



## YASTAYAHVA NIRUH BASTI (KSHEERA BASTI) IN THE MANAGEMENT OF VATARAKTA (GOUT)- A CASE STUDY

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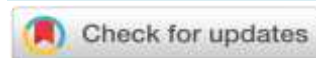
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## ABSTRACT

In the present era, various types of health issues are increasing day by day because of unhealthy food habits and sedentary lifestyles. In the second and third decades of life majority of people are suffering mainly from systemic disorders or different kinds of joint disorders. *Vatarakta* is one of the joint disorders. It is an illness where both *Vata* and *Rakta* are afflicted by distinct etiological factors<sup>1</sup>. Various *Panchakarma* procedures and *Ayurvedic* drugs have been proved useful for this disease. Here is a case of *Vatarakta*, which was treated for 16 days with a combination of the *Panchakarma* procedure. The condition was treated with 16 days schedule of *Yastayahva Niruh Basti (Ksheera Basti)*<sup>2</sup>. The patient's condition was assessed for symptoms of *Vatarakta* and marked improvement in signs and symptoms was seen.

*Vatarakta* is a disease explained in Ayurveda involving *Vata Dosha* imbalance affecting *Rakta Dhatu*, where the *Vayu* gets aggravated due to long-distance rides on animals like elephants, camels, horses, and on the other hand *Rakta* or blood gets vitiated by the consumption of *Lavana*, *Amla*, *Katu*, *Kshara*, etc. The *Vata*, whose passages are blocked by *Rakta* further undergoes vitiation and further contaminates the *Rakta* or blood. The blood vitiated by *Vayu* later burns the whole blood in the body and later gravitates towards the foot. This vicious amalgamation of vitiated *Vata* and *Rakta* is called *Vatarakta*. *Vatarakta* can even be correlated to Gout on the basis of etiopathology. Hence this study was taken to prove that Ayurvedic management has remarkable results in

*Vatarakta* (Gout). Observation and results were drawn on the basis of assessment criteria. The discussion was done on the basis of entire observations during research. The conclusion was drawn on the basis of the result.

**Keywords:** *Vatarakta, Vata Dosha, Rakta Dhatu, Yastayahva Niruh Basti (Ksheera Basti)*

## INTRODUCTION

*Vatarakta* is a painful condition. The condition develops suddenly and reoccurs after treatment. When aggravated *Vata* is obstructed by aggravated *Rakta*, this obstructed *Vata* again vitiates the *Rakta*. This pathological state is known as *Vatashonitam* or *Vatarakta*. *Vatarakta* is described in detail in *Charak Samhita* and other *Samhita* also. In *Sushrut Samhita*, *Vatarakta* is described in *Vata Vyadhi adhyaya*. In *Vatarakta* mainly small joints of feet and hands are affected. On the basis of etiology and symptomatology Gout is similar to that of *Vatarakta*. Gout is also called metabolic arthritis. Gout is an abnormality of Uric acid metabolism that results in hyperuricemia, and deposition of monosodium urate crystal in joints, soft tissue, and renal tubules<sup>3</sup>.

### Types of *Vatarakta*

***Vata Pradhana Vatarakta:*** When *Vata* is severely vitiated in *Vatarakta* symptoms like pain, twitching, pricking pain, swelling which is dry and black, stiffness of body parts, aversion or aggravation of symptoms by cold, numbness, etc will dominate the picture.

***Rakta Pradhana Vatarakta:*** When *Rakta* is severely vitiated in *Vatarakta*, the symptoms like swelling, severe pain and pricking pain, the copper color of the skin, itching, and moistness predominate.

***Pitta Pradhana Vatarakta:*** When *Pitta* is severely vitiated in *Vatarakta*, the symptoms like severe burning sensation, sweating, fainting, thirst, tenderness, pain, swelling, and suppuration will be predominantly found.

***Kapha pradhana Vatarakta:*** When *Kapha* is severely vitiated in *Vatarakta*, the symptoms like numbness, heaviness, moistness, unctuousness, and coldness will prevail.

### *Vatarakta* is also of 2 types based on its location

***Uttana Vatarakta:*** The disease pathology afflicts the superficial tissues i.e., skin and muscles, the symptoms are also limited to the skin. In this type, the symptoms more overlook like skin disease or *Kushtha* with skin lesions and muscle pain.

***Gambhira Vatarakta:*** The disease pathology involves blood and other deeper tissues like bone and joints and also the internal viscera. This is moreover systemic illness, and the symptoms are more complicated. This moreover looks like a joint pathology because the joint symptoms are more than the skin presentation.

### The case Report is as Follows

A 27years old Indian, married, the male patient approached the OPD (Reg.No.-37710) of Dr. SRRAU Hospital on 28/09/2021 with the chief complaints of Pain in Toe of Right Feet along with all fingers discoloration swelling along with a burning sensation of b/l sole.

Knee joint pain along with difficulty in movements.

Generalised weakness

All the above complains were for 5 months

No H/o DM /HTN /Asthma

### History of Personal Illness

The patient was normal 5 months before. He developed swelling in his right foot toe along with discoloration and right foot swelling along with b/l sole burning sensation and Knee joint pain. The patient was admitted for the same for 6 days and was under multiple treatments one after the other. After a lot of treatment, the patient finally got admitted to the IPD of DrSRRAU for *Panchakarma*.

