

A REVIEW OF VATA RAKT (GOUT) AND ITS MANAGEMENT IN AYURVEDA

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ABSTRACT

The Expeditious modernization in Republic of India, Nutriment culture, speedy and disagreeable life, Urbanisation are the markers for prevalence of *Vatarakta*. These days people are vulnerable to several disorders due to their altered life style and sickening dietary habits. Among such metabolic disorders *Vatarakta* is one in all them. *Vatarakta* is additional distressing and common metabolic disorder wherever in pain is predominant symptoms, which disturbs day –today lifetime of patients. It is a *Vatapradhana Tridoshaja Vyadhi* wherever *Rakta* is main *Dushya*. Vitiated *Dosha Sammurchana* gets domicile completely different joints of body inflicting swelling, pain, redness, odema in joints. *Vatarakta* is an illness where both *Vata* and *Rakta* square measure afflicted by distinct aetiological factors. *Acharya Sushruta* has delineate within the *Vatavyadhi* chapter whereas *Acharya*

Charak and *Vagbhatta* gave too much importance and described this as a separate chapter. Sedentary lifestyle along with mental stress, consumption of nonvegetarian and extremely macromolecule diet, excessive alcohol intake are some of the precipitating factors which causes acute exacerbation of *Vatarakta*. The aetiological factors, pathology and clinical features of Gouty arthritis is quite similar with the *Vatarakta*. Gouty arthritis is disorder of purine metabolism associated is an inflammatory response to the MSUM (Monosodium urate Monohydrate) crystals, formed secondary to hyperuricaemia. This dreadful condition of the joint which was historically known as “the disease of kings” or “rich man’ disease.

Management of *Vatarakta* could be a challenge as it is a disease of severe morbidity, chronicity and incurable to sure extent with associated complications. Hence an attempt has been created to concentrate on *Shamana Aushadis* and *Shodhana* procedures recommended in different authentic texts of *Ayurveda*.

KEYWORDS: *Ayurveda*, *Vatarakta*, Gout, hyperuricaemia, Gouty arthritis.

INTRODUCTION

Vatarakta is a *Santarpana-janya Vyadhi* thus *Aam-Dosha* is dominant initially. The *Vata* is chief(king) with out which no disease may take place, The *Rakta* is also a very important *Dhatu* which represent Blood and associated metabolism. Its show much resemblance with “Gouty arthritis” in modern science. Gout is a scenic presentation of uric acid disturbance. It is the foremost well understood and described type of arthritis. Gout is systemic disease the result from deposition of Monosodium urate crystals (MSU) in tissue. Genetic and environmental factors lead to gout and hyperuricemia by reducing excretion of uric acid and /or increased production of uric acid. Increased serum uric acid above a specific threshold is a requirement for the formation of uric acid crystal.

SYNONYM

Adhya Vata - The disease which affects the people’s comfort & royalty & secondly as it is difficult to heal.

Kudha Vata-The disease which is most typically seen in *Kudha Desha* i.e. near the ankle or in smaller joints.

Vata Balasa- The disease manifested after provoking *kapha*.

Other synonyms are *Adya Maruta*, *Adya Pavana*.

Both *Vata Dosha* and vitiation of *Rakta Dhatu* which leads to *Samprapti* of the *Vatarakta*. When a person does not elect purification processes like *Vamana* and *Virechana* or because of trauma, *Raktadhatu* gets vitiated. The same individual with vitiated *Raktadhatu* when starts taking *Vata-prakopakahara* and *Vihara*, become susceptible to *Vata-vridhhi*. Already vitiated *Raktadhatu* obstructs the trail of *Vridhhvata*, during which the *Vata* has to flow. Vitiated *Vata* becomes *Aavrut* with vitiated *Raktadhatu*. *Vridhh* and obstructed *Vata* inturn vitiates the whole *Rakta* and manifests as *Vatarakta*.

It is defined by severe pain, tenderness, inflammation and burning sensation in the affected joints. It has two stages i.e., *Uthana and Gambhira*. *Gambhira Vatarakta* mainly affects *Asthidhatu* and causes *Ruja* which spreads as *Aakhorvisha* (rat poison).

