



Research Article

AN OBSERVATIONAL STUDY REGARDING VARIOUS AETIOLOGICAL FACTORS IN VATARAKTA

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ABSTRACT

Objective: The prime causative factors of *Vatarakta* are *Vata Dosha* and *Rakta Dhatu* which vitiates by their own different *Nidana* simultaneously and later on vitiates each other. This study mainly aims to assess the aetiological factors in *Vatarakta* patients and to identify the common causative factors that causes *Vatarakta* which are already mentioned in the *Samhitas*.

Methods: An observational study was conducted in Rishikul Ayurvedic Hospital among 30 patients. Data was obtained by assessing the diet and lifestyle related etiological factors of the patients.

Results: Majority of the patients (60%) were in the age group of 30-40 years. Most common *Aharaj* aetiological factors observed in this study were *Katu Bhojan* (60%) and *Lavan Bhojan* (67%) while *Viharaj* aetiological factors were *Ratrijagrana* (24%) and *Achankramansheela* (50%).

Conclusion: It is concluded that life style and food habit changes are responsible for the disease *Vatarakta*. A proper wholesome diet and physical activity must be adopted to fight with this disease.

KEYWORDS: *Vatarakta*, Gout, *Aharaj Nidana*, *Viharaj nidana*.

INTRODUCTION

Derangement of functions within the body may occur due to multiple causes like diet, life style and environment. Lifestyle diseases are also sometimes called diseases of longevity or diseases of civilization interchangeably, are commonly caused by unhealthy eating, alcohol, drug and smoking as well as lack of physical activity. Due to continuous faulty lifestyle, accumulation of morbid elements occurs in the body and on persistent manifest as severe. One such affliction is *Vatarakta*. The disease characterized by unique pathology of *Prakupita Vata Dosha* and *Rakta Dhatu* is called as *Vatarakta*^[1]. *Vatarakta* is also known as *Khudaroga*, *Vata-balasa*, *Vatashra* and *Adhyavata*^[2]. It is related with *Kha-Vaigunya* of *Raktavaha Srotas*. As per *Acharya Sushruta*, both *Vata* and *Rakta* get aggravated in *Vatarakta* due to their own respective causative factors and start circulating in the body. In the initial stage, the hands and feet are affected. The disease further spreads all over the body like a virulent rat poison (*Aakhuvisha*)^[3].

In modern medicine, the aetiological factors and symptoms of Gout are quite similar with *Vatarakta*. Gout is also known as 'disease of king's and also 'king of diseases' in modern medicine^[4]. Gout is a common disorder of uric acid metabolism

that can lead to recurrent episodes of joint inflammation, tissue deposition of uric acid crystals, and joint destruction if left untreated. Gout results from amalgamation of prolonged elevation of uric acid and overall acidity in the bloodstream^[5]. The risk of gout attack increases with increasing uric acid levels, but many people will have attacks with "normal" levels of uric acid and some will never have an attack despite very high levels of uric acid.

Nidana of *Vatarakta* described by different *Acharyas* are as follows:

Aharaj nidana^[6]

- Excessive intake of foods and drinks that contains *Amla*, *Katu*, *Lavana Rasa* or *Snigdha*, *Ushna*, *Klinna*, *Ruksha*, *Vidahi* and *Kshara*
- Excessive intake of *Pinyaka*, *Moolaka*, *Kulatha*, *Masha*, *Nishpava*
- Excessive intake of *Dadhi* (curd), *aaranala*, *sauveera*, *sukta*, *Takra* (buttermilk), *Sura* (Alcohol)
- Intake of *Virudhahara*, *Adhysana*
- Intake of *Anupa Mamsa* (flesh of aquatic and marshy land inhibiting animals).

- Food which are soaked in water for long time
- Irregular diet habits

Viharaja nidana^[7]

- Excessive *Abhighata*, *Divasvapna*, *Ratrijagarana*, *Achankramansheelta*
- Excessive *Ambukreeda* (swimming), *Plavana*
- Excessive *Langhana* (fasting), *Vyavaya*
- Riding on elephant, horse and camel (travelling)
- *Vega nigraha*

Mansik nidana^[8]

- *Krodha* (anger)
- *Achinta*
- *Harshanityatva*

Nidana based on Prakruti

- Individuals who are *Sukumara*, *Sthoulya* (obese) are mainly affected
- Individuals who consumes unwholesome diet
- Individuals who don't exercise (*Avyayama*)

