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Compilation on Shamana Aushadi Chikitsa Vivechana in Vatarakta in Clinical Practice - A Review



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ABSTRACT

Vatarakta is a chronic disease in which imbalance of metabolism occurs due to indulgence in unwholesome dietary habits and lifestyle. *Vatarakta* is caused by vitiated *Vata* and *Rakta*. Initially vitiated *Vata* obstructs the path of vitiated *Rakta* and then gets obstructed by *Rakta* itself. Various Ayurveda researches shows the evidence of efficacy of different treatment protocol mentioned for *Vatarakta*. The aim of the present review is to explore and understand the concept *Chikitsa Vivechana* with *Shamana Aushadi* in *Vatarakta* that may be helpful in clinical practice. This treatment protocol is a compilation of *Ekamoolika Aushadi Prayoga, Kashaya, Guggulu or Vati* used in clinical practice.



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INTRODUCTION

Vatarakta is one of the distinctive ailment disorders of *Vatavyadhi*. *Vatarakta* also known as *Adhayavata*,^[1] which implies that it is more prevalent in *Adhya* (Rich People). Aggravated *Vata* is obstructed by Vitiated *Rakta*, this obstructed *Vata* again vitiates the *Rakta*. This pathological state is known as *Vata-Shonita* or *Vatarakta*. Based on the similarity of symptoms, it can be compared with Gouty arthritis in Present era, which is caused due to impaired biochemical manifestation with increased serum uric acid level that gets deposits in joints. Incidence rate of Gouty arthritis is 0.2-2.5 per 1000^[2] with prevalence of 1-4% of the general population, where in 3-6% men and 1-2% in women are affected.^[3]

Nidana (Etiology): *Nidanas* can be of two types- *Aaharaja* and *Viharaja Naidana*. *Aaharaja Nidana* includes excessive intake of *Katu*, *Tikta*, *Kashaya*, *Amla*, *Lavana rasa* and *Kshara pradhana* and excessive intake of *Singdha*, *Ushna* and *Ruksha* in *guna* and *Klinna*, *Shushka*, *Aanupa mamsa sevana*. *Vriuddhashana* (incompatible food), *Abhojana* (excessive fasting) and *Misthanna* (sweets) *Sukbhोजना*.^[4] *Viharaja Nidana* includes *Ativyayama*, *Krodha*, *Divaswapna*, *Raatrijagrana*, *Achankramansheela*, *Abhighata*, *Ambukrida*, *Plavan*, *Veganigraha*, Travelling on *Hasti*, *Ashva*, *Ushtra*. These factors cause aggravation of *Vata* dosha and vitiation of *Rakta Dhatu* which leads to *Samprapti* (pathology) of *Vatarakta*. In general, the *Sukumar* (delicate in nature) person who indulged in sweet and delicious food substances and are not habituated for physical activities are prone to develop *Vatarakta*.^[5]

Samprapti^[6] (Pathogenesis):

Nidana Sevana i.e., Sevana of Vata & Rakta Prakopa Ahara and Anya Hetus



Sukshamatva and Saratva of Vayu with Dravatva and Saratva of Rakta



Vitiation & Dushti of Vata & Rakta



Prasara of Dosha (Circulates over the body via Sira marga)



Obstruction of the path of Vata by Dushita Rakta



Mutual obstruction of path by each other



Sthana Samshraya (Sandhi Sthana specifically Kara-Pada Angula sandhi) Vitiated Vata and Rakta stagnated at Sandhi and thereafter the vitiated Vata and Rakta along with Pitta etc. produce different type of Vedana.



