

# Management of *Vatarakta* with *Mustadi Yapan Basti*: A Case Study

## Case Report

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### Abstract

*Vatarakta* is a disease mentioned in *Ayurveda* involving *Vata Dosha* imbalance affecting *Rakta Dhatu*, where the *Vayu* is exacerbated by long distance rides on animals such as elephants, camels, horses, and *Rakta* or blood is vitiated by the ingestion of *Lavana*, *Amla*, *Katu*, *Kshara*, etc. The *Vata*, whose passages are covered by *Rakta* further undergoes vitiation and further contaminates the *Rakta* or blood. *Vayu's* vitiated blood later burns the entire blood in the body and gravitates towards the limbs later. This vitiated *Vata* and *Rakta* is called *Vatarakta*. On the basis of etiopathology, *Vatarakta* may also be linked to Gout. A 52 years old female patient approached the OPD with the chief complaints of: Acute pain in all major and minor joint and Deformity on upper limb fingers in the last one year. The patient was given completely Ayurvedic medicines and *Panchakarma* therapies for 10 days, and Only *Ayurvedic* medicines on discharge were later moved and the findings were noticeably seen. Hence this study was taken to prove that Ayurvedic management with *Mustadi Yapan Basti* has remarkable results on *Vatarakta* (Gout). Observations and outcomes were drawn on the basis of measurement criteria. During analysis, discussion was carried out on the basis of whole findings. On the basis of the outcome, conclusions were taken.

**Key Words:** *Vatarakta*, Gout, *Vata dosha*, *Rakta dhatu*, *Mustadi Yapan Basti*.

### Introduction

*Vatarakta* is a painful condition. When aggravated *Vata* is obstructed by aggravated *Rakta*, this obstructed *Vata* in vitiates the *Rakta*. This pathological state is known as *Vata Shonitam* or *Vatarakta*. *Vatarakta* is described in details in *Brihatrayis*. In *Sushruta Samhita*, *Vatarakta* is described in *Vata Vyadhi adhyaya*. Here in chiefly small joints of feet and hands are affected. On the basis of etiology and symptomatology Gout is similar to that of *Vatarakta*. Gout is also called metabolic arthritis. Gout is an abnormality of Uric acid metabolism that results in hyperuricemia, deposition of monosodium urate crystal in joints, soft tissue and renal tubules. (1)

There are 2 types of *Vata-Rakta* ie, *Utthana Vatarakta* (superficial) and *Gambhira Vatarakta* (deeper tissue type). (2)

**Table 1: Showing symptoms of *Utthana* and *Gambhira Vatarakta* (3)**

<i>Utthana vatarakta</i>		<i>Gambhira vatarakta</i>	
<i>Kandu</i>	<i>Toda</i>	<i>Swayathu</i>	<i>Daha</i>
<i>Daha</i>	<i>Spurana</i>	<i>Stambha</i>	<i>Toda</i>
<i>Ruka</i>	<i>Kujana</i>	<i>Arathi</i>	<i>Spurana</i>
<i>Ayama</i>	<i>Shyava rakta twak</i>	<i>Tamra varna</i>	<i>Paka</i>
			<i>Ruk</i>

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### Case Study

A 52-year-old female patient registered by the O.P.D. and I.P.D. number 20011322 / 201245 on the date of 11-07-2020 came to the O.P.D. no. 105 of Parul Ayurveda Hospital, Parul University and got admitted in *Panchakarma* IPD ward. She presented herself with the following complaints.

**Main complaint with duration:** Acute pain in all major and minor joint and deformity on upper limb fingers- in the last one year.

**Other complaints:** No any associated complain seen.

**History of present illness:** Patient was normal before 1 year and then gradually developed above symptoms occurs due to sedentary life style. So, for proper treatment she came to Parul Ayurveda Hospital, Parul University.

