



Clinical evaluation of role of *Gokshuradi Guggul* in the management of *Vatarakta*: a case study.

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ABSTRACT

Vatarakta is known as the king of disease or the rich man's disease. According to Ayurveda *Vatarakta* is known as *Aadhaya Vata*^[1] i.e. *Aadhaya* (rich). So, as a result of rapid modernization, consumption of bakery product, occupational habits, long time travelling, sedentary life style etc. causes disturbance in digestion and metabolism of protein structure making people more suffering to diseases like joint disorder, gouty arthritis. *Vatarakta* is a disease related with *Khavaigunya* found in *Raktavaha srotas* which includes vitiated *Vata* and *Rakta*^[1]. Small joints of feet and hands are mainly affected in *Vatarakta*.

Description of *Vatarakta* has been done since *Samhita Kala*. According to Acharya *Charaka*, clinical features are different according to the site^[1]. In many classical texts *Hetu*, *Samprapti*, *Purvaroop*, *roop* and *Chikitsa* of *Vatarakta* is described. *Gokshuradi guggul* is mentioned for treatment of *Vatarakta* in *Sharangdhara*

Samhita^[5]. Many studies have been proved that *guggul* has anti inflammatory & anti arthritic effect. Herein, details of *Vatarakta* patient treated with *Gokshuradi Guggul* have been described. A sudden reduction in pain, swelling and improvement in the joint movement were observed after a period of 8 weeks of regular treatment and 2 weeks follow up.

INTRODUCTION:

'Ayurveda' is considered by many acharayas to be the oldest healing science. It means "science of life" and often called "mother of healing". Ayurveda places great emphasis on prevention and encourages the maintenance of health through close attention to balance in one's life, right thinking, diet, life style. Nowadays human beings are more vulnerable to metabolic disorders due to their faulty dietary habits and life style. The disease *Vatarakta* is produced by conjugation of vitiated *Vata* and *Rakta*. Both *Vataprakopak* and *Raktaprakopak hetu* are involved in

Samprapti of the disease. It is characterized by severe pain, tenderness, inflammation and burning sensation in small joints^[1].

Now a days incidence of *Vatarakta* vyadhi is increasing day by day and it is very common in mid aged population i.e. 20-70 year.

Gouty arthritis is very much similar to *Vatarakta* as described in Ayurveda classical text and can be compared with its etiopathogenesis. Due to rapid changes in daily life style and routine of people, incidence of gouty arthritis increasing day by day.

Prevalence of Gouty Arthritis is **2% - 2.6%**^[2]

According to modern treatment anti inflammatory drugs, NSAID's,

glucocorticoids are administered to treat the Gouty arthritis. These drugs have many adverse effects causing renal insufficiency and gastro intestinal disorder and prolong use of these medication making the disease chronic.

The *Ayurvedic* treatment includes two modalities:

1. *Shodhan chikitsa* which includes *Snehan, swedan, snehyukta virechan, asthapan and anuvasan basti, raktamokshan.*

2. *Shaman chikitsa* which includes *Vaatshamak rasa, lepa, churna, kwatha, taila, guggul.*

In Ayurvedic texts, two types of treatment of *Vatarakta* are mentioned such as *Samanya chikitsa* and *Vishesh Chikitsa Ayurvedic* Medicines are often proved effective for chronic and lifestyle disorders.

To identify an alternative and safer management, *Gokshuradi Guggul* was selected for the study to see its effect on *Vatarakta*.

CASE REPORT

A female patient aged 43 yrs presented with complaints of: b/l interphalangeal joints pain, pain in b/l wrist joint, swelling in b/l leg, restricted movement of affected joints since 1 year.

On examination: Swelling on interphalangeal joints of hands along with restricted movements of b/l upper limb, b/l leg swelling was observed. Based on above complaints, clinical examination and pathological report (serum uric acid), patient was diagnosed with *Vatarakta*.

Treatment given: *Gokshuradi guggul* 3 tablets (500mg each) twice a day after meal with luke warm water for 8 weeks and weekly observation were made.

