

A Case Study effect of Vranabasthi and Jalaukavacharana in the management of Gambheera Vatarakta

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Abstract

Vatarakta is a disease explained in Ayurveda involving Vata Dosha imbalance affecting Rakta Dhatu, where the Vayu gets aggravated due to long distance rides on animals like elephants, camels, horses, and on the other hand Rakta or blood gets vitiated by the consumption of Lavana, Amla, Katu, Kshara etc The Vata, whose passages are blocked by Rakta further undergoes vitiation and further contaminates the Rakta or blood. The blood vitiated by Vayu later burns the whole blood in the body and later gravitates towards the foot. This vicious amalgamation of vitiated Vata and Rakta is called Vatarakta. Vatarakta can even be correlated to Gout on the basis of etiopathology.

Vrana Basti is the unique external method of drug administration for the treatment of wounds which are deep seated with a small opening. This procedure is explained by Acharya Sushruta and Sharangadhara.

A 65 years old male patient approached the OPD with the chief complaints of ulcer in right ankle joint associated with discoloration and burning sensation since 6 months. The patient was given completely Panchakarma therapies for 8 days, and later was shifted on only Ayurvedic medicines on discharge and the results were remarkably seen. Hence this study was taken to prove that management through ayurveda has remarkable results in gambheera Vatarakta. Observation and results were drawn on the basis of assessment criteria. Discussion was done on the basis of entire observations during research. Conclusion was drawn on the basis of result.

Key words: vata raktha , gambheera vatarakta , vrana vasti

Introduction

Vatarakta is a disease explained in Ayurveda involving Vata Dosha imbalance affecting Rakta Dhatu – blood tissue. vicious amalgamation of vitiated vata and rakta is called vatarakta. This is said to be a dangerous amalgamation which causes serious painful symptoms comprising of a disease called vatarakta.

When a person takes excessive foods and exposes to lifestyle activities which aggravate Vata and also is used to long distance rides on animals like elephants, camels, horses, the vata gets severely aggravated by its own causes. On the other hand rakta or blood gets vitiated by the consumption of lavana, amla, katu, kshara etc causes mentioned above. The vitiated rakta quickly blocks the passages of vayu and interferes with its smooth movements. The vata, whose passages are blocked by rakta further undergoes vitiation and further contaminates the rakta or blood. The blood vitiated by vayu later burns the whole blood in the body. The blood contaminated by vitiated Vayu leaves its place and gravitates towards the foot. This vicious amalgamation of vitiated vata and rakta is called vatarakta. This is said to be a dangerous amalgamation which causes serious painful symptoms comprising of a disease called vatarakta. Later the pitta and kapha join this amalgamation and make the clinical picture of the disease even more complicated.

The symptoms are first manifest in the twak dhathu in uttana avastha and spreads to deeper dathus as mamsa meda etc in gambheera avastha.

Types of vatarakta:

Vata pradhana Vatarakta – When Vata is severely vitiated in Vatarakta symptoms like pain, twitching, pricking pain, swelling which is dry and black, stiffness of body parts, aversion or aggravation of symptoms by cold, numbness etc will dominate the picture.

Rakta pradhana Vatarakta – When Rakta is severely vitiated in Vatarakta, the symptoms like swelling, severe pain and pricking pain, copper colour of the skin, itching and moistness predominate.

Pitta pradhana Vatarakta – When Pitta is severely vitiated in Vatarakta, the symptoms like severe burning sensation, sweating, fainting, thirst, tenderness, pain, swelling and suppuration will be predominantly found.

Kapha pradhana Vatarakta – When Kapha is severely vitiated in Vatarakta, the symptoms like numbness, heaviness, moistness, unctuousness and coldness will prevail.

Vatarakta is also of 2 types based on its location –

Uttana Vatarakta – the disease pathology afflicts the superficial tissues i.e. skin and muscles, the symptoms are also limited to the skin. In this type, the symptoms moreover look like a skin disease or Kushta with skin lesions and muscle pain.

