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“A CLINICAL STUDY TO EVALUATE THE EFFICACY OF LAGHUMANJISHTADIKWATH IN VATARAKTA”

AUTHOR

Dr. Nilesh Dilip Bhopale¹, Dr Veerendra Meenkire², Dr Amit Shedge³, Dr.Houserao Patil⁴.

1. PG Scholar (Shalyatantra) LRP Ayurved Medical college Islampur
2. Dean and Professor of Shalyatantra LRP Ayurved medical college Islampur
3. HOD& Professor of Shalyatantra Dept, LRP Ayurved Medical College Islampur
4. Associate Professor of Agadtantra V.V Dept. LRP Ayurved Medical College Islampur

Corresponding Authors email id:

nileshbhopale.2011@gmail.com

ABSTRACT:

Ayurveda is a branch of science which deals with maintaining healthy status and treating the diseased condition of the body. It has eight branches, so it is called as Ashtang Ayurveda. They are namely Kaya, bala, Graha, urdhwanga, Shalya, Drashta, Jara and Vrushan. In today's modern world, everyone is less conscious towards the own health. Today is an era of modernisation and civilisation. People are habitual to fast lifestyle, hardworking, fast travelling for earning more and consumption of fast food and junk food. All this results in VataDosha and Raktadhatuvikruti. Vatarakta affects the joints and results in decrease in working ability of person. Ayurveda gives an easy and efficient treatment for every diseases and can avoid the prolonged side effects resulted by use of allopathy medicines. Laghumanjishtadi kwath is remedy mentioned in Vataraktachikitsaadhyaaya in Yogaratnakar. So present study is an attempt to study clinical efficacy of LaghumanjishtadiKwath in Vatarakta.

Keywords: Ayurveda, Vata, Rakta, Kwath.

INTRODUCTION:

Ayurveda is world's most ancient system of medicine which dealing with every aspect of human life throughout the thousands of years to maintain the physical, mental, spiritual and social health. Ayurveda being science of life has very well explained the concept of maintenance and promotion of health and cure of the disease in form of Trisutra namely Hetu, Linga and Aushadha. It is the science providing knowledge of Etiology (hetu), Symptomology (Linga) and Therapeutics (Aushadha) best way for both the healthy and sick. This concept has been specified in ayurveda for fulfilment of very aim of maintaining health of healthy person and to cure disease of patient.¹

In present era, changing in life style day by day immense stress, unhealthy food habits, eating in standing position, smoking, alcohol intake, drug addiction habits are spreading even to remote village. Occurrence of Vatarakta (Gout) is also one of the outcome of these modification. Virudhhaahar especially lavana, katu, kshara, ajir nabhojan by sukumara and vihara like travelling in jerk leads to vyadhi called vatarakta (Gout) or Vatashonita. Vatarakta is described under raktapradoshaj vyadhis.² It has two types acute (uttan) and chronic (gambhira). In Vatarakta ,severe joint pain starts at Hasta, Pada, Mulgatasand his and then migrates to another joints. Based on the signs and symptoms, Vatarakta can be

compared with Gouty arthritis. It has strong affinity to affect the joints and cause work disability.

Reported prevalence of this Gouty Arthritis is 2.0 to 2.6 per 1000 patients, usually between the age group of 25-50 years (API). It has strong affinity to affect the joints and cause work disability limits everyday activities thus making individual handicapped. Regarding treatment, there is no doubt about allopathy medicines that they play important role in overcoming agony of pain, restricted movements caused by the joints diseased but simultaneously their prolong use give rise to many side effects and adverse reactions. Drugs like Uricoseuric and NSAIDS are used to treat Gouty Arthritis symptomatically which have many side effects hence management of this disease is merely insufficient in other system of medicine and patient continuously looking with hope towards ayurveda to overcome this challenge. Laghumanjishthadi Kwath is the most familiar compound preparations in the treatment of Vatarakta Roga and it is mentioned in Vatarakta Chikitsa Adhyaya in yogratnakar.³ The pharmacodynamic study of individual constituents of this drug has revealed a wide range of action over the etio-pathology of vataraktaRoga.

❖ **AIMS –**

To study clinical efficacy of Laghumanjishtadi Kwath in Vatarakta.

