

EFFICACY OF DRAKSHA KASHAYA ERAND TAIL VIRACHANA IN VATRAKTA (W.S.R. GOUT)

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ABSTRACT

Nowadays human lifestyle turned unhealthy due to consumption of high protein diet, junk food, stress, metabolic disorders etc. People do not follow healthy lifestyle described in Ayurveda i.e. *Dincharya, Rutucharya, Aahar, Vihar, Vatrakta is vridhh* and obstructed *Vatain* turn vitiates the whole *Rakta* manifest as *Vatrakta*, in modern correlated with *Gout*. *Vatraktas* metabolic disorder, in which recurrent attack of acute inflammatory arthritis caused by elevated level of uric acid in the blood (hyperuricemia). The uric acid crystallizes and deposits in joints. It is characterized by severe pain, tenderness, inflammation and burning sensation in the affected joints¹. In present situation the number of *Vatrakta* patients are increasing day by day. In *Vatrakta* vitiating *doshas* are *Vata* and *Rakta dhatu*, this disease caused by different etiological factors. The etiological factors responsible for Gouty arthritis, pathology and clinical features are similar with *Vatrakta*. The patients having classical signs and symptoms of *Vatrakta* were selected from OPD of Dept. of Panchkarma in Smt. K. C. Ajmera Ayurved Hospital, in present study 10 patients of *Vatrakta* were selected according to Inclusive criteria and were treated with *Draksha Kashaya* for *Virechana*, dose of (*Erand tail* 40ml, and *Draksha Kashaya* 40ml) used for *Virechana*². After 17 days course of *Virechana*, we found 60% relief in stiffness and tenderness and 50% relief in swelling and pains. Also, Uric acid decreased slightly after treatment.

Keyword: *Draksha Kashaya, ErandTail, Virechana, Vatrakta, Gout.*

INTRODUCTION

The disease *Vatrakta* in which *Vatadosha* and *Raktadhatu* are vitiating, is described as many synonyms *Khud, Vatbalask, Adhyavata*³. Sushruta explained this *Vyadhi* in “*Mahavatavyadhichikitsa*”⁴, it means an inflammatory arthritis associated with Hyperuricemia. It can cause swelling, tenderness, stiffness over joints, an attack of sudden burning pain. In Ayurveda *Vatrakta* is caused by *MithyaAahar, Vihar*, long dis-

tance travelling by vehicle, continuous sitting or standing position for long time, *Adhyashana, Virudhashana*. Panchkarma is very effective treatment for *Vatrakta*, for *Vatrakta* various kind of Panchkarma treatment done i.e. *Basti, Virechan, Raktmokshana, Parishekh, Lepa*. It plays an important role in *Vatrakta*. In *Vatrakta* main vitiating *doshas* are *Vata* and *Rakta*. *Rakta* is *ashrayisabhand* of *Pitta*, due to

Pitta dushti procedure of choice is *Virachana*. The drug used for this *Virechan* procedure is *Draksha Kashaya* with *Eranda Sneha*. *DrakshaKashaya* and *ErandTaila* is *Vatashamak* and *Pittaghan* due to this *Vatraktalakshanas* i.e. Swelling, Pain, Tenderness and Stiffness reduces.

Aim and Objectives: To study the efficacy of *Draksha Kashaya Erand Sneha Virechana* in *Vatrakta*.

Materials and Methods: The patients having classical signs and symptoms of *Vatrakta* were selected from OPD of Dept. of Panchkarma in Smt. K. C. Ajmera Ayurved Hospital, Dhule.

Materials-

Patients were given *Vidhipurvak Virechana* with *Draksha Kashaya Erand tail*⁵.

Contents	Quantity
<i>Erandataila</i>	40ml
<i>DrakshaKashaya</i>	40ml

Methods-

SOP of *VidhipurvakVirechana*.

