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**“AYURVEDIC MANAGEMENT OF VATARAKTA W.S.R. TO GOUT WITH GUDUCHI KSHEERPAKA A REVIEW”****Dr. Urmila R. Ramnani<sup>1</sup>, Dr. Rajesh M. Shah<sup>2</sup>, Dr. Varsha Jaraje<sup>3</sup>**

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**ABSTRACT:**

Numerous health-related concerns occur globally as a result of changes in everyone's lives, resulting in a variety of systemic diseases. One of these degenerative and chronic joint and musculoskeletal diseases that mainly affects individuals in their second and third decades of life is Vatarakta, which is a joint disease that is briefly discussed in classical Ayurvedic texts. Vatarakta and gout can be compared based on their clinical similarities. According to recent studies, the prevalence of gout has grown. Medications used to treat hyperuricaemia or gout only provide temporary relief and have a number of adverse effects, finding an effective treatment is essential. Guduchi Ksheerpaka Sevan was advised by Acharya Charaka and Vagbhata regarding how to manage Vatarakta. For Vatarakta, the preferred medication is Guduchi (*Tinospora cordifolia* (Willd.) Miers ex hook. & Thoms). Ingredients are easily accessible, and the preparation process is simple and easier to consume.

**KEY WORDS:-** Ayurveda, Guduchi Ksheerpaka, Hyperuricaemia, Gout.**Corresponding Details:****Dr. Urmila Ramnani**

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## INTRODUCTION

Ayurveda is an ancient science that means "knowledge of life". The objectives of Ayurveda are to safeguard the well-being of the healthy person and alleviate issues associated to illness. Changes in the way people live, consume, and interact with the environment cause a number of health problems that spread around the world and give rise to a number of systemic disorders. Chronic and degenerative joint and musculoskeletal disorders predominantly afflict persons in their second and third decades of life. Vatrakta is one of these joint diseases. Vatrakta derives its name from the primary pathogenic components involved in illness development, Vata Dosha and Rakta Dhatu. Vata and Rakta are vitiated by two distinct etiological causes; vitiated Rakta Dhatu obstructs the path of vitiated Vata, aggravating Vata even further. Because of the subtlety and pervasiveness of Vata, as well as the liquidity and dispersibility of Rakta, it circulates throughout the body via blood vessels and becomes clogged in the joint due to the zigzag pattern, aggravating it further and causing it to get logged. This causes pain, redness, swelling, stiffness, tenderness, and burning sensations at the Angushtha Parva Sandhi (small joints) of the hands and feet and spreads throughout the body[1]. Vatrakta and gout can be compared based on their clinical similarities. Gout is a metabolic disease caused by an increase in the body's urate pool due to hyperuricaemia. It is characterized by acute and chronic arthritis caused by the deposition of sodium urate (MSU) crystals in nodules of joints and connective tissues. The metatarsophalangeal joint of the first toe is frequently implicated. Clinical symptoms include joint discomfort, swelling, and the joint rapidly becoming heated, red, and painful. [1] Hyperuricaemia is characterized as serum or plasma urate concentrations greater than 7.0 mg/dL in men and 6.0 mg/dL in women. Gout incidence in the population ranges between 0.2 and 3.5 per 1000, with a total frequency of 2-26 per 1000. According to recent study, the prevalence of gout is increasing. NSAIDs, Colchicine, Glucocorticoids, Uricosuric Agents (Probenecid, Sulphinpyrazone), and Uric Acid Synthesis Inhibitors (Allopurinol, Febuxostat) are used to treat hyperuricemia or gout. These drugs only offer temporary relief and have a number of side effects, including nausea, vomiting, diarrhea, hepatotoxicity, renal toxicity, and others. [2] Therefore, it's important to find a medication that effectively stops the disease's spread in addition to curing it.