Vatarakta

Table No. 1. Poorva roopa^[7]:

Sr.No.	Poorva Roopa
1.	<i>Svedo-atyartham na va</i> (Excessive or absence of perspiration)
2.	<i>Karshnyam</i> (Blackishness of the body)
3.	<i>Sparsha-Agyatvam</i> (Lack of tactile sensation)
4.	<i>Kshate-Atiruk</i> (High intensity of pain on trauma)
5.	<i>Sandhi-Shaithilya</i> (Laxity of joints)
6.	<i>Alasya</i> (lethargy)
7.	<i>Nistoda, Sphurana, Bheda, Guruta, Supti, and Kandu in Janu-Jangha-Uru-Kati-Hasta-Padaang Sandhi</i> (Feeling of heaviness, numbness and itching at knee, thigh, waist, shoulder, hands, legs and other joints of body)
8.	<i>Pidikodgam</i> (eruption of papules / pustules)
9.	<i>Vaivarnya</i> (Discoloration of body)
10.	<i>Mandalutpatti</i> (eruption of wheals / rashes)
11.	<i>Sadana</i> (fatigue)

Types: There are different opinions for this context, *Acharya Charaka* has mentioned it as *Vatarakta*^[8] while according to *Acharaya Sushruta* these are the stages of *Vatarakta* not the types.^[9]

Table No. 2: Types of Vatarakta

Sr.No.	Uttana Vatarakta	Gambhira Vatarakta
1.	<i>Doshas</i> seated only up to <i>Twak and Mamsa Dhatu</i> .	Where <i>Doshas</i> penetrate to deeper <i>Dhatus</i> and have complex manifestation.
2.	Sign and Symptoms: <i>Kandu</i> (itching), <i>Daha</i> (burning sensation), <i>Ruja</i> (pain), <i>Aayama</i> (extension), <i>Toda</i> (pricking pain), <i>Sphurana, Kunchan</i> (contraction), Skin becomes <i>Shyavarakta</i> and <i>Tamra Varna</i> (brownish,black,red or coppery in color).	Sign and Symptoms: <i>Swayathu</i> with <i>Stabdhata</i> (oedema with stiffness), <i>Kathino-Antar-Arti</i> (hardness-agonizing pain inside the joints), <i>Shyava-Tamra Twak Varna</i> (dusky red or coppery coloration), <i>Daha</i> (burning), <i>Toda</i> (pricking), <i>Sphurana</i> (throbbing), <i>Pakavana</i> (tendency to suppuration).

Chikitsa Siddhanta:

- 1. According to Charaka:** After proper *Snehana*, *Vatarakta* treated with *Mridu Sneha Virechana* and *Mrudu Ruksha Virechana*. After *Virechana* give frequent and *Anuvasana Basti and Niruha Basti*. Besides *Seka, Abhyanga, Padeha, Anna* and *Sneha* be given which do not cause *Vidaha*.^[10]
- 2. According to Ashtang Hridaya:** With the help of *Ghrita Mishrita Ksheerbasti* *Dosha* can be expelled out in *Vatarakta*. *Basti* is the main line of treatment specially in *Guda, Uru, Parva, Asthi, Udar Shoola*.^[11]
- 3. According to Chakrapani:** *Nirupsthambhamiti Anavaritam* that is *Basti chikitsa* in *Vatarakta*.
- 4. According to Dalhana:** *Padagate Vataanubandhe Aasthapan Purvakarma Anuvasanam* which signifies the importance of *Asthapana* and *Anuvasana Basti* in *Vatarakta*.

Table No.3: Shamana Aushadhis for the Management of Vatarakta

Sr.No.	Ekamoolika prayoga	Kashaya/ Kwath	Guggulu/ Vati
1.	<i>Guduchi</i>	<i>Mahamanjishthadi Kashaya</i>	<i>Kaishora Guggulu</i>
2.	<i>Sariva</i>	<i>Guduchyadi Kashaya</i>	<i>Amrutadi Guggulu</i>
3.	<i>Guggulu</i>	<i>Amrutottara Kashaya</i>	<i>Arogyavardhini Vati</i>
4.	<i>Shilajith</i>	<i>Maharasnadi Kashaya</i>	<i>Shivagutika</i>
5.	<i>Rasna</i>	<i>Guggulu Tiktaka Kashaya</i>	<i>Gokshuradi Guggulu</i>
6.	<i>Bhallataka</i>	<i>Rasna Saptak Kashaya</i>	<i>Punarnvadi Guggulu</i>
7.	<i>Erandmoola</i>	<i>Dashamoola Kashaya</i>	<i>Chandraprabha Vati</i>
8.	<i>Patola</i>	<i>Kokilaksha Kashaya</i>	
9.	<i>Shunti</i>	<i>Sahacharadi Kashaya</i>	
10.	<i>Shallaki</i>	<i>Balaguduchyadi Kashaya</i>	
11.		<i>Patoladi Kwath</i>	

