

## A CASE REPORT ON VATARAKTA

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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 among 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 10 days with a combination of *Panchakarma* procedures and internal medications. The condition was treated with 8 days schedule of *Tiktaksheera basthi*<sup>2</sup> (enema with drugs having *tikta rasa*) along with *sarvanga udwartana*<sup>3</sup> (massaging with powder), *parisheka* (pouring liquid form of medicine), *Avagaha*<sup>4</sup> *Upanaha*<sup>5</sup> etc. Patient's condition was assessed for symptoms of *vatarakta* and marked improvement in signs and symptoms were seen.

**Keywords:** *Vatarakta, Tikta ksheera basthi, Udwarthana, Parisheka*

### INTRODUCTION

*Vatarakta* is considered as one of the important metabolic disorder. This is caused by the vitiation of *vata* and *Rakta*, due to different etiological factors. There are 2 types of *vata-*

*rakta* ie, *uthana vatarakta* (superficial type) and *gambhira vatarakta*<sup>6</sup> (deep type).

Symptoms of *uthana* and *gambhira vatarakta*<sup>7</sup>

**Table 1:** Showing symptoms of *uthana* and *gambhira vatarakta*

<i>Uthana Vatarakta</i>	<i>Gambhira Vatarakta</i>
➤ <i>Kandu</i> (pruritus)	➤ <i>Swayathu</i> (oedema)
➤ <i>Daha</i> (burning)	➤ <i>Stambha</i> (stiffness)
➤ <i>Ruk</i> (pain)	➤ <i>Arthi</i> (pain), <i>syava</i>

➤ <i>Ayama</i> (extension)	➤ <i>Tamravarna</i> (discoloration)
➤ <i>Toda</i> (aching)	➤ <i>Daha</i> (burning sensation)
➤ <i>Spurana</i> (throbbing) ,	➤ <i>Toda</i> (pricking pain)
➤ <i>Akunjana</i> (contraction),	➤ <i>Spurana</i> (twitching sensation)
➤ <i>Syava rakta twak</i> (dusky or coppery colouration of skin).	➤ <i>Paka</i> (suppuration)
	➤ <i>Ruk</i> (pain)

### Present complaints.

A 46-year-old Indian, married, male consulted in Sri Dharmasthala Manjunatheswara College of Ayurveda and Hospital for a complaint of gradually progressive pain in both lower limbs, associated with swelling over both ankle joint which was more on left ankle joint.

### Clinical findings

**Table 2:** Showing clinical findings

Appetite	Good
Bowel	Regular
Urine	Regular
Sleep	Regular
Pain	Both legs
Swelling	Both ankle joints
Pallor	Absent
Tongue	Clear

### Diagnostic focus and assessment

The patient had complaint about burning sensation, throbbing like pain, swelling over both ankles joint, and discoloration of the skin.

**Table 3:** Showing ingredients of *niruha basti*

Honey	120 ml
<i>Saindhava lavana</i>	8 gm
<i>Guduchi churna</i>	10 gm
<i>Yashtimadhu churna</i>	10gm
<i>Aswagandha churna</i>	10gm
<i>Mahatiktaka ghritha</i>	120ml
<i>Guduchi ksheera paka</i>	300ml
<i>Gomuthra</i>	25 ml

### Basti schedule

Blackish discoloration was present over both legs in the ankle region. Since last 1 month. The case was admitted in Sri Dharmasthala Manjunatheswara College of Ayurveda in the month of January 2017. None of the family members had a history of *vatarakta*.

While considering these factors, the present case can be taken as *uthana vatarakta*. The symptoms of *uthana vatarakta* are *kandu* (pruritus), *daha* (burning), *ruk* (pain), *ayama* (extension) *toda* (aching), *spurana* (throbbing), *akunjana* (contraction), *syava rakta twak* (dusky or coppery colouration of skin). Since the disease was showing the features of *uthana vatarakta*, it was considered as *ayurvedic* diagnosis for this case.

### Treatment

*Thikta ksheera basti*,  
*Anuvasana – Mahatiktaka ghritha*<sup>8</sup> - 80 ml  
*Niruha basti*:

**Table 4:** Showing *Basti* schedule

DAY-1	DAY-2	DAY-3	DAY-4	DAY-5	DAY-6	DAY-7	DAY-8
A	N	N	N	N	N	N	A
	A	A	A	A	A	A	

**Table 5:** Showing given treatment

DAY	TREATMENT	MEDICINES USED FOR INTERNAL AND EXTERNAL TREATMENT WITH DOSE	FINDINGS
Day 1	1.Sarvanga udwarthana 2.Sarvanga parisheka 3.Manjishyadi upanaha 4.Kaisoraguggulu (Internally)	Kolakulathadi churna (for udwarthana) Dasamula quatha, dhan-yamla ( for parisheka) Manjishya ,Yashtimadhu, Raktachandana , salipishti, sataadhautha ghritha (for upanaha) 2 tablet 3 times a day after food	Throbbing pain Blackish discolouration Burning sensation Swelling over both ankle joints
Day 2	Same treatment		Condition- same
Day 3	With above treatment 5. Thiktaksheerabashi was started	Mahatiktaka ghritha for anuvasana basti	Condition same
Day 4	Along with the above treatment both Niruha and Anu-vasana basti 6.Internally	Guduchi churna with Gokshuradi churna 1 tsp tid (internally)	Swelling reduced on both legs
Day 5	With above treatment 7.Lepa over ankle region	Dasanga lepa (for local application)	Reduced swelling and burning sensation Pain still persists
Day 6	Same treatment		No burning sensation, swelling reduced Pain present
Day 7	Same treatment		No burning sensation, no swelling, pain present
Day 8	Same treatment continued 8.Avgaha sweda	Dasamula quatha with Dhan-yamla ( medicine used for avgaha sweda) done for 15 minutes	
Day 9	Same treatment with Jalau-kavacharana		Marked reduction in pain
Day 10	Same treatment		Pain, swelling, burning sensation reduced markedly

## DISCUSSION

In *Uthana Vatarakta* (Superficial type) the line of treatment will be *alepana* (unguents), *abhyanga* (unction), *parisheka* (affusion), *upanaha* (poultices). *Udwarthana* (powder massage) helps in removing toxins and rectifies the

lymphatic circulation throughout the body. *Manjishyadi upanaha* is *sodhahara* (anti inflammatory) and *soolahara* (analgesic). *Jalaukavacharana* is helpful in reducing *pitta*<sup>9</sup>. The saliva of leeches contains a variety of substances such as hirudin, hyaluronidase, hista-

mine-like vasodilators, collagenase, inhibitors of kallikrein and superoxide production, and poorly characterised anaesthetic and analgesic compounds. Therefore, a regional analgesic and antiphlogistic effect by these substances enforced by **hyaluronidase** as well as counter-irritation might be possible. Leeches might be considered as an additional option in the therapeutic approach to *vatarakta*.<sup>10</sup> Basthi is best treatment choice for *vata* ailments<sup>11</sup>. *Tiktatarasa* as well as *ksheera* will pacify the *pitta dosha*. In joint disorders, *basti* prepared with *ksheera* along with *tikta dravyas* are more beneficial. *Avagaha sweda* is best for *vata* aggravated diseases.

## 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 after effects in the long term. So it is mandatory to manage the condition through a natural way. By following the traditional and much advanced *panchakarma* treatment, here patient got relief from symptoms within 10 days. The treatment and medicine assure permanent cure along with maintaining physical and mental health of the patient.

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