of metabolic diseases *pathya-apathya* plays important role to cure and prevention of diseases.

NIDAN-⁵

Cause of *Vatarakta* described by *Acharya Charak* are following-

1. Excessive intake of *lavan* (salty), *amlā*, *katu*, *ushna*, *snigdha*, *chhar* foods.
2. Eating dried meat, long time preserved meat and aquatic animals.
3. Eating *mooli* (daikon), *kulthi dal*, *sem*.
4. Drinking alcohol, staying awake at night and sleeping during day.
5. Intake junk food, *viruddhahar* and food with preservative and chemicals can aggravate both *vata* and *rakta* and who don't carry out daily exercise and lead sedentary life.

These are the main cause of *vatarakta* so people have to avoid these factor for cure and prevention.

SAMPRAPTI-⁶

When a person takes excessive *vatavardhak* food items, does excessive activities which aggravate the *vata dosha* and excessively use to ride on elephants, camel, horses etc. These all factors causes vitiation of *vata dosha*. On the other side because of intake of *lavan*, *katu*, *amlā*, *kshar* and other causes mentioned above cause the vitiation of *rakta dhatu*, afterward the *dushit rakta* blocks the passage of *vata dosh* and causes impairment in its proper functioning. The *vata dosha* whose passage is blocked by *rakta* undergoes further vitiation and causes further contamination of *rakta*. Afterward they aggravate at small joints and causes the diseases named *vatrakta*.

SIGN/ SYMPTOMS-⁷

Usually the disease start from the inflammation of big toe or thumb of hand with "*vrischik danshvat vedana*" afterwards the other small and big joints affected. In *vatarakta* along with *vata*, *rakta* affected too so the disease arises in blood circulatory system, gets localized in joints and spread throughout the body. The swollen joints are very painful tender inflamed, red and warm to touch. Fever is generally present at acute stage. Just because *vatarakta* involve *rakta dushiti* too. Many times skin rashes and allergic symptoms are also present with severe itching or discoloration of skin. Excessive sweating or no sweating, severe pain in bones and muscles may also present.

TREATMENT-⁸

Vatarakta can be effectively managed with:

- 1 **Nidan parivarjana**- Avoid the causes of vatarakta.
- 2 **Bahir parimarjana**- it consist of procedures like *Lepa, Abhyanga, Upanaha*.
- 3 **Shamshaman chikitsa**- A wide number of medicinal yoga are described in *samhitas* for the treatment of vatarakta these are *Amritadi churna, Kaishora guggulu, Pinda tail, Pnchatikta ghrita guggulu etc*
- 4 **Shamshodhan chikitsa**- it consist a number of *Panchakarma* procedures like *Snehana, virechana, vasti, Raktamokshan etc.*

A part of these all *pathyahaar palan* plans very important role to manage the *Vatarakta*.

PATHYAHAR FOR GOUT-^{9,10,11}

By the study and analysis from different classical literature like *charak samhita, susrut samhita, yog ratnakar, baishjya ratnavali*, journals and various internet sources I have been collected the list of *pathyahaar* in gout are following.

1. Dhanya Varga (Cereals)-

Yava, sathi, nivar (a type of wild rice), *kalam chawal, lal shali, ghehu* (wheat) these are *pathyahaar* as mentioned by *baishajya ratnavali* and *yog ratnakar*. In *sushrut samhita annapanvidhi* properties of all of above is described so we see that these all *dhanya* are *tridosh shamak* and specially works in *pitta dosha* and *laghu* for digestion, *balya, medohar*. *Acharya sushrut* describe *gehu* as *bhagnasthi samyojaka*, *yava* as *rakta pitta prasadaka lekhan, medohar, lal shali* said to be *jwar* and *vishnashak*. So these all *dhanya* are wholesome for the *vatrakta*.

2. Shimbi varga (Pulses)-

Chana, moong, arhar, mankutha these all pulses described *bhaishjya ratnavali* and *yog ratnakar*. *Acharaya sushrut* said that these all pulses are *pitta shamak* and *rakta prasadaka*, *mankutha* has *jwar nashak* properly.

3. Mansa varga –

Lava, teetar, murga, kabootar etc. *lava* and *teetar mansa* is described as *tridosh shamak, lava mansa* have *kaph vipak, work as agni deepak, murga mansa* described as *snigdha and bruhana*, so these all are *pathya* by *bhaishjya ratnavali* and *yog ratnakar*.

