

## GUDUCHI KSHEER BASTI AND AYURVED MANAGEMENT OF VĀTARAKTA- CASE REPORT

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### ABSTRACT

Etiological factors like, *Aghat*, *Yanayana*, *Jalkrida Vishamashanam*, *Ajirnashana*, *Adhyashana*, *Diwaswap*, consumption of *Lavana*, *Amla*, *Katu*, *Kshara* and *Vidhahi* food etc, *Vata* and *Rakta* get vitiated and *Rakta* causes *Margavrodha* to *Vata* and the disease *Vatarakta* occurs. The *Rakta* gets vitiated by *Vatadosha* later gravitates towards the foot and small joints. This vicious amalgamation of vitiated *Vata* and *Rakta* is called *Vatarakta*. *Vatarakta* can even be correlated to Gout on the basis of etiopathology. A 54-year-old male patient approached the OPD with the chief complaints of: Right great toe swelling, pain along with mild discoloration. Left feet small joints pain with burning sensation without swelling. Right elbow joint pain while movements. General weakness was also seen. All the above complaints were in the last 6 months. The patient gets partial relief in symptoms with febusostat and pain killers which precipitate in hyperacidity and disturbed bowel. So patients are willing to avoid allopathy medicine. In our *Panchakarma* IPD patient was given combination of Ayurved medicines and *Panchakarma* therapy as schedule of *Guduchi ksheer basti* (Enema with drugs having *Guduchi*, Milk) for 15 days, and later was shifted on Ayurveda *Shaman* medicines on discharge for further 2 weeks and the results were remarkably seen. Hence this study was taken to prove that Ayurvedic management has remarkable results in *Vatarakta* (Gout). Observation and results were drawn on the basis of assessment criteria. Discussion was done on the basis of entire observations during research. Conclusion was drawn on the basis of result.

**Keywords:** *Vatarakta, Gout, Vata dosha, Rakta dhatu Vatarakta, Guduchi Ksheera basti.*

## INTRODUCTION

In the present era various types of health issues are increasing day by day because of unhealthy food habits and sedentary lifestyles. In the second and third decades of life the majority of people are suffering from systemic disorders or different kinds of joint disorders. *Vatarakta* is one of the joint disorders. It is an illness where both *Vata* and *Rakta* are afflicted by distinct etiological factors. These impurities which are entangled with the body are scraped by the *Basti Karma*. *Guduchi ksheer Basti* is a therapy where *Guduchi* (*Agrya Bheshaj* in *vatarakta*) *sidhha ksheer* used in *tikta ksheer basti*. It is preceded by *Abhyanga* (therapeutic oil massage) and *Swedana* (sudation).<sup>1</sup> Gout is a common disorder of uric acid metabolism that can lead to recurrent episodes of joint inflammation, tissue deposition of uric acid crystals, and joint destruction if left untreated. It is marked by painful attacks of acute arthritis initiated by crystallization of urates within the joints and eventually leads to chronic gouty arthritis. The deposition of crystals of Monosodium Urate (MSU) in joints and around the joints, creating destruction of joint structure. Gout results from a combination of prolonged elevation of uric acid and overall acidity in the bloodstream. It is mainly due to overproduction (10-15%) and impaired excretion of uric acid (80-90%). On the basis of etiology *Vatarakta* can be correlated with Gout.

### **Vatarakta is of 2 types based on its location-**

1. **Uttana Vatarakta:** The disease pathology afflicts the superficial tissues i.e. skin and muscles, the symptoms are *Kandu* (pruritus) *Daha* (burning) *Ruk* (pain) *Kandu* (pruritus) *Daha* (burning)

*Ruk* (pain). In this type, the symptoms moreover look like a skin disease or *Kushta* with skin lesions and muscle pain.

2. **Gambhira Vatarakta:** The disease pathology involves blood and other deeper tissues like bone and joints and also the internal viscera. The symptoms are *Swayathu* (oedema) *Stambha* (stiffness) *Arthi* (pain), *Shyava Tamravarna* (discoloration), *Daha* (burning sensation), *Toda* (pricking pain), *Spurana* (twitching sensation), *Paka* (suppuration).

### **Case Report as Follows**

A 54-year-old male patient approached the OPD with the chief complaints of: Right great toe swelling, pain with mild discoloration. Left feet small joints pain with burning sensation without swelling. Right elbow joint pain while movements. Constipation, Hyperacidity and General weakness were also seen. All the above complaints were for 4 months with No H/o diabetes and hypertension. History of Personal Illness: The patient has chronic constipation and occasional hyperacidity. Patients don't have significant joint pain before 6 months. Afterword he developed swelling in the first metatarsophalangeal joint of right leg with discoloration and left feet small joints swelling with *daha* of both soles. Patients have taken *febuxostat* and *painkillers* intermittently during this period without complete relief in symptoms so for ayurvedic treatment and *panchakarma* patient got admitted in Smt KCA Ayurved hospital, Dhule.