Contents of *Gokshuradi Guggul*^[5]

Drug Name ^[4]	Family ^[4]	Latin Name ^[4]	Rasa ^[4]	Virya ^[4]	Vipaka ^[4]	Prayojya Anga ^[4]

<i>Gokshur</i>	<i>Zygophyllaceae</i>	<i>Tribulus terrestris</i>	<i>Madhur</i>	<i>Sheet</i>	<i>Madhur</i>	<i>Mool</i>
<i>Guggul</i>	<i>Burceraceae</i>	<i>Commiphora mukul</i>	<i>Tikta, Katu</i>	<i>Ushna</i>	<i>Katu</i>	<i>Niryas</i>
<i>Shunthi</i>	<i>Zingiberaceae</i>	<i>Zingiber officinale</i>	<i>Katu</i>	<i>Ushna</i>	<i>Madhur</i>	<i>Kanda</i>
<i>Pippali</i>	<i>Piparaceae</i>	<i>Piper longum</i>	<i>Katu</i>	<i>Anushna sheet</i>	<i>Madhur</i>	<i>Phal, Mool</i>
<i>Marich</i>	<i>Piparaceae</i>	<i>Piper nigrum</i>	<i>Katu</i>	<i>Ushna</i>	<i>Katu</i>	<i>Phal</i>
<i>Haritaki</i>	<i>Combretaceae</i>	<i>Terminallia chebula</i>	<i>Pancharasa</i>	<i>Ushna</i>	<i>Madhur</i>	<i>Phal</i>
<i>Bibheetak</i>	<i>CTikta, KashYombretaceae</i>	<i>Terminalia bellirica</i>	<i>Kashay</i>	<i>Ushna</i>	<i>Madhur</i>	<i>Phal</i>
<i>Amalaki</i>	<i>Euphorbiaceae</i>	<i>Embelica officinalis</i>	<i>Pancharasa</i>	<i>Sheet</i>	<i>Madhur</i>	<i>Phal</i>
<i>Nagarmotha</i>	<i>Cyperaceae</i>	<i>Cyperus rotundus</i>	<i>Tikta, Kashay</i>	<i>Sheet</i>	<i>katu</i>	<i>Kanda</i>

CRITERIA OF ASSESSMENT

1. Subjective Criteria

Score	<i>Kandu</i>(Itching)^[9]	<i>Daha</i>(Burni ng Sensation)^[9]	<u><i>Sandhi Shool</i></u> (Pain in Joints)^[9]	<u><i>Sparshaasahat va</i></u> (Tenderness)^[9]	<u><i>Sandhishot ha</i></u> (Swelling)^[9]	<u><i>Vivarnata</i></u>^[9]
1	No itching	No daha	No pain	No tenderness	No swelling	No colour changes
2	Mild /Occasional itching	Mild daha	Pain in joint, routine movements normal	Patient complains of pain	Swelling but not apparent	Mild colour changes

3	Moderate frequent itching	Moderate daha	Pain in joint, limitation of movements	Patient complains of pain and winces	Swelling obvious on lesser than two joints	Moderate colour changes
4	Severe frequent itching	Severe daha	Pain in joint, limitation of movements with very reduced activity	Patient complains of pain and withdraws	Swelling obvious on greater than two joints	Severe colour changes

2. Objective Criteria^[8]

- Sr. Uric Acid



SUBJECTIVE CRITERIA	BEFORE TEATMENT	AFTER TREATMENT
<i>Kandu</i>	PRESENT (++)	ABSENT
<i>Daha</i>	PRESENT (++++)	ABSENT
<i>Sandhi Shoola</i>	PRESENT (+++)	REDUCED(+)
<i>Sparshaasahatva</i>	PRESENT (+)	ABSENT
<i>Sandhi Shotha</i>	PRESENT (+++)	ABSENT

OBJECTIVE CRITERIA	BEFORE TREATMENT	AFTER TREATMENT
Sr. Uric Acid	8 mg/dl	5.3mg/dl

DISCUSSION:

Vatarakata is a disease of vitiated *Vata* and vitiated *Rakta*. The main causative factors for *Vatarakta* are excessive use of alcohol, high protein rich diet, non vegetarian food, luxurious lifestyle, excessive emotional

distress. Due to all above mentioned factors both *Vata* and *Rakta* get vitiated. Vitiated *Raktadhatu* obstructs the path of *Vridhavyu*. This *vridha* and obstructed *Vata* vitiates the whole *Rakta* and this *Dosh-Dushya sammurchhana* in joints termed as *Vatarakta*. Gout is an inflammatory response

to the MSUM crystals formed secondary to *hyperuricaemia*. The condition is characterized by abnormally elevated levels of uric acid in the blood, recurring attacks of joint inflammation and deposits of hard lumps of uric acid in and around the joints[8]. Sydenham's classic description lists the important clinical characteristics used to diagnose a typical attack of acute gouty arthritis. The attack is acute; it starts in the night; the joint surrounding tissues are swollen, hot, red and extremely painful.