In 21st century, Gout remains the most common inflammatory arthritis in men over 40 years old and in post-menopausal women, although more common in men (10:1). The incidence of gout has been on the increase globally, potentially attributable to change in dietary habits, lifestyle, and larger use of medicines inflicting hyperuricaemia. Its prevalence is increasing; more over it is a potential signal for unrecognized comorbidities like obesity, metabolic syndrome, diabetes mellitus, hypertension and nephritic disease etc.

Patients of gouty arthritis wind up in severe joint devastation. The complexity in patients of gout are uric acid nephrosis, urate nephropathy and nephrolithiasis. Due to its reduced and reverting nature and complexity, there is no permanent remedy of this sickness, which is a challenge for 21st century. Management of *Vatarakta* could be a challenge because it could be a sickness of severe morbidity, chronicity and incurable to bound extent with associated complications. Although many drug regimens are suggested for its management of gout in the modern medicine like NSAIDs, Colchicine, Corticosteroids, Hypouricaemic drug. The entire above are associated with adverse effects and certain limitations. So there is need to understand the pathogenesis of the disease to break down the vicious circle of *Doshas*. In *Ayurvedic* texts, two types of treatment of *Vatarakta* are mentioned like *Samanya Chikitsa* (General management) and *Vishishtha Chikitsa* (Specific treatment in line with classification). In *Vishishtha Chikitsa* once careful designation on the basis of stages of disease i.e. *Uthana* or *Gambhira* specific treatment is planned.

CONCEPTUAL REVIEW

Description of disease *Vatarakta* is given in *Brihatrayi* and in all successive texts. From the period of *Charaka* onwards, the disease *Vatarakta* has been described as a separate disease entity.

Etymology The disease which occurs due to the dearrangement of *Vata* and *Rakta* is known as *Vatarakta* (*Shabda-Kalpa Druma*). The disease caused due to *Vatadohsa* and *Raktadhatu* is called as *Vatarakta* (*Chakrapaniteeka*). The vitiated *Raktadhatu* obstructs *Vata* results in *Vatasonita* (*Ashtanga Hridaya*). The disease which is resulted due to vitiation of *Vatadosha*

and *Raktadhatu* leading to the specific *Samprapti*, is known as *Vatarakta* (*Madhukosha teeka*).

NIDANA / ETIOLOGY

Different *Nidana* of *Vatarakta* have been mentioned in *Ayurvedic* texts and can be classified into following groups.

1. *Aharaja Nidana* - Causes related to digestible habits.
2. *Viharaja Nidana* - Causes related to individual daily habits and climate factors
3. *Mansika Nidana*- Causes related to psychological factors.
4. *Prakriti based Nidana* - Miscellaneous factors

Aharaja Nidana

General -Intake of diet consisting *Katu*, *Kashaya*, *Tikta*, *Laghu*, *Sheeta*, dry vegetable uncooked articles & meat of aquatic and marshy animals etc, intake of horse gram, black gram, lentil, radish, pea, *Kalaya*, deficiency disease, & fasting. Irregular uptake, eating during indigestion.

Factors Responsible for Vitiating of *Rakta*

- ❖ Intake of foods which are predominantly of *Lavana* , *Amla*, *Katu Rasa's*, *Snigda*, *Kshara*, & *Ushna*, *Klinna*, *Vidahi* and *Ksara*.
- ❖ Excessive intake of *Anoopa Mamsa*, *Kulatta*, *Masha*, *Nishpavshaak*, *Sura*, Curd, *Aranal(Kanji)*, *Asava*, incompatible food Alcohol, Wine.
- ❖ Excessive intake of thorn, hot, sour, alkaline, fatty, unctuous substances etc. in diet taking foods which cause burning sensation throughout digestion.
- ❖ Due to faulty dietary pattern such as *Ajeerna bojana*, *Viruddhasana*, *Adhyasana*.

Factors Responsible For Vitiating of *Vata*

- ❖ Intake of foods which are predominantly *Kashaya*, *Katu*, *Tiktha*, *Rasa's* & *Ruksha Guna* .
- ❖ Not taking meal timely (*Abhojanat*), *Alpa Ahara Sevana*.
- ❖ Faulty use of *Sneha* etc.
- ❖ Malnutrition & fasting.

