

**EFFICACY OF MANJISTHA (RUBIA CORDIFOLIA) AND GUDUCHI (TINOSPORA CORDIFOLIA) IN THE MANAGEMENT OF VATARAKTA W.S.R. TO GOUT****Krishna Sarkar**

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**ABSTRACT**

At present time, most people have improper dietary habits, and a sedentary lifestyle, and the environment became more pollutant. All these accelerate the occurrence of Vatarakta. The features of Vatarakta may be correlated with Gout. Based on symptoms of Vatarakta can be correlated with the modern disease of Gout. It has a strong affinity to affect the first small joint of the leg and causes work disability. Samana therapy is the best treatment modality of Ayurveda to overcome this condition. In this study, Manjistha powder and Guduchi powder were taken for the management of Vatarakta which neutralized the vitiated doshas and cured the disease. A total of 60 patients were selected considering the inclusion Criteria and Exclusion Criteria. And were divided into two groups. Of which Group. A was treated with powder Manjistha for 30 days and Group. B was treated with powder Guduchi for 30 days. Scoring was done based on Subjective parameters and objective parameters as well as statistically significant was made. Group. Patients showed statistically significant results i.e.,  $P < 0.001$  in subjective parameters such as Ruka, Toda, Shopha, Sparshaasahatva, Raga, Daha, and objective parameters as the level of Serum uric acid. Group. B patients showed statistically significant results i.e.,  $P < 0.001$  in subjective parameters such as Ruka, Toda, Shopha, Sparshaasahatva, Raga, Daha, and objective parameters as the level of Serum uric acid. From the present study, it can be interpreted that powder Manjistha is more effective than powder Guduchi in the features of Vatarakta. No adverse reaction was observed during the study.

**Keywords:** Vatarakta, Guduchi, Manjistha, Sparshaasahatva

## INTRODUCTION

Ayurveda is an ancient treatment procedure in Bharat. The main object of this science is to maintain the health of healthy beings and to cure diseases persons. It provides a healthy body as well as a healthy mind. Ayurveda is a system of medicine that is recognized worldwide nowadays. The excellence of Ayurveda has very potential to tackle various health problems. Now a day Vatarakta is a major flashing problem in the world as well as in Bharat.

The topic of research work: “Efficacy of Manjistha (*Rubia cordifolia* Linn) and Guduchi (*Tinospora cordifolia* Willd.) in the management of Vatarakta w. s r.to Gout.

Vatarakta is combination of two words “Vata and Rakta. “Vata itself is the neuro-musculoskeletal reflexes mostly liable for all sorts of motion of the body. Though the Rakta is a dhatu and performs a lot of physiological actions of our body, it has been described as Dosha by Sushruta. Vatarakta is a disease of Raktavahasrota caused by the vitiation of Vata and Rakta. This disease originated in the Raktavahasrota (circulatory system) and spreads throughout the body and then gets localized into joints causing pain, swelling and tenderness. Now a day several lifestyle disorders relating to food (sour, salt, alkaline, Anupa, klinna Mansa, Vidahi, Kultha, Masha, etc.) and habits causing aggravation of Vata and vitiation of Rakta that simultaneously enhance metabolic disorders. It has two stages 1. Uttana 2. Ghambira. Ghambira Vatarakta mainly affects Asthi dhatu and causes ruja, and other symptoms. Vatarakta is clinically similar to Gouty arthritis in modern medicine according to its sing and symptoms like Ruka (pain), Shopha (swelling), and Sparshasahatva (Tenderness), Daha (Burning sensation).

The prevalence of Gout is 1.4% in the UK and 2.7% in the USA. Asian populations become more vulnerable to this because their diet is becoming more western. Gout develops more in men than women (10:1) and rarely occurs before adulthood and seldom in premenopausal Gambir. an Incidence of Gout in Bharat is not very clear. The prevalence is 0.12% as per the international League of Nations Against Rheuma-

tism Community Oriented Program for Control of Rheumatic Disease (ILAR COPCORD) study in Bhigwan village of Bharat.

The modern drugs for the treatment of Gout have some side effects whereas the chosen drug-like Manjistha is and Guduchi thought to have been safely used from ancient times.

Manjistha has Raktashodhaka properties (Blood purifying) mentioned in Ayurvedic Dravyayaguna Vijnana.

Acharya Chakra Dutta has mentioned as Nava karshik kasaya for internal use of Vatarakta and external use of Pinda Taila, where Manjisth is one of the ingredients of the said yoga. This drug is also mentioned by Vangasen for the management of Vatarakta. Guduchi has been mentioned as an effective drug by various authors (Charaka Samhita Chikitsa 29 chapter, in several texts to treat Vatarakta.

The theory and application of every branch of medicinal science are different but the object is the same i.e., to establish Arogya (free from disease). To establish the efficacy of Manjistha and Guduchi for the treatment of Vatarakta (Gout) in the evidence-based way the present study is undertaken.

