

MANAGEMENT OF VATARAKTA WITH PANCHATIKTAGHRITA GUGGULU W.S.R. TO GOUT

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ABSTRACT

In today's revolutionary era, because of busy lifestyle in lack of time people are ignoring their own health which would be more precious for them. Nowadays people are indulging in bad food habits. They are continuously taking half fried vegetables, baked food, junk foods, cold drinks, they don't take proper sleep, live sedentary life, no regular exercise, that is the reason because of which a big population is enclosed by lifestyle disorders. One of them is *Vatarakta*. The main presenting problems of people suffering from *Vatarakta* are intense, unbearable pain and inflammation for which the patient comes to the doctor. Pain and inflammation affect the normal comfortable daily routine of patients and if it is not managed it causes many other complications, so it becomes necessary to treat the patient. *Panchatiktaghrita Guggulu* is described for treating *Vatarakta* in *Bhaishajya Ratnavali*. *Panchatiktaghrita Guggulu* is a combination of 33 very effective and easily available drugs. My ambition of this article is to provide complete information about the disease *Vatarakta* and to facilitate a cost effective and approachable treatment for it.

Keywords: *Vatarakta, Ayurveda, Panchatiktaghrita Guggulu,*

INTRODUCTION

In *Ayurvedic* classical literatures it is described that where both *vata* and *rakta* are afflicted by distinct etiological factors and develops disease known as *Vatarakta*.^[1] According to modern medical science *Vatarakta* is correlated with Gout, which is a common disease of impaired purine metabolism characterized by recurrent attack of inflammatory arthritis caused by tissue deposition of monosodium urate-monohydrate crystals in synovial joints secondary to hyperuricemia.

In 50% of cases its onset is acute monoarthritis, generally attacks on metatarsophalangeal joint and other common site at small joints of hands and wrist elbow etc., with severe pain, extreme tenderness, marked swelling with red shiny skin, irregular firm nodules called tophi.^[2] The prevalence of gout varies between populations, but it is approximately 1-2% with a greater than 5:1 male preponderance.^[3] Gout is a severe disease which affects daily routine of patient suffer from

it. So, its early management becomes necessary. *Panchatiktaghrita Guggulu* is described under *Kushtharogadhikar* in *Bhaishajya Ratnavali* but even at the same time it is described that *Panchatiktaghrita Guggulu* must be used in *Vatarakṭa* too. [4] *Panchatiktaghrita Guggulu* is made up of 33 drugs and as main constituents. It contains drugs of *Panchatikta*, *Ghrita*, *Guggulu* etc. certainly this medicine is capable in mitigation of *vata dosha* and purification of *rakta* in body, so *Acharya* are described for the management of *Vatarakṭa*.

Nidan-[5] *Vatarakṭa* caused by vitiated *vata* and impure *rakta* and following are the etiological factors which contribute to both conditions.

1. Excessive intake of diet containing *lavan*(salt), *alma*(sour), *katu*(pungent), *chhar*(alkaline) *rasa*, *snigdha*, *ushna*(hot) diet.
2. Dried food, meat of aquatic animals, long time preserved meat.
3. Eating *Mooli* (Daikon), *Kulthi*, *Urad*, *Sem*, *Dadhi*, *Takra*, *Viruddahar*.
4. Drinking alcohol, staying awake at night and sleeping during the day.

Samprapti-[6] when a person indulges in all *nidans* described above, their *vata dosha* and *rakta* gets aggravated by their own causes, then *dushit rakta* causes obstruction in the passage of aggravated *vata dosha*, aggravated *vata dosha* again causes vitiation of whole *rakta*, these all process impairs the proper functioning of *vata dosha*, afterward vitiated *vata dosha* circulates in whole body and find hindrance in the small joints of *shakha* and finally causes the disease known as *Vatarakṭa*.

Sign/Symptoms-[7] In *Vatarakṭa* along with *Vata Dosha*, *Rakta* affected too. So, the disease arises in blood circulatory system and gets localized in small joints and then spread throughout the body. The symptoms of *Vatarakṭa* initiate from the inflammation of big

toe and thumb of hand with “*akhorvishvat vedana*” after that all small and big joints get involved. Its typical features include severe pain with extreme tenderness, inflammation and marked swelling. Just because *Vatarakṭa* involves *rakta dushti* too. Many times, skin rashes and allergic symptoms are also present with severe itching or discoloration of skin.