Comprehensive description of aetiological factors

1. **Lavana-** Excessive intake of salt leads to aggravation of *Rakta*. (Ch. Su. 24/5-10)
2. **Amla-** Excessive intake of sour items lead to vitiation of *Pitta* and aggravation of *Rakta*. (Ch.Su. 26/43)
3. **Katu-** *Katu Rasa* vitiates *Pitta* in the body due to *Ushna*, *Tikshna*, *Ruksha*, *Laghu* and *Vishada* properties. (Su.Su. 42/8)
4. **Kshara-** It aggravates *Rakta* and *Pitta* due to its digestive and laxative properties. (Su.Su. 46/322)
5. **Snigdha-** Excessive intake of *Snigdha* type of food leads to aggravation of *Rakta* due to its *Snigdha Guna*. (Ch.Su. 21/17)
6. **Ushna-** It is mentioned in *Charak Samhita* that *Ushna Guna* causes *Rakta Dushti*. (Ch. Su. 24/5-10)
7. **Kasaya Katu Tikta Rasa-** *Tikta*, *Katu* and *Kashaya Rasa* vitiates *Vata Dosha* which produces roughness, lightness, coldness, coarseness and hollowness in the body. (Ch.Su. 12/7)
8. **Ambujanoop Mamsa-** *Anoop*, *Jalaj* and *Prasaha Mamsa* is heavy in nature, hot in potency, unctuous, sweet, aphrodisiac which vitiates *Vata* and aggravates *Pitta* and *Kapha*. Due to aggravation of *Pitta*, *Rakta* is also aggravated because *Rakta* is *Sadharmi* of *Pitta*. (Ch. Su. 27/56-57)
9. **Alpa Ruksha Aaharat Bhojana-** Due to rough, cold, little and light food, excessive coitus and vigils, faulty therapeutic management, excessive elimination of *Rakta*, suppression of urges, *Ama Dosha*, injury and fasting etc., *Vata* gets vitiated

and occupies the empty channels in the body or in one of the parts. (Ch. Chi. 28/15-18)

10. **Pinyaka-** Products of *Til* (*Sesamum indicum*) paste are hard to digest and this exaggerates *Pitta*, eventually leading to aggravation of *Rakta*. (Su.Su. 46/386-87)
11. **Kulathika-** *Kulathika* is sweet in taste, sour in *Vipaka* and vitiates *Rakta Dhatu* and *Pitta Dosha* and it give rise to burning sensation all over the body. (A.H.Su 25/40)
12. **Dadhi-** Very sour curd vitiates the *Rakta* and aggravates *Kapha* and *Pitta*. According to *Dhanwantari Nighantu* curd aggravates *Rakta*. (Su.Su. 45/66)
13. **Takra-** Incompletely mixed *Takra* ingestion vitiates *Vata Dosha*, dryness and *Abhishyanda*. Excessive thickening of *Takra* results in intense sour, heat, sharpness in quality and leads to vitiation of *Pitta Dosha*. (A.h.Su. 5/76)
14. **Sukumaranam-** Mild exercise by delicate people and over indulgence of sour and saline food causes vitiation of *Rakta*. If same individuals ingest pungent, bitter and astringent substances, remain awake during night hours are susceptible to vitiation of *Vata*. Both of these conditions simultaneously lead to *Vatarakta*.
15. **Virudha-Adhyasana Krodha Divaswapana Prajagara-** According to *Acharya Charak*, all the diseases in the body take origin due to *Graamyahara* and *Vihara*.
 - Consumption of *Graamyahara* diet and foods which are sour, saline, pungent and alkaline.
 - Consumption of germinated pulses and cereals, freshly harvested corns with bristle and pulses, constituents which are mutually contradictory and *Abhishiyandi* (those which obstruct the channels of circulation).
16. **Hastyoashtra Yaan-** Ride on elephants, horses and camels or carts carried by these animals mainly vitiates *Vata*, along with stability of blood in the leg region). Excessive travelling by foot during summer season leads to aggravation of *Vata*. But when this aggravated *Vata* got *Aavrita* by *Rakta* in its passage then it leads to *Vatashonita*. (Ch.Chi. 29/10)

MATERIAL AND METHOD

Study design: observational study

Collection of data

Screening of 30 patients having the signs and symptoms of *Vatarakta* and willing to provide written informed consent from O.P.D. of *Kayachikitsa* department of *Rishikul Campus Hospital*, *UAU Haridwar* has been conducted. A detailed proforma

was prepared on the basis of the *Ayurvedic* texts and allied sciences. The patients fulfilling the inclusion and exclusion criteria were registered using this Proforma.

