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ETIOPATHOLOGICAL STUDY ON VATRAKTA W. S. R. T. UNHEALTHY LIFESTYLE AS NIDANA

Dr. Rahul D. Jadhav¹, Dr. Gauri Mulik²

¹P.G. Scholar, Dept. of Rognidan and Vikriti Vigyan,

²Professor and H.O.D., Dept. of Rognidan and Vikriti Vigyan,

L.R.P. Ayurvedic Medical College, Islampur, Sangli, Maharashtra, India

Corresponding Email ID: rrahuljadhav@ymail.com

ABSTRACT

Ayurveda is the life science with prime goal of promotion of health & prevention of disease. Now a day's human beings are vulnerable to many disorders due to their altered life style & food habit. Among such life style disorder *Vatarakta* is one of them. It is a *Vatpradhantridoshaj Vyadhi* where *Rakta* is *Dushya* which is affected by distinct etiological factors like sedentary life style along with mental stress, consumption of unhealthy food & highly protein diet, excessive alcohol intake etc. It is caused by *Mithya Ahara Vihar* that is irregular or unwholesome diet and regimen in prone individuals. It is characterized by severe pain, tenderness, inflammation and burning sensation in affected joint. These causative factors are unwholesome for the disease and can aggravate the condition. Hence, the first line of treatment for this disease is '*Nidanparimarjana*', for that it is necessary to understand the *Nidan* of *Vatarakta*. This disease is controlled by adopting certain life style modification & certain Ayurvedic modalities viz. *Shodhan* and *Shaman chikitsa* it can be cure.

Key Words: *Vatarakta, Nidana, RaktaDushya, Mithya Ahara, Vihar*

INTRODUCTION

Health is the physical, mental, spiritual & social well-being of an individual. It is depending on his / her diet & lifestyle. The dietary habits of Indians has essence of our traditions culture, effect of *Rutu*, *Desha*, *Kaal*, etc. which makes us stronger & healthy. But due to modernization bad food habits like irregular eating, consumption of fast food, unhealthy & sedentary life, addiction of drugs ,alcohol, cigarettes etc, irregular sleep pattern & stress leads people to DM, HTN, Obesity and many more diseases.

One of such lifestyle disorder is “*Vatarakta*” which is common condition among acute as well as chronic inflammatory disorders. As the name suggests *Vyadhi* produced by conjugation of vitiated *Vata* & *Raktas* called “*Vatarakta*”. The *Vyadhikarta Doshā–Vata&Dushya - Rakta* is equally responsible for samprapti. *The Dushit Rakta* leads to *margavrodhan* & *dusti* of *Vata* in such condition it creates *Shotha*, *Toda*, *Stambha*, *Sparshasahatva* in *parvasandhi*. *Vatarakta* is also known as ‘*Adhyavata*’ and ‘*Khudvata*’¹ which emerges from inappropriate dietary regime, occupation & environment. There are two types of *Vatashonit* depending upon *Avasthai.e, Uttana* and *Gambhir*². *Gambhir Vatarakta* mainly affects

Asthidhatu and cause *Ruja* which spreads as “*Aakhorvisha*”³. *Uttana* mainly affects *Rasadhatu*, *Raktadhatu* and *Mamsadhatu* which is an intense painful condition. Initial site of manifestation (i.e. involvement) in *Vatarakta* is of *hasta* & *pada* etc.

AIMS AND OBJECTIVES

AIM

To review *Vatarakta* with special reference to *Nidana*.

OBJECTIVES

1. To study various “*Hetu*” of *Vatarakta*.
2. Detail study of *Vatarakta*.
3. To study the role of diet & lifestyle in prevention of *Vatarakta*.

