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 dusya. 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-to-day 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 Swaras. Guduchi can be very effective in Vatarakta due to its Rasayna (anti-oxidant), Vayahsthan (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-vaiyunga 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 Sammurchhana (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 Aacharya 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 subsided 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 involes 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.
REFERENCES