Day	Drug	Dose	Action
1 to 3	<i>Aampachakvati</i>	250mg × BD	<i>Pachan</i>
4	<i>Guduchisidhghrita</i>	30ml	<i>Abhishadan</i>
5	<i>Guduchisidhghrita</i>	60ml	<i>Doshvilayan</i>
6	<i>Guduchisidhghrita</i>	90ml	<i>Strotovishodhan</i>
7	<i>Guduchisidhghrita</i>	120ml	<i>Strotovishodhan</i>
8	<i>Guduchisidhghrita</i>	150ml	<i>Strotovishodhan</i>
9 & 10	<i>Vishranti</i>		<i>Koshtabhighaman</i>
11	<i>Drakshakashaya + Erandataila</i>	40ml+40ml	<i>Virechana</i>
11 to 17	<i>Samsarjankarma</i>		<i>Aagnidipti</i>

Follow Up taken

On 0 day before treatment, 17th day after treatment.

Inclusive Criteria

- 1) Patient of *Vatarakta* presenting symptoms as per Ayurvedic Text.
- 2) Patient having elevated serum Uric Acid Level more than 6mg/dl.
- 3) Age 20 – 60 years of both male and female.

Exclusive Criteria

- 1) Age below 20 years and Above 60 years.
- 2) Secondary Gout dueto renal impairment.
- 3) Patient having any other major illness.

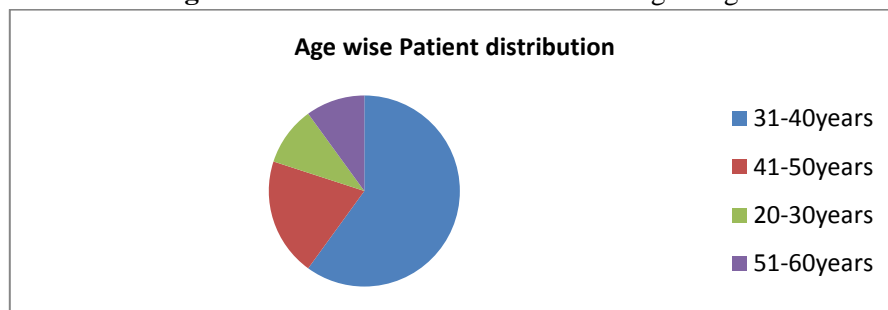
Criteria for Assessment

10 Patient were treated and assessed as follows:

- 1) **Subjective Assessment:** *Shotha, Shoola, Aarak-tata, Kathinya, Sparshasahatva, Daha.*
- 2) **Objective Assessment:** Serum Uric Acid Level.

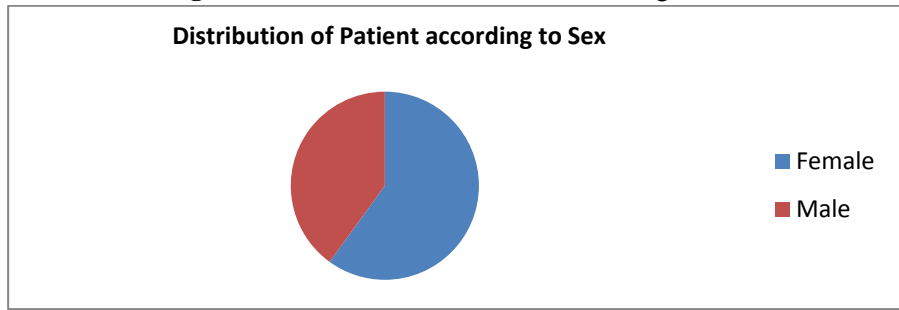
Observation and Result

Figure 1: Distribution of Patient according to Age



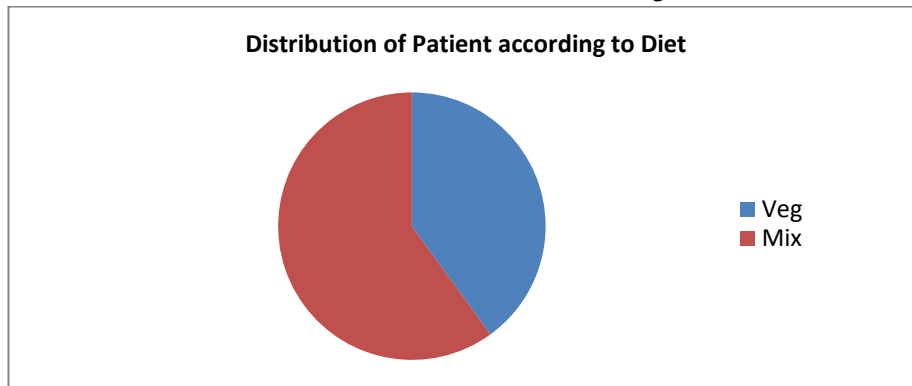
Patient from age group 31 – 40-year suffering more from *Vatarakta* as compare to other age group.