❖ **OBJECTIVE:**

1. To take various references related to Vatarakta in various Ayurvedic Samhitas.
2. To understand Laghumanjishtadi Kwath.
3. To understand clinical efficacy of Laghumanjishtadi Kwath in Vatarakta.

❖ **REVIEW OF LITERATURE:**

Vatarakta

▪ **Definition:**

The specific etiological factors result in vitiation of Vatadosha and Raktadhatu. This morbid Raktadhatu in turn causes obstruction of passage of morbid Vaatadosha. When this process continues there will be further vitiation of both dosha and dhatu. This condition finally manifests as Vatarakta.

▪ **Types of Vatarakta:-**

Acharya Charaka has classified vatarakta in two kinds, based on site of pathogenesis and based on doshik predominance.

Depend on site of pathogenesis:-

- (1) Uttana Vatarakta - where twak and mamsa are involved.
- (2) Gambhira Vatarakta - all other dhatus take part in pathogenesis
- (3) Ubhayashrit Vatarakta - signs and symptoms of both the types are present

According to Sushruta, there is only one type of vatarakta. He explains

Uttana & Gambhira Vatarakta on the basis of chronicity of disease. In first stage of Vatarakta it will be Uttana & as time passes the Uttana Vatarakta develops into Gambhiravatarakta. Thus Acharya Sushruta disapproves the classification based on the pathogenesis.

▪ **Nidana:**

According to Acharya Charaka, the causative factors of Vatarakta are as follows:-

- Due to intake of diet consisting of salty, sour, pungent, alkaline, fatty, hot and uncooked articles, moist or dried things, meat of aquatic and marshy animals, oil-cakes, radish, horse gram, black gram, nishpav, other vegetables, sesamum, sura, asava, incompatible food
- eating during indigestion, anger, day sleep, Vigils mostly in delicate person who eat delicious things at pleasure and are not in habit of walking aggravates Vatarakta
- Besides due to injury and non evacuation when blood is affected
- Person indulges food consisting of astringent, pungent, bitter, little and rough items.
- Fasting, journey on carts carried by horse and camel, sporting in water, jumping, leaping.
- excessive travelling on foot in hot season, suppression of urges aggravates vata which is obstructed in its passage by

aggravated blood affecting entire blood .This is known as Vatarakta.⁴

Roopa:

Due to Vatarakta, feet are afflicted with tenderness, prickling pain, tearing, excessive dryness, numbness. The same associated with Pitta and Rakta have severe burning sensation, excessive heat, red inflammation and softness. If the blood is vitiated with Kapha, feet are white, cold, suffer from itching,swelling and becomes flabby and stiff.When the blood is vitiated by all the doshas,the latter manifest their respective features in feet.⁵

Samprapti:

Due to etiological factors mentioned earlier, blood gets vitiated soon which obstructs the passage of vayu, by this vayu gets aggravated severely and further vitiates blood which is already excited .Thus combined with vitiated vayu and due its predominance it is known as vatarakta. Similarly pitta gets combined with vitiated blood and so does kapha.⁶

▪ **Complications:**

Insomnia, anorexia, dyspnoea, gangrene, stiffness in head, fainting, narcosis, pain, thirst, fever, mental confusion, shivering, hiccup, lameness, inflammation and ulceration, prickling pain, giddiness, exhaustion, crook like deformity of fingers, appearance of blisters and tumours ,burning sensation,stiffness in marmas (vital parts of

the body) are the complications found in vatarakta.⁷

Laghumanjishtadi Kwath:

Laghumanjsthadikwath has been mentioned in Yogratnakara Vataraktachikitsa Adhyaya. Manjistha, Triphala, Kutaki, Vacha,Daruhalad, Guduchi, Nimb Sal etc. all drugs will be taken in same quantity in bharad form, added with 16th part of water and subjected to mild heat ,reduction will be done until the quantity reduced to1/8 of its original volume ,then it will be filtered in stainless steel container .

