



AYURVEDIC MANAGEMENT OF VATAJA VATARAKTAM – A CASE STUDY

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ABSTRACT:

BACKGROUND: Health is the prime most factor for every individual. This is attained by the equilibrium of *Dosha, Dushya, Agni, Malas*. Derangement of this equilibrium leads to multiple diseases. Ayurvedic remedies and therapies are found very effective and useful to sustain the equilibrium of these fundamental elements in the body. *Vataraktam* is a chronic disease of joints where *Anyonya avarana* of *Vata* and *Rakta* occurs. Sedentary lifestyle along with mental stress, consumption of nonveg and highly protein diet, excessive alcohol intake are some of the causing factors which origins acute exacerbation of *Vatarakta*. **MATERIALS AND METHODS:** A 75-year-old female patient came to Panchakarma OPD with presenting features of swelling over lateral aspect of both ankles for a month associated with burning sensation, increased pain at night, difficulty walking. Based on the above symptoms, she was diagnosed as a case of *Vataja Vatarakta* and treatment protocol as mentioned in classics was implemented. **RESULTS:** Significant reduction of symptoms such as swelling, burning sensation, pain were noticed and improved walking observed. **DISCUSSION:** *Parisheka* with *Dashamoola ksheera kashayam* played a key role in reducing the vitiated *Pitta and Vata*. *Basti* is considered as *Ardha chikitsa* and best in combating *Vata vikaras*. *Yastimadhu ksheera basti* and *Mudga payasa Upanaha* counteracts the vitiated *Rakta and Vata*. Thus, *Sroto sodhana* and normalcy of *doshas* attained after the treatment which has shown remarkable relief in symptoms.

Index - Words: *Dashamoola ksheera kashyam, Mudga Payasa Upanaha, Vataja Vatarakta, Yastimadhu Ksheera Basti.*

INTRODUCTION:

Ayurveda is an ancient holistic science of Indian Medicine where diseases are being treated by understanding the concept of underlying pathology. It mainly concentrates on health of an individual which requires *Satwa*, *Atma* and *Sarira* to be in an equilibrium. When this equilibrium is hampered, multiple diseases arises and *Vatarakta* is one among them.

Vatarakta, also known as *Aadya Vata*¹, is one of the metabolic disorders where *anyonya avarana* of *Vata* and *Rakta* takes place. In this disease, aggravated *Vata* is getting obstructed by *Rakta dhatu* and this obstructed *Vata* again aggravates *Rakta*². Sedentary lifestyle along with mental stress, consumption of nonveg and highly protein diet, excessive alcohol intake are some of the causing factors which origins acute exacerbation of *Vatarakta*. *Vataja Vatarakta* is one of the types, where symptoms such as *Sirayama*, *Sula*, *Sphurana*, *Toda*, *Sotha* of blackish discoloration and dry, Stiffness over *Dhamani of anguli and sandhi*, aversion to cold are explained in classics³.

Contemporary science explains metabolic disorders such as Gouty Arthritis, Systemic Lupus Erythematosus which can be correlated to the concept of *Vatarakta*. Gouty Arthritis is a monoarthritic condition characterized by Severe pain, extreme tenderness and marked swelling⁴.

CASE REPORT:

CHIEF COMPLAINT WITH DURATION: A 75 – Year – Old Female patient, came to Panchakarma OPD with the chief complaint of pain and swelling over lateral aspect of both ankles for 1 month.

ASSOCIATED COMPLAINT: Severe excruciating pain, burning sensation and difficulty walking, nighttime increased pain, blackish discoloration for a month.

HISTORY OF PRESENT ILLNESS: The patient was well a month ago after which she experienced increasing pain in both ankles, more severe on the left side. She consulted an allopathic hospital with no significant improvement. As the pain worsened over time, she visited our OPD for further management.

HISTORY OF PAST ILLNESS: Patient was not a known case of any chronic illness, comorbidities.

PERSONAL HISTORY: Diet – Mixed, Appetite – Reduced, Bowel – Irregular, constipated, Micturition – Regular, Sleep – Disturbed due to pain, Addiction – Nil, Habits – Chewing Tobacco.

MENSTRUAL HISTORY: Menarche – 13 Yrs, Menopause – 47 Yrs.

Parameter	Value
Temp	36.2°C
RR	14/min
PR	72 beats/min
BP	120/70 mm Hg
Weight	54 Kg
Pallor	Absent
Icterus	Absent
Clubbing	Absent
Cyanosis	Absent
Lymphadenopathy	Not Palpable
Edema	Present over dorsal area of left ankle joint

SYSTEMIC EXAMINATION:

- CVS: S₁ , S₂ Heard – Normal, no murmurs.
- RS: Normal Bronchovesicular sounds heard and no abnormality detected.
- CNS: Higher mental function found to be normal.
- G.I.T: Occasional regurgitation of stomach contents present when intake of spice food, Burning sensation at epigastric region.

