

## THE REVIEW OF VATARAKTA IN AYURVEDA

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### ABSTRACT

- In vatarakta vat is pradhan dosh while pitta and kaph also vitiated. Rakta dhatu is main dushya. Sushruta described Vatarakta under Vatavyadhi Chikitsa while Charak and Vagbhat mention separate chapter of vatarakta.

- Now a days vatarakta is a major *Vatavyadhi* caused due to sedentary lifestyle.

- The symptoms of Gout has similarities with Vatarakta lakshanas mentioned in various granthas. It is a chronic musculoskeletal disorder with severe pain, burning sensation, tenderness, inflammation of the affected joints. In Gout uric-acid in blood raises and forms crystals in the joints that causes intense pain, swelling and stiffness, it usually starts with big toe.

- The present review contains Ayurvedic aspect of vatarkta described

by various acharyas in granthas. It has Nidana, samprapti, purva-rupa, rupa, sadhyata-asadhyata, chikitsa and pathyaapathy described by various acharyas.

**KEYWORD:** *Vatarakta, Vatavyadhi, Gout, musculoskeletal system, uric acid.*

### INTRODUCTION

- *Vata* and *Rakta* vitiated separately in *Vatarakta*. In Raktavaha Srotas, the vitiated *Rakta* accumulates in the feet and later stage upper limbs small and large joints also affected. According to Acharya Sushruta, disease usually starts from feet and sometimes starts from hands and spreads to other parts of body in a similar way the rat poison spreads i.e. "Akhora Visha".

-Due to sedentary lifestyle accumulation of harmful elements in the body and on long standing disease it rises other co-morbid diseases. Junk food, stressful life and modern lifestyle are the major causes of rises prevalence of Vatarakta.

Here glimpse of ayurved review described by various Acharyas.

**-CHARAKA SAMHITA<sup>[1]</sup>**:- Vatarakta explained in 29th chapter of Chikitsa sthana "Vatashonita chikitsam Vyakasyam". Acharya charaka described Nidana, Samprapti, Bheda like Uttan and gambhir, Upadrava, Sadhyaasadhyatva, Pathya-apathya, Chikitsa sutra & Chikitsa like Shodhana, Shamana. The treatment of Vatarakta included Eranda, Sneha, Lepas, Ghrita, Kashaya, Guggulu, Tailas etc. Other than medicinal treatment.

**SUSHRUTA SAMHITA<sup>[2]</sup>**:- In Sushruta Samhita, the disease has been described in 2<sup>nd</sup> chapter. Sushruta described Vatarakta in different way with its types. It states that the Uttana and Avagadha Vatarakta are not the types of vatarakta. They are its avasthavisesh., under Vatavyadhi Nidan sthana 1st Chapter and Mahavatavyadhi Chikitsa sthana 5th chapter all details of this disease mentioned.

**ASHTANGA SAMGRAHA /ASHTANGA HRIDAYA<sup>[3]</sup>** - In Ashtanga Samgraha ("Vatashonita nidana adyaya" & Vatashonita Chikitsama, 16 & 24 chapter) & Ashtanga Hridaya ("Vatashonita Nidana Adyaya" & "Vatashonita chikitsa Adyaya "16 & 22 chapter ) mention description about Nidana, Samprapti, Bheda, Upadrava, Sadhya-asadhyatva, Pathya-Apathya, Chikitsa sutra & Chikitsa is available in the Vatarakta. texts. Ashtanga Hridaya described management of sama and niram stage of vatrakta.

**MADHAVA NIDANA<sup>[4]</sup>**- In chapter 23 "Vatarakta Nidana" Madhava explains Vatarakta Nidana, Samprapti, Purvarupa, Upadrava and Asadhyalakshana.

**CHAKRADATTA**- Chakradatta in 23 chapter "Vatarakta chikitsa" has explained both Bahya & Abhyantara Chikitsa like Kwatha, Churna, Ghrita, Taila & Guggulu Kalpa.

**YOGA RATNAKARA<sup>[7]</sup>** - In Yoga Ratnakara, Purvaardha, under vatarakta Nidana Acharya has explained details of Nidana, Samprapti, Purvarupa, Dosha-pradhana rupa, Upadrava & Asadhyalakshana of Vatarakta. While under Vatarakta chikitsa, Acharya has explained separate combinations like Kwatha, Guggulu, Taila, Ghrita and Rasa.