Sampling technique

30 patients were selected irrespective of gender between the age group of 30-60 years by simple random sampling method.

Inclusion criteria

- Patients of age between 30-60yrs.
- Patients having symptoms of *Vatarakta*.
- Patients willing to participate with informed consent.

Exclusion criteria

- Patients with age of <30 years and >60 years
- Known case of Septic arthritis, osteoarthritis, rheumatoid arthritis.
- Known case of Severe systemic multi organ failure
- Patients with secondary hyperuricemia (i.e., patients on ATT, chemotherapy)
- Patients with uncontrolled diabetes and renal impairment.
- Patients with autoimmune disease (i.e., patients of RA, Psoriasis)

Criteria for diagnosis

- Patients presenting with symptoms like *Kandu*, *Daah*, *Ruja*, *Toda*, *Shotha*, *Stabdhta*, *Twak vaivarnya*

Ethical committee approval

Approval number – UAU/RC/IEC/2019/04-02/12

Statistical analysis

It was performed using Microsoft office Excel 2016 for analysing the observation in the form of percentage.

OBSERVATION

- 30 patients of *Vatarakta* were observed in which maximum number of patients belonged to the age group of 40-50 years (60%), male (43%), female (57%), Hindu (80%) and Married (80%).
- In *Vata Prakopaka Aharaj Nidana*, 60% patients consumed *Katu bhojan*, 13% patients consumed *Kashaya bhojan*, 24% patients consumed *Tikta bhojan* and 27% patients consumed *Ruksha bhojan*.
- In *Vata Prakopak Viharaj Nidana*, 20% patients consumed *Veganigraha*, 17% patients consumed *Haya Ustra yana* (Travelling), 24% patients consumed *Ratrijagrana* and 10% patients consumed *Atishrama*.
- In *Rakta Prakopak Aharaj Nidana*, *Lavana bhojan* was consumed by 67% patients, *Amla bhojan* was consumed by 40% patients, *Ushnabhojan* was consumed by 30% patients, *Mamsa* was consumed by 57% patients, *Dadhi* was consumed by 40% patients, *Sura* (Alcohol) was consumed by 40% patients and *Virrudha Ahara* was consumed by 34% patients of *Vatarakta*.
- In *Rakta Prakopak Viharaj Nidana*, *Kroddha* was consumed by 17% patients of *Vatarkata*.
- In *Nidana* according to *Prakriti*, 20% patients of *Vatarakta* was *Sukumara*, 30% patients of *Vatarakta* had *Sukha jivan* (Sedentary lifestyle) and 50% patients of *Vatarakta* was *Achankramansheela* means didn't do any type of exercise.

Table 1: Indicates Sex wise distribution of 30 Patients

Sex	No. of Patients	Percentage
Male	13	43%
Female	17	57%

Table 2: Indicates Age wise distribution of 30 Patients

Age	No. of Patients	Percentage
30-40	8	27%
41-50	18	60%
51-60	4	13%

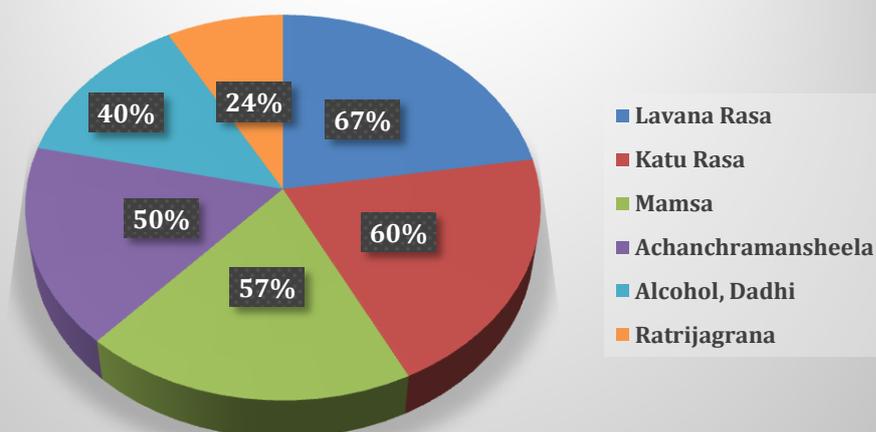
Table 3: Indicates the Aharaj Nidana of 30 patients