## AIM AND OBJECTIVES

1. The conceptual study on Vatarakta.
- 2 .To understand use of Guduchi Ksheerpaka in management of Vatrakta w.s.r. to Gout

## MATERIALS AND METHODS

Many Ayurvedic Samithas, relevant research works, and databases like PubMed, DHARA, Google Scholar, and others were explored and examined in order to establish a comprehension of Vatarakta and its management with Guduchi Ksheerpaka.



- **NIDAN (CAUSATIVE FACTOR)**

- **Aaharaj nidan-**

- Excessive consumption of rasas such as katu (spicy), tikta (bitter), kshaya (astringent), amla (sour), lavana (salty) and kshara (alkaline). Excessive consumption of ahara (diet) i.e. snigda (flexible), ushna (hot) and ruksha (dry in nature) in Guna and Klin (wet), Shushka (dry), Aanupa Mamsa (flesh of wetlands). Pindyaki (oilseed paste after oil extraction), Mulaki (radish), Kulatthi (red gram), Mashi (black gram), Shakadi (green leafy vegetable), Palala (ground pulp), Iksha (sugar cane), Dietary defects such as consumption of Dadhi (curd), Aarnala Suvier (fermented liquor of barley), Shukta (acid preparation obtained by fermenting tuber fruits), Takra (buttermilk), Sura (wine) and Asava (home-produced alcoholic medicine). Caused by Adhyashana (eating food before the previous food has been properly digested), Vriudhashana (incompatible foods), Abhojana (excessive fasting) and Mithana (sweets), Sukbhojana. [three]

- **Viharaja nidana-**

Ativyayama (excessive exercise), Krodha (anger), Divasvapna (daytime sleep), Raatrijagrana (night waking), Achankramanshila (lack of physical activity), Abhigata (trauma), Ambukrida (aquatic exercise), Plavan (swimming), Veganigraha (Suppresses natural impulses), travels on Hasti (elephants), Ashwa (horses) and Ustra (camels). The above factors cause deterioration of Vata dosha and distortion of Rakta Dhatu, leading to Samrapti (pathology) of Vatarakta. In general, sukumar (gentle by nature) people who love sweet and savory foods and are not accustomed to physical activity are prone to vatarakta. [4]

## **SAMPRAPTI [5] (PATHOGENESIS):**

- Nidana Sevan, i.e. Sevana Vata and Rakta Prakopa Akara and Vihara.
- Sukshamatva and Saratva Vayu along with Dravatva and Saratva Rakta
- Vice and Dushti Vata and Rakta
- Prasara dosha (circulates throughout the body through Shira Marga)
- Obstacles in the path of Vata along with Scented Rakta.
- Interfering with each other's paths
- Sthana Samsraya (Sandhi Sthana, i.e. Kara-pada Angula sandhi)
- Spoiled Vata and Rakta stagnate in Sandhi and spoiled Vata and Rakta along with Pitta etc. produce various types of Vedana.
- Batrakta

### **Samprapti ghataka:**

- Dosha - Vata Pradhan Tridosha-Janya Vyadhi
- Dushya – Rakta, Twak, Mamsa
- Agni – Mandagni

- Udhbhavasthana – Pakvashya
- Sancharasthana- Sarva Sharira
- Vyaktasthana – Sandhi ( Visheshata Kara Pada Sandhi)
- Srotus - Raktavaha, Asthivaha, Majjavaha
- Srotodushthi Prakara – Sanga, Vimargagaman
- Rogamarga – Madhyam

• **POORVA-RUPA: [6] (PREMONITORY SYMPTOMS)**

Purvarupa (a set of premonitory symptoms or symptom complex) describes an approaching ailment that cannot be assigned to a specific Dosha. These are the symptoms produced in the body prior to the onset of disease. They are used to determine the disease. Purvarupa provides a clue to the condition, but at this moment, it cannot be certain.

