

## INNOVATIVE AYURVEDIC VIVECHANA OF VATA-RAKTA - A CONCEPTUAL STUDY

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## ABSTRACT

As per *Ayurveda* concept, the equilibrium of different fundamental elements in the body is the indication of good health. The imbalance of basic constituents causes different diseases. The joint diseases are emerging main health problem in the present era and the disease of joints which involves *rakta*, *asthi*, and *dhatu* are considered *vata-rakta* as *sandhigat roga*. The current life style not only disturb the healthy *Ahar* (Diet) but *Vihar* (daily exercise etc.) also. Unhealthy diet like junk food and hectic journey by vehicle etc. overall aggravates disease like *vata-rakta*. In *vata-rakta* aggravated *vata* is obstructed in its passage by aggravated *rakta* which affect the entire *rakta* and patient suffer from severe pain.

**KEYWORDS:** *Vata-rakta*, Gout arthritis, *Sandhigat roga*, Diagnosis, Prognosis *Ayurved*.

## INTRODUCTION

*Ayurveda* is a science of life. It is an ancient medical science. As per *Ayurveda*, body (*sharir*) is constituted by three basic elements i.e. *Dosha*, *Dhatu* and *mala*. The normal functioning of these *Dosha*, *Dhatu* and *mala* maintain the equilibrium amongst all interdependent elements especially as maintained by physiological process in body. Its imbalance causes abnormal physiological disorders i.e. diseases. *Vata* is major responsible for almost all disease amongst *tridosha*, and *vata-rakta* is known as disease associated with *vata*. As name indicates, it is disease of *sammurchana* of *vata* and *rakta*. *Vata-rakta* also known as *adhayavata*, by maharsi *charak*. The name of disorder itself describe that it is more prevalent among *adhya* (rich people). In this disease aggravated *vata* is obstructed by aggravated *rakta*, and this obstructed *vata* is again aggravates *rakta*. Finally these overall affects the entire *rakta* this occurs in conditions like, injury, fasting cumbersome journey and walking in hot climates. *Vata-rakta* is also known as *khudaroga*, *vatabalasa* and *vataashra*.<sup>[1-3]</sup>

The symptomatology of *vata-rakta* like *shool*, *shotha*, *sparsha sahatvam* etc correlated with gout in modern medical science.

## Aims and Objective

1. The conceptual study of *vata-rakta*.
2. To review the *vata-rakta* in context of gout.
3. Co-relation between *vata-rakta* and gout.

This conceptual study will be helpful in understanding of pathogenesis of *vata-rakta* in successive stages.

## MATERIAL AND METHOD

Different *Ayurveda* texts, journals, research papers, articles are referred to study the concept of *ayurvedic vivechana* of *vata-rakta* and its usefulness in manifestation and Sequelae of the *vata-rakta*.

## Nidana / Etiology

*Ayurvedic* texts describe the different *nidana* of *vata-rakta*. *Vata-rakta nidana* is classified in *ayurvedic* literature,<sup>[4-5]</sup> which is shown in Table No.1.

**Table 1: Ayurvedic Nidana of Vata-rakta.**

Sr. No.	Types of Nidana	Causes
1	Ahara Nidana	Related to dietary habits -Excessive intake of <i>kashaya</i> , <i>katu</i> , <i>tikta</i> etc - <i>Snigdha</i> , <i>ushna</i> , <i>ruksha</i> etc. <i>ahar sevena</i> in excess - <i>Alpabhojan</i> , <i>abhojan</i> etc.
2	Vihara nidana	Related to individual habits and environmental factors

		- <i>Mithya vihara</i> etc. - <i>Ativyayam, vibhrama</i> etc. - <i>Sthula Achankramansheelata</i> etc.
3	<i>Mansika Nidana</i>	Related to physiological factors ( <i>Krodha</i> etc.)
4	<i>Agantuj Nidana</i>	Exogenous factors ( <i>Abhighata</i> etc.)
5	<i>Prakriti Based Nidana</i>	Miscellaneous factors ( <i>Sukumar</i> etc.)