ASTAVIDHA PARIKSHA: [TABLE 2]

<i>Nadi</i>	<i>Vata – Pitta, 72 Beats/min</i>
<i>Mala</i>	<i>Shuska , Asamyaka</i>
<i>Mutra</i>	<i>Prabhoota</i>
<i>Jihwa</i>	<i>Lipta</i>
<i>Shabda</i>	<i>Spashta</i>
<i>Sparsa</i>	<i>Ruksha</i>
<i>Drik</i>	<i>Madhyama</i>
<i>Akruti</i>	<i>Avara</i>

DASAVIDHA PARIKSHA: [TABLE 3]

<i>Prakruti</i>	<i>Vata - Pittaja</i>
<i>Vikruti</i>	<i>Vata, Rakta</i>
<i>Sara</i>	<i>Asthi</i>
<i>Samhanana</i>	<i>Madhyama</i>
<i>Pramana</i>	<i>Madhyama</i>
<i>Satmya</i>	<i>Vyamisra</i>

<i>Satwa</i>	<i>Madhyama</i>
<i>Aharashakti</i>	<i>Madhyama</i>
<i>Vyayama Shakti</i>	<i>Avara</i>
<i>Vayah</i>	<i>Vridhha</i>

BLOOD INVESTIGATIONS: [TABLE 4]

Hemoglobin	12.6 Gms/ dl
E.S.R	44 mm/ 1 st Hr
Blood Urea	31.4 Mgs/ dl
Serum Creatinine	0.71 Mgs/ dl
Serum Uric Acid	6.4 Mgs/ dl

DIAGNOSIS:

The diagnosis as per Ayurvedic classics for the above case is provisionally taken as *Vataja vatarakta* because of the presenting symptoms of bilateral swelling of Ankles, Burning sensation over Ankles, discoloration, increased pain overnight, difficulty walking, dryness on skin, which are similar to the *lakshanas* of *Vataja vatarakta* are *Sirayama*, *Sula*, *Sphurana*, *Toda*, *Sotha* of blackish discoloration and dry, Stiffness over *Dhamani* of *anguli* and *sandhi*, aversion to cold.

TREATMENT PROTOCOL: [TABLE 5]

S.NO	Dravya	Matra	Anupana	Aushadha sevana kala
1.	<i>Nimbamrutadi eranda taila</i>	10ml	With Lukewarm milk	Bed time
2.	<i>Kokilaksha Kashayam</i>	20ml	With Lukewarm Water	Before food, thrice in a day

EXTERNAL PANCHAKARMA THERAPY: [TABLE 6]

S.NO	Panchakarma	Drug	Duration
1.	<i>Sarvanga Pariseka</i>	<i>Dashamoola Ksheera Kashayam</i>	3 days
2.	<i>Sarvanga Abhyangam</i>	<i>Balaguduchyadi tailam</i>	7 days
3.	<i>Sthanika Upanaham</i>	<i>Mudga Payasa</i>	8 days
4.	<i>Niruha basti</i> [<i>Yastimadhu Ksheera Basti</i>]	<i>Honey – 80ml,</i> <i>Saindhavam – 5gm,</i> <i>Balaguduchyadi tailam – 80ml,</i> <i>Yashtimadhu churnam + guduchi</i> <i>churnam as kalka Dravya – 30gm,</i> <i>Yastimadhu Ksheerapakam – 250ml,</i> <i>Sarkara {Avapa }– 30gm</i>	3 days
5.	<i>Anuvasana basti</i>	<i>Balaguduchyadi tailam – 100ml</i>	5 Days

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8
A	N	A	N	A	N	A	A

ASSESSMENT SCALE: [TABLE 7]

Grading has been allotted according to WHO Scoring pattern ⁵.

Symptoms	Before treatment	After treatment
Swelling over left ankle	Grade 3 (27.5cm)	Grade 1 (21cm)
Swelling over right ankle	Grade 2 (26.5cm)	Grade 0 (19cm)
Burning sensation	Grade 2	Grade 0
Pain over left ankle	Grade 4	Grade 1

RESULT: The patient has shown significant improvement and reduction in symptoms of pain, swelling and burning sensation. At the end of 8th day of Basti, patient had good improvement in walking as well.

DISCUSSION:

Vatarakta is a painful condition explained by *Brihatrayee* where mainly small joints of feet and hands are affected. *Vataja Vatarakta* is a disease of *Vata pradhanata* where *Dushya* of *Rakta* occurs parallel with *Vata*. When *Vata* is severely vitiated in *Vatarakta*, symptoms like pain, twitching, pricking pain, swelling which is dry and black, stiffness of body parts, aversion towards cold. The specific treatment protocol mentioned in the case of *Vataja Vatarakta* is *Abhyanga*, *Snehapana*, *Basti karma*, *Sukhoshna Upanaham* ⁶.