General Treatment-[8]

Vatarakṭa can be effectively managed with:

1. **Nidan parivarjana**- Avoid the causative factors, *apathyahar-vihar* and follow *pathya aahar-vihar*.
2. **Bahir parimarjana**- procedures like *Lepa*, *Abhyanga*, *Upanaha* play a very important role in management of *Vatarakṭa*.
3. **Shamshaman chikitsa**- A wide number of medicinal yoga are mentioned in *samhitas* for the treatment of *Vatarakṭa* these are *Amrutadi churna*, *Kaishora guggulu*, *Pinda tail*, *Panchatiktaghrita guggulu*, *Patoladi kwatha maha manjistha kwahta* etc.
4. **Shamshodhan chikitsa**- *Panchakarma* procedures like *Snehana*, *virechana*, *vasti*, *Raktamokshan* can also be done in the advance stage of *Vatarakṭa*. Among all of them, *basti* is said to be the best treatment for managing *Vatarakṭa* in *Charak Samhita*.

Aim and Objective-

1. To study about *nidan*, *samprapti*, *lakshan*, and *samanya chikitsa* of *Vatarakṭa*.
2. To study about the *Ayurvedic aushadhi yoga*, *Panchatiktaghrita Guggulu* and its properties.
3. To study the mode of action, efficiency of *Panchatiktaghrita Guggulu* and to facilitate a cost effective and approachable treatment for *Vatarakṭa*.

Material and Methods-

Various information regarding *Vatarakṭa* and medicine *Panchatiktaghrita Guggulu* has been studied and collected from various classical textbooks, journals and internet sources. Afterward discussion and conclusion are drawn based on complete information.

DISCUSSION

Table 1: Formation of *Panchatiktaghrita Guggulu* done by following drugs-

S. No.	Drug Name	Rasa	Guna	Virya	Vipaka	Dosha-Karma	Mukhya-Karma
1	<i>Nimba</i>	<i>Tikta, Kashay</i>	<i>Laghu</i>	<i>Shita</i>	<i>Katu</i>	<i>Kapha-Pit-tahar</i>	<i>Kandughna, Raktasodhan, Dahaprashman, Shothahar</i>
2	<i>Guduchi</i>	<i>Tikta, Kashay</i>	<i>Guru, Snigdha</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Tridosha-Shamak</i>	<i>Mootrajanan, Raktashodhak, Kushthaghna, Deepan Pachan, Vedanasthapana</i>
3	<i>Vasa</i>	<i>Tikta, Kashay</i>	<i>Laghu, Ruksha</i>	<i>Shita</i>	<i>Katu</i>	<i>Kapha-Pit-tahar</i>	<i>Vedanasthapana, Shothahar, Raktashodhaka, Mootrajanan, Kushthaghna</i>
4	<i>Patol</i>	<i>Tikta</i>	<i>Laghu, Snigdha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Tridosha-Shamak</i>	<i>Deepan, Pachan, Raktashodhak, Vedanasthapana</i>
5	<i>Kantakari</i>	<i>Tikta, Katu</i>	<i>Laghu, Ruksha, Sara</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha-Vatashamak</i>	<i>Vedanasthapana, Deepan, Pachan, Mootral</i>
6	<i>Guggulu</i>	<i>Tikta, Katu</i>	<i>Laghu, Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha-Vatashamak</i>	<i>Vedanasthapana, Mootral, Shothahar</i>
7	<i>Ghrita</i>	<i>Madhura</i>	<i>Guru, Snigdha</i>	<i>Shita</i>	<i>Madhura</i>	<i>Tridoshar</i>	<i>Rasayana, Yogavahi</i>
8	<i>Patha</i>	<i>Tikta</i>	<i>Laghu, Snigdha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha-Pit-tashamak</i>	<i>Raktashodhak, Mootral, Deepan, Pachan, Shothahar</i>
9	<i>Vaividang</i>	<i>Katu, Tikta</i>	<i>Laghu, Ruksha, Tikshna</i>	<i>Ushna</i>	<i>katu</i>	<i>Kapha-Vatashamak</i>	<i>Deepan, Pachan, kushthaghna, Raktashodhak, Mootrajanan,</i>
10	<i>Devadaru</i>	<i>Tikta</i>	<i>Laghu, Snigdha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha-Vatashamak</i>	<i>Deepan, Pachan, Shothahar, Vedanasthapana, Raktaprasadak, Mootrajanan</i>
11	<i>Gajpippali</i>	<i>Katu</i>	<i>Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha-Vatashamak</i>	<i>Krimighna</i>
12	<i>Swarjichhar</i>	<i>Katu</i>	<i>Laghu, Tikshna, Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha-Vatashamak</i>	<i>Deepan, Pachan</i>
13	<i>Yavachhar</i>	<i>Katu</i>	<i>Laghu, Snigdha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha-Vatashamak</i>	<i>Raktashodhan, Deepan</i>
14	<i>Sunthi</i>	<i>Katu</i>	<i>Laghu, Snigdha</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Kapha-Vatashamak</i>	<i>Vedanasthapana, Deepan, Pachan, Shoolprashman</i>
15	<i>Haridra</i>	<i>Katu, Tikta</i>	<i>Laghu, Ruksha</i>	<i>Ushna</i>	<i>Shita</i>	<i>Tridoshar</i>	<i>Raktaprasadak, Pramehaghna, Shothghna</i>
16	<i>Mishreya</i>	<i>Madhura, Katu, Tikta</i>	<i>Laghu, Snigdha</i>	<i>Shita</i>	<i>Madhura</i>	<i>Vata-Pit-tashamak</i>	<i>Mootral, Dahprasamak, Raktaprasadak</i>
17	<i>Chavya</i>	<i>Katu,</i>	<i>Laghu, Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha-Vatashamak</i>	<i>Deepan, Pachan, Shoolprashman</i>
18	<i>Kushtha</i>	<i>Madhura, Tikta, Katu,</i>	<i>Laghu, Ruksha, Tikshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha-Vatashamak</i>	<i>Deepan, Pachan, Mootral, Vedanasthapana</i>