- Atisweda/Asweda -Hydrosis / anhydrosis
- Karshnyata Blackish discoloration
- Sandhi Shaithilya Looseness of the joints
- Alasya Laziness
- Sadana Fatigue of the foot
- Pidakodgama Formation of papules
- Nisthoda Fatigue
- Spurana Throbbing sensation
- Bhedana Splitting type of pain
- Gurutwa Heaviness
- Supti Numbness
- Kandu Itching
- Sandi Ruk Pain in joints
- Vaivarnya Discoloration
- Mandalotpatti Formation of rounded patches
- Sheetalata Coldness of the limbs
- Osha Burning sensation with restlessness
- Daha Burning sensation
- Sopha
- Sopha Swelling
- Twak Parushya
- Twaka Parushya Roughness of the skin
- Sira Dhamani Spandana
- Sira Dhamani Spandana Increased pulsatile vessels
- Sakti Dourbalya
- Sakti daurbalya Decreased strength in thigh
- Ati Slakshna Khara
- Sparsha
- Shrama Increased exertion

• **RUPA (LAKSHANA) OF VATARAKTA –**

When Poorvarupa (a set of premonitory symptoms) appear in the condition, they are referred to as 'Rupa'. The symptoms are typical manifestations that appear during the course of the disease. Rupa plays a crucial role in disease diagnosis. The Rupa of the disease are always seen after the aggravation of Doshas and formation of the disease.

## • TYPES OF VATARAKTA-

There is some inconsistency in this context. Acharya Charaka referred to this as a type of Vatarakta,[7] while Acharya Sushruta considered this to be a stage of Vatarakta and not a type. [8]

### ➤ Uttana Vatarakta (Superficial)

1. Doshas are located only up to Twak and Mamsa Dhatu.
2. Signs and symptoms of Kandu (itching), Daha (burning sensation), Ruja (pain), Aayama (stretching), Toda (piercing pain), Sphurana, Kunchana (contraction), the skin becomes Shyavarakta and Tamra Varna [ brown, black, red or copper]

### Gambhir Vatarakta (Deeply Seated)

1. Where the doshas penetrate deeper into the Dhatus and show complex manifestations.
2. Svayathu with Stabdghata (swelling due to stiffness), Katino-AntarArti (extreme pain inside the joint), Syava-Tamra Tvak Varna (dark red or copper color), Daha (burning), Toda (tingling), Spurana. Signs and symptoms of (pulse), Pakavana (tendency to rest).

## UPADRAVA –

Upadrava is a complication produced by a disease, these develop after the formation of main disease. That is if disease not treated at time then it leads to formation of Upadrava. Upadrava may systemic and localized in nature. Following are Upadrava of Vatarakta [9]

- i. Aswapna Loss of sleep
- ii. Arochaka Anorexia
- iii. Swasa Dyspnoea
- iv. Mansakotha putrefaction/ necrosis of tissue
- v. Murcha Fainting
- vi. Mada Intoxication
- vii. Ruja Pain
- viii. Trishna Thirst
- ix. Moha Confusion
- x. Hikka Hiccough
- xi. Pangulya Lameness
- xii. Visarpa Cellulitis
- xiii. Paka suppuration
- xiv. Toda pricking pain
- xv. Bhrama giddiness
- xvi. Klama mental fatigue

- xvii. Anguli vakrata disfigurement of digits
- xviii. Shophata eruption
- xix. Daha burning sensation
- xx. Marmagraha afflictions of vital parts
- xxi. Pranakshaya wasting of vitality
- xxii. Mansakshaya muscle wasting
- xxiii. Kasa cough
- xxiv. Stabhdhata stiffness
- xxv. Avipaka indigestion
- xxvi. Visarana spread
- xxvii. Sankocha contracture