### The objective of Study:

- To study the etiopathogenesis and management of disease Vatarakta and Gout from Ayurvedic and modern aspects.
- To evaluate the efficacy of the drug Mangishtha (*Rubia Cordifolia* Linn) and Guduchi (*Tinospora Cordifolia* Willd).
- To find out about any adverse drug reactions during the therapy.
- To find out the effective drug in the management of Vatarakta.
- To compare the efficacy of Powder Manjistha with powder Guduchi.

### Study Design:

It is a comparative clinical study, wherein 60 patients were randomly divided into two groups Group A and Group B, the diagnosis was confirmed based on the Rupa and Samprapti /symptoms and signs of Vatarakta. Raised Serum uric acid level.

Group A 30 patients received Samana karma as Manjistha powder. Group B 30 patients received samana karma as Guduchi powder.

To study involved both sexes, aged 20-70yrs and regular patients visiting OPD and IPD of Institute of postgraduate Ayurvedic Education and Research, Kolkata.

#### Criteria for Assessment:

As this study mainly deals with the study of Saman karma as Manjistha and Guduchi powder and its effect on Vatarakṭa Assessment Criteria was made with the samyknirooha lakshanas and Serum uric acid values, Serum uric acid shows the value of uric acid present in the body, before the Saman chikitsa as Manjistha and Guduchi powder intake and after the pari-

hara kala, two readings were taken and the results were assessed.

#### Subjective and Objective parameters:

Subjective parameters were Ruka (pain), Toda (pricking pain), Sparshasahatva (Tenderness), Sopha (Swelling), Raga (Redness), Daha (Burning sensation), There were assessed by observation and by questioning the patients before and after Saman karma as drugs Manjistha and Guduchi powder. The objective parameter was Serum uric acid level, this was the main parameter for the present study to rule out whether the Serum uric acid is downed after Saman karma as drugs Manjistha and Guduchi powder intake orally.

#### Statistical Evaluation of Results: Efficacy of Therapy on six major subjective parameters in Group A

Synonyms	Mean Score		Difference in Mean	% Of Relief	S.D.	S.E.	T. Test	P.value
	BT.	AT.						
Ruk (Pain) N=24	2.708	0.5	2.20	18.46	0.589	0.1202	18.3	<0.001
Toda (Pricking Pain)	2.125	0.709	1.41	33.34	0.718	0.147	9.5	<0.001
Sparshasahatva (Tenderness)	1.291	0.416	0.875	32.45	0.86	0.18	5.04	<0.001
Sopha (Swelling)	2.25	0.541	1.70	24.04	0.998	0.203	8.38	<0.001
Raga (Redness)	2.09	0.583	1.5	27.89	0.979	0.197	7.614	<0.001
Daha (Burning Sensation)	1.59	0.3	1.25	18.87	0.897	0.183	6.83	<0.001

#### Efficacy of Therapy on six major subjective parameters in Group B

Synonyms	Mean score		Difference in Mean	% Of Relief	S.D.	Paired to test		
	BT	AT				S.E.	T. Test	P.value
Ruksha (Pain)	2.045	0.863	1.81	42.20%	0.97	0.205	8.82	<0.001
Toda (Pricking Pain)	1.72	0.54	1.18	31.39%	0.732	0.156	7.56	<0.001
Sparshasahatva (Tenderness)	1.136	0.45	0.681	39.61	0.717	0.152	4.46	<0.001
Sopha (Swelling)	1.63	0.59	1.04	36.19	.902	0.184	5.65	<0.001
Raga (Redness)	1.81	0.59	1.22	32.59	.8125	0.18	7.043	<0.001
Daha (Burning Sensation)	1.54	0.54	1	35.6	1.069	0.228	4.386	<0.001

#### Efficacy of Therapy on objectives parameters in Group A (n=24)

Level	Mean Score		Difference in Mean	% Of Relief	S.D.	Paired to test S. E	T. Test	P.value
	BT.	AT.						
Uric Acid	6.87	5.98	0.906	87.04	0.77	0.16	5.82	<0.001

### Efficacy of Therapy on objectives parameters in Group B (n=22)

Level	Mean Score		Difference in Mean	% Of Relief	S.D.	Paired to test S. E	T. Test	P.value
	BT.	AT.						
Uric Acid	6.65	5.819	0.830	87.50	0.734	0.157	5.306	<0.10

## DISCUSSION

**Total Registered:** - In this study 60 patients are registered, of 46 patients completed the treatment. But recently cause Gr. A-6 patients and Gr. B-8 patients discontinued the treatment, among all patients discontinued causing that could not come for Covid-19 virus infections pandemic in the world for all Bharat completed lockdown.

### Age: -

In this study, all the 60 participants, ranging from 20-45 years of which maximum, patients 40% of patients were between (20-45) years aged Group, and 36.66% of patients were between (45-60) years while the remaining 23.34% of patients were between (-70) years. Observation of this study was in adequation /compare with the findings of Gout is seen more in aged because the concentration of urine acid increases with age (20-45) years.

### Sex: -

In this study majority of the patients were Female 56.66% compared to Male patients were 43.34%. Serum uric acid levels rise after forty years in females. Because females in working at home at the stay house, and a lot of exercises, intake scanty water, and intake of excessive spicy food and fist food, and meat, Female patients are more affected after menopause.

