BASTI CHIKITSA IN VATARAKTA W.S.R. TO HYPERURECEMIA.—A PILOT STUDY.
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ABSTRACT

Vatarakta is an ailment where vatadosha and raktadhatu are disturbed by different etiological factors. Sushruta explained this entity in ‘Mahavatavyadhichikitsa’. Hence it is an identical one among all other vatavyady. Hyperuricaemia is defined as a serum uric acid concentration above the upper level of normal for your laboratory. Guduchi siddha 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, Hyperurecemia, 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 a different entity from other vatavyady as it is explained separately after vatavyadhichikitsa in Ayurvedic texts. Vatarakta is an ailment where vatadosha and raktadhatu 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 first1. Sushruta explained this entity in ‘Mahavatavyadhi chikitsa’2. Hence it is an identical one among all other vatavyady. It is also known as vatashonita, khuddavata, vatabalas, aadhavata3. In modern concept there are four stages of Gout disease these are4…

1) Asymptomatic Hyperuricaemia,
2) Acute gouty arthritis,
3) Asymptomatic intervals of critical periods,
4) Chronic tophaceous stage.

Hyperuricaemiias 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°C at blood pH, is associated with increased risk development of gout5.

AIMS AND OBJECTIVES:
1) To assess the efficacy of Guduchi siddha ksheerabasti in Vatarakta.
2) To assess the efficacy of Guduchi siddha ksheerabasti in Hyperurecemia.

MATERIALS AND METHODS

The patient having classical signs & symptoms of Vatarakta and having Hyperurecemia 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, dushyah, &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 4 years. N/H/O-DM.

Study Designed-
BASTI (Medicated Enema)—
Guduchi siddha ksheera basti for 8 days.
It is prepared with mixing of following medicines.

Table 1: Ingredients and quantity of Guduchi siddha ksheerabasti

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Honey</td>
<td>50ml</td>
</tr>
<tr>
<td>2</td>
<td>Yashtimadhu tail</td>
<td>100ml</td>
</tr>
<tr>
<td>3</td>
<td>Putoyavanyadikalka</td>
<td>10gm</td>
</tr>
<tr>
<td>4</td>
<td>Guduchi siddha ksheerapaka</td>
<td>500ml</td>
</tr>
</tbody>
</table>

Internal medicine:

Table 2: Internal medicines

<table>
<thead>
<tr>
<th>No.</th>
<th>Medicine</th>
<th>Quantity &amp; Dose</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Amrutadikwath¹</td>
<td>25 ml BD</td>
</tr>
<tr>
<td>2</td>
<td>Kaishor Guggulu²</td>
<td>2 tab TDS</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Sings &amp; Symptoms</th>
<th>B.T. ##-</th>
<th>A.T. #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shwayathu / Shotha (Swelling)</td>
<td>5</td>
<td>1</td>
</tr>
<tr>
<td>Stabdhata (Stiffness)</td>
<td>5</td>
<td>1</td>
</tr>
<tr>
<td>Toda (Excess Pain)</td>
<td>5</td>
<td>1</td>
</tr>
<tr>
<td>Daha ( Burning sensation)</td>
<td>5</td>
<td>1</td>
</tr>
<tr>
<td>Sphurana (Horripilation)</td>
<td>5</td>
<td>0</td>
</tr>
</tbody>
</table>

#- After treatment, # #- Before treatment.

Table 4: Effect of the therapies in percentage:

<table>
<thead>
<tr>
<th>Sings &amp; Symptoms</th>
<th>B.T. ###-</th>
<th>A.T. #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shwayathu / Shotha (Swelling)</td>
<td>100</td>
<td>20</td>
</tr>
<tr>
<td>Stabdhata (Stiffness)</td>
<td>100</td>
<td>20</td>
</tr>
<tr>
<td>Toda (Excess Pain)</td>
<td>100</td>
<td>20</td>
</tr>
<tr>
<td>Daha ( Burning sensation)</td>
<td>100</td>
<td>20</td>
</tr>
<tr>
<td>Sphurana (Horripilation)</td>
<td>100</td>
<td>0</td>
</tr>
</tbody>
</table>

OBSERVATIONS-

The patients belong to Muslim community, married and having mixed diet. She shows Madhyamakoshtha, disturbed sleep, and chronic condition (>3 years). Guduchisiddha Ksheera Basti is given without any complication. Basti holds by the patient for 10 minutes minimum and 25 minutes maximum. Amrutarishtha and Kaishoraguggulu are given internally. Horripilation got complete relief. Swelling starts to reduce from 4th 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-pittapredominant and located at joints especially small joints for this Rakamokshan and Basti 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 raktadhata are involved mainly. It is explained separately apart from vatavyadhi which indicates the importance and uniqueness of this disease. In this study we tried Basti and internal medicine. The disease is aggravates in winter, lower extremity badly affected; due to pain and burning patient sleep was disturbed. Rasa, raktta, manmsa and asthivahasrotodushhi 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—
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