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Research Article

### BASTI CHIKITSA IN VATARAKTA W.S.R. To HYPERURECEMIA.—A PILOT STUDY.

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### ABSTRACT

*Vatarakta* is an ailment where *vata* and *rakta* are disturbed by different etiological factors. Sushruta explained this entity in 'Mahavatavyadhichikitsa'. Hence it is an identical one among all other *vatavyadhy*. Hyperuricaemia is defined as a serum uric acid concentration above the upper level of normal for your laboratory. *Guduchisiddha Ksheera Basti* is given without any complication. After the 8 days course of *basti* we found Swelling, Pain and burning sensation get almost relief (80 %). Horripilation got complete relief (100 %). Uric acid falls down under the normal value.

**Keywords :** *Vatarakta*, Hyperuricemia, Gout, *Vatadosha* and *Raktadhatudushthi*, *Guduchi siddha ksheerabasti*, *Kaishor Guggulu*.

### INTRODUCTION

In today's era dietary habits, lifestyles and environment have been changing. Due to these there are many health related problems occurs widely all over universe. Along with many systemic disorders joints are also affecting majorly in second and third decades of ages and it is neglected by the patient which latter it takes the form of chronicity and which results in various deformity. *Vatarakta* is also one of the joint disorder which is explained in Ayurvedic classics. It has its own specific etiopathogenesis from other joint diseases. *Vatarakta* is different entity from other *vatavyadhi* as it is explained separately after *vatavyadichikitsa* in Ayurvedic texts.

*Vatarakta* is an ailment where *vata* and *rakta* are disturbed by different etiological factors and the causative factor for vitiation of *vata* & *rakta* is individually different which further vitiate each other and spreads all over the body & accumulates in a specific place resulting in a disease called '*Vatarakta*'. In this disease first *raktadhatu* get vitiated first<sup>1</sup>. Sushruta explained this entity in 'Mahavatavyadhi chikitsa'<sup>2</sup>. Hence it is an identical one among all other *vatavyadhy*. It is also known as *vatashonita*, *khhuddavata*, *vatabalas*, *aadhyavata*<sup>3</sup>.

In modern concept there are four stages of Gout disease these are<sup>4</sup>...

- 1) Asymptomatic Hyperuricaemia,
- 2) Acute gouty arthritis,
- 3) Asymptomatic intervals of critical periods,

- 4) Chronic tophaceous stage.

Hyperuricaemia is defined as a serum uric acid concentration above the upper level of normal for your laboratory. These levels differ for males and females.

The fundamental biochemical hallmark of gout is hyperuricaemia. A serum uric acid level is excess of 7mg/dl, which represents the upper limit of solubility of monosodium urate in serum at 37<sup>0</sup> C at blood pH, is associated with increased risk development of gout<sup>5</sup>.

#### AIMS AND OBJECTIVES:

- 1) To assess the efficacy of *Guduchisiddhaksheerabasti* in *Vatarakta*.
- 2) To assess the efficacy of *Guduchisiddhaksheerabasti* in *Hyperuricemia*.

### MATERIALS AND METHODS

The patient having classical signs & symptoms of *Vatarakta* and having *Hyperuricemia* was selected from the O.P.D. of Dr. D. Y. Patil College of Ayurveda, Nerul, Navi Mumbai. A special Proforma including all the etiological factors of *Vatarakta* with *dushtilakshanas* of *dosha*, *dushya*, & *srotas* etc. were made for assessing the patient. The patient was thoroughly questioned and examined on the basis of proforma to confirm the diagnosis.

#### Brief History of Patient—

Patient is female. She is house wife. The patients belong to Muslim community; she is married and having mixed diet.

Age is 47yrs. C/o- Swelling, Pain & Stiffness in multiple small joints as well as knee joint, burning sensation all over body, Horripilation and disturbed sleep since 3 yr. H/O- Hypertension on modern medication since 4years. N/H/O- DM.

