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Ayurvedic Management of *Vatarakat* (Gout) - A Case Report

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ABSTRACT

Vatarakat is one among the most typical lifestyle disorder caused by vitiation of Rakat and Vata producing differing types of signs and symptoms. Vatarakat is distressing and customary disorder prevalent in present era. Faulty dietary habits, incompatible foods results in vitiation of Doshas. It can affect anyone, men are more likely to suffer but women also can become vulnerable to it. The common presentation is within the sort of sudden severe attacks of burning pain (Daha), redness and tenderness in joints (Toda), Swelling in joints (SandhiShotha), Moderate discoloration of skin (Vaivarnya), withdrawal of the affected part (Sparshaasahatva), often the large toe is involved. With the time joints, tendons and other tissues may get detrimental. The symptoms are first manifested in small joints of the feet and afterward involve other joints. Vatarakat or Aadya Vata may be a classical description of Gout in Ayurveda. The primary goal of treatment is to alleviate the pain and inflammation of an acute attack. Once that's accomplished, the goals become to assist prevent further attacks and to scale back the danger of complications. Here may be a case of Vatarakat who was uninterested of taking medications was successfully treated with Ayurvedic Shaman chikitsa, encouraging results were found symptomatically also as marked reduction in serum acid levels. It can be concluded that gout could also be managed with Ayurvedic intervention and requires to be further explored due to its higher safety and efficacy profile.

KEYWORDS

Joints, Arthritis, Vatarakat, Shaman chikitsa, Gout



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INTRODUCTION

Gout is a sort of arthritis that affects many people. It's caused by increased acid accumulation within the blood which causes joint inflammation. *Vatarakat* in *Ayurveda* is taken into account as chronic illness caused by vitiated *Vata* and *Rakat*. *Vatarakat* is an illness where both *Vata* and *Rakat* are adversely suffering from peculiar etiological factors¹. *Vatadushitam*

*Rakatamyatrarogavisheshah*². Aggravated *Vata* is blocked by vitiated *Rakat* which further aggravates the *Vata*. It is characterized by *Sandhishoola* (Severe pain slight difficulty in flexion and extension), *SandhiGraha* (Stiffness), *SandhiShotha* (Swelling in joints), *Vaivarnya* (Moderate discoloration of skin, Shiny overlying skin, Moderate redness), *SparshaAsahatva* (winces and withdraws the affected part), *Daha* (burning sensation). This condition closely resembles with gout. Out of the affected population males are more common while females of post menopausal group are on more risk. It is a true crystal deposition disease characterized by pain & swelling of first metatarsophalangeal joint initially followed by other joints with an abnormal elevation of Urate level within the body

either due to over production or under excretion or sometimes both. Clinically this might present as inflammatory arthritis, bursitis, tenosynovitis, cellulitis or as a nodular tophaceous crystal deposits³. As it advances to chronicity, it causes severe destruction of joints⁴. It has been emphasized in Ayurvedic classic in *Charaka Samhita* that specific etiological factors results in the morbidity of the *Vatadosha* and *Rakatdhatu*. This vitiated *Vata* alongside deranged *Rakat* circulates in no time, everywhere in the body because of the *Sukshma* (minuteness) and *Drava* (liquid state) *Guna* (characters) of *Vata* and *Rakat* respectively and undergo *Dosha Dushyasammurchana* (pathogenesis) in *SandhiSthana* (joints), specifically *Pada* and *AngulaSandhi* (metatarso-phalangeal joint). The *Kapha* has *Sheeta Guna* (coldness) and *Sandhi* (joints) are considered to be *Sthana* (place) of *Kapha*. Thus small joints being not straight promotes accumulation of circulating vitiated *Vata* and *Rakat*, whenever the patient indulges in *Teekshna*, *UshnaKsharaAhara* (spicy-fried-alkaline food)⁵. The basic idea of treatment within the modern medicine is to reduce pain, swelling by use of NSAIDs, Colchicine and Glucocorticoids,



which fail to change the course of the disease and patients regularly meet with the ill effects of these drugs. In *Ayurveda*, description of *Vataraktachikitsa* is minutely discussed in texts alongside line of treatment, being *Shodhana*, *Shaman* and *Bahyachikitsa*. Many therapeutic modalities and different preparation are mentioned by our ancient *acharyas* for *Shamana*, *Shodhana* ⁶. In *Ayurveda* management of *Vatarakat* aims at *Vatahara* and *RakatPrasadak* measures.