Ekamoolika Aushadi Prayoga in Vatarakta:

- 1. Guduchi-** As *Guduchi* is having *Tikta rasa*, it does the *Rakta Shodhana*. It is having *Madhura Vipaka* which does the *Vata Shamana*. *Guduchi* has uricosuric activity, diuretic activity, anti-inflammatory and analgesic activity. Uricosuric activity in potassium oxonate

induced hyperuricemia giloyasatva [starch of *T. cordifolia*] significantly lowered the serum uric acid levels by increasing fractional excretion of uric acid. Anti-inflammatory, *Guduchi Ghana* to modify the role of various chemical mediators of inflammation like histamine and 5 HT during the initial phase of inflammation dry up through attenuation of their formation or through activity at the receptor levels. Immunomodulatory activity- syringin [TC-4] and cordial [TC-7] inhibited the in vitro immune haemolysis of antibody coated sheep erythrocytes by guinea pig serum, significant increases in IgE antibodies in serum, Humoral and cell-mediated immunity were also dose-dependently enhanced. Osteogenic activity- alcoholic extract of *Tinospora cordifolia* has been demonstrated to stimulate osteoblast proliferation, increase cell differentiation into osteoblastic lineage, and increase mineralisation of bone-like matrix.^[12]

2. Sariva -shows *Madhura Tikta, Sheeta Kapha-Vatashamaka Raktashodhaka, Dahaprashamana* properties having P-methoxy salicylic aldehyde, saponin chemical properties. Saponins helps in decreasing lipids and lowering blood glucose level.^[13]

3. Guggulu- shows *Tikta, Katu Ushna Anabhisyandhi, Srotoshodhakara* properties having Phytostero, Guggulipids Guggulsterones Antiinflammatory, Anticoagulant, Hypolipidemic, and Antibacterial Activity Sterols (guggulosterol 1,2,3), diterpenoids, carbohydrates, aliphatic esters extracted from acidic fraction of resin of *Commiphoramukul* show anti-inflammatory and anti-arthritic property.^[14]

4. Shilajeet-shows the therapeutic benefits of hormonal management and modulation of immunity and enhances the mechanical strength of bone tissue and having *Anamla, Kashaya, Katu Vipaka, Kapha Vatahara Medohara, And Kledahara.* properties.^[15,16]

5. Rasna- Having *Tikta, Guru, Katu Vipaka, Ushna Veerya, and Kaphavatahara* properties and contains Pluchealanceolata constituents such as ps-taraxasterol acetate (anti-inflammatory property), Daidzein (bone healing property), leaves contain triterpenes (help in inhibition of denaturation of protein), Cinnamates, cineole, pinene, camphor, and galangin from the plant.^[16]

6. Bhallataka- Having *Katu,tikta,Kashayapachana kapha vata nashaka* properties having active principles of Semecarpol (monohydroxy phenol) and Bhilawanol (o-dihydroxy compound) anacardic acid *Semecarpus anacardium* significantly decreased the carrageenan-induced paw edema and cotton pellet granuloma. These results indicate the potent anti-inflammatory effect and therapeutic efficacy of SA Linn. nut extract against all phases of

inflammation is comparable to that of indomethacin. Improves Glucose Metabolism and contains Gingerine, Gingerol.^[17]

7. Erandmoola- Having *Madhura, Katu, Kashaya Shulahara, Shothahara, Sirapida hara* having active principles of Ricinus is one of the strong laxatives Steroids, saponins, alkaloids, flavonoids and glycosides Alkaloids have been found to be responsible for both analgesic and anti-inflammatory actions in some natural products. Flavonoids are known to target prostaglandins which are involved in the late phase of acute inflammation and pain perception. The anti-inflammatory activity of methanolic extract was due to the presence of flavonoids Saponin and terpenoid have also been reported to inhibit histamine release.^[18]