However, following two types of *vata-rakta* are described by *acharya Charak*.<sup>[6]</sup>

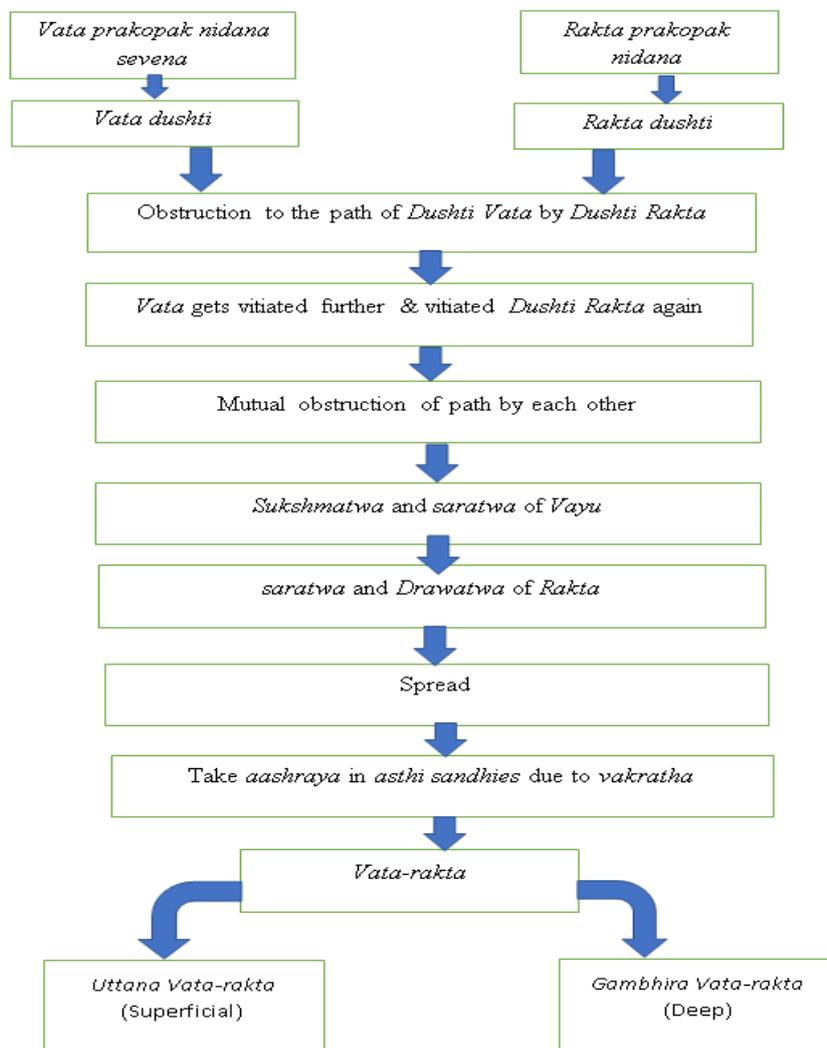
1. *Uttana Vata-rakta* (Superficial) – The blackish, red or coppery brown skin is indication of this type of *vata-rakta*. These colours are also associated with itching, burning sensation, stretching, piercing pain, quiring and contraction.
2. *Gambhira Vata-rakta* (Deep)-these types of *vata-rakta* is recognized by swelling, stiffness and hardness with severe pain inside, blackish and coppery skin with burning sensation, piercing pain, quiring and inflammation associated with distress and burning sensation in the stomach.

*prakopak hetu*. This *prakopit vata* leads to *Raktadushti* and moves all over the body and *sthanasamshraya* occurs at *Padangustha sandhi* due to its *Vyadhiprabhava*. This is expressed as *Anyonya avarana* by *Chakrapani*.

On the other hand, due to above etiological factors *Vata* and *Rakta* exacerbate simultaneously. Aggravated *vata* having been obstructed in its passage by aggravated blood vitiates the entire body. This is known as *Vata-Rakta*. The *samprapti* is represented by graphical flow chart in Fig 1.

### Samprapti

*Vata-rakta* is primarily caused by *aharaj* and *viharaj nidana sevena* i.e. *Vataprapopak hetu* and *Rakta*



