

Ayurveda describes insect toxicity under *Mashaka Visha*, which may contaminate *Rakta* and disturb doshic balance. When aggravated *Vata* interacts with vitiated *Rakta*, inflammatory joint disorders resembling arthritis may develop.

AIM AND OBJECTIVES

Aim

To evaluate the effect of *Ayurvedic* management in *Vataj Vatarakta* with reference to post-viral arthritis.

OBJECTIVES

1. To assess improvement in joint pain using Visual Analogue Scale (VAS).^[9]
2. To evaluate reduction in tenderness and walking difficulty.
3. To study the role of *Ayurvedic* medicines in *Vata-Rakta* pacification.

CASE PRESENTATION

A patient 25 years/Female presented to the *Kayachikitsa* OPD of PMT Ayurveda College and Hospital, Shevgaon with the following complaints.

- Mild fever
- Pain starting from toes progressing to larger joints
- Tenderness in affected joints
- Difficulty in walking
- Indigestion (*Agnimandya*)

History revealed recent viral fever and mosquito bite exposure, after which joint pain gradually developed.

Based on clinical features and *Ayurvedic* assessment, the condition was diagnosed as *Vataj Vatarakta* resembling post-viral arthritis.

Treatment Protocol

Medicine	Dose	Duration	Purpose
<i>Bilwadi Gutika</i> ^[11]	2 tablets twice daily after meal (250mg)	15 days	<i>Vishaghna, Ama Pachana</i>
<i>Rasa-Rakta Pachaka</i> ^[12]	500mg twice a day before meal	15 days	<i>Rakta shodhak, Visham jwaraghna.</i>
<i>Rasnadi Kashaya</i> ^[13]	15 ml twice daily	15 days	<i>Vata Shamana</i>
<i>Samshamni Vati</i> ^[14]	2 tablets twice daily	15 days	<i>Jwarahara, Rasayana</i>

Assessment Criteria (VAS)

Pain assessment was done using **Visual Analogue Scale (VAS)**.

Score	Pain Severity
0	No pain
1-3	Mild pain
4-6	Moderate pain
7-10	Severe pain

Observation Table

Day	Fever	Joint Pain	Tenderness	Walking Difficulty
Day 1	Present	Severe	Present	Severe
Day 7	Reduced	Moderate	Mild	Moderate
Day 15	Absent	Mild	Minimal	Improved

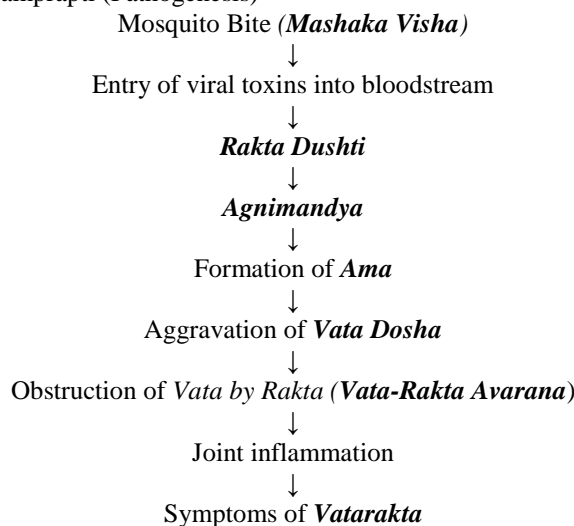
VAS Pain Score

Day	VAS Score

Dashavidha Pariksha^[10]

Parameter	Observation
<i>Prakriti</i>	<i>Vata-Pitta</i>
<i>Vikriti</i>	<i>Vata-Rakta Dushti</i>
<i>Sara</i>	<i>Madhyama</i>
<i>Samhanana</i>	<i>Madhyama</i>
<i>Pramana</i>	<i>Madhyama</i>
<i>Satmya</i>	<i>Madhyama</i>
<i>Satva</i>	<i>Madhyama</i>
<i>Ahara Shakti</i>	<i>Avara</i>
<i>Vyayama Shakti</i>	<i>Avara</i>
<i>Vaya</i>	<i>Yuva</i>

Samprapti (Pathogenesis)



Day 1	8
Day 7	5
Day 15	2

Correlation between Vatarakta and Post-Viral Arthritis

Ayurvedic Description	Modern Correlation
<i>Vata-Rakta Dushti</i>	Inflammatory joint disease
<i>Sandhishoola</i>	Arthralgia
<i>Sandhishotha</i>	Joint swelling
<i>Sparsha Asahyata</i>	Tenderness
<i>Jwara</i>	Viral fever
<i>Gati Sankocha</i>	Restricted joint movement
<i>Mashaka Visha</i>	Mosquito-borne viral infection

Pharmacological Action of Drugs

Drug	Ayurvedic Action	Probable Modern Action
<i>Bilwadi Gutika</i>	<i>Vishaghna, Ama Pachana</i>	Detoxifying, anti-infective
<i>Rasnadi Kashaya</i>	<i>Vata Shamana, Shothahara</i>	Anti-inflammatory
<i>Samshamni Vati</i>	<i>Jwarahara, Rasayana</i>	Immunomodulatory
<i>Rasa-Rakta Pachaka</i>	<i>Rakta Shodhana</i>	Blood purification

RESULTS

Significant improvement was observed in symptoms after treatment. Pain intensity reduced considerably as indicated by VAS score reduction from 8 to 2 within 15 days. Fever subsided and walking ability improved.

DISCUSSION

Vatarakta develops due to interaction between aggravated *Vata* and vitiated *Rakta*. In mosquito-borne viral infections, toxins may contaminate blood and trigger inflammatory processes.

The medicines used in this study act synergistically

- *Bilwadi Gutika* acts as *Vishaghna* and detoxifying agent.
- *Rasnadi Kashaya* provides *Vata-shamana* and anti-inflammatory effects.
- *Samshamni Vati* acts as immunomodulator and antipyretic.
- *Rasa-Rakta Pachaka* improve *Rakta* purification and *Ama* digestion with visham *jwaraghna* property

By correcting *Agnimandya*, *Ama* formation, and *Vata-Rakta* imbalance, the treatment effectively breaks the disease pathogenesis.

CONCLUSION

This observational case study indicates that Ayurvedic management focusing on *Ama Pachana*, *Vata-Rakta Shamana* and *Rakta* purification can effectively reduce symptoms resembling post-viral arthritis.

The concept of *Mashaka Visha* provides a classical explanation for mosquito-borne inflammatory joint conditions.

Further studies with larger sample sizes are necessary to validate these results.

Scope for Future Study

- Larger clinical trials
- Comparative studies with modern anti-inflammatory drugs
- Immunological studies on *Ayurvedic* medicines
- Research on *Ayurvedic* understanding of viral arthritis

Limitations

- Single case study
- Short follow-up period
- Lack of laboratory inflammatory markers

Declarations

Source of Support: Nil

Conflict of Interest: None declared

Patient Consent: Obtained

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