



Case Report

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Ayurvedic Management of *Vatarakta* (gout) - A Case Report



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Introduction

In an era when modern science is progressing with advent of advanced techniques for disease, diagnosis and treatment, there is still no easy solution for innumerable chronic difficult to treat disease. Current available medicines are capable of providing pain relief and some reduction of inflammation. In old days *aamvata* and *Sandhigata vata* cases are common but Now a day's most of patients came with all joint related problems are *vatarakta* instead *aamvata*. Fast lifestyle disturbs *vata* and fast food *dushitarakta* at the same time, which gives birth to *vatarakta* disease. *VataRakta* is the disorder where in pain is predominant symptom which disturbs day-today life of the patients. *Vata-rakta* is an illness where both *Vata* and *Rakta* are afflicted by distinct etiological factors [1]. *VataRakta* is also known as-Khudaroga,*Vata-balasa*, *Vatashra* & *Adhya vata* [2]. The chief complaint of the patient is severe joint pain with onset at *Hasta*, *Pada*, *Mulagata sandhi* [3] and then migrates to other joints in a way similar to *Akhuvisha* [4].

A case report as follow

A 47 year old male patient came to us with chief complaint of -

- Dakshin gulf pradeshishul-shoth* (swelling and pain at right knee joint).
- Ubahypaadpradeshigranthiutpatii*,
- Angamarda* (body ache).
- Atisweda* (excessive sweeting).

Patient had above complaints since 12 years.

No H/o Dm / HTN, Asthma

History of Personal Illness

The patient was normal 12 year back. Since then patient have been suffering from *Dakshin gulf pradeshishul-shoth* (swelling and pain at right knee joint), *ubahypaadpradeshigranthiutpatii*, [5] *Angamarda* (body ache), *Atisweda* (excessive sweeting) [6]. For this patient took treatment from different pathy doctors

but got little relief in pain symptoms only, then he came to our hospital - Seth Sakharam Nemchand Jain Ayurvedic Rugnalaya in Kaychikitsa department opd. For better management we admitted patient in Ipd.

Personal History

Occupation: Work in dance bar.

Bad Habits: Chronic alcoholism.

- Ashtavidhparikshana
 - Nadi* (pulse) = 78/min.
 - Mala* (stool) = *parkrut*
 - Mutra* (urine) = Normal.
 - Jeeva* (tounge) = *saam*.
 - Agni* = Kshudhamandya.
 - Shabda* (speech) = Normal.
 - Sparsha* (skin) = *sandhipradeshishoth,ushnasparsha*
 - Druka* (eyes) = Normal.
 - Akruti*= *Madhyama*.
 - Bala*= *Madhyama*.
 - Raktadaaba* (B.P) = 140/80 mm/Hg.

Material and Method

Method

- Centre of study: S.S.N.J.AyurvedicRugnaayan, Solapur.
- Simple random single case study.

Material with Daily treatment & prognosis: (Tables 1-4) (Figure 1)

Clinical examination of the patients revealed regression of symptom due to our Ayurvedic management.

Table 1: Showing matrial used in study.

SR. NO	Dravya	Dose	Duration	Anupana
1.	<i>Yograjgugul</i>	350 mg	1 pack BD	luck warm water
2.	<i>chopchini</i>	500 mg		
3.	<i>Rasna</i>	500 mg		
4.	<i>Dashamul</i>	500 mg		
5.	<i>Punarnava</i>	500 mg		
6.	<i>Gandhrvaharitaki</i>	2 gm	1 pack hs	luck warm water
7.	<i>Kaishorgugul</i>	500 mg	1 TDS	Normal water
8.	<i>Guduchighanawati</i>	250 mg	1 TDS	Normal water
9.	<i>Tab. Gomutra plus</i>	250 mg	1 HS	Normal water

Table 2: Showing panchkarma done in study.

Panchkarma
Rukshapetisweda

Table 3: Showing daily treatment with prognosis.

Days	1 ST	2 ND	3 RD	4 TH	5 TH
TREATMENT	All above treatment as it is	All above treatment as it is	All above treatment as it is + virechan (1/4 Abhyadi-modak + 1 glass Triphaladi Kwath)	All above treatment as it is	All above treatment as it is + Siravedh. (nearly 40 ml blood)
Symptom					
gulf pradesh ishul	++++	+++	+++	++	++
gulf pradesh ishoth.	+++	+++	+++	++	++
paadsandhi pradesh igran thiutpatii	++++	++++	++++	+++	+++
anga marda	+	++	++	+	+
atisweda	++	++	++	++	++

Days	6 TH	7 TH	8 TH	12 TH	15 TH
TREATMENT	All above treatment as it is	All above treatment as it is	All above treatment as it is + virechan (1/4 Abhyadi-modak + 1 glass Triphaladi Kwath)	All above treatment as it is	All above treatment as it is + Siravedh. (nearly 40 ml blood)
Symptom					
gulf pradesh ishul	+	+	+	0	0

gulf pradesh ishoth.	++	+	0	0	0
paadsandhi pradesh igran thiutpatii	+++	++	++	++	++
anga marda	+	0	0	0	0
atisweda	+	+	+	0	0

Table 4: Showing changes in serum uric acid.

Sr. Uric acid	
Before (12.3.2013)	5.14 mg%
After (28.3.2013)	3.4 mg%



Discussion

Hetu [7] of vatarkata as

A. Ahar :

- Improper and irregular diet causes the disturbance of *vatadosha*.
- Lawan-ama-kshar* food (different types of spicy-saltychimize dish)
- ShushkaAahar* (whephars)
- AmbujaanupmamsaMatsyasevan* (daily)
- Dadhi*.

B. Vihar:

- Prolong standing

b) Ratrijagran [8-11].

C. *Manasikanidan- Chinta, bhaya, and vegavrodha causesvata vrudhi.*

Sanprapti Ghatak

- Dosh : Tridosha*
- Dushya : Rasa, Rakta.*
- Adhishtana : Twaka.*

Action of drug & other procedure in Management of Gout (Table 5)

Table 5: Showing action of drug & other procedure done in study.

SR. NO	Dravya	Action
1.	Yograjgugul [8]	Vatashulanashak, strotobandhanashk
2	Chopchini	aampachaka
3	Rasna [9]	Aampacahak, shothanashaka, Raktaprasadak,vatashulanashak.
4	Dashamul	vatashulanashak
5	Punarnava [10]	Shothaghna,shaulanashaka,vatahara
6.	Gandhrvaharitaki	Anuloman, vatashulanashak, pittashodka
7.	Kaishorgugul [11]	Raktaprasadana
8.	Guduchighanawati	Rasayana, dhatwagni-vardhak
9.	Tab.Gomutra plus	Virechaka, rakatashudhikara
10.	Rukshapetisweda	vatashulanashak
11	Virechana	Raktadosha-shodhanartha
12	Siravedha	Raktadosha-shodhanartha

Result

The patients had started improving during hospital stay & at end of 15th days all symptoms nearly get disappear. As its case reached at *upadrav*, so its need time to cure but with Ayurved treatment its get dynamic result it relief of all subjective and objective parameter.

Conclusion

Since the therapy for *vatarakata* and its complication has limitation in other pathies, Ayurvedic management of chronic *vatarakata* can be effective therapy.

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