CONCEPTUAL STUDY OF THE ROLE OF SHATAPAAMI MADHUKA TAILA IN THE MANAGEMENT OF VATARAKTA

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INTRODUCTION:
Vatarakta is disease of vitiated vata & rakta. Aggravated vata is obstructed in its passage by dushit rakta & generates Vatarakta. Amongst etiological factors of Vatarakta many are responsible for raktadushti & for its signs & symptoms. Shatapaak Madhuka Taila is combination of Raktaprasadak & Raktashodhak dravyas. This Taila helps in vatarakta to remove raktadushti. So, here in this article, I have discussed the role of Shatapaak Madhuka Taila in relieving the symptoms of Vatarakta. Shatapaak Madhuka Taila relieves symptoms by raktaprasadan. Yashtimadhu relieves pain by prasadana of rakta and shaman of vata, increases circulation, does raktaprasadan & shonitasthapan. It also does shodhan & shaman of pitta the factor of usmha. It is Pitta and Vata shaamaka (pacifying) and Rakta prasadaka (Maintainance of quality). It also acts against visha (toxins), shotha (inflammation) and thus effective in other complications involved in Vatarakta as well. Milk used in this kalpa is sheet and rasayana (rejuvinative) in nature, thus, helps in rakta prasaadana and Vata shamana. Tila taila, being snigdha acts against Vata. Shatapaka Madhuka Taila, thus, as a whole, is effective in vedana shaman (pain reliving) in vatarakta.

ABSTRACT
Vatarakta is disease of vitiated vata & rakta. Aggravated vata is obstructed in its passage by dushit rakta & generates Vatarakta. Amongst etiological factors of Vatarakta many are responsible for raktadushti & for its signs & symptoms. Shatapaak Madhuka Taila is combination of Raktaprasadak & Raktashodhak dravyas. This Taila helps in vatarakta to remove raktadushti. So, here in this article, I have discussed the role of Shatapaak Madhuka Taila in relieving the symptoms of Vatarakta. Shatapaak Madhuka Taila relieves symptoms by raktaprasadan. Yashtimadhu relieves pain by prasadana of rakta and shaman of vata, increases circulation, does raktaprasadan & shonitasthapan. It also does shodhan & shaman of pitta the factor of usmha. It is Pitta and Vata shaamaka (pacifying) and Rakta prasadaka (Maintainance of quality). It also acts against visha (toxins), shotha (inflammation) and thus effective in other complications involved in Vatarakta as well. Milk used in this kalpa is sheet and rasayana (rejuvinative) in nature, thus, helps in rakta prasaadana and Vata shamana. Tila taila, being snigdha acts against Vata. Shatapaka Madhuka Taila, thus, as a whole, is effective in vedana shaman (pain reliving) in vatarakta.

Keywords: Vatarakta, Shatapaak, Shatapaki, Yashtimadu, Madhuka, Shonitasthapanap

INTRODUCTION:
Vatarakta is a sammurchana janit vyadhi of Vata & Rakta. The aggravated vata is being obstructed in its passage by dushit rakta. This vata again vitiates the whole rakta. This condition is known by various names, namely as Vatashonita, Khudavata, Vatabalasa, Aadhyavata etc. It establishes its base first in the hands & feet & then spreads in the joints of entire body & causes severe pain which is difficult to tolerate. The etiological factors of Vatarakta are described in detail in Charak Samhita out of which Salty, Sour, Pungent, hot & uncooked food, meat of aquatic & marshy animals, food having high proteins, curd, buttermilk, sura etc. are mainly responsible for raktadushti. The signs & symptoms in the Vatarakta like kandu (itching), daaha (burning); twakavaivarlya (discoloration of skin), raga (redness), shotha (inflammation) and paka are caused by dushit rakta along with tridosha. So, it is necessary to remove the impurities from blood.
This is possible with the help of Raktaprasadak, Raktashodhak dravyas. Shatapaka Maduka Taila mentioned in Charak Samhita Chikitsa sthana has combination of such Raktaprasadak, Raktashodhak dravyas. The decoction is prepared from Yashhtimadhu and then the ksheerpaak and finally, the tailapaka is useful in Vatarakta for the purpose of pain relief and relief in other associated symptoms of Vatarakta.

**Aim:** Conceptual study of role of Shatapaka Maduka Taila in Vatarakta with special reference to Rakta dushti.

**Objective:**
1. To study role of Rakta dushti in Vatarakta.
2. To study role (Karmukatva) of Shatapaka Maduka Taila in Vatarakta.