### MANAGEMENT -

Ayurveda describes a number of herbs, decoctions, medicated oil (Ghrita), medicated milk, and other formulations for the treatment of Vatrakta. Guduchi (*Tinospora cordifolia* (Willd.) Miers ex hook. & Thoms) is the preferred medicine for Vatrakta because it may be treated with solely Guduchi formulations for a period of time.[10] The juice extract from the stem of Guduchi is extremely useful in the treatment of gout since it helps to neutralize the body's elevated uric acid levels. [11] Acharya Charaka and Vagbhata both instructed Guduchi Ksheerpaka on the management of Vatrakta[12][13]. Cow milk is Jeevaniya Dravya (life-extending component) because of its Madhuradi (sweetness, etc.) qualities, which are Vata-pittaharaka (reduces aggravation of Vata-Pitta Dosha).[14] Milk has been used as a meal and a basis for medicines since antiquity. It has a great nutritional and therapeutic value and is Satmya (appropriate), making it easily acceptable to both healthy individuals and patients. Regular milk drinking can lower uric acid levels because the milk proteins lactalbumin and casein have serum uric acid-lowering properties.[15] Milk qualities have the potential to be used as medicine when combined with plants, as seen in Ksheerpaka. It has been shown that when the temperature of milk gradually rises, the solubility of fats and proteins increases, potentially improving the extraction of medicinally relevant active constituents.[16]. Milk proteins Lactalbumin and casein reduce serum uric acid levels. Bitter taste of Guduchi is decreased when combined with milk, making it more palatable. Ingredients are readily available, and the cooking method is easy.

### ❖ Guduchi Ksheerpaka –

Procedure of making Guduchi Ksheerpaka and its dose Sahapana, route of administration is mentioned below in table no. 1

**Table no.1**

Procedure	Coarse powder of stem of Guduchi ( <i>Tinospora cordifolia</i> (Willd.) Miers ex hook. & Thoms) 10gm is soaked in 20 ml of water for 24 hrs and strained <sup>[16]</sup> .Obtained Swarasa (juice) is boiled with 80ml of cow milk with addition of 320ml of water on low flame till water gets evaporated and only milk remains in vessel . Prepared medicated milk will be strain and cool down before consumption <sup>[17]</sup>
Dose	80 ml <sup>[16]</sup> Vyana kaal - after food in Morning <sup>[18]</sup>
Sahapana	Rock sugar [Mishri] <sup>[12]</sup>
Route of administration	Oral administration

❖ **Drug review-** Rasa, Guna, Virya, Vipaka, Karma of Guduchi and cow's milk is mentioned as below in table no. 2

**Table no. 2**

Drug	Rasa	Virya	Vipaka	Guna	Karma
<b>Guduchi</b> <sup>[19]</sup> ( <i>Tinospora cordifolia</i> (Willd.) Miers ex hook. & Thoms.)	Tikta Kashaya	Ushna	Madhura	Laghu Mrudu	Rasayana Tridoshashamaka Dipana Vatasthareta Jvaraghna
<b>Go Dugdha</b> <sup>[14]</sup> (cow milk )	Madhura	Sheeta	Madhura	Snigdha Guru	Rasayana Bruhana Balakaraka Vatpittanashaka

## DISCUSSION

This review explains the conceptual part of Vatarakta and control through Guduchi Kshirpaka for a better understanding of Vatarakta and control through Guduchi Kshirpaka. Vata and Rakta are the main culprits of Vatarakta. It is primarily characterized by pain in the metatarsophalangeal joints and is clinically diagnosed by elevated serum uric acid levels. With similar clinical presentation, Vatarakta may be associated with gouty arthritis. Guduchi stems are very beneficial in treating gout as they help neutralize high uric acid levels in the body. The milk proteins lactalbumin and casein reduce serum uric acid levels. As seen in Kshirpaka, its milky white properties allow the plant to be used medicinally. It has been shown that gradually increasing the temperature of milk increases the solubility of fats and proteins, thereby improving the extraction of potentially medicinally active ingredients. Therefore, Vatarakta can also be treated with Guduchi Kshirpak.



## CONCLUSION

Due to the current sedentary lifestyle, vatarakta is one of the common diseases in daily clinical practice. Therefore, it is time to explore the role and application of Ayurvedic medicines and treatments in Vataraktha. Guduchi stems are very beneficial in treating gout as they help neutralize high uric acid levels in the body. Milk proteins lactalbumin and casein reduce serum uric acid levels, which shows that Guduchi Kshirpaka is beneficial in the treatment of vatalacta.

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