



## Role of *patoladi kwath* in *vatarakta*: A conceptual study

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### Abstract

In the rapidly changing and modernizing era, human population is becoming vulnerable to many disorders related with altered lifestyle and food habits. *Vatarakta* is one such metabolic disorder. It is disease caused due to *margavarana* of aggravated *Vata* by vitiated *Rakta* or morbid *Kapha* and *Medas*. Etiological factors of *Vatarakta* are responsible for aggravation of *Vata dosha* and *Rakta dushiti*. It also has *rasayana*, pain relieving and anti inflammatory properties which renders it quite effective for those suffering from the disease. The presentation of *Vatarakta* along with its etiopathogenesis is quite similar to gouty arthritis in modern medicine. *Patoladi kwath* is a combination of *tridosha shamak*, *Raktasodhak* (blood purifier) and also *Vatashamak* drugs. This decoction helps in *Vatarakta* to alleviate the features of aggravated doshas and remove blockage in *srotas* thereby causing *Vayu shaman*. The management of *Vatarakta* is a challenge as it is a disease of severe morbidity, chronicity and incurable to certain extent with associated complications<sup>(1)</sup>. With certain lifestyle modifications alongwith *pathya ahara*(right diet) and certain *Ayurvedic* modalities it can be cured and prevented.

**Key Words:** Gouty arthritis, *Rakta*, *Vatarakta*, *Vata*.

### Introduction

*Ayurveda* is the science of life. It believes that health and well being depends on a balance between the three *Doshas*- *Vata*, *Pitta*, and *Kapha* which are the physiologic basis of human body. It has been divided into eight parts known as '*Ashtanga Ayurveda*'. *Kayachikitsa* is the first one amongst them, which deals with the treatment of diseases affecting the whole body system. *Vatarakta* is one such disease. It is classified amongst *Vatavyadhi* (a group of nervous disorders) which results from either *avarana* of aggravated *Vata dosha* by vitiated *rakta dhatu* or by *margavarana* of morbid *vata* by *Kapha* and *Medas* (Rana *et al.*, 2017).The chief complaints are severe joint pain onset at *hasta pada moolgat sandhi* which then migrates towards other joints in a fashion similar to *akhuvisha* (Agnivesha. Charaka Samhita). The characteristics of *vatarakta* resemble with those of gout therefore it can better be correlated with gouty arthritis in modern medical science. Gout is a multi factorial metabolic disease

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which is chronic in nature. According to NCBI it affects nearly 1-4% of general population every year . That is 2.68 per thousand persons. Amongst those affected middle aged to elderly males and post menopausal females are the majority sufferers .It is a common cause of arthritis in men aged over 50. Gout results from an increased pool of urate with hyperuricaemia. These uric acid salts and crystals get deposited in and around joints, soft tissues and urinary tract .It's two major causes are overproduction (approx.10-15%) and impaired excretion (approx.80-90%). In its chronic run it lands up in severe joint destruction. The incidences of gout are increasing day by day due to changing lifestyle and dietary habits and moreover it is a potential sign of undiagnosed co morbidities like diabetes mellitus, cardiovascular diseases, hypertension, obesity, metabolic syndrome, renal diseases etc. Henceforth it has a noteworthy impact on the working population hampering their work productivity and physical function. Conventional drugs used in the management of gout like NSAIDS, glucocorticoids, xanthine oxidase inhibitors and uricosuric drugs; have potential side effects and a possibility of drug interaction with other prescribed drug which restricts their use; because in modern medical science, its



management aspect still remains symptomatic with troublesome side effects. With these many side effects and short term benefits in modern system of medicine, Ayurveda can provide a very good holistic treatment option. Plant based medicine have gained upward attention in current scenario for the prevention and treatment of gout (Gaafar Ragab, Agnivesha. Charaka Samhita). There are various treatment modalities for *vatarakta*. Both the *shodhana* therapies and *shamana* therapies are mentioned in the ayurvedic texts. Since, the pathogenesis of *vatarakta* is due to the vitiation of 'vata' and 'rakta'; the treatment also should be accordingly. It should be *vatashamaka*, *raktashodhak* and *pitta shamak*. So, today there is a need to find the drug which gives long term relief without any side effects, is easily available and easy to follow. One such preparation might be *patoladi kwatha* which has few ingredients that are easily available. It has been mentioned in *Bhaishajya ratnavali*. On the light of above, present study has been selected.

#### AIM & OBJECTIVES -

- To study the etiopathogenesis of *vatarakta* w.s.r. to gout.
- To evaluate the role of *patoladi kwatha* in management of *vatarakta*.

#### Materials and Method

**Literary Source of Drugs** -The formulation of *kwath* was selected from *Bhaishajya ratnavali vatarakta adhyaya*.

"पटोल कटुकाभीरु त्रिफलामृत साधितं।

क्वाथं पीत्वा जयेज्जन्तुः सदाहं वातशोणितं।।" ( भै० र  
० वातरक्ताधिकार श्लोक ७ )

Here is a short review of literature related with this study.