**Family History:** No any Family Illness of such History to any relatives.

**Past History:** No any past illness.

**Table 2: Showing Personal history**

Appetite	normal
Bowel	constipated / irregular (sometimes)
Micturition	regular (4/2- Day/Night)
Sleep	Disturbed
Diet	Veg.
Addiction	Tea- 2 times a day

**Table 3: Showing General physical examination**

General condition	Moderate
BP	140 /90 mmHg
PR	74 / min
RR	18 / min
Tongue	Coated
Temperature	98.6°F
Nourishment and Built	Well built
Lymph nodes	Tophi like on upper limb finger
Pallor	Absent
Icterus	
Cyanosis	
Clubbing	

**Table 4: Showing Ashtavidh pariksha**

Nadi	Gati - 74/ min
Mutra	D/ N – 4 / 2 times
Mala	Vibandhita Mala (sometimes)
Jivha	Liptha
Shabda	Prakrita
Sparsha	Ushna Sparsa in affected Sandhis
Druk	Prakrita
Akriti	Madhyama

**Table 5: Showing Dashvidh Pareeksha**

Prakriti	Vata Pitta
Vikriti	Vata- Shula, Pitta- Daha, Kapha- Sthambha (fingers)
Sara	Rasa, Rakta Sara
Samhanana	Madhyama
Pramana	Madhyama
Satva	Madhyama
Satmya	Shad Rasa Satmya
Ahara Shakti	Abhyavarana shakti: Madhyama Jarana Shakti: Avar
Vyayama Shakti	Madhyama
Vayah	Yuva

**Table 6: Showing Systemic Examination**

Respiratory System	Lung fields are clear, Air entry is good
Cardiovascular System	S1S2 clear, No Murmurs
Gastrointestinal Tract	P/A- Soft, Normal bowel sounds, No Organomegaly.
Central Nervous System	Conscious and oriented, cooperative

**Table 7: Showing Samprapti Ghataka**

Dosha	Vata, Pitta (Rakta)
Dushya	Rakta, Twaka, Mamsa
Adishtana	Rasavaha Srotas, Sandhi, Twaka, Mamsa
Srotas	Raktavaha
Agni	Mandagni
Ama	Sama
Srotodushti	Sanga Pashchat Vimarg Gamana
Udbhawastana	Pakwashaya
Vyakta Sthana	Sarva Sandhi
Sadhya Asadhyata	Kruccha Sadhya
Roga Marga	Madhyama (Twak, Mamsa, Asthi, Sandhi)

**Samprapti: (4)**



**Table 8: Showing gradation of symptoms according to WHO scoring pattern (5)**

Symptom	Swelling	Discoloration	Burning sensation	Pain
<b>Grade 0</b>	No swelling	Normal colouration	No burning	No pain
<b>Grade 1</b>	Slight swelling	Near to normal which look like normal from distance	Mild burning	Mild pain
<b>Grade 2</b>	Moderate swelling	Reddish colouration	Moderate burning	Moderate pain but no difficulty in moving
<b>Grade 3</b>	Severe swelling	Slight reddish black discolouration	Severe burning	Slightly difficulty in moving due to pain
<b>Grade 4</b>	-	Blackish discolouration	-	Much difficulty

**Table 9: Showing Treatment Plan**

	Karma	Dravya	Days & Action
1	Sarvanga Parisheka	Dashmoola Kashaya	For 3 days (Shothaghna)
2	Sthanik Lepa	Dashanga Choorna	On 3 <sup>rd</sup> day (Raktashodhana) Kshipra Marma
3	Siravedha	-	
4	Sthanika Abhyanga	Murchita Tila Taila	After 3 <sup>rd</sup> day
5	Swedana	Baspa Sweda	
6	Basti	Mustadi Yapana Basti	

**Basti plan:**

1. Niruha Basti – Mustadi Yapana Basti
2. Anuvsana Basti – Murchita Tila Tila

**Table 10: Ingredients of Niruh Basti: (6)**

1	Makshik	80ml
2	Lavana	10gm
3	Sneha	Murchita Tila Taila – 40ml + Murchita Go-Ghrit - 40ml =80ml
4	Kalka	Putiyavanyadi Choorna
5	Kwatha	Mustadi Ksheer Paka = 350ml

**Anuvasana Basti:** Murchita Tila Taila: 80ml

**Table 11: Showing Basti schedule**

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	DAY 8
AB	NB	NB	NB	NB	NB	NB	AB
	AB	AB	AB	AB	AB	AB	