REVIEW ARTICLE:

1. Conceptual Review Description of *Vatarakta* is given in *Brihatrayi* & in all successive texts from the period of *Charak*. The disease *Vatarakta* has been described as separate disease entity.
2. Definition: Vitiating of *Vatadosha* & *Raktadhatu* occurs in this disease that is why it is called as “*Vatashonit*”⁴.
 - a) The vitiated *Raktadhatu* obstructs *Vata* resulting into *Vatashonit*⁵.
 - b) The *Vyadhi* is characterized by unique Samprapti of *Dushit Vatadosha* and *Rakta Dhatu* hence called as *Vatarakta*⁶.
 - c) The disease which is resulted due to vitiating of *Vatadosha* and *Raktadhatu*

leading to the specific Samprapti, is known as *Vatarakta*⁷

3. Types of *Vatarakta*⁸

a) *Uttana Vatarakta* - Clinical features like that of *Kandu*, *Daha*, *Ruka*, *Toda* and *Sphurana* which indicates the involvement of *Twak* and *Mamsa dhatu* and that deduces the probability of *Uttana Vatarakta*.

b) *Gambhira Vatrakra* – in this vitiated *Dosha* are deep seated in *Asthi*, *Majjadhatu*. The symptoms consists of *Shwayathu*, *Daha*, *Toda*, *Granthi*, *Paka* and excruciating pain in *Sandhi*, *Asthi* and *Majja*.

4. Etiology Different *Nidana* of *Vatarakta* have been mentioned in *Ayurvedic* texts and can be classified into 5 groups:

1. *Aharaja* Hetu - Causes related to dietary habits.
2. *Viharaja* Hetu - Causes related to individual habits and environmental factors.
3. *Mansika* Hetu - Causes related to psychological factors.
4. *Agantuja* Hetu - Exogenous factors.
5. *Prakriti* based *Nidana* - Miscellaneous factors.

The detail description of types have been mentioned below –

AHARAJ HETU (Dietary habits)⁹

Excessive intake of Lavan, Amla, Katu rasa: The composition of these *Rasas* is predominant with *Akasha* and *Vayu*, *Agni*

and *Vayu*, *Prithvi* and *Vayu* respectively because of that it ultimately cause *Vatarakta*.

Ajeernashan: If we take meal before the proper digestion of food taken in previous meal it leads to *Ajeernashan*. This condition leads to formation of *Aam*, because of this continuous process it leads to *Vatarakta*.

Mulak, Shaak, Kulatha, Nishpaav, Masha are laghu and vidhahi. The vipak of this *dravya* are *Katu* & the *veerya* is *ushna*. Therefore it causes *Vataprakopa*.

Adhyashana: That is eating again after meal, after sometime irrespective of digestion of previous meal. Excessive eating habits lead to obesity. This also leads to *Aam* due to relative *Agnimandya*.

Dadhi: It's *veerya* is *Ushna*, continuous consumption of *dadhi* leads to *Raktadusti*, which causes *vatarakta*.

Takra: It is *Kashaya*, *Madhur*, *laghu* *gunatma* and *Ushna* *veerya*. Because of that it makes *Rakta* & *pitta dushti* which leads to *Vatarakta*.

Abhojanat: Starvation for a considerable time leads to *Kshaya* of *Dhatu* and cause *Vataprakopa*.

Ambuja, Aanoop mamsa sevan: Excessive intake of sea food like *Fish*, *Crabs*, and *Oysters* etc causes *Raktadusti* and vitiates *Pitta* leading to *Vatarakta*.

Sura, Sauveer, Arnal: It has Teekshna, Ushnaguna which makes Raktadusti, vitiates Pitta leading to Vatarakta.

Viruddha: These substances in combination produce Visha (toxic substances) which are very difficult to digest and so cause Vidagdhatva to Aahar-rasa for example Ksheer and Matsya.

VIHARAJ HETU¹⁰

a) **Diwaswapan:** That is habit of sleeping after meals during daytime. This leads to delayed metabolic process causing impaired Aahara parinaman and cause Dushti of Kapha and Pitta Dosha.

b) **Ativyayaam:** Excessive physical exercise leads to vitiation of Vatadosha which cause Vatarakta.

c) **Ativyavaya** will cause 'Shukrakshaya'. Shukradhatu is the essence of all Dhatus. So its depletion reflects the 'Pratiloma' Kshaya of Dhatus and leads to Vata-Prakopa.

d) **Veganigrahan:** There are certain 'Vegas' which means the urges, should not be suppressed, the stimulus of these action is being exerted by prakrut VataDosha and if it is not being executed the 'Gati' of Vayu disturbs and various types of vyadhi are occurred, Vatarakta among them.

e) **Ratrijagarana:** Sleep is necessary for everyone because it is helpful to regain the power of body and mind which we have utilised in day time so due to Ratrijagarana;

sufficient rest is not gained resulting into impaired physiological and mental functions. If we don't take proper sleep it leads to Vataprakopa, because of that it results into improper Poshan of Dhatus, leading into Vtarakta.

f) **Achakramansheelanam:** Vatarakta is also known as "Aadhyavata" because it is linked with sedentary lifestyle. Though the disease affects anyone in society but found to be more prevalent in persons with sedentary lifestyle.

g) Excessive physical movements and exposure to cold are responsible for this.

