

A REVIEW ON ETIOLOGICAL FACTORS IN VATARAKTA AND ITS RELEVANCE IN PRESENT CONTEXT

Payal Suryawanshi¹, G H Kodwani²

¹PGScholar, Rognidana & VikritiVigyan Dept, ²Guide Professor), Rognidanaevamvikruiivignyan; Govt. Ayurved College Nagpur, Maharashtra, India

Email: payalps234@gmail.com

ABSTRACT

The joint diseases are becoming main health problem in the present context and traditional text of *Ayurveda* considered *Vatarakta* as “*SandhigataRoga*” which is the disease of joints also involves *rakta*, *asthidhatus*. *Vatarakta* is described in all *Samhitas* very extensively which shows that it was prevalent widely in that era too. In present time also the numbers of *Vatarakta* patients are increasing day by day. In the last two centuries however *Vatarakta* has been recognized increasingly in the common people specially truck driver, taxi driver, travelling workers..The current scenario of life style affects normal health status greatly and people not following life pattern as per *Ayurveda* and avoiding concept of *Dincharya* and *Rutucharya*. **Methodology:** As it is a Review study, so all literature taken from various *AyurvedicSamhitas*. **Discussion:** The changing lifestyle of human being like unhealthy street food, alcohol drinking, high protein diet, changing dietary habits, improper sleep and with all these factors people do not have tendency to do exercise, more and more vehicle driving, long duration vehicle driving, bad conditions of roads due to this aggravated *Vata* has been obstructed in its passages by aggravated *Rakta* affects the entire *Rakta* and causes *Vatarakta*. Patient suffers from pain which is very difficult to tolerate. **Result:** The current life style pattern resulting in increasing cases of *Vatarakta* in truck driver, taxi driver, travelling workers.

Keywords: *SandhigataRoga*, *Rakta*, *AsthiDhatus*, *Hetu*

INTRODUCTION

The diseases of joints are becoming main health problem in the present context and traditional text of *Ayurveda* considered *Vatarakta* as “*SandhigataRoga*” which is the disease of

joints also involves *rakta*, *asthidhatus*. *Vatarakta* is described in all *Samhitas* very extensively which shows that it was prevalent widely in that era too. When aggravated *vata* is ob-

structed by aggravated *rakta*, this obstructed *vata* is again aggravates *rakta*. This pathological state is known as *Vatarakta*⁽¹⁾

It has two *awasthas* 1. *Uttan* 2. *Gambhir*⁽²⁾

Acharya Sharangadhar has described eight types of *Vatarakta* according to dominance of *doshas*⁽³⁾ In present time also the numbers of *Vatarakta* patients are increasing day by day. In the last two centuries however *Vatarakta* has been recognized increasingly in the common people specially truck driver, taxi driver, travelling workers. The dramatic lifestyle and food habits. The current scenario of lifestyle affects normal health status greatly and people not following life patterns as per *Ayurveda* and avoiding concept of *Dincharya* and *Rutucharya*.

Aim:

To review on *Vataraktahetu*.

Objective:

- 1) To study *hetus* of *Vatarakta*.
- 2) To study *aharaj*, *viharaj* and other causes of *Vatarakta* specially in truck driver, taxi driver, travelling worker.

Methodology:

Literature Review of *Vatarakta*:

Vatarakta shows that both *vata* and *rakta* are mainly involve in pathogenesis of *Vatarakta*. According to *AcharyaCharak* "when aggravated *vata* is obstructed by aggravated *rakta*, this obstructed *vata* again vitiates the *rakta*. This pathological state is known as *Vatashonitam*⁽⁴⁾

If *vata* is dominant:

Sirayam, sever pain (pulsating or pricking), swelling of joints will appear dry, black or shyav, swelling will be increasing or decreasing often, contractures of fingers, shiffness and sever pain deformities, loss of function and dislike for cold⁽⁵⁾

The legs or lower extremities cannot bear the least touch (hyperaesthesia) and a sort of pricking, piercing pain is experienced in those regions. The legs become withered or atrophied and loss of sensibility to touch⁽⁶⁾

There is more pain, throbbing and pricking, swelling is dry, black or *shyav*, increasing or decreasing, constriction of dhamnis of the joints or the fingers, dislike for cold, stiffness, shivering and loss of tactile sensation⁽⁷⁾

If *Rakta* is dominant:

If *rakta* is affected profoundly the swelling will be giving sever pain, pricking type of pain, coppery red in colour and there will be no relief either with oil or dry massage. Itching and exudation may also be present⁽⁸⁾

There is swelling with sever pain, pricking coppery colour and tingling sensation not subsiding with the application of either unctuous or dry things, accompanied with itching and exudation⁽⁹⁾