	Aharaj Nidana	Observed %
<i>Vata Prakopaka</i>	<i>Katu Bhojana</i>	60%
	<i>Kashaya Bhojana</i>	13%
	<i>Tikta Bhojana</i>	24%
	<i>Ruksha Bhojana</i>	27%

Rakta Prakopaka	<i>Lavana Bhojana</i>	67%
	<i>Ushna Bhojana</i>	30%
	<i>Amla Bhojana</i>	40%
	<i>Mamsa</i>	57%
	<i>Dadhi</i>	40%
	<i>Sura (Alcohol)</i>	40%
	<i>Virudha Ahara</i>	34%

Table 4: Indicates the *Viharaj Nidana* of 30 patients

	<i>Viharaj Nidana</i>	Observed %
<i>Vata Prakopaka</i>	<i>Veganigraha</i>	20%
	<i>Haya,ustra,yana</i>	17%
	<i>Ratrijagrana</i>	24%
	<i>Atishrama</i>	10%
	<i>Rakta Prakopaka</i>	<i>Achankraman</i>
<i>Sukh jivan</i>		30%
<i>Sukumara</i>		20%
<i>Krodha</i>		17%

Percentage of Various Causative Factors of *Vatarakta*

RESULTS

This study shows, there is a role of *Aharaj Nidana* and *Vihraj Nidana* in *Vatarakta*.

DISCUSSION

In this study, according to the *Nidana* mentioned in *Samhitas*, it was observed that maximum number of patients consumed *Katu* and *Ruksha Bhojan* i.e., *Panipuri*, *Adarakh*, *Chilli Sauce*, *Supari*, *Soya*, *Karvellaka* etc. among *Vataj Ahara Nidana*, that vitiates *Vata Dosha* which is the important cause in the formation of *Vatarakta*. In *Vataj Viharaj Nidan*, maximum number of patients do *Ratrijagrana* and *Veganigraha* which aggravates *Ruksha Guna* in the body and also *Vata Prakopaka*. So

these *Viharaj Nidana* along with *Aharaj Nidana* are the triggering causes in the formation of *Vatarakta*.

In *Raktaj Aharaj Nidan*, maximum number of patients consumed *Lavana* and *Amla Ras Pradhana Bhojan* i.e., Chinese food, pickles (mango and lemon pickles) cold drinks, *Sura* (alcohol), *Dadhi*, *Nimburasa* etc. which has the ability to vitiate *Rakta* as *Amla Rasa* has the property of *Rakta Dushyati*, *Shithilkaroti*^[9] etc. and *Lavana Rasa* has the property of *Pitta Kopyati* (*Pitta Dosha* is *Sadharmi* of *Rakta Dhatu*). Hence *Amla* and *Lavana Rasa* are attributing to the major causative factors for the manifestation of *Vatarakta*. Patient consumed mixed *Ahara* like fish, chicken etc. fish (*Matsya*) is *Guru Guna* and *Ushna*

Virya in nature. Because of *Ushna Virya*, *Pitta Dosh* gets vitiated. Chicken is *Ushna, Guru* and *Pitta Karak* in nature. Due to these *Gunas*, vitiated *Pitta Dosh* leads to vitiation of *Rakta*^[10]. In *Rakta Prakopaka Viharaj Nidana*, patients were having sedentary life style i.e., they lived *Sukh Jivan* and *Achankramana* which led to *Pitta Prakopa*, as they consume *Pitta/Rakta Vardhak Ahara*. According to *Acharya Chakrapani, Sukumara* individuals are those, who will be affected by disease from minimal *Nidanas*. Here, most of the affected people came under *Sukumara* category. So both the *Vata* and *Rakta Prakopaka Aharaj* and *Viharaj Nidanas* act as triggering factors in the causation of *Vatarakta*.

CONCLUSION

Vatarakta is an illness where both *Vata* and *Rakta* are afflicted by distinct aetiological factors. Sedentary life style along with leisurely eating habits is the triggered causes of *Vatarakta*. It can be concluded that in this study maximum number of patients consumed *Katu, Tikta, Ruksha Pradhana Ahara, Veganigraha* and *Ratrijagrana* type of *Vata Prakopak Nidana* and *Lavana, Amla, Mamsa, Dadhi, Sura* and *Viruddha Ahara, Achankraman, Sukhjivan* type of *Rakta Prakopak Nidana*, which are the important causative factors that leads to *Vatarakta* disease.

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