



"ETIOPATHOGENESIS OF VATA-RAKTA & ITS MANAGEMENT"

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ABSTRACT

In Ayuveda *Vatarakta*. is also called as "*Vata Shonita*". It is one of the important disease adequately. It is related with *Khavaigunya* of *Raktavaha Srotas*, the vitiated Rakta gravitates and accumulates in feet. Aggravated *Vata*, having been obstructed in its passage by aggravated blood vitiates the entire blood. This is known as *Vata-Rakta*. *Vatarakta* is caused by vitiation of *Vata* and *Rakta*. A healthy lifestyle must be adopted to combat these diseases with a proper wholesome diet physical activity and by giving due respect to biological clock. *Vata-Rakta*, is correlated with Gout in modern medical Science. *Vata-Rakta* manifest in hands, feet fingers and all joints. Initially hand and feet are afflicted and it spreads to all Over the body. The *Samprapti* is essential for treatment of disease. Because *Samprapti Vighatana* is very necessary for diagnosed the disease. This article reviews the detail concept of Etiopathogenesis & management of *vatarakta*.

KEYWORDS: *Vata rakta*, *Nidana* (Etiology), pathogenesis. Management.

INTRODUCTION

Usually persons who are delicate, indulge in wrongful diets and habits, are obese and who lead a joyful life suffer from *Vata-Rakta*. The word *Vatarakta* is made up of two word *Vata* & *Rakta*. Vitiated *Vata* and vitiated *Rakta* Causes this disease. Hence it is called as *Vatarakta*.^[1] It is a disease, having *Sandi Sula* (Joint pain) as one of the important Symptom. It is also Known by synonyms like *Khuda Vata*, *Vata-Balasa* and *Adhya-Vata*. *Vatarakta* is a variety of *Vataroga*. The disease which is Caused by excessively aggravated *Vata* & vitiated blood (*Rakta*) is called *Vatarakta*.^[2]

NIDANA (ETIOLOGY)

- Due to intake of diet Consisting of salty Sour, pungent, alkaline, fatty, hot and uncooked articles.
- Excess moist or dried things, meat of aquatic and marshy animals oil-Cakes,
- Radish, horse gram, black gram, *nispava*, other (leguminous) Vegetables.
- Excess *Seasum* paste, Sugar Cane, Curd, Sour gruel.^[3]
- *Vatarakta* (gout) occurs usually in the persons with delicate constitution and in the obese who take faulty diet or who lead a faulty life.^[4]
- Suffer from excessive sickness or fatigue due to excessive walking and excessive indulgence in wine,

women and exercise, in those who lead a life opposite to that indicated according to seasons.^[5]

- Specially in those who are very tender, who are very obese and who are happy always, riding on elephant, horse, camel, ets, for long duration of time, indulging in foods which, Cause burning sensation inside during or after digestion etc.^[6]

PURVARUPA (PRODROMAL SYMPTOMS)^[7]

- Excess or absence of perspiration,
- Blackness
- Anaesthesia
- Severe pain on injury,
- Laxity in joints,
- lassitude,
- Malaise
- Appearance of boils,
- Piercing pain
- quivering, tearing, heaviness, numbness and itching in knee.
- Shanks, thigh, waist, shoulder, hands, feet and joint of body.
- Unstable pain in joints,
- Abnormal Complexion and appearance of patches.

SPREAD OF VATA-RAKTA^[8]

This disease spreads all over the body like a virulent rat poison beginning from the sole of the feet or sometimes

from the hands. The pain usually starts from the legs, sometimes even from the hands and spreads to other parts of the body similar to the spreading of poison of rat bite.^[9]

CLASSIFICATION OF VATARAKTA^[10]

This is said as of two types- superficial and deep. The former is located in, *Twak* and *Mansa'* while the latter in deeper *Dhatus*.

1- UTTANA VATARAKTA I,E. SUPERFICIAL

In external (Superficial) type the Skin is blackish, red or coppery and is associated with itching, burning sensation, pain, stretching piercing pain, quivering and contraction.

2- GHAMBIRA VATARAKTA I,E DEEPER

In deep type, there is swelling, stiff and hard, with, severe pain inside, blackish or coppery, having burning sensation, Piercing pain quivering and inflammation, associated with, distress and burning in stomach.