### Personal History

Occupation: Teacher	<i>Mala:</i> 2 times/day	<i>Druk:</i> Avishesh
<i>Druk:</i> Avishesh	<i>Jivha:</i> Saam	<i>Akruti:</i> Madhyam
<i>Nadi:</i> 76/min	<i>Shabdha:</i> Spashta	<i>Bala:</i> Madhyam
<i>Mutra:</i> 5-6 times/ day	<i>Sparsha:</i> Anushnasheet	<i>Raktabhara:</i> 130/90mm of Hg

### Objective:

To study the effect of Ayurvedic treatment in the management of *Vatarakta*.

**Materials And Methods Method:** Centre of Study OPD/IPD of RAU Simple Random Single Case Study Material with daily Treatment and Prognosis

Clinical examination of the patient revealed Management.  
regression of symptoms due to our Ayurvedic

**Table 01:** Showing gradation of symptoms according to WHO scoring pattern<sup>4</sup>

Symptoms	Grade 0	Grade 1	Grade 2	Grade 3	Grade 4
Swelling	No Swelling	Slight Swelling	Moderate Swelling	Sever Swelling	
Discoloration	Normal coloration	Near to normal which looks normal to distant observer	Reddish coloration	Slight reddish Black discoloration	Blackish discoloration
Burning Sensation	No burning	Mild burning	Moderate burning	Severe burning	
Pain	No pain	Mild pain	Moderate pain but no difficulty in moving	Slightly difficulty in moving due to pain	Much difficulty

## TREATMENT

*Yastayahva Niruh Basti (Ksheera Basti),*

**Table 2:** Showing ingredients of *Yastayahva Niruh Basti*

Sanskrit Name	Botanical Name	Quantity
<i>Madhuyasti</i>	Glycyrrhiza glabra	320gm
<i>Shtahva</i>	Anethum sova	5gm
<i>Madanphala</i>	Randia spinosa	5gm
<i>Pippali</i>	Piper longum	5gm
Cow milk	-	320ml
Go- Ghrit	-	80ml
<i>Madhu</i>	-	80gm
Water	-	2560ml

## BASTI SCHEDULE

Procedure	Karma	Drug and doses	Duration
<i>BASTI</i>	<i>Purva karma</i> (Pre-Operative)	<i>Sthanik abhyanga</i> and <i>Sthanik swedan</i>	Before each administration of <i>Basti</i>
	<i>Pradhan karma</i> (Operative) 1. <i>Ksheera Basti</i>	<i>Yastayahva Niruh Basti 960 ml</i>	16 Days Continuous
	<i>Paschat karma</i> (Post Operative)	<i>Shali rice, milk,</i> and normal food Should take rest properly	7 Days

## OBSERVATION

**Table 03:** Showing changes in symptoms before and after treatment

Symptoms	Before treatment	After treatment
The toe of Right feet pain and swelling	3	1
Discoloration	4	1
Right feet swelling	3	1
Burning sensation in b/l sole	3	1
Knee joint pain	4	2

**Table 04:** Showing changes in Serum Uric acid levels

Before treatment (28/09/2021)	6.50 mg/dl
After treatment (28/10/2021)	4.8 mg/dl

## RESULT

The patient had started improving during the hospital stay and at the end of the 16<sup>th</sup> day there was overall recovery as the case had reached *Upadrava*,

so it needs time to cure but with Ayurvedic treatment, it has relief in all the subjective and objective parameters.

## DISCUSSION

Hetu of Vatarakta as

Ahara	Vihara	Samprapti Ghataka
The improper and irregular diet causes disturbance of <i>Vata Dosha</i>	Prolonged standing	<i>Dosha- Tridosha</i>
<i>Lavana- Amla- Kshar</i> food (spicy and salty)	<i>Ratrijagaran</i>	<i>Dushya- Rasa, Rakta</i>
<i>Sushkaahara</i> (chips, toast, bread)	<i>Manasik nidan- chinta, Bhaya, and Vegavrodha</i> cause <i>Vata vrudhhi</i>	<i>Adhishthana- Twaka</i>
<i>Dadhi</i>		
<i>Mamsa- Matsyasevana</i> (4-5 times a week)		

**Mode of action of Basti:** *Basti* is the best therapy to control the *Vata* and thus it controls the *Pitta* and *Kapha* also. The given *Basti* when entering the *Pakvasaya* by its *Virya* draws the vitiated *Doshas* lodged in the entered body from foot to the head, just as the sun situated in the sky sucks up the moisture from the earth<sup>5</sup>. The *Tikshna Guna* of *Basti* helps in overcoming the *Sroto Dushiti* resulting due to *Sanga*. Thus, *Basti dravya* after reaching to large and small intestine gets absorbed, due to *Laghu, Ushna, Tikshna, and Ruksha Guna* of *Dravyas*, it breaks the obstruction and expels out the morbid material from all over the body. *Vatarakta* located in *Paani* (hands) is caused by upward *Dosha* and in *Paada* (feet) is due to downward *Dosha*<sup>6</sup>.

## CONCLUSION

*Vatarakta* has become a common disease. If we go deep, it can be derived that sedentary day today affairs along with unhealthy eating habits are the root cause behind this. People are so busy without patience and expect quick relief, not bothering about the side effects and aftereffects in the long term. So, it is mandatory to manage the condition in a natural way. By following the traditional and much-advanced *panchakarma* treatment, here patient got

relief from symptoms within 16 days. The treatment assures permanent cure along with maintaining the physical and mental health of the patient.

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