MANAS HETU (Psychological factors): *Krodha* and *Shoka* are the causative factors which vitiates the *Sadhak Pitta*. There is no desire for food in this state and the secretion of *Pachak Pitta* is also hampered.

AGANTUJHETU (Exogenous factors):

Abhigataj—Trauma like stress full conditions, accident is also a trigger factor for *Vataprakopa* which leads to *Vatarakta*.

PRAKRUTI BASED NIDAN (Miscellaneous factors):

The individuals who are *Sukumaar*, obese and consuming unwholesome diet are mainly affected. Overweight person also surrenders the exercise schedule so chances of getting *Kapha-medadushti* are increased. *Kapha-medadushti* further add up to the etiology of this disease.

SPECIFIC CAUSES¹¹

a) Sukhabhojinam

The persons who exert less and consume too much food. This will increase the weight of patient causing more strain on the joints especially of lower extremities. Because of that Meda and Asthidhatudushti cause Vatarakta.

b) PrayashaSukumaranam

It refers to the person having delicate structure of the body. They are "Alpa-Vyadhikshamatva" that is having low resistance power because of this they are easily get affected to Vatarakta vyadhi.

c) Hayoshtrayan

The persons who travel by riding horse or camel in that era which can be correlated with today's motorcycle causing hanging of legs and pressure symptoms. This leads to circulatory and gradually metabolic disturbance due to accumulation of unwanted Dravyas in the tissue fluid Factor affecting Vata in today's era:

1. Katurasa sevan like chili sauce, Panipuri, Pepper etc.
2. Kashaya rasa sevan like Supari, shimbidhanya, Soya sauce, Oregano etc.
3. Tikta rasa sevan like Oregano, Soya sauce
4. Sheet gunat maka like cold drink, Ice-creams
5. Swimming, jumping, riding over vehicle etc.

Prevention of Vatarakta^{12, 13}

A) Pathya for Vatarakta

1. The cereals like old Barley, Wheat, Nivara (type of rice), Sali, shashtika.
2. Meat soup of Vishikha, Quail, lark etc.
3. Leafy vegetable like sunishnaka, tender branch of Vetra, Kakmachi, Vastaka, Upodika.
4. Veg soup like Karvellaka, Choulai, Surana, Ginger, Methika, Patola, Plak, Chakavada, Guduchi.
5. Milk of Cow, Buffalo, Goat.

B) Apathya for Vatarakta

1. Sleep during day time.
2. Exposure to heat.
3. Excessive exertion.
4. Excessive sexual intercourse.
5. Meat of aquatic animals.
6. Avoid/ limit alcohol.
7. Improper diets should be avoided by patients suffering from Vatarakta.

DISCUSSION

The etiological factors lead to the predominant morbidity of *vatadosa* and *raktadhatu*. To be more specific, the obstruction of *rakthamarga*, or the *rakthavaha* srotas is the leading pathology.

As said above Aharaj Hetu and Mansik Hetu play an important role in causing Vatarakta in today's era. Various *pathya* and *apathya* mentioned by Acharya Charak plays important role in its

