



A CASE STUDY ON AYURVEDIC MANAGEMENT OF VATRAKTA WITH SPECIAL REFERENCE TO POLY ARTHRITIS POST LEPROSY

Ayurveda

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ABSTRACT

A 45 year old male patient with symptoms of burning pain at ankle joint, numbness in legs, swelling and pain over inter phalangeal joint and wrist joint and difficulty during walking & seating, swollen feet with burning sensation with h/o treated leprosy 2 years back. The case is evident with classical references in our *Samhitas* about *Vatrakta*, which was treated adopting the *Chikitsa Sutra of Samhitas*.

Leprosy may manifest in the form of Charcot's arthropathy, acute symmetrical poly arthritis or swollen hands and feet syndrome during lepra reactions, insidious-onset chronic symmetrical poly arthritis mimicking RA or as isolated tenosynovitis or tenosynovitis associated with arthritis or neuropathy. We send back patient to previous hospital to rule out relapse of leprosy. He came to our institution for *Ayurvedic* Management as the previous institute declared that there is no acute lepra reaction or active infection. Due to close similarity of symptoms of patient with *Vatrakta*, he diagnosed with it. *Vatrakta* is disease caused due to vitiation of *Vata* and *Rakta*. It is classified in the main two types *Uttan Vatrakta* and *Gambhir Vatrakta*. In the above patient we treated him with *Chikitsa* of *Vatrakta* i.e. *Raktapittahar Chikitsa* and *Vathar Chikitsa*. The whole case will be discussed later in the full paper.

KEYWORDS

Vatrakta, Poly Arthritis, Post Leprosy, *Raktapittahar Chikitsa*, *Vathara Chikitsa*.

INTRODUCTION:

Leprosy is a chronic infectious disease caused by *Mycobacterium leprae*. Considerable attention has been devoted to the dermal, neural and osseous complications of leprosy. Reports of joint involvement in leprosy have been published since the 1960s. However, only a few studies have highlighted the clinical pattern of joint involvement in leprosy. The present study was undertaken with a view to delineate the clinical pattern of arthritis after leprosy treatment completion as osseous complications, and its co-relation to *Vatrakta* and treatment according our *Samhitas*.

CASE REPORT:

A 45 yr. old male patient residing at seloo, wardha was came to OPD of Government Ayurved College and Hospital, Nagpur (28 July 2015) with complaint of *Ubhaya Padasuptata* (numbness), *Ubhaya Pada Parva Osha-Chosha and Shopha* (burning pain and swelling over inter phalangeal joint of feet) *Ubhaya Hast Parva Sandhi avum Manibandha Sandhi Osha-Chosha & Shopha* (swelling and burning pain over inter phalangeal joint of hand and wrist joint), *Ubhaya Pada Daha* (burning sensation), *Skashta Mushthi Bandhana* (unable to make fist), *Skashta Utthapan & Utkatasan* (difficulty to seat) since April 2015

Past history:

Patient having H/O *Kushatha Vyadhi* (Hansen's disease) for this he took regular treatment for 2 years at Mahatma Gandhi Institute of Medical Science, Sewagram in 2013.

We send back patient to previous hospital to rule out relapse of leprosy. He came to our institution for *Ayurvedic* Management as the previous institute declared that there is no acute lepra reaction or active infection.

H/O Tobacco Chewing since 25 years.
No H/O HT, DM, TB and any surgical illness.
No H/O Trauma or accidental injury.
No any significant family history.