Gambhira Vatarakta – the disease pathology involves blood and other deeper tissues like bone and joints and also the internal viscera. This is moreover a systemic illness and the symptoms are more complicated. This moreover looks like a joint pathology because the joint symptoms are more than the skin presentation.

Uttana Vatarakta Chikitsa

Treatment of Uttana Vatarakta –

Uttana Vatarakta can be effectively handled with:

- Lepa – external application of medicinal pastes
- Abhyanga – herbal oil massage
- Parisheka – stream pouring or sprinkling or showering of medicinal liquids like decoctions, medicated milk, oil etc over the afflicted areas
- Avagahana – dipping the afflicted parts or joints in the medicinal liquids mentioned below
- Upanaha – poultice

Gambhira Vatarakta Chikitsa

Treatment of Gambhira Vatarakta –
Since the other deeper tissues like blood, bone, fat, bone marrow etc and multiple organs will be involved in gambhira vatarakta as the disease pathology has penetrated into deeper tissues, the simpler treatments which have been mentioned above shall not be very useful, though they can be considered as external therapies and complimentary treatments (along with main treatments)

in gambhira vatarkta also. This is because the external treatments, at any stage of the disease come in handy to relieve the local symptoms of the disease, to relieve pain, swelling, inflammation, catches and also to strengthen the bones, joints and other soft tissues like muscles, ligaments and tendons.

Gambhira Vatarakta shall be managed by:

- Snehapana – internal consumption of medicated ghee, oil or both
- Virechana – therapeutic purgation
- Asthapana vasti – decoction enemas
- Anuvasana vasti – medicated oil or ghee enema
- Ksheera vasti – herbal milk enema etc measures

A male patient aged 65 yrs, not a known case of diabetes mellitus or hypertension or any systematic ailment, presented with complaint of non-healing ulcer in the right lower limb just above the medial malleolus, with slough, discharge, foul smell, discoloration of surrounding skin, and pain, in the last 6 months. 6 months back, patient was apparently normal. There was initially blackish discoloration of lower 1/3rd of right lower limb with burning sensation. He noticed a water filled boil in the region which opened on its own and there was a wound. The wound increased in size gradually. He had taken lot of medication for the same but found no relief. He was under betadine dressing. Since he found no improvement, he consulted the Panchakarma OPD, at SSAMC.

Local Examination Inspection ▪Anatomical location - 2cms above the right medial malleolus ▪Size and Shape – 15x7x1.5 centimeter irregular in shape ▪Number - One ulcer ▪Position - right lower limb medial malleolus region ▪Edge – sloughed edges ▪Discharge - serous blood discharge ▪Floor - unhealthy granulation tissue present ▪Odour - Foul smell ▪Surrounding skin - brownish black discoloration seen Palpation ▪Tenderness - Present ▪Bleeding on touch - Slightly present ▪Inguinal lymph nodes - not enlarged

Personal History:

Occupation: Farmer	Mala: 2 times/day	Druk : Avishesh
Bad habits: Nil	Jihva : Saama	Akruti : Madhyama
Nadi: 76/min	Shabdha: Spashta	Bala : Madhyama
mutra: 5-6 times/ day	Sparsha :Anushnasheet	Raktabhara:130/90mm of Hg

Objective:

To Study effect of vranabasthi and jalaukavacharana in the management of gambheera Vatarakta

Materials and Method:

Center of Study SSAMC

Simple Random Single case study

Material with daily treatment and prognosis

Clinical Examination of the patient revealed regression of symptoms due to Ayurvedic Management

Present study was carried out on IPD basis for 8 days. Vasa guduchyadi kashaya, Panchavalkala Kashaya, sterile gauze was among the materials required for study. In every sitting the wound was cleaned with

Panchavalkala Kashaya.

After proper cleansing, Vrana Basti was done with vasa guduchyadi Kashaya.

The wall of Masha Pishti (frame of Blackgram floor dough) was erected around the ulcer margins, measuring about 3cm in height & 1 cm in thickness. The vasa guduchyadi kashaya was taken, Luke warmed on hot water bath and pouring of lukewarm kashaya was done with help of sterile cotton wick into the pit of dough over the floor of ulcer. The kashaya was kept in situ for 30 mins. Later the kashaya was discarded and the ulcer dressing was done.