PATHOGENESIS OF VATA-RAKTA^[11]

Sonita vitiated due to the excessive ingestion of heavy and hot food as well as due. to taking meals before the previous one has been digeste obstructs the path of *Vata* which has been vitiated due to fighting with stronger opponents, etc and this *Rakta* in unison with *Vata* simultaneously gives rise to pain characteristic of *Vata* and *Rakta*. This is known as *Vata-Rakta*. This *Vata-Rakta* gets localized in the hands and the feet and later on pervades the whole body.

PROGNOSIS OF VATA-RAKTA^[12]

That *vata-rakta* in which exfoliation occurs upto the knee, and also which cracks and in which discharge occurs, and which is associated with the complication of loss of vitality and flesh is incurable; that which is of one years duration should be considered relievable only.

UPADRAVA (COMPLICATIONS) AND SADYASADYATA UPADRAVA^[13]

- Sleeplessness
- Anorexia
- dyspnoea
- Gangrene
- Stiffness in head,
- fainting neurosis
- distress, thirst, fever,
- Mental confusion
- Blisters,
- Burning Sensation etc.

SADYASADYATA^[14]

- The disease which is new and caused by one *Dosa* is curable.
- That Caused by two *Dosas* is maintainable.

- The one caused by three *Dosas* as well as with complications is incurable.

MANAGEMENT OF VATA-RAKTA

- The external type should be treated with pastes, massage, sprinkling and poultice while the deep one with purgation non-unctuous enema and intake of uncting Substance.^[15]
- One should overcome the disease predominant in *Vata* with in take of ghee, oil, fat and marrow; massage enema and comfortable hot-poultice.^[16]
- One should over come the disorder predominant in *Rakta Pitta* with purgatives, intake of ghee and milk sprinkling, enema, cold refrigerents.^[17]
- In *Vatarakta* predominant in *Kapha* mild emesis, unexcessive unctuous application and sprinkling and warm pastes are useful.^[18]
- The pain of *Vata-Rakta* is soon overcome by drinking the decoctions of *Patola*, *Triphala*, *Abhiru*, *Guduci* and *Katuka*.^[19]

PATHYA AND APATHYA^[20]

PATHYA – Old cereals of barley, *Nivara Sali* & *Sastika* rice old rice, wheat *Yava Laja*, *Mudga*, *Masurika*, *Patola*, *Muli*, *Palandu*, *Sveta Kushmanda* Goat milk, Mutton soups, Ghee, Butter, *Amlaki*, Grapes, *IKshuras* etc.

APATHYA – *Tila Masha*, *Kulathi*, *Jaggery*, *Sarsapa*, Curds, *Kshara*, Pungent items, Spicy food *Virudda Bhojana*, fish, Exposure to sun, *Vegavarodha*, *Bhaya*, *Chinta Krodha Vyagama* etc.

DISCUSSION

Vatarakta is one of the unique disorders among the *Vatavyadhi* usually the disease starts from the inflammation of the big toe of the foot or the thumb of the hand. The illness then spreads all over the body like rat poison.^[21] Due to continuous faulty & Unhealthy life style accumulation of morbid elements occurs in the body and on long standing manifest as severe or uncontrollable diseases. At first the patient should be Purgated after uncton with unctuous or rough mild purgatives. Frequent application of enema should be done Besides, sprinkling massage ointment are recommended.^[22] The *Vasti* is the best treatment of the *Vata-Rakta* & there is no any therapy useful in Comparison to *Vasti* regarding the treatment of *Vata-Rakta*.^[23]

CONCLUSION

Vata Dosha and *Rakta Dhātu* are the prime causative factor of *Vatarakta*, which vitiates by their on different *Nidana* simultaneously later on than vitiates each Other. Present work was conducted to critically review and analyze the diet and lifestyle related aetiological factors. According to modern concept the clinical features of gout appears mostly at the age above 40, mainly 95% in males & rarely in females. Sedentary lifestyle is one of the etiological factor of *Vata-Rakta Nidana Parivarjana*

is the first line of treatment for the any disease. *Basti* is the most important procedure in Ayurveda for curing *Vata-Rakta*. Hence it can be concluded that the this article will discuss the preventive and promotive Ayurvedic management of *Vatarakta*.

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