**HETU-** lavana, amla, katu, kshara and snigdha, Ushnaahara, ajir nabhojana, anoop-shushka mamsa, use of tilpishta, mulaka, kulath, masha, shaka, palala, ikshu, dadhi, arnala, souviraka, shukta, sura, asava are the causative factors of vata-rakta. Virudhaahara, adhyashana, krodha, diva swapana and jagarana are causes of Vatarakta.

## **SAMPRAPTI**

### **SAMANYA SAMPRAPTI OF VATARAKTA**

vata and rakta raises from their aggravating factors



vitiated Rakta obstructs the path of vitiated and aggravated vata



obstruction of vata its gatis making it greatly aggravated



This vitiates the whole rakta and manifest as Vatarakta

**VISHISHTHA SAMPRAPTI OF VATARAKTA-** To explain vishishta samprapti, Acharya Charka has put forth the theory that Vayu is sukshma i.e. subtle in nature and has the capacity or quality to move in all the joints and channels (srotasa) of the body and rakta is drava (liquid) in nature and has the quality to flow in all srotasa of the body. Vitiated vata and rakta moves with speed through sira marga (circulatory channels) in the whole body because of these qualities. While moving through joints both of them face obstruction, because of the complex anatomical structure of joint. Hence vitiated or agitated vata and rakta stays in joints. Hence vitiated or agitated vata and rakta stays in joints causing different types of symptoms.

### **SAMPRAPTI GHATAKA**

Dosha - Vata Pradhan Tridosha  
Dushya - Rakta

Srotasa - Rasavaha, Raktavaha

Srotodushti- Sanga (stasis of dosha), atipravritti

Adhithana- Tvaka, Mamsa, Sandhi

**POORVA-RUPA****Table no.1: Following table shows poorvarupa mentioned by various Acharyas.**

<b>Types</b>	<b>C.S.</b>	<b>S.S.</b>	<b>A.H.</b>	<b>A.S.</b>	<b>M.N.</b>	<b>B.P.</b>	<b>Y.R.</b>
Atisweda	+	-	+	+	+	+	+
Asweda	+	-	+	+	+	+	+
Sandhishaitilya	+	+	+	+	+	+	+
Alasya	+	-	-	-	+	+	+
Pidakodgama	+	-	-	-	+	+	+
Nistod	+	+	+	+	+	+	+
Bheda	+	-	+	+	+	+	+
Kandu	+	-	+	+	+	+	+
Vaivarnya	+	+	+	+	+	+	+
Daha	-	+	+	+	+	+	+
Shopha	-	+	-	-	-	-	-
Sira dhamani spandana	-	+	-	-	-	-	-
Khara sparsha	-	-	+	+	+	-	-

**Rupa – Uttan Vatarakta****Table No. 2: Following table shows rupa of uttan Vataarakta mentioned by various Acharyas.**

<b>Rupa</b>	<b>C.S.</b>	<b>S.S.</b>	<b>A.H.</b>	<b>A.S.</b>	<b>M.N.</b>	<b>B.P.</b>	<b>Y.R.</b>
Kandu	+	-	+	+	-	+	+
Daha	+	-	+	+	-	+	+
Ruja	+	-	-	-	-	-	-
Ayam	+	-	+	+	-	+	+
Toda	+	-	+	+	-	+	+
Sphurana	+	-	+	+	-	+	+
Kunchana	+	-	-	-	-	-	-
Shyav-Twaka	+	-	+	+	-	+	+
Rakta-twaka	+	-	+	+	-	+	+
Tamra-Twaka	+	-	+	+	-	+	+
Bheda	-	-	+	+	-	+	+
Gaurav	-	-	+	+	-	+	+
Suptata	-	-	+	+	-	+	+

**Gambhira Vatarakta-****Table No.3: Following table shows rupa of Gambhira Vataarakta mentioned by various Acharyas.**

<b>Rupa</b>	<b>C.S.</b>	<b>S.S.</b>	<b>A.H.</b>	<b>A.S.</b>	<b>M.N.</b>	<b>B.P.</b>	<b>Y.R.</b>
Svayatu stabdhatha	+	-	-	-	-	+	-
Svayatu kathinya	+	-	-	-	-	+	-
Brusharti	+	-	-	-	-	+	-
Shyavatha	+	-	-	-	-	+	-
Tamra twak	+	-	-	-	-	+	-
Daha	+	-	-	-	-	+	-

Toda	+	-	+	+	-	+	+
Sphurana	+	-	-	-	-	+	-
Paka	+	-	-	-	-	+	-
Ruja	+	-	-	-	-	+	-
Vidaha	+	-	+	+	-	-	-
Pangutva	+	-	+	+	-	-	-
Angasya Vakrikaran	+	-	+	+	-	-	-

**Sadhya Sadhyatva-** According to Acharya Charaka nirupadrav, ekadoshaj and nav vyadhi is sadhya while tridoshaj, upadravyukta, sravi and vaivarnyayukta vatarakta is asadhya.