4. Dugdha varga-

Goat and cow milk both described as *pathya* by *bhaishjya ratnavali* and *yog ratnakar*. *Acharya sushrut* said these milk are *snigdha, rasayan, raktapittahar, vatapitta nashak, sarvarognashak*.

5. Shaak varga-

Poi, makoya, ventagra, bathua, kareli, chaurai, adrak, patolpatra, surankanda, shweta kushmanda these are *pathya* by *bhaishajya ratnavali* and *yog ratnakar*. *Acharya sushrut* described these *shaak kaphapittahar, laghu, prameh, jwar, kushtha nashak*.

6. Phala varga-

Amla, munakka are *pathya* as mentioned in *bhaishajya ratnavali* and *yog ratnakar*.

7. Other-

Ghee, makkhan, airanda tail.

APATHYAHAR FOR GOUT-^{12, 13, 14}

masha, kulthi, sem, nishpav, kshar, meat of aquatic animals, *dahi, ikshu, mooli* (radish), alcohol, *kanji, tila tail*, food items containing *katu, ushna, lavan ras, sattu, viruddha anna*.

- Excessive intake of salty diet causes impairment in proper excretion of water and proper flushing of uric acid through the urine. Salty diet causes dehydration so excessive intake of salty diet provoke the gout.
- *Shaak varga* like spinach, mushroom, and cauliflower increase the risk of gout because these vegetables are highly rich in purine contain.

- Pules like *kultha*, *masha*, *nishpav* are rich in purine. These purines metabolize and results in uric acid as end product.
- *Dadhi* (curd) or *takra* (buttermilk) this dairy product rich in protein contain so they have to increase protein too but according to recent researches these are helps in lowering uric acid.
- Sea foods - Sea foods like mussels, crab, shrimps and other shellfish, fish roe, caviar are strictly restricted in gout due to high purine contain.
- Alcohol –Especially beer cause increase in purine level.
- *Ikshu* and all sweet items like cake, pastries etc. - these food items rich in fructose. Fructose increases uric acid production during its phosphorylation by increasing adenosine triphosphate (ATP) decompose to adenosine monophosphate (AMP), a uric acid precursor. So in very short time after intake of fructose, uric acid concentration is increased.¹⁵
- *Shuska anna*- water is responsible for proper functioning of kidney. It removes acidic waste from body. Decreased amount of water inside the body causes retention of acidic wastes in the blood including uric acid, which should be flush out from the body, causing hyperuricemia.

These all factors are responsible for *Vatarakta* so, these things should be avoid by the patient suffering from *Vatarakta*.

CONCLUSION-

We can *Vatarakta* under life style disorders. It is a disorder of impaired purine metabolism. The best thing we can do now a days is to prevent it rather than cure. For reducing the prevalence of *Vatarakta* we have to accept healthy life style and healthy diet so, implication of *pathyaha*r and avoidance of *apathyaha*r is best way to prevent *vatarakta* and cure it too.

Now a days the main cause of *vatarakta* is excessive use of alcohol, high purine diet, non -vegetarian diet, bakery items like cake pastries, chemical persevered food items. Excessive anger and emotional stress. These all impairs the work of digestive system which impairs the metabolism of body. Among all *agnis jathragni* is most important and *dushit jathragni* or *mandagni* is a root of diseases so all these factors causes the disease *Vatarakta* therefore these are the food which should be avoided.

Now, we can talk about which should be consume, everyone have to eat freshly prepared vegetables like bitter guard, broccoli, ginger, pointed guard, drum stick etc. take fresh and seasonal fruits like water melon, grapes, dates, goose berry, apple etc. add more salad on their diet. These all are highly fibrous diet as well as provides essential vitamins and minerals too. Oily and fried food should be avoided. According to recent researches pulses are rich source of protein farther they rises the level of purine but pulses are very essential component of food, so pulses should be taken in limited amount. Excessive consumption of pulses especially like *nishpav*, *masha* should be avoided. It is seen that citrus fruits like orange, lime lowers the level of purine so it can be taken too. Along with these plenty of water must be taken regularly. Therefore the management of gout along with medicinal treatment all such precipitating factors should be avoided and *pathyaha*r *palan* should be must.

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