



Comparative Study of Lakshanas of Gambhir Vatrakta W.S.R. to Gouty Arthritis

¹Dr. Ankita U. Mandpe , ²Dr. Swati R. Lanjewar, ³Dr. Trupti V. Kalyanshetti , ⁴Dr. G.H. Kodwani
⁵Dr. Meera .A. Aurangabadkar

^{1,2,3}.MD Scholar. Rognidan&VikritiVigyan Dept. Govt. Ayurved College, Nagpur

⁴. Professor of Rognidan&VikritiVigyan Dept. Govt. Ayurved College, Nagpur

⁵.Professor & HOD of Rognidan&VikritiVigyan Dept. Govt. Ayurved College, Nagpur

Corresponding Author: Dr. Ankita U. Mandpe

Abstract

Introduction: VatraktaVyadhi is described in all AyurvedicSamhithas. Vatrakta is caused by vitiated VataDosha as well as RaktaDhatu. Aggravated Vata is blocked by Vitiated Rakta, which leads to further Aggravation of VataDosha. Thus causing VyadhiVatrakta which have two Avasthas i.e. Uttana and Gambhira. UttanaVatrakta affects Twacha and MansaDhatu whereas Gambhira mainly affects Asthi, MajjadiGambhirDhatu. Sandhi Shotha, Sandhi Stabdhatta, Sandhi Kathinya all these occur in GambhirVatrakta as told by Acharya Charaka. In human body When there is deposition of Uric Acid salts and crystals in and around joints and soft tissue results the heterogeneous disorder Gouty Arthritis. Which causes Pain, Stiffness, Swelling over joints. So the question arises where there is any correlation between GambhirVatrakta and Gouty Arthritis and what are the Lakshanas of both conditions? In present article, we are trying to study Lakshanas of GambhirVatraktaw.s.r to Gouty Arthritis.

Methodology: As it is a Review study, so all literature taken from various AyurvedicSamhithas as well as some modern text book concerned for literature.

Results & Discussion: When pathogenesis of Vatrakta involves deeper Dhatus like Asthi, Majja and Sandhi Sthan signifies GambhirVatraktaAvastha which leads to Sandhi Shotha, Pida, Twakvyavarnya over sandhi pradesh etc. As compared with modern disease same type of Lakshanas present in Gouty Arthritis so comparative study done between GambhirVatrakta and Gouty Arthritis.

Keywords- GambhirVatrakta, Gouty Arthritis, Lakshanas

Introduction

Vatrakta is described in all Samhithas very extensively and briefly. According to Ayurveda, among Tridosha VataDosha is responsible for occurrence of all Vyadhi. The name Vatrakta is given on the basis of involved Sampraptighataki.e VataDosha and RaktaDatu. Adhyavata, Khudavata and Vatabalas are the other name used to refer the illness of Vatrakta based on clinical occurrence, anatomical side and severity of disease whereas Acharya Charaka explained VatraktaVyadhi as Vatshonoit. Due to improper diet, guru food materials (heavy to digest), high protein diet, meat of aquatic & marshy animals, Ahitkara, Mithya Ahara, Vidahi Aaharin delicate & tender persons who eats protein rich food, tend to have luxurious life & do not have tendency to exercise causes Raktadushti. Besides due to injury, fasting, journey on wheels, riding on horse, camels, sporting in water, jumping, walking in hot climates aggravated Vata have been obstructed in its passages by aggravated Rakta, affects the entire Rakta and it leads to VatraktaVyadhi.

Adhistan of VatraktaVyadhi is mainly Sandhi Pradeshi.e Parvasandhi and causing Tivra Ruja, which described by various Acharyas as like as Akhuvish. Sandhi Shula, Sotha, sandhi pradeshi Raktvarnata, Ushnasparsha, Sparshasahatva and Pitikotpatti are the Samanya Lakshanas of Vatrakta. Whereas it has Uttan Avastha and Gambhir Avastha. Uttana Vatrakta affects Twacha and Mansa Dhatu whereas

Gambhiramainly affects *Asthi*, *MajjadiGambhirDhatu*. *Sandhi Shotha*, *Sandhi Stabdhatta*, *Sandhi Kathinyaetc* all these symptoms occur in *GambhirVatrakta* as told by *Acharya Charaka*.