MODE OF ACTION [*Samana Aushadhi*]:

- *Nimbamrutadi Eranda taila* is one of the proprietary medicines which consists of *Nimba*, *Amrta*, *Vasa*, *Patola*, *Nidigdhika*, *Patha*, *Vidanga*, *Suradaru*, *Nagara*, *Haridra*, *Chavya*, *Kusta*, *Maricha*, *Chitraka*, *Katuki*, *Vacha*, *Manjista*, *Visha*, *Ativisha*, *Yavani* and *Guggulu* ⁷. It mainly consists of *Usna virya dravyas* and acts as *Mrdu Virechana*. It acts as *Pitta shamaka* and *Vata anulomaka* ⁸. As per classics, it acts as a *Vatahara* drug and advised in *Vatarakta*. All the *Rakta dushti* comes under *Pitta Vikaras* and Acharyas have clearly mentioned *Virechana* as line of management for *Pitta*. Hence this medicine was considered as a part of management.
- *Kokilaksha Kashayam* is one of the direct indicated medicines in the condition of *Vatasonitam* ⁹. The main ingredients are *Kokilaksha* and *Amrita (Guduchi)* which are proven in exhibiting anti-inflammatory along with analgesic properties ¹⁰.

MODE OF ACTION [*Panchakarma Therapy*]:

- *Pariseka* is a type of *dhara*, where medicated liquid or oil is poured continuously from a height of 12 *Angula* (9 inches) on a specific area or full body ¹¹. It benefits by reducing the symptoms of coldness, pain, stiffness and heaviness. It helps in maintaining homeostasis in the body which plays a crucial role.
- *Dasamoola* which is one of the most used traditional medicines have anti-inflammatory, antioxidant action and moderate analgesic effect ¹². *Dasamoola* are having *Madhura* and *Kashaya rasa*, *Laghu Ruksha guna*, *Ushna Virya*, *Madhura Vipaka*, which mainly acts on *Vata Vikaras*. *Madhura rasa*, *Laghu guna* and *Madhura Vipaka* helps to pacify vitiated *Vata*, *Kashaya rasa* and *Ushna Virya* helps in *Sroto sodhana*. *Ksheera* comprises of *Madhura rasa*, *Snigdha Guna*, *Madhuera vipaka* and it is *Vata Pitta hara*, *Dhatu vardhaka* and *Sheetala* in nature ¹³. By the above properties, *Dashamoola Ksheera Kashaya* is *Vatanulomaka*, *Shothahara*, *Shoolahara* and *Amapachaka*.
- *Abhyanga* is a type of *Bahya snehana* where medicated oil is being applied over the body with mild pressure along the direction of hair follicles for a stipulated period. It helps in the reduction of ageing process, tiredness and *Vata Vikaras*.
- *Balaguduchyadi tailam* is a combination of *Bala*, *Guduchi*, *Devadaru*, *Jatamamsi*, *Kusta*, *Chandana*, *Nata*, *Aswagandha*, *Sarala*, *Rasna* and *Kundururu* mainly indicated in conditions of Swelling, Burning sensation, Pain, *Rakta anubandha rogas* and *Vata Vikaras* ¹⁴. Most of the drugs are *Ushna Virya*, *Laghu Ruksha* and *Tikshna Guna*, which

helps in assimilation of drug in the body. The *Madhura Vipaka* nature of this medicine helps in *Vatapitta Samana* which helps in *Samprapti Vighatana of Vatarakta*.

- *Upanaham* is one of the types of *Swedana*, which relieves pain, stiffness, heaviness, coldness and produce sweating. Application of *Upanaha* to the affected part causes local vasodilation, stimulation of superficial nerve endings and increased blood flow which increases nutrition supply and metabolism.
- *Mudga* is the best among *Simbi dhanya varga*. It is mentioned in both treatment and dietary aspects. *Mudga payasa upanaha* has been explained as a treatment modality of *Vataja Vatarakta*¹⁵. *Mudga* and *Payas* (milk) are of *Sheeta virya* which helps in reducing the burning sensation. Application of this paste as *Upanaha* cures pain by the action of *Bhrajaka pitta* located in the skin and absorption of the *Virya* of medicine occurs through *Romakupa*.
- *Basti* is considered as *Ardha Chikitsa* by some of the acharyas where it mainly helps in balancing *Vata dosha*. Acharya Charaka and Vagbhata has clearly mentioned “*Na Hi Bastisamam Kinchit Vatarakta Chikitsitam*” There is no other therapeutic measures equivalent to *Basti* in treating *Vatarakta*^{16,17}.
- *Yastimadhu Ksheera Basti*¹⁸ is having *Jeevaniya gana* as *Kalka Dravya*, *Yastimadhu ksheerapaka* and *Sarkara* as *Avapa Dravya* which mainly helps in relieving burning sensation by acting as a coolant. *Balaguduchyadi taila* acts at the level of *Rakta, Asthi and Majja dhatu*, thus helps in relieving the pain¹⁹. The *Basti* drugs are absorbed from the intestines through the rich blood supply of rectum and acts all over the body. Thus, it helps in normalizing the functions of *Vata* after reaching all over the body.

CONCLUSION:

Vata and *Rakta* play central roles in the pathology of *Vatarakta*. When *Rakta dhatu* obstructs *Vata dosha*, it leads to *Vatarakta*. Ayurvedic texts outline treatments to address this and alleviate symptoms. The prescribed treatment for *Vataja Vatarakta* was providing promising result within 11 days of IPD Panchakarma treatment.

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