



A case report of Ayurvedic management of vatarakta w.s.r. gout.

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ABSTRACT-

The ailment that is because of irritated Vata and vitiated Rakta is called Vatarakta. it's far better correlated with gout. within modern technology. Vatarakta is metabolic sickness where ache is a principal symptom, which disturbs day to day life of individuals. modern available drugs are capable of offering pain alleviation and some discount on irritation. In vintage days aamvata and Sandhigata vata cases are commonplace however now day most sufferers got here with all joint associated problems in vatarakta alternatively aamvata. fast lifestyle disturbs vata and speedy meals dushitarakta at the same time, which offers birth to vatarakta disorder. Gouty arthritis is a disorder of Purine metabolism and an inflammatory response to MSUM (monosodium urate monohydrate) crystals, shaped into secondary hyperuricaemia. The disorder is referred to as 'the King's ailment' or 'wealthy guy's ailment'. inside the present case study, "Simhasyadi kwath stated in Bhaishajya ratnavali used in acute and persistent situations. The consequences are sizable with decreased acute assaults, a decrease in the signs and hyperuricaemia. these clinical trials may be carried out to prove the efficacy of the medication statistically.

Keywords: vatarakt, Simhasyadi kwath, Bhaishajya, gout, hyperuricaemia, Ayurved.

INTRODUCTION

Vaata and rakta combine to form the word vatarakta. The Rakta is a crucial dhatu that provides nutrients to all body tissues and maintains their regular function by removing toxins and malas (waste products) through the body's natural orifices. While the Vata is the chief (King) without which no sickness can exist. It is a Vata condition accompanied by Rakta.¹ Severe joint pain that begins at the Hasta, Pada, and Mulaagata sandhis and spreads to other joints in a manner akin to Akhuvisha (rat poison) are the main complaints.² Gout is uncommon in youngsters and pre-menopausal females in India. Out of the affected population, adult males are extra, not unusual at the same time as ladies in the post-menopausal group are on the extra threat. Gout is the authentic crystal deposition disease characterized by aches & swelling of Ist Meta tarsophalangeal joints first of all accompanied by other joints with a bizarre elevation of Urate level within the body both due to over production or beneath excretion or every so often each. It can also be described as the pathological reaction of the joint or periarticular tissues to monosodium urate monohydrate crystals. Clinically, this might manifest as inflammatory arthritis, bursitis, tenosynovitis, cellulitis, or nodular tophaceous crystal deposits.³ Meat consumption, which is a high source of protein, combined with factors like alcohol consumption and malnutrition worsen the disease. Other symptoms include contraction, itching, pricking discomfort, a scorching penetrating sensation, and aching. The colour of the skin changes to brownish-black, crimson, or coppery.

Other names for Vatarakta include Khuda roga, Vata-balasa, and Adhya vata. Gout is a metabolic illness with an overall prevalence of 2–26 per 1000 and an incidence of 0.2–2.5 per 1000.⁴

It's been emphasized in the Ayurvedic tradition in Charaka Samhita, that unique etiological elements lead to morbidity of Vata dosha and also Rakta dhatu. This vitiated doshavata in conjunction with the deranged raktacirculates very speedy everywhere in the frame because of sukshma (minuteness) and the drava guna (characters) of vata, and rakta respectively and goes through dosha dushyasammurchana (pathogenesis) in the Sandhi sthana, especially pada and angula sandhi or metatarsophalangeal joint. Joints are the website online of shleshak Kapha. It continues the integrity of the joint and helps in the moves of the joints. Bony joints are covered with shleshmadharakala. The joint incorporates viscous fluid called 'synovial fluid'.⁵