NB = Niruha Basti

AB = Anuvasana Basti

**Table 12: Showing Shaman Aushadh: (After treatment below medicines are given)**

Sr. No	Medicine	Dose	Duration	Anupana	Action
1	Trikatu Choorna	3 gm	3gm -3gm -3gm	Lukewarm water (B/F)	Agnivardhaka, (B.R. Paribhasha Prakarana)
2	Amapachana Vati	250 gm	2-2-2	Lukewarm water (B/F)	Amapachana
3	Erand Bhrushta Haritaki	500 mg	0-0-3	Lukewarm water (A/F)	Vatamolomana (Brihat Nighantu Ratnakara) & Bhavaprakasha
4	Kaishor Guggulu	250 mg	2-2-2	Lukewarm water (A/F)	Tridoshaghna, Rasayana, Vatarakta Adhikar (Sharangdhara Samhita Madhyama Khanda 7/70-81)
5	Amruttotra Kashaya	15 ml	15ml -0-15ml	(B/F) with equal quantity of water	Shoolahara, Jwarahara, Shothahara (SahasraYoga Kashaya Prakarana 30)

(B/F) = Before Food

(A/F) = After Food

## Observation

The patient had started improving during hospital stay and at the end of the Basti Chikitsa, there was no any other complication seen. So, it needs time to cure but with Ayurvedic treatment the patient got symptomatic relief.

**Table 13: Showing changes in symptoms before and after treatment**

Symptoms (U/L fingers)	Before treatment	After treatment
Swelling	3	1
Discoloration	2	1
Burning sensation	3	1
Pain	3	1

**Table 14: Showing changes in investigations**

INVESTIGATION	B.T.	A.T.
1.Hemoglobin	12.8 gm%	13 gm%
1.CBC	Normal	Normal
1.E.S.R.	42 mm/hr.	32 mm/hr.
1.Urine (Routine/Micro)	Normal	Normal
1.RBS	100 mg/dl	98 mg/dl
1.S- Uric acid	5.4 mg/dl	5.0 mg/dl

## Discussion

### Mode of Action of Snehana (7)

It helps for the Gati of Vata, Gaatra Mardavata and remove Srothorodha.

### Mode of Action of Swedana (8)

It helps for Srothoshuddhi and Ama Pachana, that relieves stiffness, eliminates Kleda, and achieves lightness.

### Mode of Action of Basti

Basti is that the best therapy to regulate the Vata and thus it controls the Pitta and Kapha also. The Tikshna Guna of Basti helps in overcoming the Sroto Dushti resulting because of Sanga. Thus, Basti Dravya after about to large and little intestine get absorbed, thanks to Laghu, Ushna, Tikshna, and Ruksha Guna of Dravyas, it breaks the obstruction and expel out the morbid material from everywhere the body. Vatarakta located in Paani (hands) is caused by upward Dosha and in Paada (feet) is because of downward Dosha. (9)

### Mode of Action of Ksheera Basti

Milk is emulsion or colloid of butterfat globules within a water-based fluid that contains dissolved carbohydrates and protein aggregates with minerals. one in every of the important factors about the milk is that it contains calcium; it is absorbed without the assistance vit- D, Under the influence of lactose within the distal intestine via the paracellular route. This promotes the absorption of calcium and provides simultaneous intake of phosphorus that it essential for bone deposition. Hence Ksheer Basti have a large and effective applicability in Asthivaha Sroto Vikara.

## Conclusion

Vatarakta has become a typical disease. If we pass, it is often derived that sedentary day today affaires together with unhealthy eating habits are the foundation cause behind this. The treatment and medicine assure permanent cure together

with maintaining physical and mental state of the patient.

On understanding proper *Nidana*, *Lakshana* and *Samprapti* of *Vatarakta* one can fine keep it under the heading of *Vata Vyadhi* and treat it successfully with *Panchakarma* treatment. With proper understanding of *Dosha*, *Dushya* and *Vyadhi Awastha* we are able to manage *Vatarakta*. by following advanced *Panchakarma* treatment, here patient got relief from symptoms within 10 days. The treatment given to the patient mainly *Basti* is *Kaphavatahara* or *Pittavatahara*. mainly used for *Deepana Paachana* and *Rakta Prasadana* with *Shoolahara* and *Shothhara Karma*. The patient had symptomatic relief and therefore the laboratory findings of Serum acid had lowered significantly. Therefore, the given Ayurvedic treatment was successfully in curing the disease without landing into further complications.

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