On 4th day and 8th day of vranabasti, jalaukavacharana was done.

Showing Gradation of symptoms according to WHO scoring pattern

Symptoms	Grade 0	Grade 1	Grade 2	Grade 3
pain	No	Mild	Moderate	Severe
Burning sensation	No	Mild	Moderate	Severe
Swelling	No	Mild	Moderate	Severe
Discharge	No	Mild	Moderate	Severe

Table Showing panchakarma done

SL.No	Panchakarma treatment	Duration
1.	Vranabasthi with Vasa guduchyadi Kashaya	8 days
2.	Jalaukavacharana	2 sittings

Observation

Showing changes in symptoms before and after treatment

Symptoms	Before	After
Swelling	3	0
Pain	3	1
Burning sensation	3	1
Discharge	3	0

Results

The patient had started improving during hospital stay and at the end of 8th day there was overall recovery . With Ayurvedic treatment patient has relief in all the subjective and objective para

Day 1



Day 5



Day 10



Day 12



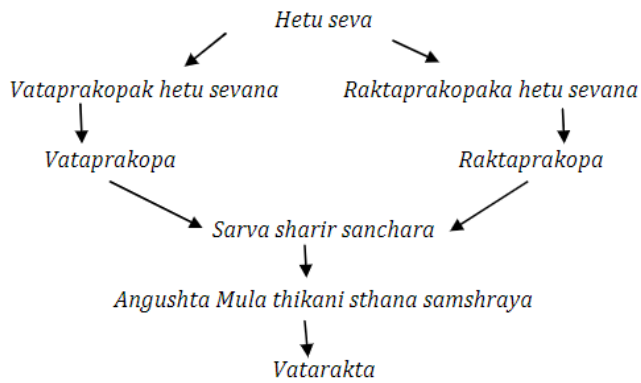
Day 20

Discussion:

Hetu of Vatarakta as

Ahara	Vihara	Samprapthi
Improper And irregular intake of food	Ratri jagarana	Dosha vata and rakta
Lavana amla kshara food	ATI Yana	Dushya rasa rakta mamsa
Shushkähara dryl	Ati asana	
Viruddha ahara dadhi	Manasika nidana	
Mamsa matsya sevana		

Samprapti:



Action of Drugs and Other Procedure in the Management of Vatarakta

Showing action of medicine and other Panchakarma procedure

Sl.No	Medicines	Action
1.	Vasa guduchyadi Kashaya	Vrana ropana
2.	Vrana basthi	Shodhana Raktaprasadana
3.	Jalaukavacharana	Rakta shodhana Vranaropana

Vasa guduchyadi kashayam :

INGREDIENTS: 1. Vasa

- Botanical name: Adathoda vasica
- Family name: Acanthaceae
- English name: Malabar nut
- Rogaghna karma: raktapitha hara, kasa swasa hara, jwara hara, chardi meha kusta hara.

Rasa: Tikta

Guna: Laghu, rooksha

Virya: Sheeta

Vipaka: Katu

Doshakarma : kapha pitha prasadana

2. Guduci

- Botanical name: Tinospora cordifolia
- Family name: Menispermaceae
- English name: Giloy
- Rogaghna karma: rasayana, balya, jwara hara, ama hara, meha hara, pandu hara, krimi hara, vrushya, trut hara.

Rasa: Kashaya, Tikta

Guna: Laghu, Snigdha
Virya: Ushna
Vipaka: Madhura
Dosha karma: tridosha hara

3. Chaturangula (Aragwadha)

- Botanical name: Cassia fistula
- Family name: Caesalpinaceae
- English name: Purging cassia
- Rogaghna karma: soola hara, jwara hara, hrdroga hara, raktapitha hara, mridu virechanam

Rasa: Madhura
Guna: Guru, snigdha
Virya: Sheeta
Vipaka: Madhura
Dosha karma: kapha pittahara