Figure 2: Distribution of Patient according to Sex



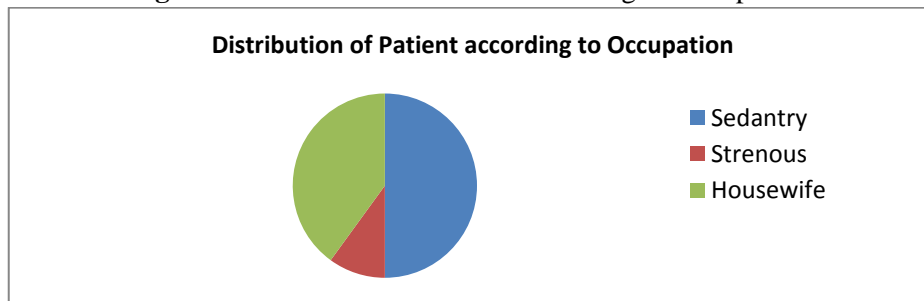
Females are more prone to *Vatarakta* (gout) as compared to Male i.e. Female – 60%

Table 3: Distribution of Patient according to Diet.



Patient having mix diet suffer 60% as compare to patients who are Vegetarian

Figure 4: Distribution of Patient according to Occupation.



According to Occupation patient with sedentary occupation found more suffering with *Vatarakta* (gout) as compare to other occupation i.e. 50%

Result-Statistical analysis of Symptoms of *Vatarakta* (Gout)

Symptoms	BT	AT	Mean	Percentage
<i>Aaraktata</i>	10	01	09	90%
<i>Daha</i>	10	09	09	90%
<i>Shoola</i>	16	03	13	81.25%
<i>Sparshasahatva</i>	14	03	11	78.57%
<i>Kathinya</i>	13	03	10	76.92%
<i>Shotha</i>	21	11	10	47.61%

BT- Before Treatment, AT-After Treatment

Statistical analysis of symptoms of *Vatrakt*.

