



Comprehensive Study of *Vatarakta* with special reference to *Nidana* (Causative Factor)

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ABSTRACT

Ayurveda is the life science with prime goal of promotion of health & prevention of disease. Now a day's human being are vulnerable to many disorder due to their altered life style & food habit. Among such life style disorder *Vatarakta* is one of them. It is a *Vatpradhanridoshaj 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, MithyaAhara, 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 & Rakta* is called "*Vatarakta*". The *Vyadhikarta Dosh* - *Vata & Dushya - Rakta* are 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*, *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.

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:

Vitiation 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 vitiation 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

- a) **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*.



b) **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*.

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

d) **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*.

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

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

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

h) **Ambuja, Aanoopmamsasevan:** Excessive intake of sea food like Fish, Crabs, and Oysters etc causes *Raktadusti* and vitiates *Pitta* leading to *Vatarakta*.

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

j) **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 *Aaharaparinaman* 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 *Dhatu*s. So its depletion reflects the '*Pratiloma*' *Kshaya of Dhatu*s 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 Dhatu*s, 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):

Abhighataj—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 CAUSES¹⁰

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 *Vataraktavyadhi*.

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. *Shit gunat maka* like cold drink, Ice-creams
5. Swimming, jumping, riding over vehicle etc.

Factor affecting Rakta in today's era:

1. *Amla rasa sevan* like Vinegar, Pickles, Cold drinks.
2. *Lavan rasa sevan* like Wafers, Chinese food
3. *Kshaya rasa sevan* like soya sauce
4. *Snigdha-gunatmakpadartha* like Cheese, Paneer, Dadhi etc.
5. *Anup mamsa sevan* like fish, crabs etc.
6. Severe pressure, Anxiety, injury, Accident 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 *Dinacharya and Rutucharya*. Prevention is better than cure is the best treatment in *Vatarakta*.



Role of Nidana at various level of *Samprapti*¹¹

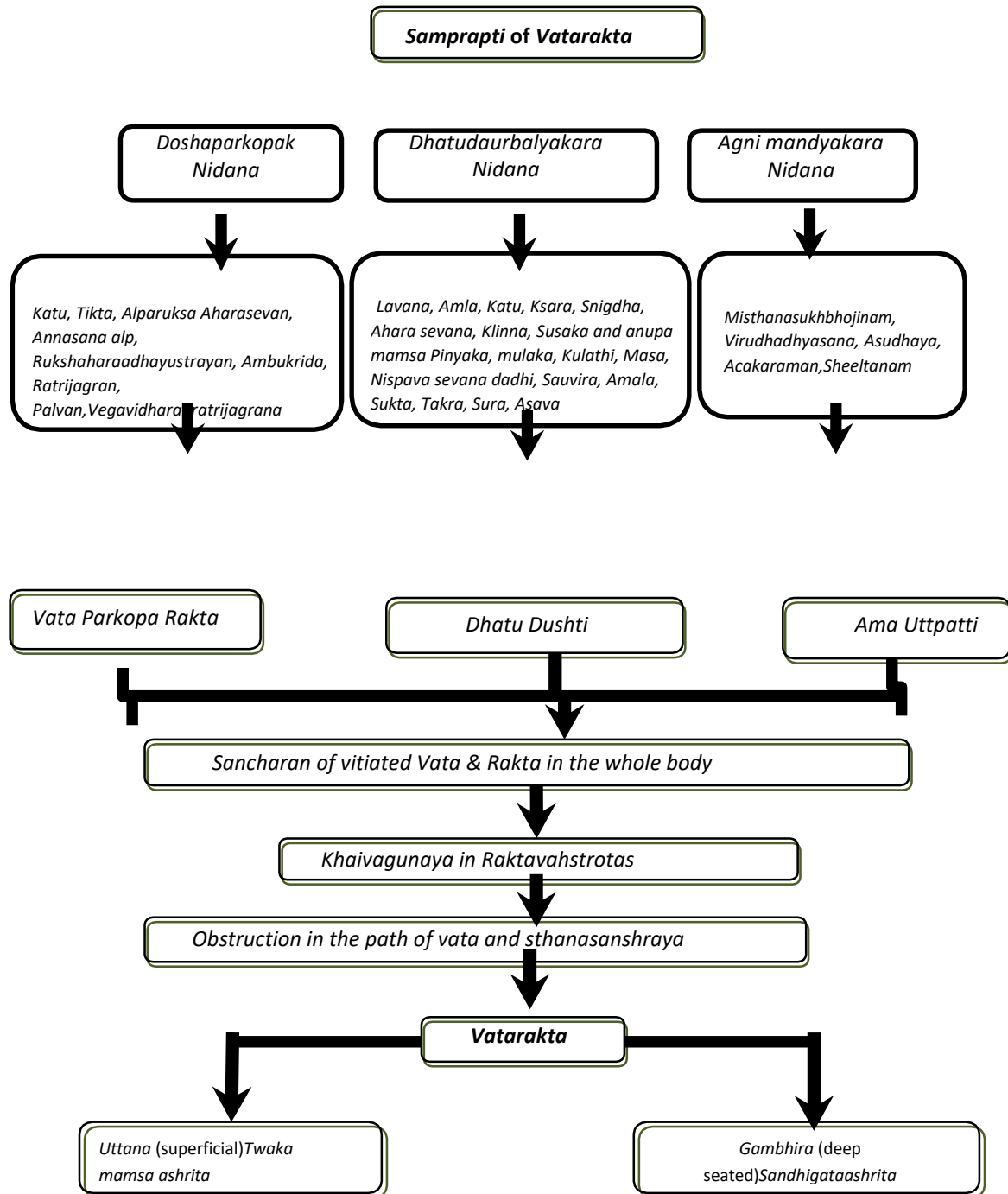


Figure 1 Pathogenesis (Samprapti) of Vatarakta



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