Gouty Arthritis is an inflammatory disease of joints that are affected by the intake of food, rich of Purine. It is the most common Crystal Arthritidis which results of disturbed uric acid metabolism and precipitation of urate crystals in extra cellular space of joints and soft tissues, consisting of a self-limited acute phase characterized by recurrent attacks of synovitis and a chronic phase in which inflammatory and structural changes of the joints and periarticular tissues may lead to persistent symptoms. Gout is 3 to 4 times more in male than female. Acute gout rarely extended beyond one week, they are usually associated with various degrees of functional impairment. In the chronic phase the episodes of synovitis increases in number and extends to several joints, being associated

with shorter intercritical periods, persistent joint pain and swelling, tophi development, and increasing comorbidity. Gouty Arthritis includes symptoms like pain, swelling and extreme tenderness in joints, purplish skin over joints, itching over it and many other.

All the *Lakshanas* in *GambhirVatrakta* as described in *Ayurvedic* text are similar to symptoms of gouty arthritis. So the question arises where there is any correlation between *GambhirVatrakta* and *Gouty Arthritis* and what are the *Lakshanas* of both conditions? In present article, we are trying to study *Lakshanas* of *GambhirVatrakta* w.s.r to Gouty Arthritis

Aim

A Comparative study of *Lakshanas* of *GambhirVatrakta* w.s.r. to Gouty Arthritis.

Objective

- 1) To study *Lakshanas* of *GambhirVatrakta*
- 2) To study symptoms of Gouty Arthritis
- 3) Comparative study of both conditions.

Literature Review

Vatraktavyadhi

Vatrakta is described as one of the disease of *Sammurchana* of *Vata* & *Rakta*. In various *Ayurved Samhitas*, various *Acharya* had mentioned about *VatraktaVyadhi* in various Centuries. *Acharya Charaka* has mentioned about *Vatrakta* as a *VatshonitChikitsaadhyay* in *Chikitsa Sthan* and in this *Acharya Charaka* has explained 2 types according to *Ashraya* of *VatraktaVyadhi* as *Uttan* and *GambhirVatrakta* along with separate *Lakshanas* of each.

UttanVatrakta- *Kandu*, *Daha*, *Ruja*, *Toda*, *Spuran*, *Shyav*, *Rakt*, *TamravraniyaTvacha*

Gambhirvatrakta- *Shotha*, *Sthambhatta*, *Kathinata*, *ShyavTamraTwacha*, *Daha*, *Toda*, *Sphuran*, *Pakain Sandhi Sthan*

And if the symptoms of *Gambhirvatrakta* aggregated cause *Khanjata* and *Pangutva*.

Acharya Vagbhatin AshtangHridaya had explained in *Nidanasthan* in *VatashonitNidanadhyay* as same as explained in *Charak Samhita*. Along with this *Acharya Vagbhat* explain symptoms of *Gambhirvatrakta* as *GambhireAdhikpurvarupai.e* along with other symptoms of *GambhirVatrakta* there is *Adhikata* (more aggregated) of *Purvarupas*. *Acharya Sushruta* describes *Vatrakta* in *Vatvyadhiadhyayin Chikitsasthan*. *Acharya Sushruta* says *Uttan* and *Gambhir* are not types of *Vatrakta* but they are two *Avastha* of *Vatrakta*. Again he explained 4 *Prakara* of *Vatrakta* i.e. *Vata*, *Pitta*, *Kaph*, and *Rakt*.