CASE REPORT

The present case study is about the successful Ayurvedic management of a case of *Vatarakta* w.s.r to gout. A female patient aged 41yrs reported in OPD with complaint of pain in both the ankle joints (mild redness was noted sometimes around ankle joints) along with pain and swelling on both feet, difficulty in walking and standing 4 yrs (off and on). On enquiry patient said that the intensity of complaints increases whenever she takes meals outside home (*Maash*, *Kulatha*, *Rajmah*, *Paneer*, non-veg etc). She also told that her bowel habits are not regular and stool is hard. As per the statement of patient the appetite was reduced whereas sleep, micturition was normal. Patient was not having any other associated illness or any history of any

other prolonged medication except analgesics for pain in ankle joints. Previous investigations showed increased S.Uric acid level and raised ESR. Renal function and Complete Lipid profile was within normal limits.

Vital Data:

PR - 76 / min, Regular, BP - 112/78

mmHg, Temperature – Afebrile,

Respiratory Rate - 18/min rhythmical.

Personal history and *Ashtavidha Pariksha*

is mentioned in table1 and table 2

reapsectively.

Table 1 Personal History

Name : XYZ	Bala:	BP: 112/78
	Madhyama	mm of Hg
Age: 45 years	Sleep:	Weight: 51
	Adequate	kg
Sex: Female	Addiction:	Height: 148
	None	cm
Marital Status:	Bowel Habit:	
married	Constipated	
Occupation:	Appetite:	
Housewife	Reduced	

Table 2 *Ashtavidha Pariksha*

Nadi: 76/min	Shabda: Clear
Mala: Constipation	Sparsa: Normal
Mutra: Normal	Drik: Normal
Jihva: Saama (coated)	Aakriti: Madhyam

Systemic Examination:

Cardiovascular system - S1S2 appears to be normal, No adventitious sound detected.

Respiratory System - Air entry appears to be adequate bilaterally, No added sounds detected.

GIT System - Soft, Non-tender, resonant all over. No organ seems to be palpable, bowel sounds adequate.



Nidan:

Faulty dietary habits , excessive use of pulses, beans, Non-veg diet , Paneer, packed food items , Krodh, stress, anxiety, excessive use of *Amla Rasa* (cold drinks, pickle etc), excessive physical exertion (*Ativyavay*), *Alapbhojan*, *Abhojan*, *Vishmashan*, prolonged standing etc.

Samprapti Ghatak:

Dosh :Tridosha (Vaat Pradhan)

Dushya : Rasa, Rakta.

Srotas: Rasavahisrotas, Rakatvahisrotas

Srotodushti: Sangh

Adhishtana: Twaka.

Treatment plan:

Patient was treated on OPD basis with Shaman Chikitsa. Drugs selected for oral administration were:

1 *Punarnavadi gugglu* in dosage of 2 tablets twice in a day after meals.

2 *Aarogyavardhini vati* in dosage of 2 tablets twice in a day after meals

3 *Mahamanjishthadi qwath* 25ml twice in a day after meals with equal amount of water.

4 *Erand Pak* 5 gm twice in a day.

5 *Vishmushtivati* one tablet twice in a day after meals.

OBSERVATION AND RESULTS

The patient reported with *Sandhishoola*, *Daha*, *Sandhigraha*, *Sandhishotha*, *Vaivarnya* and *Sparshaasahatva*. After 15

days patient showed marked improvement symptomatically (No pain, no swelling, appetite improved and reduction in ESR, S.Uric acid values).

Observations made are described in table 3.