Viharajanidana

General *Vihara* -Contesting with strong persons, excessive exercise, sex & study, falling down, fast running, injury, jumping, swimming, waking up at night Due to *Abhigatha*, *Ashuddhi*, *Krodha*, & *Achankramana Sheelatha*. Excessive traveling on elephant, horse, etc

Factors Responsible for Vitiating of *Rakta*.

- ❖ Anger, Due to injury, Violent exercise.
- ❖ Due to *Abhigatha*, *Ashuddhi*, *Krodha*, & *Achankramana Sheelatha*.
- ❖ Due to *Divaswapna* & *Ratrijagarana*.
- ❖ Eating during indigestion.
- ❖ By riding on elephant, camel, horse, etc.

Factors Responsible For Vitiating of *Vata*

- ❖ Excessive riding on elephant, horse and camel etc, restoring to swimming and jumping.
- ❖ Excess travelling on foot in hot season.
- ❖ Excessive physical activity and sexual indulgence.
- ❖ Suppression of natural urges.
- ❖ Keeping awake at night, trauma, not resting to purification therapies & exposure to cold breeze.

Mansiknidana :- *Akrodha*, *Acinta* and *Harshanityatva*.

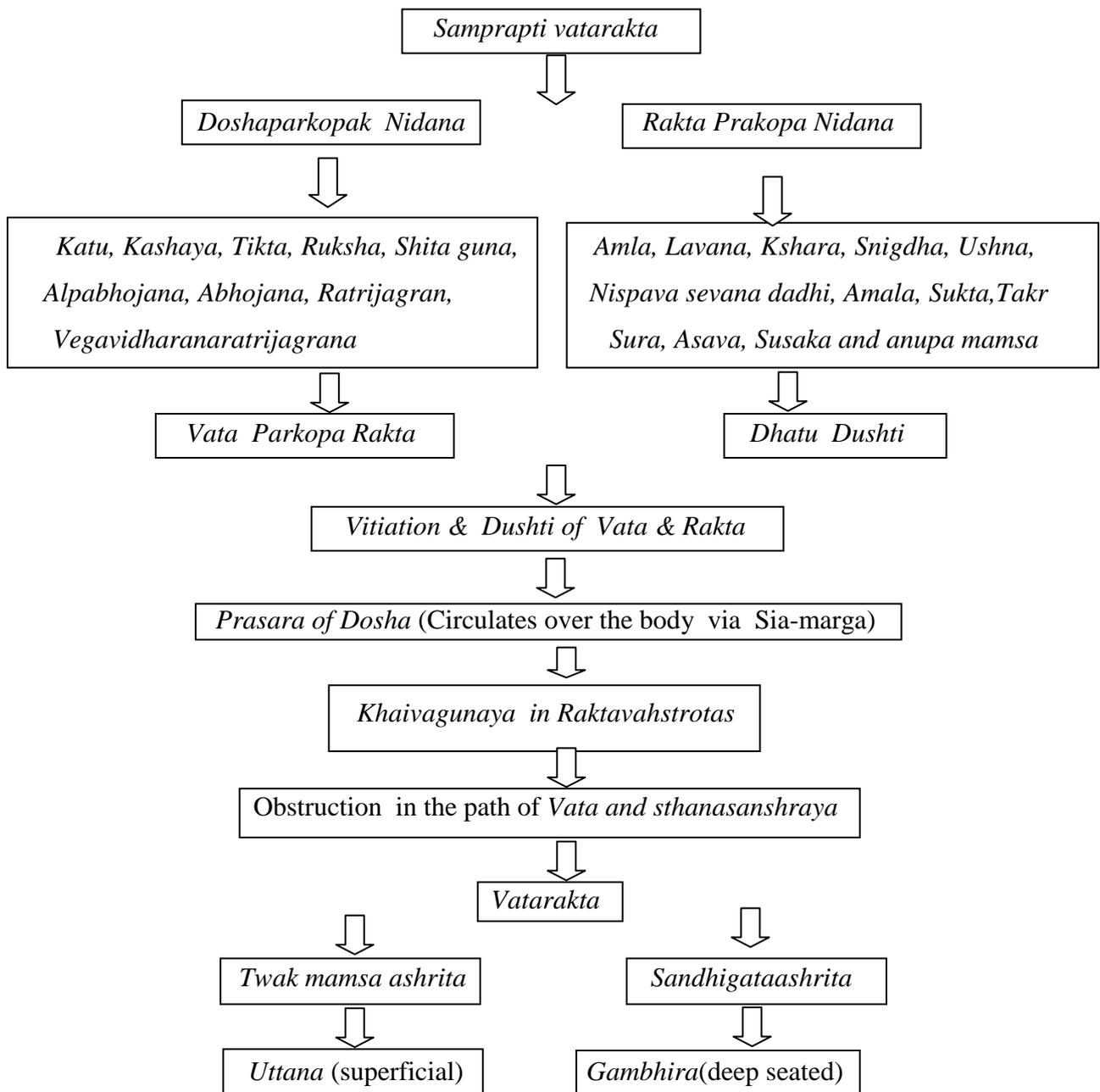
Prkruti based Nidana :- The individuals who are *Sukumaar*, obese and consuming unwholesome diet are mainly affected. Overweight person also surrenders the exercise schedule so chances of getting *Kaphamedasdusti* are increased. *Kaphamedasdusti* further add up to the etiology of this disease.