19	Malkangni	Katu, Tikta	Tikshna, Laghu, Ruksha	Ushna	Katu	Kapha-Vatashamak	Deepan, Pachan, Vedanasthapana
20	Kalimarich	Katu,	Tikshna, Laghu, Ruksha	Ushna	Katu	Kapha-Vatashamak	Deepan, Pachan, Mootral, Srotoshodhan
21	Indrajav	Tikta, Kashay	Laghu, Ruksha	Shita	Katu	Kapha-Pit-tashamak	Deepan, Pachan, Raktashodhan
22	Jeerak	Katu	Laghu, Ruksha	Ushna	Katu	Kapha-Vatashamak	Deepan, Pachan, Vedanasthapana
23	Chitraka	Katu	Tikshna, Laghu, Ruksha	Ushna	Katu	Kapha-Vatashamak	Deepan, Pachan, Rasayana, Jwaraghna
24	Kutaki	Tikta	Laghu, Ruksha	Shita	Katu	Kapha-Pit-tashamak	Raktashodhan, Deepan, Shothahar
25	Bhallataka	Tikta, Katu, Kashay	Tikshna, Laghu, Snigdha	Ushna	Madhura	Kapha-Vatashamak	Deepan, Pachan, Kushthaghna
26	Vacha	Katu	Tikshna, Laghu,	Ushna	Katu	Kapha-Vatashamak	Jwaraghna, Medhya, Vedanasthapana
27	Pippali Mool	Katu	Laghu, Snigdha, Ruksha	Anusna-Shita	Madhura	Kapha-Vatashamak	Deepan, Pachan, Shool-prashman, Rasayana, Mootral, Raktashodhak
28	Manjishtha	Tikta, Madhura, Kashay	Guru, Ruksha	Ushna	Katu	Kapha-Pit-tashamak	Raktashodhan, Shothahar, Kushthaghna, Pramehaghna
29	Ativisha	Tikta, Katu	Laghu, Ruksha	Ushna	Katu	Tridosahar	Deepan, Pachan, Raktashodhan, Shothahar
30	Haritaki	Pancharas Kashay Pradhan	Laghu, Ruksha	Ushna	Madhura	Vatashamak	Deepan, Pachan, Vedanasthapana, Rasayana, Shothahar, Mootral
31	Vibhitaki	Kashay	Laghu, Ruksha	Ushna	Madhura	Kaphashamak	Vedanasthapana, Jawaraghna, Shothahar
32	Amalaki	Pancharas Alma Pradhan	Guru, Ruksha, Shita	Shita	Madhura	Pittashamak	Rasayana, Mootral, Pramehaghna, Dahashamak
33	Ajwain	Tikta, Katu	Laghu, Ruksha, Tikshna	Ushna	Katu	Kapha-Vatashamak	Vedanasthapana, Shothahar, Mootrajanan

Probable mode of action of Panchatiktaghrita Guggulu- Mode of action of any *aushadha* yoga depends upon the *rasa*, *guna*, *virya*, *vipaka*, and *doshakarma* of the components it contained. Any *aushadha dravya* containing opposite properties to disease is capable of dissolving *samprapti* of that disease. According to *Acharya Charak* some drugs act by their *rasa*, some by

their *virya*, some by *guna* and some by their *prabhav*.^[17] So based on that we can estimate the mode of action of *Panchatiktaghrita Guggulu* in following way-
Based on rasa- in a major number of components of, *katu* and *tikta* *rasa* present primarily. The functions of *katu* and *tikta* *rasa* are *agni*, *deepan*, *aama pachan* so it is able to subside the obstructions in *srotas* that all

causes increase in *dhatvagni* and proper nourishment and formation of *uttarotar dhatus*. After *katu* and *tikta rasa* the *rasa* present secondary is *kashay*, *kashay rasa* works as *samsaman*, *sangrahi*, *ropan*, *sandhakar*, *kapha*, *rakta* and *pitta prasamak* and *rakta shodhak*.