Table no. 1: LaghumanjishtadiKwath

S r N o.	Drug Name	Latin Name	Ras a	Vi ry a	Vi pa ka	Gu na
1	Manjishta	Rubia Cardifolia	Madhur, Tikta,kas haya	Ushna	Katu	Guru,Ruksha
2	Triphala					
	Haritaki	Terminalia Chubula	Kashaya pradhananch arasa (lavavirahita)	Ushna	Madhur	Laghu, Ruksha
	Bibhit	Termi	Kash	Us	Ma	Ruk

	aki	nalia belerica	aya	hn a	dh ur	sha, Lag hu
	Aamal aki	Embili caoffic inalis	Aml apra dhan (lava nvarj ita)p anch arasa	Sh eet	Ma dh ur	Lag hu, Ruk sha
4	Kutaki	Picrorr hizaku rru	Tikt a	Sh eet	Ka tu	Ruk sha, Lag hu
5	Vacha	Acoru scalam us	Tikt a	Us hn a	Ka tu	Lag hu, Tik shn a
6	Daruh alad	Berber isarista ta	Tikt a,kas hay	Us hn a	Ka tu	Lag hu, Ruk sha
7	Guduc hi	Tinosp oracar difolia	Tikt a,kas hay	Us hn a	Ma dh ur	Sni gdh a,la ghu
8	Nimba sal	Azadir ectain dica	Tikt a,kas hay	Sh eet	Ka tu	Lag hu, Ruk sha

Study Population: Study will be carried out on the patients suffering from the sign and symptoms of Vatarakta those attending IPD and OPD of our college's hospital.

▪ **SELECTION CRITERIA :-**

➤ **Inclusion Criteria :**

- Age-patient between age group of 15 to 60 yrs
- Sex-irrespective of sex
- Patient presenting with classical signs and symptoms of vatarakta in relation to sandhi mentioned in Ayurvedic texts(parva sandhi, gulfa, manibandha sandhi)

➤ **Exclusion Criteria:**

- Pregnancy
- Patient with known case of metabolic and systemic disease
- Patient with known case of autoimmune disorder of joint.
- Patient who are on regular NAISAIDS and steroidal anti-inflammatory drugs

➤ **Withdrawal Criteria:**

The Patients will be withdrawn from the trial if

- 1.If Patient himself want to discontinue the treatment anytime during the study.

2. If patient have any side effect/adverse drug reaction. Treatment and management of these patients will be done accordingly in our hospital.

❖ **MATERIAL AND METHODS:**

Study Design: open prospective clinical study.

Location of the study: OPD and IPD Patients of our college's hospital.