Review of *VataraktaHetu*⁽¹⁰⁾

According to *Ayurveda* pathology of the disease starts with the vitiation of *dosha* and the cause of vitiation of *dosha* is *nidanam*. Over indulgence in foods which are salty, sour, pungent, alkaline, fatty, very hot or uncooked flesh of animals, eatables having sesames, reddishhorshgram, blackgrain, cowpea, leafy-vegetables, mutton, sugercanejuice, curd, fermented drinks like *arnala*, *sauviraka*, *shukta*, *takra*, *sura*, *aasava*, foods prepared by mixing

incompatibles, specially in those who has changing dietary habits, sleeping during day, keeping awake at night and having no tendency to do exercise such other unhealthy spicy dhaba foods and activities will produce a disease called *Vatarakta*.

Following factors vitiates the vata:

Kashay, katu, alpa, ruksha food, fasting, excessive vehicle driving on uneven roads, excessive sexual intercourse and suppression of the natural urges⁽¹¹⁾

An over indulgence in grief, excessive sexual intercourse, inordinate physical exercise, drinking large quantities of wine, observance of a regimen of diet and conduct in a particular season of the year which is improper to it, use of articles of food which are not congenial to one's own temperament and an improper or baneful use of such oleaginous substance (as oil, clarified butter etc.) are the factors which vitiate in common the *rakta* and *pitta* of a person. The foregoing causes specially tend to vitiate the *vata* and *rakta*. The vital *vata* becomes agitated by excessive vehicle driving or through carrying of great weights etc. or by an inordinate indulgence in things which are possessed of the specific virtue of aggravating that vital principle. On the other hand an over indulgence in such articles of food as are heat making in their potency or largely composed of acid or alkaline substance tends to vitiate the *rakta*⁽¹²⁾

Partaking of foods which cause burning sensation during digestion which are incompatible which cause vitiation of blood, indulgence in sleep, keeping awake without sleep and sexual intercourse in improper ways, trauma, not resorting to purification therapies and exposure

to cold breeze, this bring about vitiation of both *vata* and *rakta* usually in persons who are not habituated to walking, it first affects the legs specially of those who keep them hanging when riding on animals etc⁽¹³⁾

The etiology of *Vatarakta* as described in the classical texts can be classified into three groups:

1. *Mithyaaharaj*
2. *Mithyaviharaj*
3. Others

Mithyaaharaj:

AcharyaCharak says that food products which are predominantly *katu, amla* and *lavan* rasa causes *vatarakta*. *AcharyaVagbhatta* says that *Vidahianna* causes *vatarakta*. *AcharyaChakrapani* says that *lavan* rasa mainly causes *raktadushti* when other *vataprakopakhetus* are also involved results in *vatarakta*.

Avidhi Yukta Aahar:

There is detailed description about proper method of eating in Ayurvedic texts. In *Charak-Samhita viman sthanam*, some rules related to eating are discussed like *Ashta AaharVidhiVisheshAaytan*⁽¹⁴⁾. Out of different *hetus* of *vatarakta* following can be included under *avidhiyuktaaahar*⁽¹⁵⁾.

- 1) *Adhyashan*
- 2) *Virudhaashan*

AcharyaCharak has mentioned the name of some food materials as *Vidahi* such as *Pinyak, moolak, kulath, mash, nishpav, ikshu, dadhi, takra* etc, non-vegetarian food products such as *klinna, shushka, ambuja, aanup mams*, alcoholic beverages such as *sauveer, arnal*.

Mithyaviharaj:

- *Vidhi heen swapna jagran: Diwaswapna* and *ratrijagran* both must be avoided

AcharyaCharak says that *ratrijagran* disturbs our normal process of digestion.

- *Ativyavay*: AcharyaCharak states that due to excessive *mainthun*, the amount of *shukra* and *oja* decreases. These are *snehansh* of the body. Thus *vata* aggravates due to decrease in *sneha* of the body. This aggravated *vata* vitiates *pitta* and *kapha*. These all are circulated in the body produce various diseases⁽¹⁶⁾

- *VegaNigrah*:

Various types of diseases occur by the suppression of natural urges relating to hunger, thirst, sleep urine, faeces, etc. AcharyaMadhavkar has mentioned that excessive riding on animals just after taking spicy food or food which causes burning sensation inside during or after digestion vitiate the *rakta*.

Others: Psychological causes constitution of body, *vyadhikarshanaat*, *rituviparyayat*, *satamyaviparyayat*, *snehadinamvibhramat*, *abhighat* etc.

Results:

The current life style pattern involves consumption of unhealthy spicy dhaba food, alcohol drinking, high protein diet, changing dietary habits, improper sleep and with all this factors people do not have tendency to do exercise, more and more vehicle driving, long duration vehicle driving, bad conditions of road resulting in increasing cases of *vatarakṭa* in truck driver, taxi driver, travelling workers etc.

