

EFFICACY OF KASHMARYADI-KWATH VIRECHAN IN VATRAKTA (W.S.R.GOUT)

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Abstract:-

Now a day's lifestyle of people is changing. It is becoming more and more fast and unhealthy. People do not take proper diet and perform their daily activities as described in Ayurveda i.e. dinacharya, rutucharya. Food- habits' of human being are also changing like junk food, high protein diet, fast food etc. For the survival of fitness, men are expected to remain health physically as well as mentally. It is quite difficult due to the various obstacles which are experienced by men during their routine life. The disease Vatrakta is one of them. In present era the number of Vatrakta patients is increasing day by day. Vatrakta is an ailment where vata-dosha and raktadhatu are disturbed by different etiological factors. Sushruta explained this entity in "Mahavatvyadhichikitsa". Hence it is an identical Vatvyadhi. Kashmaryadikwath Virechana is given without any complication.

After the 20th days course of Virechana, we found 60% relief in stiffness and tenderness and 50% relief in swelling and pains. Also Uric acid falls down slightly after treatment.

Key Words:-

Vatrakta, Kashmaryadikwath, Virechana, Gout.

Introduction:-

The disease which is caused by the vitiation of vata and rakta is named as Vatrakta^[1]. It is described with several synonyms such as 'Khud', 'Vatbalasak', 'Adhyavata'^[2]. Sushruta explained this vyadhi in 'Mahavatavyadhichikitsa'^[3]. In modern concept Vatrakta is similar to Gout. It means an inflammatory arthritis associated with hyperuricaemia. It can cause an attack of sudden burning pain, swelling tenderness, stiffness over joints. A serum uric acid level is excess of 7 mg / dl. which represents the upper limit of solubility of monosodium urate in serum at 37°C at blood PH, is associate with increased risk development of Gout.^[6]

In Ayurveda Vatrakta is said to be caused by faulty and irregular diet,

travelling by vehicle over long distance,(i.e. mithya ahar, vihara) continuous sitting or standing position for long time,(i.e. adhyashana, viruddhashana)^[4].

In Ayurveda Panchakarma is a very effective treatment in this entity. It plays an important role in Vatrakta. As in Vatrakta the main vitiated dosh is 'Vata' & 'Rakta' is associated with 'Pitta'. According to pitta prakopa treatment of choice is Virechana^[5]. It will reduce specially swelling, pains, tenderness and stiffness.

AIMS AND OBJECTIVES:-

To study the efficacy of Kashmaryadikwath Virechana in Vatrakta.

MATERIALS AND METHODS:-

The patient having classical signs and symptoms of Vatarakta was selected from the OPD of Shree Saptashrunji

Ayurved College and Hospital, Panchavati, Nashik.

Materials:-

Patients were given vidhipurvak Virechana with Kashmaryadikwath.

Drug Details of Kashmaryadikwath:-

Contents	Property	Doshagnata	Quantity
1) Gambhari	Guru, Madhur, Ruksha	Vata	3 gm
2) Triphala	Anulomana	Pitta	3 gm
3) Manukka	Pitaghna, Snigdha,	Rakta	2 gm
4) Nishottara	Laghu, Ruksha	Vata	2 gm
5) Phalasa	Sheet, Snigdha	Vata+Pitta	2 gm
			12 gm

Methods:-**SOP Procedure:-**

Day	Drug	Dose	Action
1 to 5	Aampachak	500mg x 2BD	Pachan
6	Goghrita	30 ml	Abhishyandan
7		60 ml	Doshavilayan
8		90 ml	Srotovikasan
9		120 ml	
10		150 ml	
11,12		Viram divas	Koshtabhighaman
13	Kashmaryadi-kwath	250 ml	Virechana
13 to 20	Sansarjankrama	—	Agnidipti

Follow up will be taken:-

On O day before treatment, 20th day after treatment.

Inclusive Criteria:-

- 1) Age 20 – 60years.
- 2) Sex- Male & Female.
- 3) Patients of Vatarakta presenting factors as per Ayurvedic Text.
- 4) Patient having elevated Serum Uric acid level more than 4 mg/ dl.

Exclusive Criteria:-

- 1) Age below 20 yrs and above 60 yrs.

- 2) Chronic Tophaceous Gout and Secondary Gout due to renal impairment.
- 3) Leprosy, SLE, T.B., Renal disease.
- 4) Pregnancy & lactating mothers.
- 5) Patient having major illness.

Criteria for Assessment:-

- 1) **Subjective** - Tables-pain, swelling, stiffness, tenderness.
- 2) **Objectives**- Serum Uric acid

Patient were assessed on o day (BT) and 20th day(AT) subjectively and objectively with above assessment criteria.