### Religion: -

In this study majority of the patients were Hindu 55%, which may be due to the predominance of the Hindu community, because the study is in the Hindi community's area. But Gout mainly is seen in the Muslim Community because They intake a high red meat diet

### Occupation: -

43.34% of the patients were registered Active in occupational, because which needs a lot of walking, traveling & vehicle riding joint with Ajeernabhajan,

Virduhaahara, intake protein of meat (Anup Mansa, kilna Mansa) with the Nidanans of Vatarakṭa like.

### Economic status: -

In this study majority of the patients of 43.34% were belonging to poor economic status, 33.34% of patients were belonging to middle-class status, and the rest 23.32% of the patients were belonging to poor status.

Respectively it may be due to the fact that This study was conducted in a general Govt. Hospitals where free treatment facilities are available here, another possibility was that middle class and poor class people are more minded to depression, stress, and strain, which may precipitate diseases VataRakta.

### Marital status: -

In the present study majority of the patients, 91.66 % were married as they were from the middle age group. This is also due to the increased concentration of uric acid according to age.

### Diet: -

In this study majority of the patients 85 % were non-addicted to smoking, alcohol, and tobacco or all there Although the remaining 15 % were addicted to smoking, alcohol, and other drugs heroin, in this study many Female patients were involved, so, Addiction plays a major role in the disease VataRakta.

### Agni: -

45% of patients had Mandagni, 18.34 % of patients had Vishamagni and while rest 35 % of patients had Samagni but no patients had Thekshnagni. This shows that irregular dietary habits are one of the sink down uric acid, causes of the disease as Nidanans like Samshana, Virudhashana, and Ahithuushana are explained in the VataRakta.

### Prakriti: -

In this study, it was seen that the maximum number of the patients I.e., % Pitta-Vata Prakriti and Vata-Pitta %

So, it is justified that Pitta \_ Vata Prakriti persons are easily amenable to VataRakta.

**Satva: -**

In this study majority of the patients were Madhyam Satva % and Avara Satva--%, and no patients had Pravara Satva.

So, in the Madhyama Satva and Avara Satva persons Depression, Stress, and strain of daily life may precipitate or aggravate the disease of VataRakta.

**Parameters involved: -**

Irrespective of both groups patients presented with only pain and swelling which was removed drastically after Saman as Manjistha and Guduchi powder.

Rice man's disease- Gout is said that the Rice man's disease is seen in the poor patients also this is because of the influence of alcohol, smoking, and intake of boiler meat.

## CONCLUSION

- Vatarakta is a disease described mainly based on Dhatus and is deviated into two types, Doshas has divided into eight types, mainly Vata and Rakta predominance.
- There is no direct reference to this disease in the Vedic Period, but Vata and Rakta were mentioned in the Vedic Period.
- It is first described as an independent disease in Garuda Purana.
- Vatarakta can be compared with Gout in western medicine in the feature.
- Vata Vardhakahara (Sour, Astringent, Butter) Vihara (Abhighata, Marmaghata Atimaitana, Ratrajagarana), and Rakta Dusti ahara (Alkaline, Kultha, Vihara (regimen) are the main predisposing features for causing Vatarakta.
- It is a chronic and recurrent disorder that is gradual in onset.
- The pain is radicular which worsens by activities like traveling with animals, car, exercise, and excessive work.
- Middle-aged persons are more seen increased Serum Uric acid Levels.
- Females are more prone to develop this disease than Males.

- Vata-Pitta Prakrit patients are more susceptible to Vatarakta.
- The Dosika predominance is this disease of Vata-Pitta.
- Oral administration of Manjistha powder and Guduchi powder along with normal water.
- Powder Manjistha and Powder Guduchi have a definite role in the management of Vatarakta.
- Powder Manjistha who alleviates Kapha and Pitta Dhatu Rakta, Guru-Guna, Usna-Virya, Madhu, Tikta, Kasaya- Rasa, Manjistha acts as Raktasodhaka.
- Powder Guduchi which alleviates Vata, Pitta, Kapha and. Due to Laghu, Snigdha
- Usna Virya, Tikta, Kasya Rasa Guduchi pacifies Vata and Rakta Dhatu.
- Manjistha and Guduchi powder relieve pain, pricking pain, Tenderness, Swelling, Redness, and Burning sensation and pacifies the morbidity of Vata, Pitta, and Rakta Dhatu, in the affected joints, muscles, and soft tissue. And release of toxicity and reduce in which increase pain, tone of muscle improves the working of the tissue within the body.
- No complications were observed during the study.
- The therapeutic trial was conducted among 60 patients of Vatarakta in two groups I.e., Gr. A Gr.B. The results of Gr. A was statistically highly significant i.e., p< 0.001 in comparison to Gr. B, some two groups are statistically highly significant. This shows that Ayurvedic management of this disease is better, cheap, safe, and more effective than a western system of medicine.

Hence furthermore extensive studies or trials are suggested by further research workers for the management of this disease.

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