**MATERIAL & METHODS:** This is a literary type of study. Literary study of rakta dushti (Vitiated blood) is done from Charak samhita, Sushruta samhita & Vagbhat samhita. Literary study of karmukatva (Activity) of contents of Shatapaka Maduka Taila is done from Charaka Samhita.

Following data mentioned here the short review of literature related to this study.

**DISEASE REVIEW:**

**Rakta dushti hetu (Vitiated Factors of blood)**
1. Use of vitiated, very acute & hot wines or similar intoxicants.
2. Excess use of salts, alkalis & pungent articles.
3. Horse gram, Black gram, Sesame & Sesame oil, Radish etc.
4. Flesh of aquatic, wetland, terricolous & tearer group of animals.
5. Curd, Sour canjees, Shukta, Sura, Sauviraka wines.
6. Day time sleeping just after having liquid, unctuous & heavy food.
7. Indulgence in over eating & Anger.
8. Suppressing urge of vomiting.
9. Not practicing bloodletting in proper season.
10. Fatigue, injury, grief, pre-digestion meal, eating on loaded stomach & the natural tendency of the autumnal season.

**Rakta dushti lakshane (Vitiated blood symptoms)**
Vitiated rakta leads to various diseases like Mukhapaka, Akshiraga, kushtha, vidradhi, visarpa etc. including Vatarakta.

**Vatarakta hetu (Etiological factors of Vatarakta):**
1. Salty, sour, alkaline, hot & uncooked food.
2. Moist or dried things, meat of aquatic & marshy animals.
3. Radish, horse gram, black gram, nispava, sesame paste, sugarcane, curd, sour gruel, sauvira, suktta, buttermilk, sura, aasava.
4. Incompatible food, eating during indigestion.
5. Anger, day-sleep, vigils.
6. Delicate persons having delicious things at pleasure & not in habit of walking.
7. Injury & non evacuation when blood is affected.
8. Astringent, bitter, little & rough items.

**Vatarakta Samprapti (Pathogenesis):**
1. Vataprakopaka & Raktadushtikar hetu sevan.
2. Vata vitiation by sukshma & Sara guna.
3. Rakta vitiation by Drava & Sara guna.
4. Circulation of vitiated vata & rakta all over the body through blood vessels.
5. Obstructed in the joints & get located there with agitation.
6. If located in twaka & mamsa term as Uttana vatarakta.
7. If located in deeper dhatus (like asthi-majja) termed as Gambhir vatarakta.

**DRUG REVIEW:**

**Shatapaaki Maduka Taila**: The kwatha of Yashtimadhu is done and then the ksheerpaka is done and the Tila Taila is processed in this manner for several times. It can be stated that the contents of Shatapaaki Maduka Taila are having such active principles which act on rak-tadushti in vatarakta.

The properties of the above dravyas with their krmuktva are as following:

**Action of Yashtimadhu (Glycerrhiza glabra)** - Rasa - Madhur, Vipaka - Madhur, Virya - Sheeta

Main Properties - Guru, Snigdha, Action on Doshas- Pitta pacifying, Vata Pacifying Local Action - Daah shamaka, Vedanasthapana, Shothahara

Yashtimadhu - Yashtimadhu, due to its madhur rasa and virya causes Shonitasthapana action and Raktaprasadana too. Its guru and snigdha guna cause the vata shamana. This way, it acts both against, vitiated vata as well as rakta, by maintaining their quality.

In long-term effects of sang the vitiated rakta generates daha, paka, raga, shoth, shool etc. Yashtimadhu, because of its Sheeta virya and Madhur Rasa and Vipaka, pacifies rakta gata ushma & relives the signs.

Godugdha (Cow milk) and Tila Taila (Sesame oil) also act against vitiated vata and rakta in order to maintain their natural qualities.

**DISCUSSION**

On the basis of above study it can be stated that the Shatapaak Maduka Taila is effective in raktadushti in Vatarakta. It moves the raktagata ushma, stickiness of rakta. There by Minimize the obstruction in passage of vata caused by dushit rakta. This taila decreases the signs & symptoms in vatarakta like daha (irritation), twaka-vaivarna (discolouration of skin), raga (redness), chimchimayana (tingling), shotha (inflammation), paka etc.

**CONCLUSION**

Shatapaak Maduka Taila acts as Rakta-shodhak & Raktaprasadak in vatarakta by removing the obstruction in the path of vata by dushit rakta & helps in minimizing the severity of signs & symptoms in patients. Scope for future study: Clinical trials on karmuktva (Activity) of Shatapaak Maduka Taila in Vatarakta.

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