Nidana of Vatarakta vis-à-vis Etiology of Gouty Arthritis.

The comparison of etiology of the disease according to *Ayurvedic* as well as modern view is as follows.

1. *Lavana rasa*- Excessive consumption of salts or salty food leading to cause of dehydration. Excess salty food does not allow water to excrete out of the body and no blushing of uric acid from the body occurs. So *Lavana* precipitate as the gout.
2. *Shaak*- The intake of high purine rich diet like spinach or asparagus, cauliflower etc. vegetables can cause gout attack.

3. *Mulak, Kulath, Masha, Nishpaav*- Raddish, legumes (dried beans, peas), pulses (along with testa) are rich in purine which on metabolism form uric acid as end product.
4. *Dadhi, Takra*- These dairy farm merchandise also are wealthy in protein content so they can also raised the uric acid level.
5. *Anoopdeshiyamansa, Ambujamansa*- All nonvegetarian foods principally seafood like salmon, mackerel and white meat contain great deal of purines.
6. *Arnala, Souvira, Shukta, Sura, Asava*-These hard drinks also contain high purine content. According to modern science, alcohol consumption is a important risk issue for gout because it reduces urate excretion and will increases urate production in blood.
7. *Anashana, Langhana*- As in starvation like condition, body starts metabolizing its own tissues (purine rich) for energy. So in this condition, amount of purine converted to uric acid is raised. Starvation like stress condition also hampered the kidney's ability to excrete uric acid due to competition for transport between uric acid and ketones.
8. *Ikshu, Mishthannabhojana*- These edibles items are rich in fructose. Fructose rich diet (fruit juices and fructose rich sweetened soda) is found to be the common source for gout attacks. It increases uric acid production during its phosphorylation by increasing adenosine triphosphate (ATP) degradation to adenosine monophosphate (AMP), a uric acid precursor. So within minutes after ingestion of fructose infusion, uric acid centralization is increased.
9. *Shushkaahara* -Water is responsible for diuresis in the body so removes acidic wastes from the 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, inflicting hyperuricemia.
10. *Achankraman*-Gout is also known as "Disease of Kings" or "Rich man's Disease" since long time, because it is linked with inactive lifestyle. Though the disease affects anyone in society but found to be more prevalent in persons with inactive lifestyle.
11. *Abhighataj*-Trauma like stress full conditions is additionally a trigger factor for gouty arthritis attacks.
12. *Sthaulya* - *Sthaulya* is main risk factor of gout independent. Body Mass Index (BMI) is a significant predictor for development of gout.
13. *Abhighataj*- Trauma is trigger factor for gout attacks.