Ashtavidha Parikshana: Table No. 1

Sr. No.	Parikshana	
1.	Nadi	84/min Niyamita

2.	Mutra	Samyaka (5-6 times /day)
3.	Mala	Samyaka (1 time /day)
4.	Jivha	Alpa Sama
5.	Shabda	Spashta Vak avum Shruti
6.	Sparsa	Samshitoshna
7.	Druka	Arakta Netrata present; No Netra Panduta & Pittata
8.	Akriti	Madhyam

General condition –

Moderate
Afebrile;
Pulse – 84/min;
BP – 130/80 mmHg;
No Pallor; No Icterus;
Weight – 50 kg
Right Ulnar nerve thickened but non-tender

Sandhi Parikahana (local examination of joint):

Pidanasantva (Tenderness) ++
Shohta (Swelling) +++
Ushana Sparsha (Raised Temperature) +++

Dushtadosha:

Vata: Vyana
Pitta: Bhrajaka
Kapha: Shleshaka
Dushya: Rakta, Twaka

Treatment Given:

The table no. 2 showing the treatment given to the present case study patient.

Table No. 2

Duration	Medicine	Dose	Frequency
28-7-2015 to 19-8-2015	<i>Kaishor Guggul</i> <i>Mahavatavidhwans</i> <i>Rasa</i> <i>Gulvel Satwa</i> <i>Chopchinyadi Churna</i>	10 gm 5 gm 10 gm 50gm All in combination i.e. 1.8 gm	Twice a day

	<i>Punarnavasava</i>	20 ml	Twice a day
	<i>Sarivadyasava</i>	20 ml	Twice a day
	<i>Dashanga Lepa</i>	For lepan karma	Twice a day
20-8-2015 to 09-9-2015	<i>Kaishor Guggul</i>	10 gm	Twice a day
	<i>Mahavataavidhwans</i>	5 gm	
	<i>Rasa</i>	10 gm	
	<i>Gulvel Satwa</i>	50gm	
	<i>Chopchinyadi Churna</i>	All in combination i.e. 1.8 gm	
	<i>Mahamanjishathadi Kwath</i>	20 ml	Twice a day
	<i>Sarivadyasava</i>	20 ml	Twice a day
	<i>Dashanga Lepa</i>	For lepan karma	Twice a day

OBSERVATION AND RESULTS:

The observations and results of the presented case study patient are shown in the table no. 3.

Table No. 3

Sr. No.	Lakshana (Symptoms)	Before Treatment (28-7-2015)	After Treatment	
			After 21 days (19-8-15)	After 42 days (9/9/2015)
1)	<i>Ubhaya Hastparv Sandhi Osha-Chosha</i> (burning sensation over bilateral metacarpophalangeal joint)	+++	++	+
2)	<i>Ubhaya Padaparv Sandhi Osha-Chosha</i> (burning sensation over bilateral metatarsophalangeal joint)	+++	++	+
3)	<i>Ubhaya Hastparv Sandhi Shopha</i> (swelling over bilateral metacarpophalangeal joint)	+++	++	-
4)	<i>Ubhaya Padaparv Sandhi Shopha</i> (swelling over bilateral metatarsophalangeal joint)	+++	++	-
5)	<i>Ubhaya Manibandha Sandhi Osha-Chosha</i> (burning sensation over bilateral wrist joint)	+++	++	+
6)	<i>Ubhaya Pada Daha</i> (burning sensation over bilateral feet)	+++	++	+
7)	<i>Ubhaya Pada Twaka Lohitata</i> (redness over bilateral feet)	++	+	-
8)	<i>Sakashta Mushthibandhan</i> (difficulty in making fist)	++	+	-
9)	<i>Sakashta Uthapanava Utkatasan</i> (difficulty in seating posture)	++	+	-

(Abbreviations: BT = Before treatment; AT = After treatment; +++ = Severe; ++ = Moderate; + = Mild; - = No)

Photo's of Patient:



Before Treatment fig. 1

After Treatment fig. 1



Before Treatment fig. 2

After Treatment fig. 2

DISCUSSION:

