



AYURVEDIC CONCEPT AND DIETARY MANAGEMENT OF HYPERURICEMIA

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ABSTRACT:

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 article is to provide information about the disease vatarakta and its dietary constituents to manage the disease and check its occurrence. In common vatarakta is known by signs like intense pain, tenderness, swelling in small joints of fingers. Vatarakta is a vata Pradhan tridoshaja vyadhi, its main pathogenesis occurs in vata dosha and rakta dushya, so its treatment is to maintain the balance between vitiated vata and rakta. Shamana of vata and shodhana of rakta cures the disease completely. In modern medical science vatarakta is correlated with Gout, which is a disease of heterogeneous group earlier known as disease of kings and kings of disease, it has a higher prevalence in individuals who has sedentary life style and faulty diet. Its chronic inflammatory disease recognized by synovitis, deforming arthritis, nephrolithiasis along with deposition of monosodium urate (MSU) monohydrate crystals deposition in the tissues. 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.

INTRODUCTION-

In Ayurvedic classics 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 Sharangadhara 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 Charaka and Shushruta samhitas caused by vitiated vata dosha and rakta as dushya. It is one of the important disease described in ayurvedic classical literatures like charaka samhita, sushruta samhita, astanga hrudayam, madhava nidana, yoga ratnakara, bhaishjya ratnawali etc. In different literatures it is described as different name like Vatashonitha, Vatabalasaka, khudda vata etc. Acharya described vatarakta as one of the important vata vyadhi with pratyatma lakshana “vrishchikdamsavat 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-monohydrate 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.

- 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. 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, 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 both food habits of diseased person and healthy individual. Wholesome and unwholesome are very widely described in ayurvedic classical literature as pathyaapathya. As mentioned in charak samhita definition of pathya is- “patyam patho anapethem yadaschoktam manasa priyam yascha apriyam apatyam cha niyatham tat na lakshanam (ch. su. 25/25).⁴ The substances which are healthful to the body and channels of the body and

substances which are pleasurable or which bring delightfulness to the mind known as pathya. On the contrast apathya are unhealthful or disadvantageous 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 ahara and vihara. 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.

NIDANA

Cause of Vatarakta described by Acharya Charaka are following

1. Excessive intake of lavana (salty), amla, katu, ushna, snigdha, foods.
2. Eating dried meat, long time preserved meat and aquatic animals.
3. Eating mooli (daikon), kulathi dal,
4. Drinking alcohol, staying awake at night and sleeping during day.
5. Intake junk food, viruddhahara 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

When a person takes excessive vatavardhaka 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 lavana, katu, amla, kshara and other causes mentioned above cause the vitiation of rakta dhatu, afterward the dushita rakta blocks the passage of vata dosha 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

Usually the disease start from the inflammation of big toe or thumb of hand with "vrishchik damshvat 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 dushti 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

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 Shamshamana chikitsa- A wide number of medicinal yoga are described in samhitas for the treatment of vatarakta these are Amritadi churna, Kaishora guggulu, Pinda tail, Panchatikta ghrita guggulu etc
- 4 Shamshodhan chikitsa- it consist a number of Panchakarma procedures like Snehana, virechana, vasti, Raktamokshan etc.

A part of these all pathyahara plans very important role in the management of Vatarakta

PATHYAHARA FOR GOUT

By the study and analysis from different classical literature like charaka samhita, susruta samhita, yoga ratnakar, baishjya ratnavali, journals and various internet sources I have been collected the list of pathyahara in gout are following.

1. **Dhanya Varga (Cereals)**- Yava, shashtika, nivara (a type of wild rice), arunashali, lal shali, godhuma (wheat) these are pathyahara as mentioned by baishajya ratnavali and yoga ratnakara. In sushruta samhita annapanavidhi properties of all of above is described so we see that these all dhanya are tridosha shamaka and specially works in pitta dosha and laghu for digestion, balya, medohara. Acharya sushruta describe godhuma as bhagnasthi samyojaka, yava as rakta pitta prasadaka lekhana, medohara, rakta shali said to be jwara and vishanashaka. So these all dhanya are wholesome for the vatarakta.