SAMPRAPTI (PATHOGENESIS)**Samprapti Ghataka**

Dosha - Vata Pradhan Tridosha-Janya Vyadhi

Dusshya - Rakta, Twak, Mamsa

Agni - Mandagni

Udhbhavasthana – Pakvashya

Sancharasthana - Sarva Sharira

Vyaktasthana – Sandhi (Visheshata Kara Pada Sandhi)

Srotus – Raktavaha, Asthivaha, Majjavaha

Srotodushthi Prakara – Sanga, Vimargagaman

Rogamarga – Madhyam

POORVA-ROOPA

S.NO	POORVA-ROOPA
1.	<i>Svedo –Atyartham na va</i> (Excessive or absence of perspiration)
2.	<i>Karshnyam</i> (Blackishness of the body)
3.	<i>Sparsha – Agyatvam</i> (Lack of tactile sensation)
4.	<i>Kshate – Atiruk</i> (High intensity of pain on trauma)
5.	<i>Sandhi – Shaithilya</i> (laxity of joints)
6.	<i>Alasya</i> (lethargy)
7.	<i>Nistoda, Spurana, Bheda, Gurutwa, Supti and Kandu in Janu- Jangha- Uru - Kati- Hasta-Padaang Sandhi</i>
8.	<i>Pidikodgam</i> (eruption of papules/ pustules)
9.	<i>Vaivaranya</i> (Discoloration of body)
10.	<i>Mandalutpatti</i> (eruption of wheals /rashes)
11.	<i>Sadana</i> (fatigue)

TYPES AND STAGES

There are some discrepancies in this context; *Aacharya Charaka* mentioned it as types of *Vatarakta*, while *Aacharya Sushruta* had opinion that these are stages of *Vatarakta* not type.

<i>Uttana Vatarakta</i> (superficial)	<i>Gambhir Vatarakta</i> (deeply seated)
<i>Doshas</i> seated only up to <i>Twak</i> and <i>Mamsa Dhatu</i> .	Where <i>Dosha</i> penetrate to deeper <i>Dhatu</i> s and have complex manifestation.
Sign and symptoms- <i>Kandu</i> (itching) <i>Daha</i> (burning sensation) <i>Ruja</i> (pain) <i>Aayama</i> (extension) <i>Toda</i> (pricking pain) <i>Sphurana, Kunchan</i> (contraction) Skin becomes <i>Shyavarakta</i> and <i>Tamra Varna</i> .	Sign and symptoms- <i>Swayathu with Stabdhatu</i> (oedema with stiffness) <i>Kathino- Antar Arti</i> (Hardness –agonizing pain inside the joints. <i>Shyava –Tamra Twak Varna</i> <i>Daha</i> (burning) <i>Toda</i> (pricking) <i>Pakavana</i> (tendency to suppuration).

CHIKITSA OF VATARAKTA

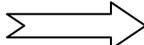
Treatment : Two types of Management of *Vatarakta* are described.

- 1) *Samanya Chikitsa* (General management)
- 2) *Vishishtha Chikitsa* (Specific management according to classification)

Samanya Chikitsa

- | | | |
|-----------------------------|---|---------------------------------|
| a) <i>Shodhana Chikitsa</i> | } | <i>Antaparimarjana Chikitsa</i> |
| b) <i>Shamana Chikitsa</i> | | |

c) *Rakta-mokshana karma*

d) *Lepa Chikitsa*  *Bahiparimarjana Chikitsa*

Shodhana Chikitsa: In Starting *Snehana* should be done. Their after he should be tend *Virechana* with *Sneha Dravyas* (if patient is unctuous) or with *Ruksha Virechana* (if patient is unctuous). *Virechana* ought to be delicate in nature. Then patient should be administered *Niruha* and *Anuvasana Basti* oftentimes.

Then he should be tend *Seka* (affusion), *Aghyanaga* (massage), *Pradeha* (application of thick ointments), food, and unctuous substance which don't cause burning sensation.

In beginning itself settle for in those having profuse *Vata*, robust and depleted components, blood vitiated by obstruction in passage should be drained frequently during a smaller amount, to avoid aggravation of *Vata*.

Rakta-Mokshan (Blood letting therapy): As being *Rakta-Pradoshaja Vikar Rakta-mokshan* with the help of *Shring*, *Jalouka*, *Suchi*, *Alabu*, *Pracchana*, *Siravedhana* according to the *Dosha* and body constitution would be a most well-liked treatment.

According to *Charaka*, in *Vata Rakta*, in severe condition depend pletion of *Rakta* because of inflated *Vata*. Then it will tend to edema stiffness, trembling of vessels etc.