**Fig. 1: Graphical flow chart representation of Vata-Rakta.**

**Table 2: Rakta and Dosha Predominance in Vata-Rakta.**

Sr. No.	Predominance of	Features
1	Rakta	- <i>Shwayatu Brusha Ruka Toda Tamrashcha Chim Chimayate</i> . (Swelling with severe distress Piercing pain Coppering with pricking sensation) - <i>Snigdha Rukshaiya Shaman Na ati Kandu Kledanvito</i> . (Not subsiding by either unctuous or rough applications & associated with itching & moistening).
2	Vata	- <i>Sira Aayam</i> . - <i>Shul</i> . - <i>Bhanjanam</i> . - <i>Shothasya</i> . - <i>Karshnyam</i> . - <i>Raukshyam</i> . - <i>Shyavata</i> . - <i>Kunchan Stambhane Sheeta Pradvesha</i> (Contracture & stiffness Aversion to cold).
3	Pitta	- <i>Vidaho</i> (Burning after meals). - <i>Vedana</i> (Pain). - <i>Murchha</i> (Fainting). - <i>Swed</i> (Sweating). - <i>Trshna</i> (Thirst). - <i>Mada</i> (Narcosis). - <i>Bhrama</i> (Giddiness). - <i>Raga</i> (Redness). - <i>Pakashcha</i> (Inflammation). - <i>Bhedascha</i> (Tearing). - <i>Shoshashcha</i> (Dryness).
4	Khapha	- <i>Steymityam</i> (Feeling of wetness). - <i>Gauravam</i> (Heaviness). - <i>Sneha</i> (Unctuousness). - <i>Supti</i> (Numbness). - <i>Manda Ruk</i> (Mild Pain).

**Roll of Rakta and Dosha Predominance In Vata-Rakta<sup>[7-10]</sup>**

The *vata-rakta* associated with *raktadhika*, *vatadhiks*, *pittadhika* and *kapha prakriti* respectively may possess different features which are shown in Table No. 2.

**Gouty Arthritis**

Gouty arthritis is the condition which causes recurrent episodes of joint inflammation, tissue deposition of uric acid crystals and joint destruction, it is marked by

transient painful attack of acute arthritis initiated by crystallization of urea about and within joint and then eventually leads to chronic gouty arthritis. The most commonly affected joints. There is peeling and itching of skin around joint. Diagnosis should be conforming by serum uric acid level, synovial fluid examination and other procedures. The Comparison Between *Lakshanas* of *Gambhir Vata-rakta* & Gouty Arthritis is given in Table No.3.

**Table 3: Comparison Between Lakshanas of Gambhir Vata-rakta & Gouty Arthritis.**

Sr. No	Lakshan of Gambhir Vatrakta	Lakshan of Gambhir Vatrakta same as Symptoms of Gouty Arthritis
1	<i>Sandhi shoth</i>	Joint inflammation
2	<i>Daha</i>	Joint are warmth
3	<i>Sthabdhata</i>	Joint stiffness
4	<i>Kathinata</i>	Limited joint movement
5	<i>Shyavtamratwacha</i>	Very red purplish skin
6	<i>Abhyantar sandhi pida</i>	Joint tenderness
7	<i>Sandhi toda</i>	Thrombing and crushing pain
8	<i>Pakyukat</i>	Infection in joint
9	<i>Spuran</i>	-

**DISCUSSION**

*Vata-rakta* is elaborately described in Charak Samhita as an independent disease. The main causative factors for

*Vata-rakta* are excessive intake of *guru*, *lavana*, stringent food stuffs, excessive use of pulses, alcohol, meat, sedentary life style, and psychological components such

as excessive anger, emotional distress, mainly observed in Sukumar. Aggravated *Rakta* quickly obstructs the path of already aggravated *Vata*. On obstruction in the route of *Vata* its *gatis* obstructed leading to further aggravation.

This vitiates the whole *Rakta* and manifests as *Vata-rakta*. Various *pathya* and *apathya* mentioned by *Acharya* Charak plays important role in its prevention. Changing lifestyle is causative factor for *Vata-rakta*. So, *Dinacharya* & *Rutucharya* as mentioned in *Ayurvedic* texts must be followed for upkeep of health. Yoga by improving physical, emotional, mental and spiritual status plays a vital role in the prevention and management of *Vata-rakta*.

All the *Lakshanas* of *GambhirVata-rakta* are similar to Gouty Arthritis so *GambhirVata-rakta* is nothing but a heterogeneous joint Arthritis.

### CONCLUSION

Life style disorders are different from other diseases as they are potentially preventable and can be depressed by adopting healthy dietary habits and life style so as in case of *Vata-rakta*. *Hetus* are the causative factors for particular disease. Different types of *hetus* for different diseases have been mentioned by *Acharyas*. They are included in *Nidanpanchak*. By avoiding causative factors responsible for the *vata-rakta* and adopting the *pathyaapathya* mentioned by the *Ayurveda acharyas* one may get rid of *vata-rakta* and can lead a healthy life.

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