8. Patola- having *Tikta, Katu, Laghu, Katu Vipaka, Usna veerya Tridosha Shamaka, Rakta shodhak, Patola patra is Pitta shamaka* properties with the active principles of *Shothahara, Daha Prashamana, Kushthanashaka* and anti-inflammatory *Vata-raktanashaka* & has anti-arthritis action.^[19]

9. Shunti: *Tikta Pradhana Rasa, Ushna Guna, Deepana Pachana* acts as *Rakta Shodhaka* and *Avaranahara*.

10. Shallaki- with the properties of *Laghu, Rooksha, Kashaya rasa. Resin has Madhura, Katu, Tikta, Teekshna Guna* with active principle of Essential oil, volatile oil, pentacyclic triterpene acids- Boswellic acid. Anti-inflammatory and anti-arthritis property by inhibiting the leucocyte migration to joint and inhibits formation of leukotrienes It (B. Serrata) is known to regain integrity of vessels in joints from damage/spasm which helps in rich blood supply of bone which helps in easy healing.^[16]

Kashaya Prayoga in Vatarakta:

1. Mahamanjistadhi Kashaya: Contains *Manjista, Musta, Kutaja, Guduchi, Nagara, Nimba, Haridra, Triphala, Patola, Katuki, Sariva, Parpata, Khadira, Chandana* etc. Phenol content and most antioxidant property. The antioxidant effect was prescribed orally to normalize the vitiation of *Rakta*. Rubiadin present in Manjista has antioxidant property.^[20]

2. Guduchyadi Kashaya: Contains *Guduchi, Nimba, Dhanayaka, Raktachandana, Pitta Shleshma Hara, Jwara, Chardi, Daha-Trishnagnam, Agnikrit* that is *Agnideepana*. Uricosuric activity, anti-inflammatory, osteogenetic activity and immunomodulatory property.^[14]

3. **Amrutottara Kashaya:** Contains *Amruta, Bala, Devadaru, Nagara, Haritaki*. *Amrutottara Kashaya* with *Guduchi, Harithaki and Sunthi* acts as *Deepana, Pachana* and *Rasayana*. Uricosuric activity, anti-inflammatory, osteo genetic activity and immunomodulatory.
4. **Maharasnadi Khada:** Contains *Rasna, Eranda, Nagara, Musta, Punarnava, Guduchi, Gokshura, Sahachara, Brihati, Kantakari, Ashwagandha* etc. and having antioxidant property. In clinical practice it is observed that the *Brihmana* (nourishing) nature of this formulation helps in the correction and redeeming painful conditions of *Vatavyadhis*.^[21]
5. **Guggulu Tiktaka Kashaya:** Contains *Nimba, Amruta, Patola, Patha, Manjista, Guggulu, Kushta, Vatsaka, Vasa, Tikta Rasa: Raktashodhana and Pittahara*. Anti-Arthritic Action, Phenol Content is Antioxidant. *Commiphora mukul* show Anti-Inflammatory and Anti-Arthritic.
6. **Rasna Saptaka Kashaya:** *Rasna, Amruta, Gokshura, Aragwadga, Eranda, Punarnava* having Constituents of *Pluchelanceolata* like ps-taraxasterol acetate (anti-inflammatory property), Daidzein (bone healing property), leaves contain triterpenes (help in inhibition of denaturation of protein), anti-arthritis action, phenol content is antioxidant Flavonoids are known to target prostaglandins which are involved in the late phase of acute inflammation and pain perception.^[21]
7. **Kokilaksha Kashaya:** Contains *Kokilaksha, Amruta* having Uricosuric activity, anti-inflammatory, osteogenetic activity and immunomodulatory.^[12]
8. **Dashamoola Kashaya:** Contains *Bilwa, Agnimantha, Patala, Gambhari, Shyonaka, Shalaparni, Prishnaparni, Brihati, Kantakari, Gokshura*. *Dashamula* is having the property of *Kapha Vatahara*. It has analgesic, antiinflammatory, anti-arthritis activity. studies in which *Dashamoola* has consistently shown efficacy in models of acute inflammation aimed at and proved the possibility of prostaglandin synthesis inhibition as the probable mechanism of action phenol content and antioxidant property.
9. **Sahacharadi Kashaya:** Contains *Sahachara, Kulatha, Pushkara, Amlavetasa, Daruharidra, Hingu, Lavana*. *Sahacharadi Kashaya* is effective in management of *Vata Rogas, Shulahara* and *Raktashodhaka*. It is particularly effective in the afflictions of lower limbs.²²
10. **Balaguduchyadi Kashaya:** Contain *Bala, Guduchi, Devadaru* and *Vatapittahara* property.