Acharya Sushrut stated that nirupadrav is sadhya and upadravyukta, sravi asadhya.

Madhavnidan, Bhavprakash and Yogratnakar mention nirupadravi, ekadoshaj and nav vyadhi issadhya, tridoshaj, upadravyukta, sravi vatarakta is asadhya.

All above Acharyas mention Dvidoshaj vatarakta as yapy vyadhi.

## CHIKITSA

- 1) Samanya Chibita
- 2) Vishesh Chikitsa

**A) SAMANYA CHIKITSA-** Various procedures explained under samanya chikitsa are as follows.

**1) Rak Mokshana-** Almost all mentioned raktamokshana for management of vatarakta Vagabhatta, stated that snehan should be given to the patient before raktamokshana Then the procedure should be performed while Acharya Charak has mentioned use of raktamokshan in the treatment of vatarakta by shring, jalouka, Alaboo, prachchhan karma or siravedha according to strength of disease.

**2) Shodhana Karma-** In management of Vatarakta, Shodhana Chikitsa is important

**1- Snehana:** Snehana is advised to patients of Vatarakta before Virechana procedure

**2- Virechana:** After snehan, virechana should be done to the patient. Mrudu virechan is specific indication for vatarakta because tikshna virechana may raises Vata Snigdha virechana dravyas should be advised to the patient with ruksha sharir. Similarly ruksha mridu virechana dravyas should be advised to the patients having snigdha sharir

**3- Basti-** According to Charaka, Basti is has great role in the management of vatarakta After giving virechana advised to administer Basti. Anuvasana and Niruha Basti should be given. Mainly ghrutmishrit kshirbasti effective in vatarakta.

**B] VISHISHTA CHIKIESA** -Acharya Charakaa has described treatment for all types of Vatarakta.

**1) Uttana Vatarakta** In Uttan Vatarakta doshas remain confined to twaka and mamsa, external local applications are the choice. Lepa, abhyanga, parisheka and upanaha should be done Ushnadravvas lepa is contraindicated in vatarakta due to dominantly vitiation of rakta, similarly in Kapha and Vatapradhan Vatarakta, sheetala lepa has contraindicated as sheetala lepa brings stambhana of doshas.

**2) Gambhir Vatarakta:** When doshas are deep seated i.e. seated in the sandhi's, treatment of choice is shodhana chikitsa involving Snehana, Virechana and Basti.

**3) Vata Pradhan Vatarakta:** In Vata pradhan Ghrita, Tail, Vasa and Majja should be advised in the form of snehapana and abhyang, The same should be used for Basti. Lukewarm fomentation should be applied.

**4) Rakta and Pitta Pradhan Vatarakta:** Ghrita pana, Dugdha pana and Mridu Virechana should be administered Parisheka with decoction of Vata shamaka dravyas and Anuvasan Bast should be used. Sheetala pralepa are also advocated by Acharya Charaka in this condition. various kalpa used in vatarakta- Jivaniya ghrit, Draksha ghrut, Guduchi kshir, Kashmaryadi kwath,

## DISCUSSION

According to Ayurvedic texts, Vata is dominant than pitta and kapha due to Vibhu guna, Aashukari, it has capacity to vitiate other doshas. Rakta is mainly concern with healthy life of individual. Due to vitiation of rakta it impacts on daily routine with symptoms like severe pain, itching, redness. Vata and rakta has separate causative factors to vitiation. Later on both combine to affect the body. In chronic case of Vatarakta many serious udarka as well as updrav can be seen. Vatarakta has to treat initial stage. Initially Vatarakta affects small joints i.e. parva sandhi and as disease progress it spread to other joints as like rat poison spread in body (akhu vish). Today's sedentary lifestyle hampers the metabolism and give birth to gout. According to ayurvedic texts vatarakta very common in adhyarogi and it seen in today also. Chikitsa should be target vatanuloman, raktaprasadan by administering virechan basti raktamokshan. it required to change sedentary lifestyle.

## CONCLUSION

Dushit vata when obstructed by dushit rakta it raises disease Vatarakta as mentioned various Ayurvedic texts has very close similarity with Gout in modern science.

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