### **General examination**

<i>Nadi:</i> 82/min	<i>Sparsha:</i> Anushnasheet	<i>Raktabhara:</i> 124/82mm of Hg
<i>Mutra:</i> 5-6 times/ day	<i>Druk:</i> Avishesh	<i>Weight:</i> 79 kg
<i>Mala:</i> constipated 2-3 times/day, styana	<i>Akruti:</i> Madhyam	Sleep; Diva swap, Ratrijagaran
<i>Jivha :</i> Ishat Saam	<i>Bala:</i> Madhyam	Occupation: Driver
<i>Shabdha:</i> Spashta	<i>Prakruti;</i> Kapha Pradhan pitta-nubandhi	Habitual to: Tobacco, alcohol

**Table 7: Showing Samprapti Ghataka**

Dosha	Vata, Pitta (Rakta)
Dushya	Rakta, Twaka, Mamsa
Adhishthana	Rasavaha srotas , Parva Sandhi , Twaka Mamsa
Srotas	Raktavaha Srotas
Agni	Vishamagni
Avastha	Samavastha
Udbhawastana	Pakwashaya
Vyakta Sthana	Sarva Sandhi
Sadhya Asadhyata	Krucchra Sadhya
Roga Marga	Madhyama (Twak, Mamsa, Asthi, Sandhi)

**Objective**

To study the effect of Guduchi ksheer Basti and Ayurveda management in the management of *Vatarakta*.

**MATERIALS AND METHODS**

**Method:**

Centre of Study Smt KCA Ayurveda hospital, Dhule

Simple Random Single Case Study

Material with daily Treatment and Prognosis

Clinical examination of the patient revealed regression of symptoms due to our Ayurvedic Management.

**Table 1: Showing gradation of symptoms according to WHO scoring pattern [2]**

Symptoms	Grade 0	Grade 1	Grade 2	Grade 3	Grade 4
Swelling	No swelling	Occasional swelling	Slight swelling	Moderate swelling	Severe swelling
Discoloration	Normal coloration	Near to normal which looks like normal to distant observer	Reddish coloration	Slight reddish black discoloration	Blackish discoloration
Burning Sensation	No burning	Mild burning	Moderate burning	Severe burning	
Pain	No pain	Mild pain	Moderate pain but no difficulty in moving	Slightly difficulty in moving due to pain	Much difficulty

**Table 2: Showing material used in study.**

	Dravya	Dose	Duration	Aupana
1	Sutshekhar ras	250 mg	2- 2- 2	water before food
2	Kaishor guggul	500 mg	2-0-2	Lukewarm water after food
3	Shankha vati	250 mg	2-2-2	Lukewarm water after food
4	paripathadi kashay	20 ml	4tsf-0- 4tsf	Lukewarm with 40 ml water after food
5	Avipattikar churna	5 gm	0-0-5gm	Lukewarm water after food before sleep

**Table 3: Panchakarma therapy**

Sr. No	Panchakarma	Drug
1	Sarwang bahya snehana	Ksheerbala tail
2	Sarwang Bashpa swedana	Dashamoola Kashaya
3	Mrudu Virechana	Eranda Sneha (20 ml) with warm milk 100 ml
4	Raktamokshan (Jalouka )	2 jalouka at right great toe
5	Guduchi Siddha ksheer basti (400ml)	Guduchi , milk , ghrut

**Table 4; daily treatment chart**

Days	Treatment
1st	Medicines + Sarwang bahya snehan / Sarwang swedan , mrudu virechan, food (milk +rice)
2nd	Medicines + Sarwang bahya snehan / Sarwang swedan , mrudu virechan, food (milk +rice) Jaloukavacharan
3 <sup>rd</sup>	Medicines + Sarwang bahya snehan / Sarwang swedan, mrudu virechan, food (milk +rice)
4 <sup>th</sup>	Medicines + Sarwang bahya snehan / Sarwang swedan Guduchi Siddha ksheer basti +laghu supachya ahara
5 <sup>th</sup>	Medicines + Sarwang bahya snehan / Sarwang swedan Guduchi Siddha ksheer basti+laghu supachya ahara
6 <sup>th</sup>	Medicines + Sarwang bahya snehan / Sarwang swedan Guduchi Siddha ksheer basti +laghu supachya ahara
7 <sup>th</sup>	Medicines + Sarwang bahya snehan / Sarwang swedan Guduchi Siddha ksheer basti+laghu supachya ahara
8 <sup>th</sup>	Medicines + Sarwang bahya snehan / Sarwang swedan Guduchi Siddha ksheer basti+laghu supachya ahara
9 <sup>th</sup>	Medicines + Sarwang bahya snehan / Sarwang swedan Guduchi Siddha ksheer basti+laghu supachya ahara
10 <sup>th</sup>	Medicines + Sarwang bahya snehan / Sarwang swedan Guduchi Siddha ksheer basti+laghu supachya ahara