The word *Vatrakta* is amalgamation of two words i.e. *Vata* and *Rakta*. It shows that both *Vata* and *Rakta* are mainly involved in the pathogenesis of *Vatrakta*. *Acharya Charak* has given much precise definition of *Vatrakta* as: "When aggravated *Vata* is obstructed by aggravated *Rakta*, this obstructed *Vata* again vitiates the *Rakta*. This pathological state is known as *Vatashonitiam*." Signs and Symptoms of fully manifested disease indicating the specific characteristics of the disease like the dominance of *dohsas*, various stages viz., *Ama*, *Pakva* etc. called *Linga (Rupa)*. If in *Vatrakta Vyadhi Pitta* is dominant, the legs will become extremely red, hot, soft and swollen, characterized by a sort of indescribable burning sensation. If *Rakta Dosha* is affected profoundly, the swelling will be giving severe pain, pricking type of pain, coppery red in color and there will be no relief either with oil or dry massage. Itching and exudation may also be present. There is swelling with severe pain, pricking, coppery color, and tingling sensation not subsiding with the application of either unctuous or dry things, accompanied with itching and exudation. According to *Ayurveda* pathology of the disease starts with the vitiation of *Dosha* and *Dushya* because of *nidana*.

In the present case study patient showed the combined sign and symptoms of *Rakta* and *Pitta Dosha* dominant. He also gave us the history of *Kushtavyadhi* (Hansen's disease) in 2013. *Acharya Charka* also described *Vatrakta* and *Kushita* in the *Raktadoshavikara* in *Vidhishonita Adhyaya*. Also the Purvarupa of both *Kushta* and *Vatrakta* resembles to each other. All these kept in mind we gave him above mentioned treatment (on Dt.28/7/2016) *Kaishor Guggul*, *Mahavataavidhwans Rasa*, *Gulvel Satwa*, *Chopchinyadi Churna* in combination for 42 days, all these *Aushadhi* having properties of *Raktapittahar* and *Vatahar*. *Kaishor Guggul* is a *Vyadhipratyanik Aushadhi* and other drugs also have the *Vatrakta Rogadhikar*. *Punarnavasava* and *Sarivadya Asava* 20 ml each twice a day with lukewarm water also prescribed to the patient for 21 days. *Punarnavasava* have *Shophagna*, *Balya*, *Varnya* and *Ojovardhaka properties*. Patient showed marked relief for *Ubhyapada Shopha* and decrease in *Osha Chosha Lakshan*, *Ubhyapada Twaka Lohitata*. We also prescribed him *Dashang Lepa* for local application, its contents also shows effect on *Pitta Dosha* and *Ras, Rakta Dhatu*. After 21 days treatment patient got 40% relief in his symptoms that's why on second visit of patient (on Dt. 20/8/2015) we repeated the above medicine for another 21 days addition of *Mahamanjishatdi Kwatha* 20 ml twice a day instead of *Punarnavasava*. *Mahamanjishatdi Kwatha* has properties of *Rakta Shodhaka*, *Amapachana*, and *Pittanashana*. It also shows effect on *Ras* and *Rakta Dhatu*. After the treatment of another 21 days (on Dt. 09/9/2015) patient showed the significant improvement (i.e. about 80 -85%) in his symptoms which were shown in the observation table.

CONCLUSION:

The disease *Vatrakta* is described as one of the disease of *Sammurchana* of *Vata & Rakta*. When aggravated *Vata* is obstructed by aggravated *Rakta*, this obstructed *Vata* is again aggravates *Rakta*. This pathological state is known as *Vatrakta*. In the above case the vitiation of *Dosha & Dushya* plays an important role. We just focused on the vitiated *Dosha & Dushya* and also considering the *Hetu* (cause) for vitiation of it; and then treated the patient for contributing the improvement of *Dosha & Dushya* i. e. *Raktapittashamaka* and *Vatahar Chikitsa*. When one can't diagnosed the patient exactly in terms of disease but on the basis of *Ayurvedic* clinical entity of *Vyadhi* one should know about the *Dosha & Dushya*, then *Ayurvedic* treatment can be easily given.

Also the clinical entity of arthritis in leprosy treatment completed patient can be correlated with Vatrakta in Ayurveda.

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