

## ROLE OF GUDUCHI IN THE MANAGEMENT OF VATARAKTA W.S.R. TO GOUT

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### ABSTRACT

*Ayurveda* is the science of life which not only deals with the curative but also with the preventive aspect of health. *Vatarakta* is one of the main articular diseases characterized by severe pain, inflammation, and burning sensation in the affected joints. It is a *Tridhoshaja vyadhi* with *Vata* as *pradhan dosha* and *Rakta* as main *dushya*. The etiology and symptoms of *Vatarakta* are very much similar to that of Gout. Gout is the heterogeneous disorder that results in the deposition of uric acid salts and crystals in and around joints and soft tissues. Fast lifestyle disturbs *Vata* and vitiates *Rakta* at the same time, which gives birth to *Vatarakta* diseases. As pain is predominant symptom in this disorder,

so day-today life gets disturbed. *Vatarakta* is also known as *Khud -roga*, *Vatabalasa*, *Vatasra* and *Adhya-vata*. Current available medicines are capable of providing relief in pain and some reduction of inflammation. But there is need to explore and find out an effective, cheap, easily available and well accepted single drug for this dreadful condition of the joints, which was historically known as “the disease of Kings or rich man’s disease”. *Guduchi* (*Trinospora cardifolia*) alone can be given in the form of *kwatha* or *Ghansatva* or *Swarasa*. *Guduchi* can be very effective in *Vatarakta* due to its *Rasayna* (anti-oxidant), *Vayahsthapan* (anti-ageing), *Vatahara*, *ushana-guna* (hot in potency) and steroidal properties.

**KEYWORDS:** *Vatarakta*, Gout, *Guduchi*, *Dosha*, Inflammation.

### INTRODUCTION

The health in an individual depends solely on his/her diet and lifestyle. Rapid modernization, consumption of baked food and half fried vegetables etc. causes impairment in the digestion

and metabolism of protein structure, making human being vulnerable to many life threatening disorders like stroke or functional impairment like in joints disorders. Among, these *Vatarakta* are a common presentation which is characterized by severe pain, tenderness, inflammation and burning sensation in the affected joints. *Vatarakta* mostly affects the extremities like hands, feet and fingers.

*Vatarakta* is a diseases related with *Kha-vaigunya* found in *raktavaha strotas*. *Dosha- dushya sammurchhana* occurs between vitiated *vata* and *rakta*. *Vatarakta* mostly affects the extremities like hands, foot and fingers. The vitiated *Vata* along with deranged *Rakta* circulates very fast all over the body due to the *sukshma* (minuteness) and *drava* (liquid state) *gunas* (characters). *Vata* and *Rakta* respectively undergo *dosha dushya Sammurchana* (pathogenesis) in *Sandhi sthana* (joints), specially *Pada* and *angula-sandhi* (metatarso-phalangeal joints). The disease further spreads all over the body like a virulent rat poison.

*Acharya Sushruta*, has described *Vatarakta* along with other *Vata vyadhies*, due to its specific *nidana*, *samprapti* and *chikitsa*. As per *Acharya Sushruta*, both *Vata and Rakta* gets aggravated in *Vatarakta* due to their own respective causative factors and start circulating in the body. Both these vitiated *doshas* get localized in the big toe (*Padyormulam*) of the foot or in the thumb of the hand (*Kadachiddhastyorapi*). *Acharya Charak* has also described it separately with its aetiology, pathogenesis, signs and symptoms and treatment.

In superficial stage (*Uttanavastha*) of *Vatarakta*, vitiated *doshas* (Pathogeny) are located in *Twaka* and *Mamsa* (Skin& superficial muscles) which represents as red or coopery overlying skin, itching, severe burning and piercing pain. While deeper or severe from (*Gambhiravastha*), further vitiation of deeper tissues exhibiting swelling with stiffness and rigidity, inflammatory changes, distress, severe pain and pulsation in the affected parts is found. The symptoms are more prominent in bones, nerves and muscles. These features can be correlated with that of Gout to a great extent as described in the modern texts.

Purine is an important by product of incomplete protein metabolism, leading into the excess production of uric acid through their metabolic pathways viz. de novo and salvage pathways. Reduced renal clearance of uric acid and urate increases their level in circulation. These crystals get deposited in the joint spaces. This response causes crippling disease called 'Gouty Arthritis'. Gouty Arthritis is a complex metabolic disorder of protein metabolism

which results from deposition of monosodium urate monohydrate crystals in joints space causing inflammatory arthritis.

### PREVALENCE

- Reported prevalence of this Gouty Arthritis is 2.0 to 2.6 per 1000 patients, usually between the age group of 25-50 years.
- Primary gout is almost exclusively a male disease and most common cause of inflammatory arthritis in men over the age of 40.
- Secondary gout is due to renal impairment or drug therapy mainly affecting people over the age of 65 and this form is usually seen in women.

### Guduchi and its role in pacification of vitiated vata and rakta

*Guduchi* is considered as the *Agryoaushadhi* (drug of choice). Properties of *Guduchi* may be helpful at various stages of disease. Tinosporine (chemical constituent) is a natural diuretic agent which may aid in the excretion of serum uric acid. It is also analgesic and anti-inflammatory. *Guduchi* is having *Tikta* as *pradhana rasa* and *Sheetaguna*. Due to this quality it helps to relieve *raktadushti*. *Acharya Charaka* in *sutrasthana*, *vidhishoniteeya adhaya* says that any of the disease which does not subside by *guru*, *snigdha*, *sheeta*, and *ushana guna* independently, should be considered to be as *Raktaja Vikara*. Here in case involved *Vata* and *Rakta* possess different qualities. *Rakta* having *ashraya* of *Pitta* has *Snigdha*, *visra*, *drava* and *sara gunas* while *Vata* has opposite qualities like *Ruksha*, *Sheeta* etc. To subside *Vatarakta*, the drug should have the qualities to relieve both the factors. *Guduchi* is having *Snigdha Guna* that helps to subside *Ruksha Guna* of *Vata*. Usually *Tikta rasa* converts into *Katu Vipaka* which causes *Vibandha*, but *Guduchi* exceptionally having *Madhura Vipaka* expels *Pureesha* etc. *Tikta rasa* pacifies *rakta dushti* while its *Madhura Vipaka* helps in subsiding vitiated *Vata*.

### CONCLUSION

*Samprapti* of *Vatarakta* involves various steps responsible in vitiation of *vata* and *rakta*. Thus treatment should be accordingly in order to achieve the state of *samprapti-vighatan*. There are various modes and treatments available in achieving so. But today there is need to find out a single, cost-effective drug. *Guduchi* can be one such best single medication due to its *tridosh-shamana* and *rakta-prasadana* properties.

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