Based on *guna*- *Laghu guna* is present predominantly in the components of *Panchatiktaghrita Guggulu* and the properties of *laghu guna* are *kaphanashak*, *srotosodhak*, *agnideepak*, *shighrapaki* and *pathya*.

Based on *virya*- *ushna virya* is predominantly present in the component of *Panchatiktaghrita Guggulu*, *ushna virya* works as *vatashamak*, *deepan* and *pachan*.

Based on *vipaka*- *katu vipaka* is predominantly present in components of *Panchatiktaghrita Guggulu*, properties of *katu vipaka* is *kaphashamak*, *aampachan*, *kledanashan*. After *katu* secondarily *madhura vipaka* is present, *madhura vipaka* possess *vata* and *rakta shamak* property. Able in *trishnanigrahan*, *jwarghna* and *dahaprasman*.

Based on *doshakarma*- out of 33 components of the *Panchatiktaghrita Guggulu* 18 are *Kapha-Vatashamak*, 05 are *Kapha-Pittashamak*, 01 is *Vata-Pittashamak* and 04 are *Tridosha-Shamak*. As we know *Vatarakta* is a *Tridoshaj vyadhi* with predominant *vata dosha* and vitiated *rakta dushya*.

Based on *mukhyakarma*- all the components of the *Panchatiktaghrita Guggulu* have very specific actions on the patient suffering from *Vatarakta*. These are following-

- *Vedanasthapana-Vasa*, *Kantakari*, *Patol*, *Guggulu*, *Devadaru*, *Chavya* etc.
- *Raktashodhak*- *Nimba*, *Guduchi*, *Patol*, *Patha*, *Haridra*, *Manjistha*, *Ativisha* etc.
- *Deepan Pachan*- *Patol*, *Swarjichhar*, *Shunthi*, *Kalimaricha*, *Jeerak*, *Haritaki* etc.
- *Mootral*- *Kantakari*, *Guggulu*, *Mishreya*, *Kushtha*, *Pippali Mool* etc.
- *Dahaprasamak*- *Nimba*, *Mishreya*, *Amalaki* etc.
- *Rasayana*- *Ghrita*, *Pippali Mool*, *Chitrak*, *Haritaki*, *Amalaki* etc.

So, the combined action of *doshakarma* and *mukhyakarma* of all the components of *Panchatiktaghrita Guggulu* will be able to dissipate *samprapti* of *Vatarakta*.

Probable Mode of action of *Panchatiktaghrita Guggulu* as per modern view-

In modern medical science *Vatarakta* is correlated with gout and typical features of gout are severe pain, stiffness, redness, inflammation, swelling etc. with raised uric acid and ESR. A lot of research conducted and found that there are many drugs among which some also present in *Panchatiktaghrita guggulu* are works on the sign and symptoms mentioned above and capable of curing the gout. *Nimba*, *Guduchi*, *Kantakari*, *Guggulu*, *Amalaki*, *Pippali mool* etc. these all have anti-inflammatory effects. *Guduchi*, *Patol*, *Guggulu*, *Kantakari*, and *Vacha* etc. these all have property to work as analgesics. Drugs like *Guduchi*, *Kantakari*, *Vaividang*, *Kutaki*, *Tejovati* etc. show antipyretic effect. *Kushtha*, *Mishreya*, *Kantakari*, and *Vayvidanga* etc. these all works on urinary system and regulates the proper excretion of uric acid apart from all this *Sunthi*, *Mishreya*, *Kutaki*, *Bhallataka*, *Manjistha* etc. are good antioxidant. So, their combined effect will show very good results in the management of gout.

CONCLUSION

Hence, after the overview of all properties like *rasa*, *guna*, *virya*, *vipaka*, *doshakarma* and *samanyakarma* it can be concluded that *Panchatiktaghrita Guggulu* is an effective medicine in the management of *Vatarakta*. Nowadays, the main cause behind *Vatarka* are excessive use of alcohol, high purine diet, non -vegetarian diet especially aquatic animals, bakery items like cake pastries, chemical persevered food items and sedentary lifestyle. These all should be avoided. *Panchatiktaghrita Guggulu* with *Nidan-parivarjana* in combination gives a magical result in the patient of *Vatarakta*.

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