Intake of vataprakopak ahara vitiates vata mainly samana vayu and vyana vayu. Whensamana vayu got vitiated, functions like digestion, assimilation and separation got disturbed. Also when vyana vayu got vitiated, it causes impairment of circulation of body fluids and accumulation of toxic substances like uric acid in joints. Excessive intake of ushna, teekshna and vidahi ahara vitiates Pachak pitta and Bhrajak pitta. Vitiating of Bhrajak Pitta causes discoloration of the skin and other skin diseases. In short, there is a vitiating of Samana vayu, Vyana vayu, Pachak pitta, Bhrajak pitta and shleshak kapha with Rakta dhatu. Vataprakop is either due to obstruction of srotas or excessive depletion of Dhatus. The common cause of vitiating Rakta Dhatu is similar to Pitta.⁶ Impaired Rasa and Rakta Dhatu cause impaired Dhatuposhan. So there is also an increase in the malaroopa kapha because of impaired Rasadhatvagni. Due to srotorodha and depletion of shleshak kapha (karmatah kshaya), sandhishaitilya occurs. As the disease progresses, involvement of all the Dhatus takes place gradually leading to deterioration of the tissue and organs. At this stage, toxic substances produced from the interaction of Vata, Rakta and Kapha freely circulate throughout the body causing impaired Dhatuposhan. Vataprakop, Dhatukshaya and involvement of further dhatus results in the "Gambhir" type of Vatarakta.⁷

In modern medicine, NSAIDs, Colchicine, and Glucocorticoids are the main therapy options because they typically have negative side effects and are unable to alter the course of the disease. All scriptures of Ayurveda include a full discussion of Vatarakta chikitsa along with the three lines of treatment, Shodhana, Shaman, and Bahya-chikitsa. Our ancient acharyas stated numerous treatment modalities and varied preparations for Shamana, Shodhana, and the Bahyachikitsa, which can effectively treat the disease and it is necessary to manage such a situation today.⁸

Material and Method:

Place:

Dept. of Rasashastra and Bhaishajyakalpna, Dr. D. Y. Patil Ayurved College and Research Center, Pimpri, Pune

Case Report:

The present case study is about the successful Ayurvedic management of a case of vatarakta.

A 39-year-old male patient with Registered OPD of Dept of Rasashastra and Bhaishajyakalpna, Dr. D. Y. Patil Ayurved College and Research Center, Pimpri, Pune with chief complaints of

- Sandhishoth- swelling of left greater toe
- Sparshasahatva- hyperesthesia
- Sandhishyavata- mild black discoloration of the skin
- Daha- burning sensation
- Sandhi shool- severe pain
- Sandhistabdhata- stiffness of joints
- Duration- The patient has had the above complaints for 4 months.

History of present illness:

- Patient was suffering from symptoms for 6 months. The pain was rapid in the onset reaching maximum severity for just 5 hrs.
- The joint affected initially was the left meta-tarsophalangeal joint. The pain was severe in the early morning especially while walking. There was a burning sensation and tenderness and marked swellings with overlying red shiny skin on the affected joint.
- Associated symptoms were constipation, loss of appetite, and pain all over the body. The attack continues for approximately 3-4 days after which joints become completely normal till another attack occurs.

Past History: Not significant History

Treatment History-

- 1) Allopurinol 300 mg OD
- 2) Naproxen 500mg /day
- 3) Febudac 40 mg BD

Personal History:

- Bala: Madhyam
- Prakruti: pittaj
- Age: 39years
- Sleep- Inadequate
- BP: 120/80 mm of Hg.
- Sex: Male
- Addiction: no
- Weight-73 Kg

Ashtavidha Pariksha:

- Nadi- 67/min
- Mala- regular constipation.
- Mutra- normal(3-4 times)
- Shabd- clear
- Sparsh- normal
- Jivha- nirama
- Drik- normal
- Akrti- madhyam

Systemic Examination-

- CVS- S1S2 heard, NAD
- Respiratory system- lungs- AEBE clear
- Digestive system- loss of appetite, constipation

Treatment plan:⁹Patient was treated on an O.P.D basis Selected internal Ayurvedic Drugs Simhasyadi Kwath- 30 ml twice a day with Anupan – Erand tail - 5 ml

Duration:The patient was treated with Simhasyadi kwath for 28 days and follow-up was taken on the 7th, 14th, 21st and 28th day.