2. **Shimbi varga (Pulses)**- pulses of gram, kidney beans, pigeon peas, makustha these all pulses described by baishajya ratnavali and yoga ratnakara. Acharya sushruta said that these all pulses are pitta shamaka and rakta prasadaka, makustha has jwara nashak properly.

3. **Mamsa varga** – Lava, thithir, murga, kabootar etc. lava and thittira mamsa is described as tridosha shamaka, lava mamsa have kapha vipaka, work as agni deepak, murga mamsa described as snigdha and bruhmana, so these all are pathya by bhajija ratnavali and yog ratnakar.

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

5. **Shaaka varga**- upodhika, kakamachi, vetagra, pumpkin vasthuka, adrak, patolpatra, surankanda, shweta kushmanda these are pathya by bhajija ratnavali and yog ratnakar. Acharya sushrut described these shaak kaphapittahar, laghu, prameha, jwara, kushtha nashak.

6. **Phala varga**- Amla, munakka are pathya as mentioned in bhajija ratnavali and yog ratnakar.

7. Other- Ghee, , eranda taila.

APATHYAHARA FOR GOUT

masha, kulatha, nishpav, kshara, meat of aquatic animals, dahi, ikshu, mooli (radish), alcohol, kanji, tila taila, food items containing katu, ushna, lavana rasa, saktu, 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.

• 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.

Thus we are concluding the Ayurvedic Management for Uric Acid

Through DIET

- Add more liquids to your diet as it will help the body in flushing the waste from the body and cleaning the rakta(blood).
- Eat fruits like apples, berries, or watermelon. One thing for sure is that they are rich in water and they also give you nutrition. So this is a must-add to the diet as your body will easily release ama (toxins).
- Amla rasa fruits or citric fruits can be the best companions of a vata rakta patient. Kiwi, orange, lemon, amla, and berries, are amla rasa foods that will clean the body from inside. You can prepare a juice or eat them raw. But do not eat raw lemons. It should always be taken as juice and its regular consumption is highly advised for vata rakta patients.
- Green leafy vegetables are also a very good choice. They contain fiber and are loaded with vitamins and nutrients. These greens are alkalizing and cooling in nature so they help in balancing vata dosha and controlling vata rakta (uric acid). Instead of consuming refined flour, prefer eating wholesome grains and foods like jowar, bajra, ragi, oats, quinoa, or brown rice. These grains are also alkalizing in nature and are loaded with fibers so they pass through the digestive system easily.

These are some diet changes that a uric acid patient can follow easily and they are very useful because they have been used for a long time and they give effective results. After food, the next important thing is lifestyle. Very simple changes in lifestyle can bring you good health and also control vata rakta(uric acid).

Through LIFESTYLE

- Intermittent fasting is an age-old practice given in ancient Ayurvedic texts and now the present day science has also proved that it is very useful in cleaning the body and balancing doshas, so it can also control uric acid levels in the body.
- As per Ayurvedic philosophies, the digestive fire is called jatharagni and it is believed that it is responsible for the digestion of food in the body. As the sun rises, jatharagni goes up and by sunset, it comes down. This is the main reason that it is always advised to eat food in the daytime and not have heavy meals at night. It can also help in balancing vata dosha and controlling uric acid.
- Yoga and Meditation are the main pillars of Ayurvedic treatment. Yoga can help in removing ama (toxins) from the body and gives strength and flexibility. Meditation on the other hand relaxes the mind and all the negative emotions are released. It helps in keeping all the doshas balanced and the body becomes healthy.

Using HERBS

Also, various herbs are given by Mother Nature, which can help set up the balance in the body and calm vata dosha. These herbs are:

- Ginger
- Turmeric
- Giloy
- Neem
- Triphala
- Ajwain
- Bathua leaves
- Cumin Seeds

These herbs are loaded with almost magical healing properties and they can be used in various ways to control vata rakta (uric acid). You can make tea of these herbs and consume it by adding a little bit of honey for more benefits.

Also, a paste of these herbs can be applied to the areas where there is swelling or pain and leave the paste for some time. This can help in controlling inflammation and uneasiness. These are the age-old natural remedies for uric acid treatment at home.

Having any of these on a regular basis will surely balance vata dosha in the body and it will then control the increased vata rakta (uric acid).

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