11. Patoladi Kwatha: Contain *Patola, Katuki, Shatavari, Haritaki, Amalaki, Vibheetaki, katuki*. *Patola patra* is *Pittashamak*, *Haritaki* is *Vataraktanashak* & has antiarthritic action. *Bibhitaki* cures *Dhatugata dosha* and has analgesic effect. *Amalaki* is a *Rasayana, Pitta-shamaka*, uricosuric due to presence of Vit-C & causes immunomodulation. *Shatavari* is *Balya* and *Vata-Pitta-Rakta Janya Shopha Nashak*, has anti-urolithic action & causes immunomodulation, *Guduchi* is the best drug to cure *Vatarakta*, it is *Tridosha-shamaka*, it contains Tinosporin which has antiuremic action resembling with that of NSAIDs. *Katuki* is *Lekhaniya* and *Bhedaniya* which eliminates doshas from the body, has *Shothahara, Daha prashamana, Kushthanashaka* and anti-inflammatory.^[19]

Guggulu/Vati Prayoga in Vatarakta

1. Kaishora guggulu: Contains *Pippali, Shunthi, Maricha, Vidanga, Danti, Guggulu, Amalaki, Haritaki, vibhitaki, Trivrit, Guduchi, Guggulu*. It contains *Guduchi* having properties like *Jwaraghna, Dahaprashamana, Vedanasthapana, Raktashodhaka, Raktavardhaka* and *Rasayana*. *Triphala* in double quantity to flush out vitiated *Doshas*, *Trikatu* to improve *Agni*. It corrects Purine metabolism and checks on uric acid production. Further, it improves the elimination process of uric acid through urine. Anti-inflammatory properties of *Guggulu, Guduchi, Shunthi, and Trivrit* relieves inflammation induced by crystals to synovial membrane and adjacent tissues. *Amalaki and Shunthi* act as analgesics, relieving in *Toda* (Piercing pain), tenderness, *Sandhi Shula* (Pain in joints) in gout patients. *Haritaki and Amalaki* has adaptogenic property reducing acute flares in gout patients. *Bibhitaki* shows nephroprotective property, a reduces chances of Uric acid stone development in patients of Gout. *Danti and Pippali* have immunomodulator property, hence reducing symptoms of Gout.^[23]

2. Amrutadi Guggulu: *Triphala, Guduchi, Amrita Guggulu* contains *Triphala*, which works as a Xanthine Oxidase inhibitor like Allopurinol and suppresses the production of uric acid. Extracts of *Guduchi* has potent uricosuric action. The ethanolic extract of stem of *Guduchi* have inhibitory effect on Ca Ox crystallization thus may be beneficial in the prevention of uric acid stone formation. Analgesic and anti-inflammatory.^[14]

3. Punarnavadi Guggulu: Contains *Punarnava, Erandamula, Shunthi, Guggulu, ErandaTail, Trivruta, Danti, Guduchi, Haritaki, Bibhitaki, Amalaki, Maricha, Pippali, Chitraka, Bhallataka* and *Vidanga* mainly action as *Tikta rasa* of *Katuki* Is *Pittahara, Raktashodhaka, Katu Vipaka –Kaphapittahara*, Useful in *Medodosha* and *Arogyavardhini*