Pathya advised:

- fibre Rich foods and Carbohydrate
- Green vegetables
- milk, low-fat or fat-free dairy products
- Drink plenty of fluids.

Apathya;

- diwaswap (Sleep during day time)
- Exposure to the heat
- meat and alcohol

Signs And Symptoms

Signs & symptoms ¹³	Grade Normal 0	Mild 1	Moderate 2	Severe 3
Daha	No	Occasionally localized daha for more than half an hour daily.	Daha throughout the day but well tolerated	Severe degree of daha that is intolerable
Sandhishool	No pain	Pain felt only at the time of movement	Persistent pain not affecting daily routine	Pain is persistent and affects daily routine
Sandhistabdhatta	no stiffness	Painful movements	restricted movements	Total loss of movements
Sandhishyavata	No discolouration	Mild discolouration	Moderate discolouration	Severe discolouration
Sandhishoth	No swelling	Just covering the bone	Non- pitting oedema	Pitting oedema
sandhisparshasahatva	no stiffness	tender but bearable	tender and not bearable	tender but not bearable and withdraw the affected part

Objective Criteria:

The patient was investigated for Serum uric acid, Urine Routines were also done before and after 28 days.

DISCUSSION-**Observation and Results:**

Assessment of the sign and symptoms of the patient was done during each follow ups and the results are as follows

Grading of signs and symptoms-

Signs and symptoms	Day 0 (Before)	Day 7	Day 14	Day 21	Day 28 After
Daha	3	3	2	1	1
Sandhi shool	2	2	2	0	0
Sandhi Stabdhatta	1	1	1	0	0
Sandhi shyavata 1	2	1	1	0	0
Sandhi shoth	3	2	2	1	1
Sandhisparshasahatva	2	1	1	1	1

Serum uric acid –

- Before treatment: 6.9 mg/dl
- After treatment: 4.2 mg/dl

The overall relief in signs and symptoms was seen with before and after treatment Grades.

Probable mode of action-

Eranda taila become used as anupan for nitya virechana. It facilitates for amapachana, vatahara and rechana. Guduchi is the drug of desire for vatarakta, according to Acharya Charaka Agrya-aushadha and Bhavaprakasha Nighantu. due to tikta, katu rasa and ushna veerya of Guduchi enables in sthanik pachan of doshas in srotorodhpradhan samprapti. Guduchi having katu, tikta, kashaya rasa, madhur vipak and ushna veerya is defined as the fine medication for vatarakta.¹⁰

Hingu and Erand with katu rasa and ushna veerya and snigdha, suksma, tikshna guna enables in vatanuloman, aampachan, shoalaghna in general srotoshodhan and beneficial in saamvata. Vatarakta being a raktavaha-sroto vyadhi, raktavahasrotogami belongings of Guduchi and Gokshur can be beneficial right here. Tikta rasa of the guduchi subsides rakta and madhura vipaka reduces vata. With guduchi, vasa, gokshur, erandmool and hingu act as Rasayana and deepan, pachana.¹¹

Brihat panchmula is having property of kapha vatahara. It has analgesic, anti-arthritic, and anti-inflammatory activity. Brihat panchmool acts as Vataghna, shothaghna and Vedanasthapan with the help of Saindhav as Sukshmasrotogami. Gokshur with madhur rasa madhur vipak and sheet veerya acts as shothaghna and kledaghna also Pittashamak and Vataghna.¹²

CONCLUSION

This present study highlighted the effectiveness of simhasyadi kwath. therefore, it is concluded that shodhana with the erandataila nitya virechanand the shaman aushadis with simhasyadi kwath effects inside the remedy of Gout arthritis especially in lowering the symptoms and signs and symptoms. additionally, it works no longer best at symptom level but also Samprapti. Simhasyaadi kwath acts as vatanashak, shoalaghna, dahashamak, shothaghna, raktadoshahar, and anulomak, in addition, research can be done inside the shape of scientific trials to set up the efficacy of simhasyaadi kwath.

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