**Table 5: follow treatment up at OPD.**

<b>Rx on discharge</b>	Kaishor guggul 2TDS, Sutshekhar ras 2TDS, Shankha Vati 2TDS Paripathadi kashay 4tsp BD, Avipattikar churna 5 gm HS for 7 days
<b>Rx follow up 1.</b>	Kaishor guggul 2TDS, Sutshekhar ras 2TDS, Chandrakala ras 1TDS Paripathadi kashay 4tsp BD, Avipattikar churna 5 gm HS for 7 days Jalaukavacharana at left great toe on day of F/U
<b>Rx follow up 2.</b>	Kaishor guggul 2TDS, Rasayan Vati 2BD , Chandrakala ras 1TDS Paripathadi kashay 4tsp BD, Avipattikar churna 5 gm HS Mahatiktak ghrita 10 ml 2hrs prior to lunch for 7 days

**Observation****Table 6: Showing changes in symptoms before and after treatment.**

Symptoms	Before treatment	After treatment
Right middle finger swelling	3	1
Discoloration	4	1
Right feet swelling	3	1
Burning sensation in b/l sole	3	0
Right shoulder joint pain	4	1

**Table 7: Showing changes in Serum Uric acid levels.**

Before treatment (22.06.18)	8.54 mg%
After treatment (14.07.18)	4.7 mg%

## RESULT

The patient had started improving during hospital stay and at the end of 11<sup>th</sup> day there was overall recovery as patient can't avoid *Hetu* like driving, vishamashana, it needs time to cure but with Ayurvedic treatment it has relief in all the subjective and objective parameters.

## DISCUSSION

*Hetu* of *Vatarakta* as

<i>Ahara</i>	<i>Vihara</i>	<i>Samprapti Ghataka</i>
Improper and irregular diet causes disturbance of <i>Vata dosha</i>	Prolonged driving vehicle	<i>Dosha- Tridosha</i>
<i>irregular timing food habits</i>	<i>Ratrijagaran</i>	<i>Dushya- Rasa, Rakta</i>
<i>Sushkaahara</i> (Papad, pickle, bread)	<i>Manasik nidan- chinta, Bhaya</i> and <i>Vegavrodha</i> causes <i>Vata vruddhi</i>	<i>Adhishthana- Twaka Mamsa</i>
<i>Lavana-Amla- Kshar</i> food (spicy and salty) <i>paryushitanna</i>		
<i>matsyasevana</i> (4-5 times a week)		

### Action of Drugs and other Procedure in the Management of *Vatarakta*

**Table 8: Showing action of medicine and other *Panchakarma* procedure.**

Sr. No	<i>Dravya</i>	Action
1	<i>Kaishor guggul</i>	<i>Vatrakta adhikar ,kantikarak , vran kushtha nashak Sharangdhar Samhita madhyam khanda 7/70-81</i>
2	<i>Sutshekhar ras</i>	<i>Shoolagha Dhah Nashan Pitta Vata Shamak Yogratnakara Amlapitta Adhikar</i>
4	<i>Paripathadi kashay</i>	<i>Pitta Shaman, Patta rechana, Rakta prasadana</i>
5	<i>Shankha Vati</i>	<i>Aampachan , Jatharagni wardhan , shool nashak</i>
6	<i>Chandra kala rasa</i>	<i>Vata Pitta dosh har Dahanashak Mutradosha nashan Bhaishajya ratnavali</i>
8	<i>Avipattikar Churna</i>	<i>Mala mootra Vibhandha nashak , Dipan Pachan Bhaishajya ratnavali 53/25-29</i>
9	<i>Sarvanga abhyanga</i>	<i>Sthambhagna, Shoolaghna</i>
10	<i>Saravnga Swedana</i>	<i>Sthambhagna, Shoolaghna, Shothaghna</i>
11	<i>Guduchi Ksheer Basti</i>	<i>asthivah srotas vyadhi nashak, Rakta prasadak ,</i>
12	<i>Raktamokshana</i>	<i>Shoolaghna Rakta shodhana</i>

Guduchi Ksheer basti : Indicated in *Asthi Pradoshaja Vyadhi* as *tikta ksheer basti* <sup>3</sup>.