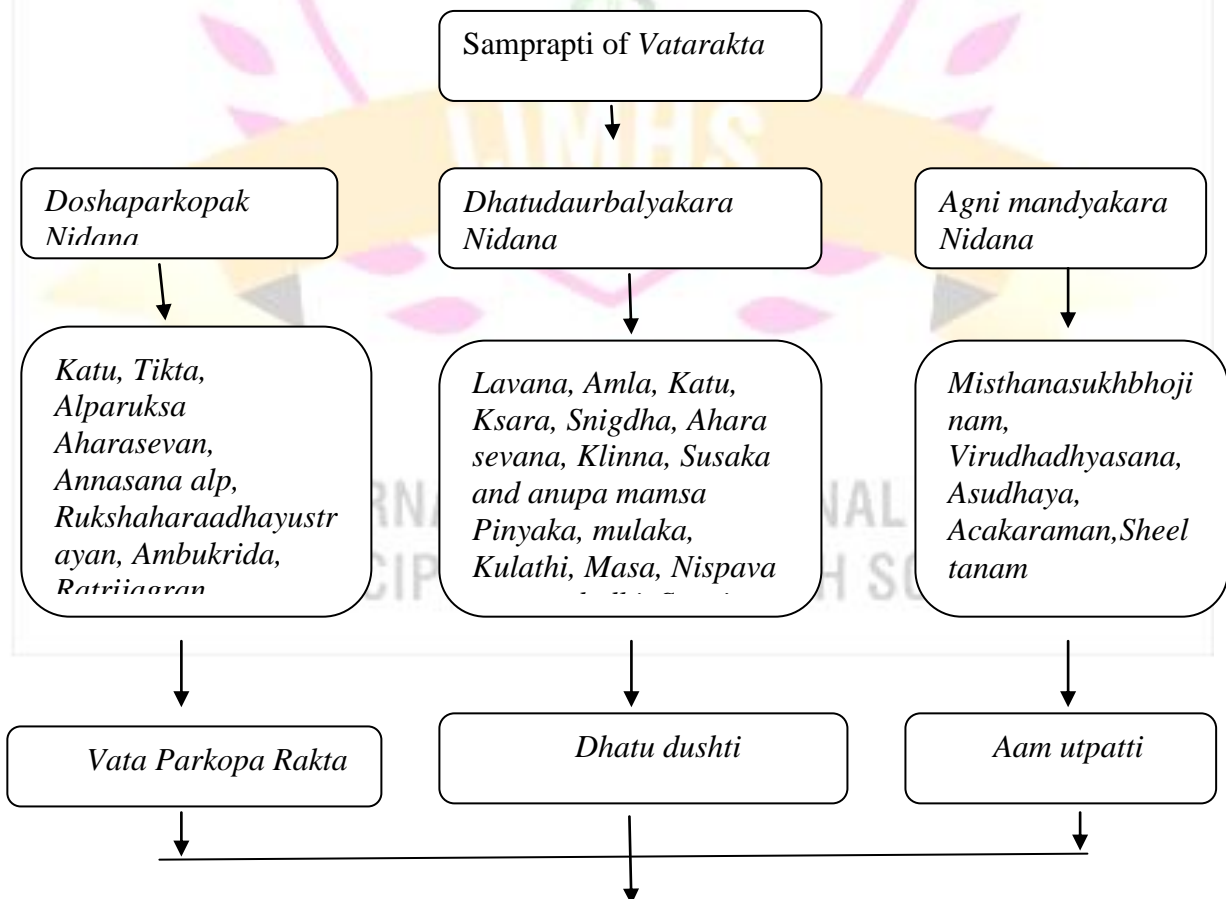
prevention. Changing in lifestyle is causative factor for Vatarakta. So, *Dinacharya* and *Rutucharya* as mentioned in Ayurvedic texts should be followed for maintenance of health.

CONCLUSION

The prevention of life style disorders is rising rapidly. *Vatarakta* is major life style disorder of today’s world. The main causative factors for *Vatarakta* are excessive use of alcohol, high purine diet, non-vegetarian diet, acidic and astringent foodstuffs, person leading sedentary life, excessive anger and emotional distress. The

healthy lifestyle must be adopted to controlled these disease with proper diet, physical activity and mental activity. In this era, we cannot stop doing the developmental work, but we can certainly reduce our ailment by incorporating effective regimen like *Dincharya* and *Rutucharya*. Prevention is better than cure is the best treatment in *Vatarakta*.

Chart no. 01: Role of Nidana at various level of Samprapti 14



Sancharan of vitiated *Vata* & *Rakta* in the whole body



Khaivagunaya in *Raktavahstrotas*

Obstruction in the path of *vata* and *sthanasanshraya*



Vatarakta

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