Excess blood letting leads to lameness, disease of *Vayu* or perhaps death.

Vamana/ Virechana

After *Rakta mokshana* if worry of aggravation of *Vata*, *Vamana*, *Virechana* and *Basti* should be administered. Internal *Snehana* followed by either *Snigdha Virechana*, *Ruksha*, *Mridu Virechana*. Like as *Dharoshna Mutra Yukta Ksheer*, *Trivrit Choorna* with *Dharoshna Ksheer*, *Eranda Taila* with *Ksheer* etc.

Basti

The simplest line of treatment in reliving *Vata* is *Basti*. *Charaka* has mentioned that- in *Vata Rakta* the obstructed *mala* i.e. *Doshas* or *Dushyas* etc should be treated by administering *Basti* prepared out of *Ksheera* (milk) and *Ghritha* (ghee).

In case if patient is suffering from pain in urinary bladder *Niruha* along with *Anuvasana Basti* will be administered.

Shamana chikitsa: Several formulations are mentioned in our classics for *Dosha* pacification in *Vatarakta*. Some of them are.

Triphala kwatha with *Madhu*, Milk prepared from *Dashmool - Sadhya shoola nivarana*, *Haritaki choorna* with *Guduchi Swarasa* in *Janugata Vatarakta*, Decoction of *Amla*, *Haridra*, *Musta* with *Madhu*, *Kokilaksha*: in decoction form. Predominant *Dosha* is recognized and specific treatment is planned keeping the over all principle of management in view. Most of these drugs have *Vatashamaka* properties and *Mutra-virechaka* quality so help in excretion of excess uric acid present in the body. Some formulations found to be effective are *Manjishthadi Kvatha*, *Suranjana churana*, *Sukumaraka taila*, *Guduchadi ghrita*, *Kaishore guggulu*, *Gokshuradi guggulu*, *Panchtikta ghrita guggulu*, *Simhanada guggulu* and *Punarnavamrita guggulu*.

Pathya- Apathya

Pathya	Apathya
ANNA - Cereals like the old Barley, Wheat, <i>Sali Chawal</i> , leafy vegetables like – <i>Kakamachi</i> , <i>Vastuka</i> , <i>Upodika Perwal</i> , <i>Yush of adhaki</i> , <i>Chanaka</i> , <i>Masura</i> , <i>Mudga</i> added with <i>Ghrita</i> , <i>Pratuda</i> and <i>Vishkira Mamarasa</i> .	ANNA- Avoid <i>Masha</i> , <i>Kuluttha</i> , <i>Brinjal</i> , <i>Dadhi</i> , <i>Ikshu</i> , <i>Panasa</i> . Avoid meats, seafood, high purine vegetables such as asparagus, spinach, peas, cauliflower or mushrooms and alcohol.
VIHARA – Use of soft pillows and bed. Warm poultices.	VIHARA – Avoid sleep during day time. Intercourse. Excessive exercises.

DISCUSSION

The main innovative influence for *Vatarakta* are excessive use of alcohol, high purine diet, non-vegetarian diet, acidic and astringent foodstuffs, person leading sedentary life, excessive anger and emotional distress. Both *Vata* and *Rakta* play a significant role in the *Samprapti* of *Vatarakta*. Vitiated *Raktadhatu* obstructs the pathway of *Vridhhvayu*, in which the *Vayu* has to flow. *Vridhh* and obstructed *Vata* inturn vitiates the whole *Rakta* and this *Dosha-dushya sammurchhana* in joints manifests as *Vatarakta*. *Pathya* and *Apathya* are very important factors in the management of gout like metabolic disorder. Together with medicine disease can be better controlled by avoiding all such precipitating factors.

CONCLUSION

The prevalence of life style disorders is rising rapidly, *Vata rakta* is one of the common diseases in day to day clinical practice. *Vatarakta* is a life style disorder of today world.

Excessive purine diet and sedentary life style are the causative factor of the disease. Disease can be controlled by adopting certain life style changes like excessive water intake, reducing body weight and low purine diets. In advance cases there may be need of some herbal drugs which can remove excess uric acid present in the body and alleviate symptoms of the disease.

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