All these factors help in comparing the *Vatarakta* with Gouty Arthritis based on *Nidan* (aetiology), *Samprapti* (pathogenesis) and *Lakshan* (symptoms).

Many studies have been proved that *guggul* has anti-inflammatory & anti-arthritic effect.

Pharmacological Action of Drugs[5]:

- *Deepana Karma*: Most of drugs exhibit *deepana* guna due to *pradhanata* of *vayu* and *agni mahabhoota*. It corrects abnormality in *jatharagni* and *dhatwagni*.
- *Pachana Karma*: *Guduchi*, *haritaki*, *mustak* and *trikatu* have *Pachana Guna*. As *sama rakta* cause *sthan sansharya* in *asthivaha srotas* by obstructing the normal pathway of *Vata*, *pachana dravyas* help in clearing the obstruction caused by *ama*.
- *Vedanasthapan*: Most of these drugs are *Ushna virya* due to which they pacify *Vata* dosha and *Vedana* as well.
- *Vishyandan* and *srotoshodhan*.
- *Guggul*, *Marich*, *Shunthi* are *tikshna* in nature, due to which they help in dissolving *doshas* as well as *ama*. *Tikshna dravya* also has the property of *lekhan karma* which leads to *srotoshodhan*.

- *Shothahara* and *Doshapkarshana*: Some of these drugs have *Shothahara*, *Vatanulomana*, *rasayana* and *balya* properties which help in relieving the symptoms of *Vatarakta*.

CONCLUSION:

On the basis of present clinical study it can be concluded that *Gokshuradi guggul* possesses the anti-inflammatory, analgesic, anti-rheumatic properties and is found effective in the management of *Vatarakta*. It showed significant improvement in the symptoms of *Vatarakta* but further the drug requires to be tried on a larger number of cases. The study may also be conducted with varying doses, and duration of treatment.

Probable Mode of Action: Action of drug is based on 5 mechanism of attributes namely *rasa*, *guna*, *virya*, *vipaka* and *Prabhav*. The drug jointly act as an antagonist and cause 'Samprapti Vighatana'.

GOKSHUR AND OTHER DRAVYA[4]: *Gokshur*, *Musta*, *Haritaki*, *Amalaki*, *Bibheetaki*, *Pippali*, *Marich* and *Shunthi*. The probable effect of all the constituent drugs of *Gokshuradi guggul* can be explained as further.

- *Rasa*: Due to predominance of *tikta*, *kashaya rasa* it pacifies *pitta* dosha. *Tiktarasa* have *Deepan* and *Pachan* properties by which it corrects *Mandagni* and also helps in *amapachana*. Both *tikta* and *kashaya rasa* reduce the *kled guna* of *rakta*, *kapha* and *ama*. It also has *lekhana* and *Shoshana guna* which clears the *srotas* and *sira marga*, *avritta* with *samarakta*.

- *Guna*: *Laghu guna* of most of the constituent drugs like *trikatu* has *srotoshodhak*, *agnideepak* effect.
- *Virya*: As most of the drugs in the trial drug have *Ushna virya*, it has *Vatakaphahara* property and also have *deepan pachan* effect. It also helps in *vilayan* of *doshas* which is necessary step in bringing *Shakhagata dosha* towards *Koshtha*.
- *Vipaka*: *Madhur vipaka* is predominant which has *snigdha* and *Vatapittashamaka* properties.
- *Doshagnata*: The formulation has *tridosha shamak* as well as *raktashodhak* properties. Most of the drugs have their *Rasayana guna*. It helps in maintaining homeostasis between all *doshas* and *dhatu*s by its action through *rasa*, *guna*, *virya*, *vipaka*.
- *Guggul*[4]: *Guggul* is *vaat shamak*, *puran guggul* acts as *rasayan* so helps in *rejuvenation* of joints also the pharmacological aspects of *guggul* reveals that it has anti-inflammatory in action.[4]

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