Observation:-

It has been detailed in table as--

Table 1

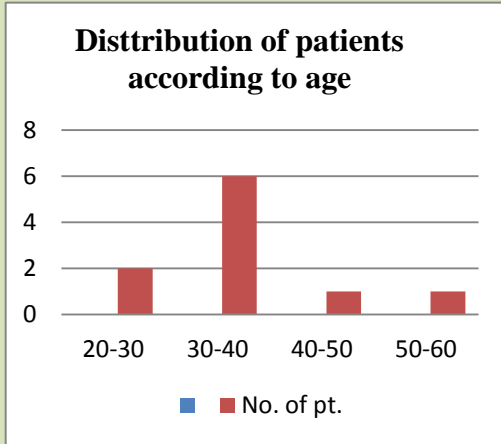
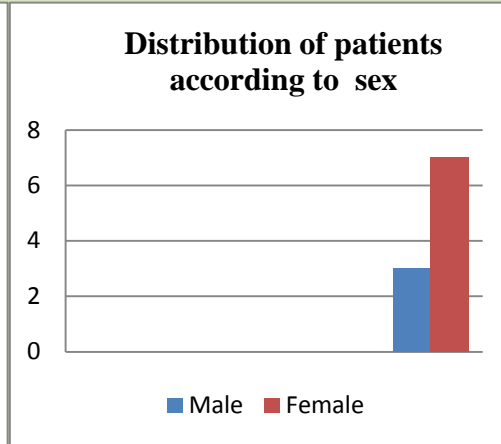


Table 2



Among the above age group three avastha of human life, the age group (30-40) belong to praudha avastha. In this avastha physiologically the dominance of vata dasha is seen. Vatrakta is vatapradhan vyadhi. So this might be the cause of vatrakta.

According to sex higher incidence in female is due to stress, diwaswap vegavarodha, exposure to cold water which causes vataprakop.

Table 3

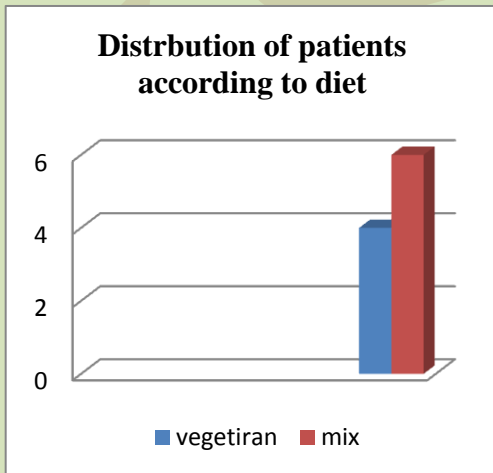
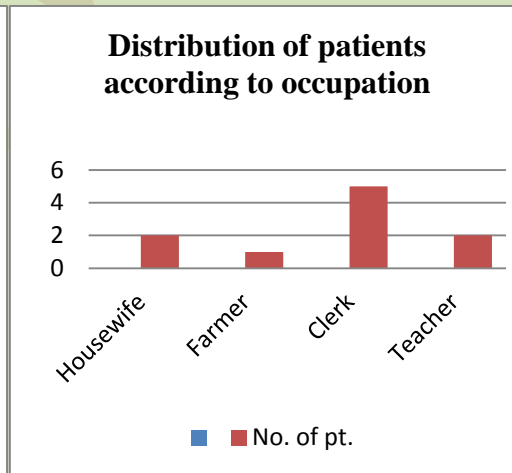


Table 4



Patient consuming mix diet shows higher incidence of Vatrakta.

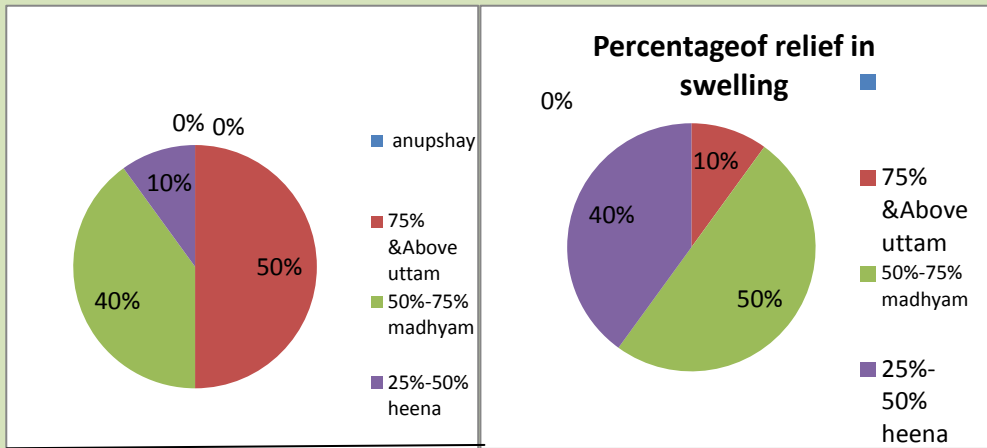
Increase incidence of Vatrakta in clerk. May be due to there sedentary habits, vegavarodha.