In *MadhavNidan* there is detail description given about *VatraktaVyadhi* in 7th Century. In *SharangdharSamhithaPrathamKhand*, as explained by *Acharya Sharangadhara* in 13th century there are 8 *Parkar* of *Vatrakta*. i.e. *evata*, *pitta*, *kapha*, *rakta*, *dvandvaj* and *trividh*.

In 16th Century *Acharya Bhavaprakash* explained *Vatraktavyadhi* in *ChikitsaPrakaran*. In 17th Century also *Yogaratanakar* also there is description of *VatraktaVyadhi* in *UttarardhaVatraktachikitsaadhyay* and he also explained 2 *Avastha* of *Vatrakta*.

Gouty arthritis

Gouty arthritis is the condition which causes recurrent episodes of joint inflammation, tissue deposition of uric acid crystals and joint destruction, it is marked by transient painful attack of acute arthritis initiated by

crystallization of ureat about and within joint and then eventually leads to chronic gouty arthritis. The most commonly affected joints, in addition to the big toe (50% of initial attacks), are foot, ankle, metatarsal, knee, wrist, finger, and elbow. More common in middle age men than women. The most common sign of gout is night time attack of swelling, tenderness, redness and sharp pain in big toe. Joint may appear infected with limited joint movement. There is peeling and itching of skin around joint. Diagnosis should be conforming by serum uric acid level, synovial fluid examination and other procedures.

Lakshanas of GambhirVatraktaVyadhi & Gouty Arthritis

Lakshanas of GambhirVatrakta- Sandhi Shotha, Sthambhata, Kathinata, ShyavTammraTwacha, Daha, Toda, Sphuran, Paka in sandhi sthan

Clinical Features of gouty arthritis

Joint pain- Throbbing, Crushing and Excruating.

Joint becomes warmth, red and tender.

Skin over joint- very red or purplish in colour.

Limited joint movement and joint stiffness.

Joint may appear infected and itching around it.

Uric acid deposit called tophi developed in cartilage.

Comparison between Lakshanas of GambhirVatrakta & Gouty arthritis

Sr.No	Lakshan of GambhirVatrakta	Lakshan of GambhirVatrakta same as Symptoms of Gouty Arthritis
1	<i>Sandhi shoth</i>	Joint inflammation
2	<i>Daha</i>	Joint are warmth
3	<i>Sthabdhata</i>	Joint stiffness
4	<i>Kathinata</i>	Limited joint movement
5	<i>Shyavtamratwacha</i>	Very red purplish skin
6	<i>Abhyantar sandhi pida</i>	Joint tenderness
7	<i>Sandhi toda</i>	Throbbing and crushing pain
8	<i>Pakyukat</i>	Infection in joint
9	<i>Sphuran</i>	-

So Lakshanas of GambhirVatrakat has matched with Symptoms of Gouty Arthritis.

Discussion

When Pathogenesis of Vatrakta involves deeper Dhatus like Asthi, Majja and Sandhi Sthan signifies GambhirVatraktaAvastha which leads to Sandhi Shotha, Pida, Twakvyavarnya over Sandhi Pradesh etc. As compared with modern disease same type of Lakshanas present in Gouty Arthritis The most common sign of gouty arthritis are night time attack of swelling, tenderness, redness and sharp pain so comparative study done between GambhirVatrakta and Gouty Arthritis and the Lakshanas of GambhirVatrakata such as *Sandhi shothis* joint inflammation, *Dahais* nothing but joint warmth, *Sthabdhatais* Joint stiffness, *Shyavtamratwacha* in sandhipradesh can be compared with Very red purplish skin over joint in Gouty Arthritis and many other. So as doing comparison, all the Lakshanas of *GambhirVatrakta* are same as Gouty Arthritis. So we can say *GambhirVatrakta* is nothing but a heterogeneous Joint Disorder Gouty Arthritis.

Results

GambhirVatrakta and Gouty Arthritis affects various joints in human body. Many Lakshanas occurs in both this conditions are very much same. So *GambhirAvastha* of *Vatrakta* can be correlated with Gouty Arthritis.

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