Table 3 Observations

S.No	Assessment Parameters	Day 1	Day 15
1	<i>SandhiShoola</i>	Severe	Mild
2	<i>SandhiGraha</i>	Mild	Absent
3	<i>SandhiShotha</i>	Apparent swelling	Absent
4	<i>Vaivarnya</i>	Mild	Absent
5	<i>Sparshaasahatva</i>	Mild	Absent
6	<i>Daha</i>	Moderate	Mild
7	Serum Uric Acid	6.5 mg/dl	2.6 mg/dl
8	ESR	36 mm Ist Hr	13 mm 1 st Hr

DISCUSSION

The predominant features of Vatarakat have considerable resemblance there upon of gout. The complications of gout described even have close similarity with those described as Updrava of Vatarakat in Ayurvedic texts. In the description of treatment, dietary restrictions are advised in the form of low purine, low protein diet, avoiding alcohol intake, trauma etc. , treating local joint inflammation with oral analgesics, topical application, sprays etc. including internal and parenteral administration of anti-inflammatory and analgesic medications and even steroids sometimes . In *Ayurveda nidanparivarjan* (dietary restrictions), *Bahiparimarjanachikitsa*



(*Lepa, Sneha, Upnaha, Sweda*), *Anthaparimarjana chikitsa (Virechana, Basti, Rakatmokshan)* is advocated. In view of greater similarity, right from etiology to management, gout can be managed or analyzed on the lines of *Vatarakat*. This disease is caused by *Vataprakopak* and *Rakatprakopak hetu*, the herbal formulations selected for the treatment has rightly served the aim of normalizing the vitiated *Doshas* and thus maintaining the homeostasis. The drug named *Arogyavardhani* itself indicates that it can destroy all the diseases and promotes health by promoting digestive fire, clearing body channels for the nutrients to succeed in reaching to the tissues, removes toxins by improving the gastrointestinal system. It balances all the three dearranged *Dosha*. *Arogyavardhini vati* is mentioned as *Sarvarogaprashamani* (can pacify all sort of disorders)⁷. This property of *Arogyavardhini vati* is often used to pacify the deranged *Vata Dosha* in the present case. Another formulation, *Punarnavadi guggul* is a strong combination of herbs that reduces swelling. It pacifies aggravated *Vata* and *Kapha*. *Punarnavadi guggulu* stimulates diuresis and reduces fluid accumulation in cells, tissues and serous cavities. The *Mahamajishthadi kwath* helps in relieving pain and has anti-

inflammatory properties. The kwath is a superb detoxifier and helps to purify blood within the system. It is helpful in normalising vitiated *Pitta* and *Kapha Doshas*. *Erand* is a potent *Vatahardrug*. *Erand* (*R. communis*) has been shown to possess potent anti-inflammatory activity⁸ and analgesic activity⁹. Antioxidants property of *Erand* plays vital role in defence towards radical damage⁸. When we assess the properties of *Vishmushti vati*, it's evident that the majority of the drugs in this formulation are *Tikt Rasa, Ushnaveerya, Katu vipaka* and thus it can subside the *Vata* and *Kapha dosha* respectively¹⁰. Both *Rakatprasadak* and *Vatahar* properties of above formulations with synergistic action lead the positive outcome within the management of a case of *Vatarakat*.

CONCLUSION

Based on the symptomatology, gouty arthritis comes under the purview of *Vatarakat*. In *Vatarakat*, *Vata* gets blocked by *Rakat* and *Ama (srotorodha)*, which results in *sandhishotha*. Inflammation is a biological process and plays vital role for maintaining the body's homeostasis. In all cultures and through all ages, different parts of an



enormous number of plants were used as drugs against all types of ailments. *Vata Dosh* is liable for all movements within the body and *Rakat Dhatu* represents blood and associated metabolism. *Vatarakat* signifies the association of *Vata disorder* (joint pain) alongside vitiated *Pitta dosha* and *Rakat Dhatu*. The classical symptoms of gout do represent the reality behind the name *Vatarakat*, with the progression of the disease the joints are badly affected with the progression of the disease. High serum uric acid levels in blood or Hyperuricemia is the universal factor present in Gout. The case report demonstrates the effective symptomatic management of *Vatarakat* with *Ayurvedic* formulations which was cost effective and also proved relatively safe. In the present case combination of *Punarnavadi gugglu*, *Arogyavardhini vati*, *Mahamanjishthadi qwath*, *Erandpak* and *Vishmushti vati* has proved its efficacy in relieving *sandhishool* (arthritis) related symptoms and in improving deranged laboratory tests associated with *Vatarakat*. By helping in fighting the disease, the quality of life of the patient was improved. Based on the results obtained it can be concluded that the herbal combination of Ayurvedic classical medicine features a good role in curing *Vatarakat* without

any kind of surgical interventions. It can prove to be a good remedy for those who are battling with this painful joint disease.



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