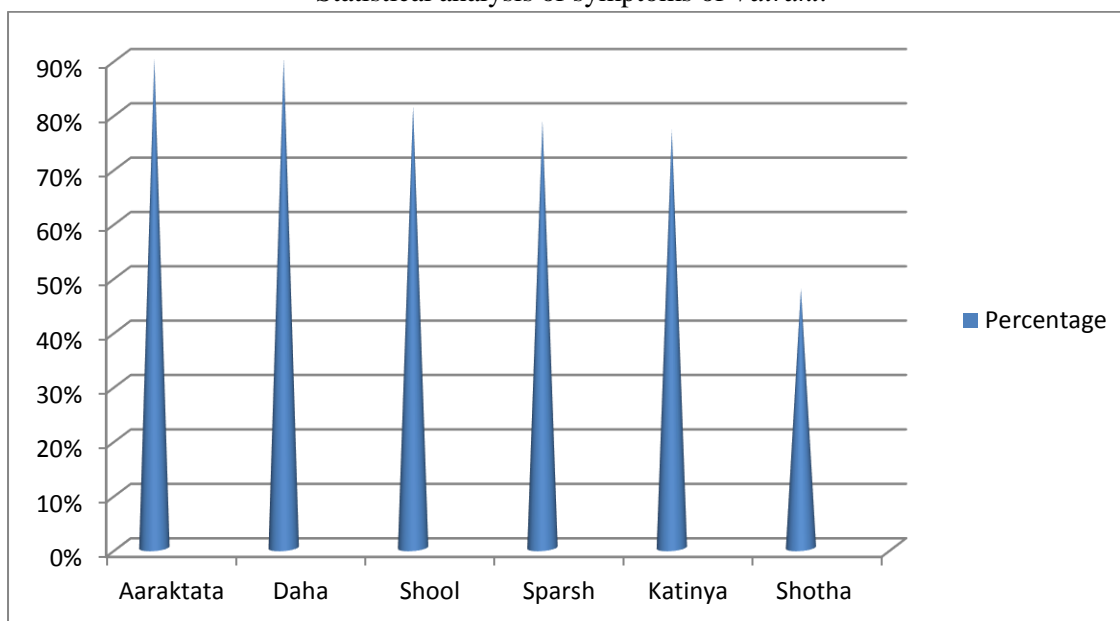
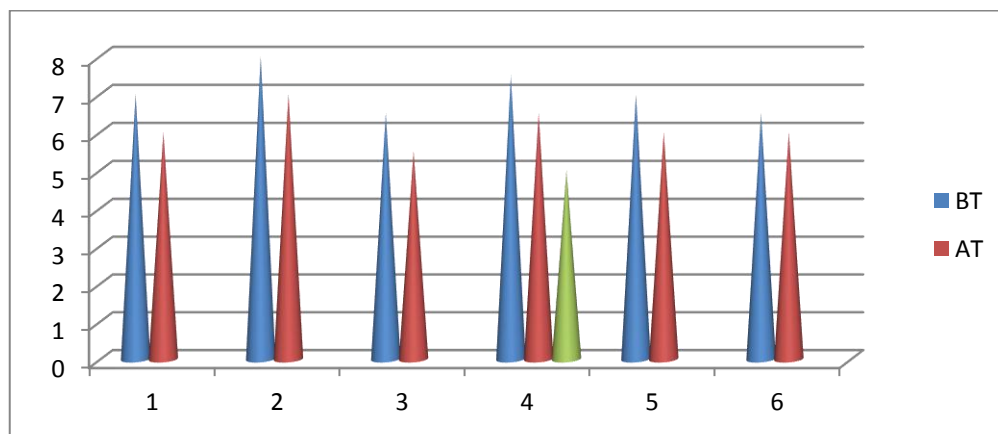


Chart 5: Serum Uric Acid Difference before Treatment and After Treatment.



Sr. Uric Acid Level Shows Slight Difference in Before Treatment and After Treatment.

DISCUSSION

In *Vatrakta* the main vitiated dosh is '*Vatadusti*' (ref.ch.su.20/19) & '*Rakta*' is associate with '*Pitta*'⁶,also according to *Pittaprakopa* treatment of choice is *Virechana*⁷.Drug given in present study for *Virechan* is *Drakshakashaya* and *Eranda Sneha* both are *Pittashamak* and *Vatashamak* respectively, hence it acts on vitiated *Pitta*, *Vata* and gives relief in symptoms like *Shoola*, *Daha*, *Aaraktata*, *Sparshasahatva*, *Kathinya*, *Shotha*. *Virechana* is highly effective in *Vatarakta* because it is caused by metabolic disturbance. Distribution of patient according to age group-

age group of 31 – 40-year suffering more from *Vatarakta* as compare to other age group. Distribution of patient according to sex- Females are more prone to *Vatarakta* (gout) as compare to Male i.e. Female – 60%. Distribution of patient according to diet-Patients having mix diet suffer 60% as compare to patients who are Vegetarian. Distribution of patient according to occupation-Patients with sedentary occupation found more suffering with *Vatarakta* (gout) as compare to other occupation i.e. 50%. Uric acid level slightly decreases and *lakshana* of *Vatrakas* are *Aaraktata* - 90% relief, *Daha*-90%, *Shool*-81.25%, *Spar-*

shasahatva-78.57% Kathinya-76.92%Shohta- 47.61% remarkable relief done. All these factors of *Vatrakta* can be compared with Gout based on *Nidana* (etiology), *Samprapti* (pathogenesis) and *lakshana* (symptoms).

CONCLUSION

In *Vatarakta* due to disturbance of metabolism, vitiated *doshas* are accumulated in *Sandhisthana* which is effectively done by Panchakarma specially *Virechana*, play best management of *Vatarakta*. Based on present clinical study, it can conclude that *Drakshakashaya* with *Erandsneha Virechana* has anti-inflammatory, analgesic, properties and effective in *Vatarakta*. *Draksha Kashaya Erandasneha Virechana* shows remarkable relief in symptoms of *Vatrakta*.

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