#### *Vatarakta nidaan*( etiological factors)

"lavana amla katu kshar.....kupyate vatashonitam ||"

tikshnaoushna amla kshara shakadi bhojyaihi santapadi bhuyasha sevitasya |

kshipram raktam dushtim ayati yat cha ||"

- Salty, sour, alkaline, hot and uncooked food.
- Moist or died food material, meat of aquatic and marshy animals.

- Radish, horse gram, black gram, *nishpava*, sesame paste, sugarcane, curd, sour gruel, *sauvira*, *shuktak*, buttermilk, *sura*, *asava*
- Incompatible food, eating during indigestion
- Anger, day sleep, retention of necessary urges.
- Sedentary lifestyle
- Horse or other animal riding, water sports, jumping, staying in excess hot climate, excess sexual intercourse.

#### *Samprapti* (Pathogenesis)

- *Vataprakopak nidan sevan* causes aggravation of *vata dosha*
- *Raktaprakopak* as well as *pitta prakopak nidan sevan* causes *raktadushti*(derangement)
- *Santarpak ahara vihara* causes accumulation *kapha* and *medodhatu*.

The above *rakta* or *kapha* and *medas*( by it *picchilatva* and *uplepa guna*) cause obstruction in the pathway of *vatadosha* which further vitiates it. This vitiated *vata* takes *ashraya* in *asthi* and *sandhi* at the place of *khavaigunya* causing *Vatarakta*.

If located in *twaka* and *mansa* , termed as *Uttana Vatarakta*.

If located in *dhatu*s, termed as *Gambhira Vatarakta*.

If sign & symptoms of both are present, termed as *Ubhayashrita Vatarakta*.

#### *Patoladi kwath* (decoction):

The *kwath* of *Patola*, *Katuki*, *Shatavari*, *Haritaki*, *Amalaki*, *Vibheetaki* and *Giloy* relieves *dahayukta* ( with burning sensation) *Vatarakta*. It can be stated that the contents of *Patoladi kwath* are having such active principles which act on *vatadushti*, *raktadushti*, *kapha* accumulation and *sammurchana* of *vata* and *rakta*. The following table represents the properties of the above *dravyas* with their *karmukatva*.

The above contents are mostly *tikta ras pradhan* which helps in *shaman* of *pitta dosha* which is *sadharmi* (similar properties) with *rakta dhatu* *rakta shaman* also occurs. *Patola patra* is *Pitta shamak*; *Haritaki* is *Vatarakta nashak* & has anti-arthritis action. *Bibhitaki* cures *dhatugata dosha* and has analgesic effect.. *Amalaki* is a *Rasayana*, *Pitta-shamak*, uricosuric due to presence of Vit-C & causes immunomodulation. *Shatavari* is *Balya* and *Vata-Pitta-Rakta Janya Shopha Nashak*, has anti-urolithic action & causes immunomodulation, *Guduchi* is the best drug to cure *Vatarakta*, it is *Tridosha-shamak*, it contains *Tinosporin* which has



**Table 1. Action of *patoladi kwath***

S N	Drug	Latin name	Rasa	Guna	Virya	Vipaka	Karma	Part Used
1.	Patola	Trichosanthes dioica Roxb.	Tikta	Laghu, Ruksha	Ushna	Katu	Tridosha-Shamaka, rakta shodhak	Leaves
2.	Katuki	Picrorhizza kurroa Royle ex Benth	Tikta	Ruksha, Laghu	Sheeta	Katu	Kapha-pitta hara, Pitta virechan	Roots
3.	Shatavari	Asparagus racemosus Willd	Madhur, tikta	Guru, Snigdha	Sheeta	Madhur	Vata-pitta shamak, Mutral, Vednasthapak	Tuber
4.	Haritaki	Terminalia chebula Linn.	Pancharas (lavanvarjit)	Ushna	Laghu, Ruksh	Madhur	Tridosha-shamaka, Shothhar	Fruit
5.	Bibhitaka	Terminalia bellirica Roxb.	Kashaya	Ruksh, Laghu	Ushna	Madhur	Tridosha-shamaka, Chedan	Fruit
6.	Aamala	<i>Emblica officinalis</i> Gaertn.	Panchrasa (lavanvarjit)	Guru, Ruksha Sheet	Sheeta	Madhur	Tridosha-shamaka, Rasayan	Fruit
7.	Giloy	Tinospora cordifolia	Tikta, Kashaya	Guru Snigdha	Ushna	Madhur	Tridosha-shamaka, Dahashaman,	Stem

antiuremic action resembling with that of NSAIDs . *Katuki* is *lekhaniya* and *Bhedaniya* which eliminates doshas from the body, has *Shotha*, *Daha*, *Kushthanashak* and anti inflammatory properties (Gupta *et al.*, 2019).

### Conclusion

*Patoladi kwath* acts as *Raktashodhak* and *Pitta shamak* in *Vatarakta* by removing the obstruction of *Vata* by *dushit rakta*, *kapha* and *medas* and helps in minimising the severity of signs and symptoms in patients by its *mutral*, *vednasthapak*, *rasayana* and *dahaprashaamana* properties.

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