Efficacy of Draksha Kashaya Erand Tail Virachana in Vatrakta (W.S.R. Gout)

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ABSTRACT

Nowadays human lifestyle turned unhealthy due to consumption of high protein diet, junk food, stress, metabolic disorders etc. People do not follow healthy lifestyle described in Ayurveda i.e. Dincharya, Rutucharya, Aahar, Vihar, Vatrakta is vridhh and obstructed Vatain turn vitiates the whole Rakta manifest as Vatrakta, in modern correlated with Gout. Vatrakta is metabolic disorder, in which recurrent attack of acute inflammatory arthritis caused by elevated level of uric acid in the blood (hyperuricemia). The uric acid crystallizes and deposits in joints. It is characterized by severe pain, tenderness, inflammation and burning sensation in the affected joints1. In present situation the number of Vatrakta patients are increasing day by day. In Vatrakta vitiated doshas are Vata and Rakta dhatu, this disease caused by different etiological factors. The etiological factors responsible for Gouty arthritis, pathology and clinical features are similar with Vatrakta. The patients having classical signs and symptoms of Vatrakta were selected from OPD of Dept. of Panchkarma in Smt. K. C. Ajmera Ayurved Hospital, in present study 10 patients of Vatrakta were selected according to Inclusive criteria and were treated with Draksha Kashaya for Virechana, dose of (Erand tail 40ml, and Draksha Kashaya 40ml) used for Virechana2. After 17 days course of Virechana, we found 60% relief in stiffness and tenderness and 50% relief in swelling and pains. Also, Uric acid decreased slightly after treatment.

Keyword: Draksha Kashaya, ErandTail, Virechana,Vatrakta, Gout.

INTRODUCTION

The disease Vatrakta in which Vatadosha and Raktdhatu are vitiates, is described as many synonyms Khud, Vatbalask, Adhyavata3. Sushruta explained this Vyadhi in “Mahavatavyadhikikitsa”4, it means an inflammatory arthritis associated with Hyperuricaemia. It can cause swelling, tenderness, stiffness over joints, an attack of sudden burning pain. In Ayurveda Vatrakta is caused by MithyaAahar, Vihar, long distance travelling by vehicle, continuous sitting or standing position for long time, Adhyashana, Virutdhashana. Panchkarma is very effective treatment for Vatrakta, for Vatrakta various kind of Panchkarma treatment done i.e. Basti, Virechan, Raktmokshana, Parishekh, Lepa. It plays an important role in Vatrakta. In Vatrakta main vitiates doshas are Vata and Rakta. Rakta is ashrayisabhand of Pitta, due to
*Pitta dushti* procedure of choice is *Virachana*. The drug used for this *Virechan* procedure is *Draksha Kashaya* with *Eranda Sneha*. *DrakshaKashay* and *Eranda Taila* is *Vatashamak* and *Pittaghan* due to this *Vatraktalakshanas* i.e. Swelling, Pain, Tenderness and Stiffness reduces.

**Aim and Objectives:** To study the efficacy of *Draksha Kashaya Erand Sneha Virechana* in *Vatrakta*.

**Materials and Methods:** The patients having classical signs and symptoms of *Vatraktawere selected from OPD of Dept. of Panchkarma in Smt. K. C. Ajmera Ayurved Hospital, Dhule.

**Materials**-
Patients were given *Vidhipurvak Virechana* with *Draksha Kashaya Erand tail*².

<table>
<thead>
<tr>
<th>Contents</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Erandataila</td>
<td>40ml</td>
</tr>
<tr>
<td>DrakshaKashaya</td>
<td>40ml</td>
</tr>
</tbody>
</table>

**Methods**-
SOP of *VidhipurvakVirechana*.

<table>
<thead>
<tr>
<th>Day</th>
<th>Drug</th>
<th>Dose</th>
<th>Action</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 to 3</td>
<td>Aampachakvati</td>
<td>250mg × BD</td>
<td>Pachan</td>
</tr>
<tr>
<td>4</td>
<td>Guduchisidhghrita</td>
<td>30ml</td>
<td>Abhishadan</td>
</tr>
<tr>
<td>5</td>
<td>Guduchisidhghrita</td>
<td>60ml</td>
<td>Doshvilayan</td>
</tr>
<tr>
<td>6</td>
<td>Guduchisidhghrita</td>
<td>90ml</td>
<td>Strotovishodhan</td>
</tr>
<tr>
<td>7</td>
<td>Guduchisidhghrita</td>
<td>120ml</td>
<td>Strotovishodhan</td>
</tr>
<tr>
<td>8</td>
<td>Guduchisidhghrita</td>
<td>150ml</td>
<td>Strotovishodhan</td>
</tr>
<tr>
<td>9 &amp; 10</td>
<td>Vishranti</td>
<td></td>
<td>Koshtabhigaman</td>
</tr>
<tr>
<td>11</td>
<td>Drakshakashaya + Erandataila</td>
<td>40ml+40ml</td>
<td>Virechana</td>
</tr>
<tr>
<td>11 to 17</td>
<td>Samsarjankarma</td>
<td></td>
<td>Aagnidipti</td>
</tr>
</tbody>
</table>

Follow Up taken
On 0 day before treatment, 17th day after treatment.