**Study Designed-**

**BASTI (Medicated Enema)—**

**Guduchi siddha ksheera basti<sup>6</sup> for 8 days.**

**It is prepared with mixing of following medicines.**

**Table 1: Ingredients and quantity of Guduchi siddha ksheerabasti**

No.	Ingredient	Quantity.
1.	Honey	50ml
2.	Yashtimadhu tail	100ml
3.	Putoyavanyadikalka	10gm
4.	Guduchi siddha ksheerapaka	500ml

**Internal medicine:**

**Table 2: Internal medicines**

No.	Medicine	Quantity & Dose
1	Amrutadikwath <sup>7</sup>	25 ml BD
2	Kaishor Guggulu <sup>8</sup>	2 tab TDS

**Criteria for assessment of overall effect of the therapies:**

- 1) Complete remission- 76% to 100%
- 2) Marked improvement- 51% to 75%
- 3) Mild improvement- 26% to 50%
- 4) improvement - Below 25%
- 5) No change- 0%

**Table 3: Grading of sings & symptoms After Guduchi siddha ksheerabasti & Internal medicine-**

Sings & Symptoms	B.T. #-	A.T. #
Shwayathu / Shotha (Swelling)	5	1
Stabdhatta (Stiffness)	5	1
Toda (Excess Pain)	5	1
Daha (Burning sensation)	5	1
Sphurana (Horripilation)	5	0

#- After treatment, #- Before treatment.

**Table 4: Effect of the therapies in percentage:**

Sings & Symptoms	B.T. #-	A.T. #
Shwayathu / Shotha (Swelling)	100	20
Stabdhatta (Stiffness)	100	20
Toda (Excess Pain)	100	20
Daha (Burning sensation)	100	20
Sphurana (Horripilation)	100	0

**OBSERVATIONS- General observations-**

The patients belong to Muslim community, married and having mixed diet. She shows *Madhyamakoshtha*, disturbed sleep, and chronic condition (> 3 years). *GuduchisiddhaKsheera Basti* is given without any complication. *Basti* holds by the patient for 10 minutes minimum and 25minutes maximum. *Amrutarishtha* and *Kaishoraguggulare* given internally. Horripilation got complete relief. Swelling starts to reduce from 4<sup>th</sup> day onwards. Pain and Burning sensation subsides gradually. Improvement in sleep was noticed.

**RESULTS**

**After Guduchi siddha ksheerabasti & Internal medicine —**

Swelling, Pain and burning sensation get almost relief (80 %) Horripilation got complete relief (100 %). Uric acid falls down under the normal value.

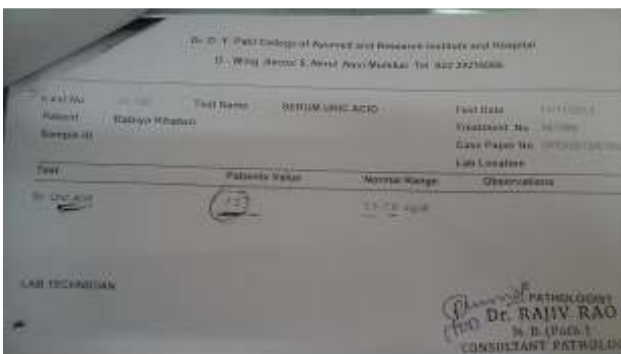
**DISCUSSION**

*Vatarakta* is very difficult to treat as it is having vitiation of *Rakta* along with *Vatadosha*; even then ayurvedic modality shows very good effect in this condition. Almost all symptoms are *vata-pitta* predominant and located at joints especially small joints for this *Raktamokshanand Basti* are the line of treatment. This disease requires *shodhana* (Purification/ Detoxification) also as explained in treaties. We kept in mind that the strength of the patient and started *Guduchi siddha ksheerabasti* and make sure that patient should not undergo any complications.

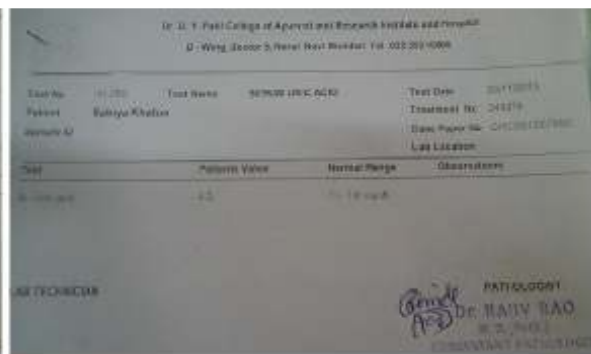
**CONCLUSION**

*Vatarakta* is a disease where *vatadosha* and *raktadhatu* are involved mainly. It is explained separately apart from *vata vyadhi* which indicates the importance and uniqueness of this disease. In this study we tried *Basti* and internal medicine. The disease is aggravated in winter, lower extremity badly affected; due to pain and burning patient sleep was disturbed. *Rasa, rakta, manmsa* and *asthivahasrotodushti* were found mainly. RA test is negative and Uric acid is 7.2 mg/dl which is reduced within a short period of time. We found maximum result with above mentioned modality in this case.

Pictures of Reports—



**BEFORE TREATMENT**



**AFTER TREATMENT**

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