3. Patient who fails to report for follow up or shows irregularity in treatment.

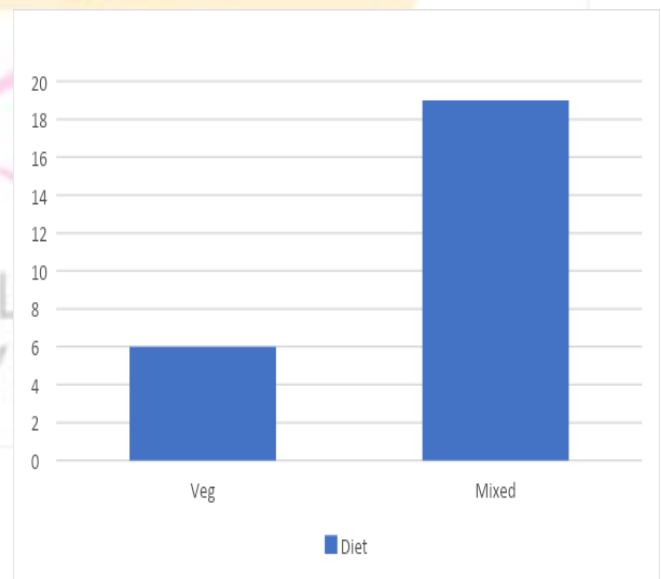
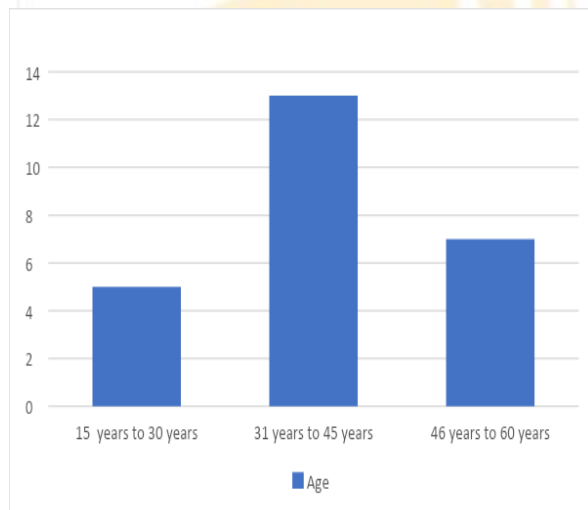
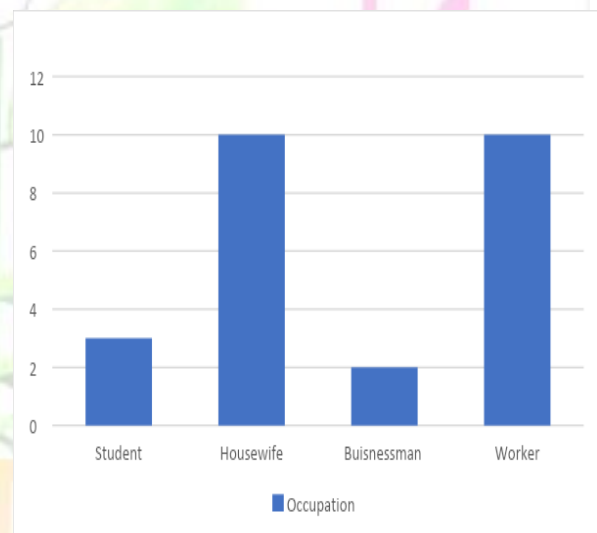
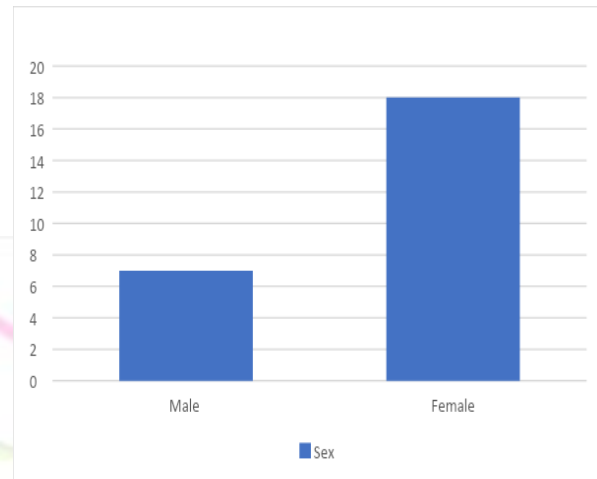
Sampling Technique: Simple Random Sampling Technique

• **Treatment**

No.of subjects	30
Drug	Laghumanjishthadi kwath
Dose	40 ml
Time	Two times in a day before meal
Duration	30 days
Route of administration	Oral
Assessment	On 0 th & 30 th Days

Sample size: 30

❖ **OBSERVATIONS AND RESULT:**



❖ **RESULT:**

Sr. No.	Symptom	Improvement in percentage
1	Sandhishul (Joint Pain)	67 %
2	Sparsh Asahatva (Tenderness)	79 %
3	Sandhidah (Burning Sensation at joint)	72 %
4	Sandhishotha	82 %
5	Kriyaalpata	87 %

❖ **DISCUSSION AND CONCLUSION:**

- Vatarakta is due to vatadosha vitiation taking lead in the manifestation of the disease.
- Raktadhatu is affected in Vatarakta.
- Vataraktavyadhi has symptoms like Sandhishul. Sparshasahatva, Sandhidaha, Sandhishotha, Twakalohita and Kriyaalpata and increase in uric acid etc.
- There was marked reduction in the mean scores of all the parameters of assessment i.e. Sandhishul. Sparshasahatva, Sandhidaha, Sandhishotha, Kriyaalpata.
- Manjishtha is ideal remedy for vitiation of rakta. Triphala alleviates vitiation of tridoshas. Daruhalad and guduchi also helps in decreasing pathogenesis of

vatarakta by normalising vata, Pitta and Kapha.

- Laghumanjishtadi Kwath is very effective in Vatarakta

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