**Inclusive Criteria**
1) Patient of *Vatarakta* presenting symptoms as per Ayurvedic Text.
2) Patient having elevated serum Uric Acid Level more than 6mg/dl.
3) Age 20 – 60 years of both male and female.

**Exclusive Criteria**
1) Age below 20 years and Above 60 years.
2) Secondary Gout due to renal impairment.
3) Patient having any other major illness.

**Criteria for Assessment**
10 Patient were treated and assessed as follows:
1) **Subjective Assessment:** Shotha, Shoola, Aaraktata, Kathinya, Sparshasahatva, Daha.
2) **Objective Assessment:** Serum Uric Acid Level.

**Observation and Result**

*Figure 1:* Distribution of Patient according to Age

Patient from age group 31 – 40-year suffering more from *Vatarakta* as compare to other age group.
Females are more prone to Vatarakta (gout) as compared to Male i.e. Female – 60%

Patient having mix diet suffer 60% as compare to patients who are Vegetarian

According to Occupation patient with sedentary occupation found more suffering with Vatarakta (gout) as compare to other occupation i.e. 50%

**Result**-Statistical analysis of Symptoms of Vatarakta (Gout)

<table>
<thead>
<tr>
<th>Symptoms</th>
<th>BT</th>
<th>AT</th>
<th>Mean</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aaraktata</td>
<td>10</td>
<td>01</td>
<td>09</td>
<td>90%</td>
</tr>
<tr>
<td>Daha</td>
<td>10</td>
<td>09</td>
<td>09</td>
<td>90%</td>
</tr>
<tr>
<td>Shoola</td>
<td>16</td>
<td>03</td>
<td>13</td>
<td>81.25%</td>
</tr>
<tr>
<td>Sparshasahatva</td>
<td>14</td>
<td>03</td>
<td>11</td>
<td>78.57%</td>
</tr>
<tr>
<td>Kathinya</td>
<td>13</td>
<td>03</td>
<td>10</td>
<td>76.92%</td>
</tr>
<tr>
<td>Shotha</td>
<td>21</td>
<td>11</td>
<td>10</td>
<td>47.61%</td>
</tr>
</tbody>
</table>

BT- Before Treatment, AT-After Treatment
Statistical analysis of symptoms of Vatrakt.

**DISCUSSION**

In Vatrakta the main vitiated dosh is ‘Vatadusti’ (ref.ch.su.20/19) & ‘Rakta’ is associate with ‘Pitta’, also according to Pittaprakopa treatment of choice is Virechana. Drug given in present study for Virechan is Drakshakshaya and Eranda Sneha both are Pittashamak and Vatashamak respectively, hence it acts on vitiated Pitta, Vata and gives relief in symptoms like Shoola, Daha, Aaraktata, Sparshasahatva, Kathinya, Shotha. Virechana is highly effective in Vatarakta because it is caused by metabolic disturbance. Distribution of patient according to age group of 31 – 40-year suffering more from Vatarakta as compare to other age group. Distribution of patient according to sex- Females are more prone to Vatarakta (gout) as compare to Male i.e. Female – 60%. Distribution of patient according to diet-Patients having mix diet suffer 60% as compare to patients who are Vegetarian. Distribution of patient according to occupation-Patients with sedentary occupation found more suffering with Vatarakta (gout) as compare to other occupation i.e. 50%. Uric acid level slightly decreases and lakshana of Vatrakas are Aar-akta - 90% relief, Daha-90%, Shool-81.25%, Spar-
shasahatva-78.57% Kathinya-76.92% Shotha- 47.61% remarkable relief done. All these factors of Vatrakat can be compared with Gout based on Nidana (etiology), Samprapti (pathogenesis) and lakshana (symptoms).

CONCLUSION

In Vatarakta due to disturbance of metabolism, vitiated doshas are accumulated in Sandhisthana which is effectively done by Panchakarma specially Virechana, play best management of Vatarakta. Based on present clinical study, it can conclude that Drakshakashaya with Erandsneha Virechana has anti-inflammatory, analgesic, properties and effective in Vatarakta. Draksha Kashaya Erandamneha Virechana shows remarkable relief in symptoms of Vatrakta.

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