Vati is Rasakalpa. Shuddha Parada increases the immunity of person. *Shuddha Gandhaka* is very useful in various skin diseases. *Shuddha Shilajatu* has antioxidant property, *Amalaki* has antioxidant and astringent property which is very useful for healthy skin. *Nimba patra* is also one of the best drugs which cure all types of skin diseases. *Abhraka Bhasma* is useful in treating various skin diseases and liver diseases. *Arogyavardhini vati* is a useful formulation in treating skin diseases like eczema, excessive dryness of skin, rashes etc.^[23]

4. Shivagutika: Contains *Shilajatu, Gomutra*, acted as autoimmune and avarana condition, *Rasayana*. *Shivagutika* contains *Shilajatu* (Asphaltum) which is processed with multi herbal decoctions having antioxidant and rejuvenation properties. It helps to prevent the destruction of the tissues.^[20]

5. Gokshuradi Guggulu: Contains *Gokshura, Haritaki, Vibhitaki, Amlaki, Shunti, Pippali, Marich*, and *Musta* having *Vatapitta Shamak* property. Inhibition of Xanthine Oxidase-Xanthine Oxidase inhibitors decrease the production of Uric Acid by interfering with Xanthine Oxidase enzyme. Excretion of Uric acid through Uricosuric increase the excretion of uric acid by reducing its re-absorption once the kidneys have filtered it out of the blood. Thus, helps in breaking the pathophysiology of Gout. *Gokshura* showed better anti-inflammatory results and analgesic action. According to a clinical study, significant analgesic effect of methanolic extract of *Gokshura* was observed. *Triphala* works as a Xanthine Oxidase inhibitor like Allopurinol which suppresses the production of Uric Acid. Its content *Haritaki* has antioxidant.^[24] For the *Anulomana* of the *Dosha* (downward movement of the mala dosha), *Dharoshana Dugdha* (fresh warm milk) mixed with *mutra* (cow's urine) should be given to drink, if the *Vata is Avrita* by the *Pitta And Rakta*, fresh warm milk mixed with *Trivrita churna* to drink.

Pathya Apathya: *Guda Haritaki Karvellaka, Ginger, Methika, Patola, Kushmanda, Palak, Bottle gourd.* Carbohydrate and fibre rich foods low-fat or fat-free dairy products, cow/buffalo milk. Avoid *Masha, Kuluttha, brinjal, Dadhi, Ikshu, Panasa* Sleep during day time Exposure to heat Excessive alcohol and meat.

DISCUSSION

Most of the drugs are *Tikta, Kashaya* and *Madhura Rasa*, does *Pittahara and Raktashodhaka* because the relation between *Pitta and Rakta are Ashraya Ashrayi*. Most of the drugs are having *Laghu guna*, so the drug spreads easily in the body. *Madhura vipaka* subsides *rakta*

and vata vitiation. *Katu vipaka* helps in *Srotomukha Vishodhana*. *Shita virya* subsides *Ushnaguna of Rakta* and *Usna virya* subsides *Shitaguna of Vata*. The drugs like *Guduchi*, *Amalaki*, *Haritaki*, *Vidanga*, *Pippali* and *Tvaka* have *Mutrala or Mutra Virechana* property. *Mutravirechaniya* action of these drugs, the excess of uric acid along with urine is excreted out of the body. Drugs *Bibhitaka*, *Amalaki*, *Trivrita*, *Danti*, and *Pippali* have *Purisha Virechana* property.

CONCLUSION

The etiological factors lead to the predominant morbidity of *Vata Dosa* and *Rakta Dhatu*. To be more specific, the obstruction of *Rakta marga*, or the *Rakthavaha Srothas* is the leading pathology. The pathology of *Margavarana* leads to the establishment of clinical signs and symptoms in *Vatarakta*. Thus, drugs having *Pitta Shamana*, *Margavarana* that is *Kaphahara*, *Kledahara*, *Raktashodhaka* properties with uricosuric activity, anti-inflammatory, anti-arthritic, immunomodulatory, Inhibitors of Xanthine Oxidase, Analgesics, Diuretics are helpful in the management of *Vatarakta*.

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