**Table no: 3 Showing the ingredients of *Guduchi Tikta Ksheera Basti*.**

Ingredients	Quantity
Makshika	100ml
Lavana	12gms
Sneha (Guduchi Sidhha Ghruta )	100ml
Kalka (Guduchi,)	40gms
Kwatha(Guduchi kashay)	300ml

**Mode of action of Snehana<sup>4</sup>:** Snehana helps the body to loosen morbid doshas and liquifies toxins thus they get easily eliminated from the body. It prepares body to receive Shodhan therapy. Sneha overcomes *Rukshatha* by its *Snigdha* property

**Mode of action of Swedana<sup>5</sup>:** swedana manages various disorders of Vata, Kapha Dosha, Meda dhatu and musculoskeletal disorders. It augments the agni and helps to improve the flexibility and mobility of joints .it reduces the joint pain and stiffness.

**Mode of action of Guduchi ksheer Basti:** Ayurvedic management of *Vatarakta* aims at *Vatahara* and *Rakta Prasadana*. The affliction of *sandhis* by *Vata dosh* in association with *Rakta dhatu*, reflects the equal role of both *Dosh* and *Dushya* in the causation of this disease moreover, the chief pathogenic factors being contradictory in nature possess difficulty in planning the line of treatment. In this respect the *Shodhana chikitsa* like *Basti* are given more importance *Basti Chikitsa* can be actively used in *Vata dosha* as well as in combined vitiation of *Kaph*, *Pitta dosha* and *Rakta Dusthi* According to Charaka *Acharya* there is no therapeutic measure comparable to *basti* for the cure of *vatarakta*<sup>6</sup>. Ksheera Basti is a Mrudu Vatapitta Shamaka Niruha Basti. According to commentator Arunadatta, the combination of Snigdha, Shoshana(dryness) and Khara Guna together will improve the Asthi Dhatu, it can be achieved through Tikta Dravya Siddha Ksheera Basti and Usually Tikt adravya causes Prakopa of Vata but when Tiktadravya processed with Ksheera it does the Vata Shamana. Also, Guduchi is exception for tikta ras dravya and agrya beshaja in Vatarakta Vyadhi Hence, <sup>7</sup>Guduchi Dravya Siddha Ksheera Basti considered as the best treatment for joint disorders.<sup>8</sup> These ingredients will reach the Asthivaha Srotas and will acts upon the Parthivagni, Vayavyagni and Tejasagni and gets transformed into Asthi Poshaka Amshas on which the Asthi Dhatwagni will act upon and converts into Sthayi Asthi Dathu. Some of the components of Ksheera Basti like Sneha, helps in the formation of Asthi and Majja Dhatu, so it prevents the bone degeneration and osteoporosis it regulates the normal functioning of joints *Basti* is the best therapy

to control the *Vata* and thus it controls the *Pitta* and *Kapha* also.

**Mode of action of Raktamokshana<sup>9</sup>:** In *Vatarakta*, the aggravated *Vata* located in *Shakha* and joints. causes obstruction to *Raktamarga*. Then the *Vayu* and blood centres and cause obstruction of each other giving rise to pain and even death. Therefore, depending upon the *Doshas* involved and the strength of the patient bloodletting was done with *Jalauka-vacharan* and *Sira vedha* respectively

## CONCLUSION

On understanding proper *Nidan*, *Lakshana* and *Samprapti* of *Vatarakta* one can very well keep it under the heading of *Vata Vyadhi* and treat it successfully with *Panchkarma* treatment. It signifies the association of vata along with vitiated pitta and Rakta dhatu and obstruction in the path of Rakta dhatu is the core pathology of the disease. Since therapy for *Vatarakta* and its complications has limitations in other patients, Ayurvedic management of chronic *Vatarakta* can be effective therapy, guduchi ksheer basti can play a key role in the management of *Vatarakta*. With proper understanding of *Dosha*, *Dushya* and *Vyadhi Awastha* we can manage *Vatarakta*. The medicines given to the patient mainly fall under the categories of *Tikta kashay rasa*, *Laghu rooksha guna*, *Ushna veerya* and either *Kaphavata hara* or *Pittavata hara* mainly used for *Deepan paachan* and *Rakta prasadana* with *Shoola* and *Shothagna karma*. The Guduchi ksheer *Basti* with Ayurved shaman chikitsa showed no side effects and tolerated by patient. The patient had significant relief and the laboratory findings of Serum Uric acid had lowered. Hence it can be concluded that Ayurveda line of management gives satisfactory result. It is equally beneficial for the promotion and preservation of health by removing toxic wastes, by balancing *Tridoshas*, and by correcting *Agni*.

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