Result:-

The result of the therapy is shown in Graph 1 to 4

Graph 1

Graph 2

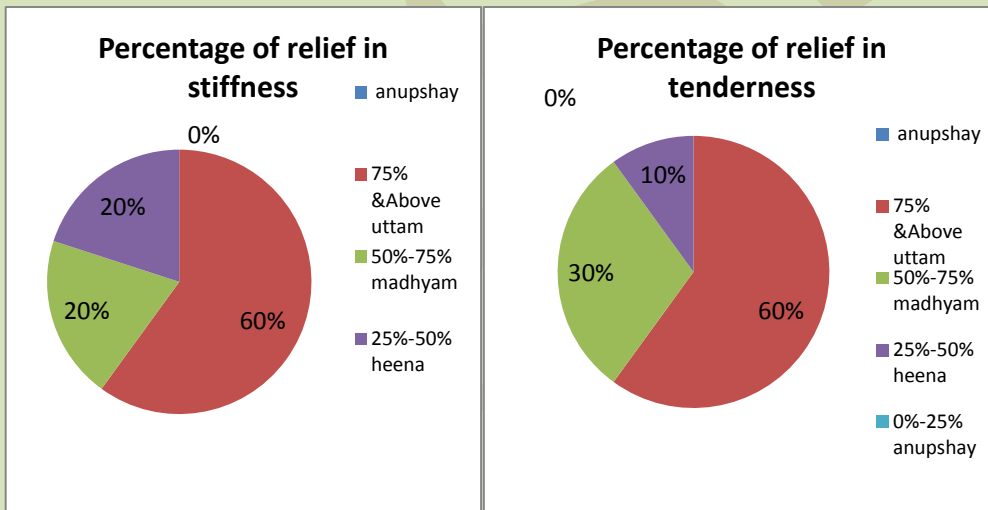


Among 10 pt. ,uttam upashya in pain was 50%.&madhyam upashaya was seen 40%.

Symptom swelling shows madhyam upashay in 50%& heena upashay in 40%

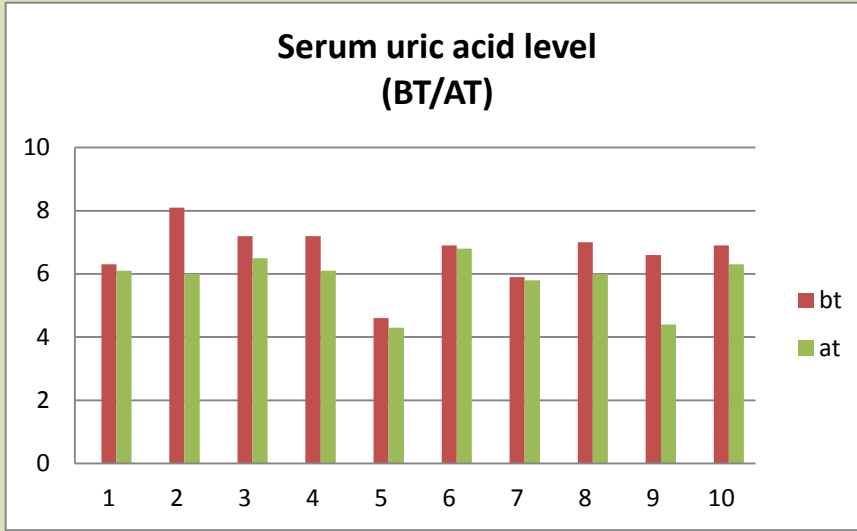
Graph 3

Graph 4



Among 10 pt. ,uttam upashya in stiffness was 60%.&madhyam, heena upashaya was seen 20%.

Symptom tenderness shows uttam upashay in 60%&madhyam upashay In 30%.



Serum uric acid shows slight difference in BT-AT.

Discussion:-

In Vatrakta, the main vitiated dosh is 'Vata' & 'Rakta' is associate with 'Pitta'. Also according to pitta prakopa treatment of choice is Virechana. Drug given in present study for virechan is Kashmaryadikwath which contains Gambhari, Mrudwika, Nagarmotha, Triphala and Phalsa are pittashodhak and vatashamak. Hence it act on vitiated pitta, vata and gives relief in symptoms like pain, swelling stiffness, tenderness.

Observations of study shows uttam upashay of 50% in pain, 60% in stiffness and tenderness. Madhyam upashay of 40% in pain, 50% in swelling.

Serum uric acid shows slight difference in BT-AT.

Conclusion:-

Kashmaryadi- kwath Virechan shows remarkable relief in symptoms of Vatrakta.

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