DISCUSSION

The disease *vatarakṭa* is described as one of the diseases of *samurchana* of *vata* and *rakta*. When aggravated *vata* is obstructed by aggra-

vated *rakta* this obstructed *vata* is again aggravated by *rakta*. This pathological state is known as *vatarakṭa*. The changing lifestyle of human being like unhealthy street food, alcohol drinking, high protein diet, changing dietary habits, improper sleep and with all these factors people do not have tendency to do exercise, more and more vehicle driving, long duration vehicle driving, bad condition of road due to this aggravated *vatarakṭa* specially in truck driver, taxi driver, travelling workers.

The diseases of joints are becoming main health problem in the present context *vatarakṭa* is a very painful condition and it curtails the output of day to day work of the patient. Wide description of *vatarakṭa* shows that *vatarakṭa* was one of the main articular diseases in past. In present context also number of the patients of *vatarakṭa* is increasing day by day. Patient suffers from pain which is very difficult to tolerate, changing lifestyle is causative factor for *vatarakṭa*. So *dincharya* and *rutucharya* should be followed for maintenance of health.

CONCLUSION

The current life style pattern resulting in increasing cases of *Vatarakṭa* in truck driver, taxidriver, travelling workers who are not following life pattern as per *Ayurveda* and avoiding concept of *Dincharya* and *Rutucharya*.

REFERENCES

1. Dr. Kashinath Shashtri, editors, Charak Samhita, Reprint 2009, Varanasi, Choukhambha Sanskrut Sansthan, 2009 pg.730

2. Dr. Kashinath Shashtri, editors, Charak Samhita, Reprint 2009, Varanasi, Choukhambha Sanskrut Sansthan, 2009 pg.732
3. Smt. Shailaja Shrivastav, editors, Sharangdhar Samhita, 4th editon, Varanasi Choukhambha Orientalia, 2005 pg.99
4. Dr. Kashinath Shashtri, editors, Charak Samhita, Reprint 2009, Varanasi, Choukhambha Sanskrut Sansthan, 2009 pg.730
5. Dr. Kashinath Shashtri, editors, Charak Samhita, Reprint 2009, Varanasi, Choukhambha Sanskrut Sansthan, 2009 pg.733
6. Dr. Kaviraj Yadavji Trikamji Acharya, editors, Sushrut Samhita, 8th edition, Varanasi, Choukhambha Orientalia, 2005, pg.282
7. Anna Moreshwar Kunte, editors, Ashtang Sangraha, Reprint 2010, Varanasi, Choukhambha Sanskrut Sansthan, 2010, pg.535
8. Dr. Kashinath Shashtri, editors, Charak Samhita, Reprint 2009, Varanasi, Choukhambha Sanskrut Sansthan, 2009 pg.733
9. Anna Moreshwar Kunte, editors, Ashtang Sangraha, Reprint 2010, Varanasi, Choukhambha Sanskrut Sansthan, 2010, pg.535
10. Prof. Ravi Datta Tripathi, editors, Charak Samhita, Reprint 2010, Varanasi, Choukhambha Sanskrut Sansthan, 2005 pg.730
11. Dr. Kashinath Shashtri, editors, Charak Samhita, Reprint 2009, Varanasi, Choukhambha Sanskrut Sansthan, 2009 pg.732
12. Dr. Kaviraj Yadavji Trikamji Acharya, editors, Sushrut Samhita, 8th edition, Varanasi, Choukhambha Orientalia, 2005, pg.282
13. Anna Moreshwar Kunte, editors, Ashtang Sangraha, Reprint 2010, Varanasi, Choukhambha Sanskrut Sansthan, 2010, pg.439
14. Prof. Ravi Datta Tripathi, editors, Charak Samhita, Reprint 2009, Varanasi, Choukhambha Sanskrut Sansthan, 2005 pg.554
15. Prof. Ravi Datta Tripathi, editors, Charak Samhita, Reprint 2010, Varanasi, Choukhambha Sanskrut Sansthan, 2005 pg.730
16. Dr. Kashinath Shashtri, editors, Charak Samhita, Reprint 2009, Varanasi, Choukhambha Sanskrut Sansthan, 2009 pg.278

Source of Support: Nil

Conflict Of Interest: None Declared

How to cite this URL: Payal Suryawanshi & G H Kodwani: A Review On Etiological Factors In Vatarakta And It's Relevance In Present Context. International Ayurvedic Medical Journal {online} 2017 {cited July, 2017} Available from:

http://www.iami.in/posts/images/upload/2426_2430.pdf