

Research Article

## Efficacy of *Guduchikwath* and *Guggulu* in *Vatarakta*

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### ABSTRACT:

**Aim:** To assess the effect of "*Guduchikwath* and *Guggulu*" in "*vaatarakta*".

**Methods:** Patients subjected to clinical trials were selected from Kayachikitsa OPD. In this study, 30 patients were registered & have completed their full course of treatment.

**Observation:** *Vaatarakta* is, *vata* associated with *rakta* and starts especially in both limbs. The classical symptoms of *vaatarakta* are *Kandu*, *Ruja*, *Siraaayama*, *Toda*, *Spurana*, *Kunchana*, *Shyavatwak*, *Raktatwak*, *Bheda*, *Gourav* and *Suptata*. All these symptoms are similar like gout, hence *vaatarakta* can be correlated to Gout. *Vaatarakta* is the disease of middle age group, more common in males. The incidence is higher in patient with mixed diet. The observation revealed that most of the patient having *Pittaj-Vataprakruti* and maximum number of patients were addicted to alcohol, tobacco and smoking.

**Conclusion:** It is noted that "*Guduchikwath* and *Guggulu*" have shown better result in some symptoms of *Vaatarakta* without any side effect.

**KEY WORDS:** *Vaatarakta*, *ruja*, *gout*, *toda*, *gourav*, *pittaj-vata*

### INTRODUCTION:

*Vaatarakta* is one of *Raktapradoshajavikara* were the classical text says ample of importance of *rakta*, being foremost body tissue plays an important role in sustaining the health and life of a person, at the same time importance was given to *vata* also. The disorders produced by vitiation of both *vata* and *rakta* termed as *vaatarakta*. Due to properties like *Sukshmatva* and *Saratwa* of *vayu*, *Dravatva* and *Saratwa* of *Rakta*, they spread all over the body. *VyanaVayu* facilitates spreading. The *doshas* are lodged in *sandhies*. The main first site of manifestation is *padamoola* (metatarsophalangeal joint) and then *hasta* and *pada* from there onwards spread upwards. The process of spreading of manifestations can be understood similar to that of rat poison. *Vaatarakta* also considered as *Avaranjanya vatavyadhi*.<sup>1</sup>

The umbrella of *vaatarakta* in parlance with conventional medicine includes many conditions related to extremities and to mention a few are connective tissue disorders as well as peripheral vascular disorders. In the literature, it is emphasized that the etiological factors lead to the predominant morbidity of *vata dosa* and *raktadhatu* and hence the name *vaatarakta*. To be more specific, the obstruction of *raktamarga* or *raktavahasrotas* is the leading pathology<sup>2</sup>.

Dietary habits and lifestyle modalities play a major role in the causation of *vaatarakta*. Also the morbidity of *kapha* and *medas* can cause different other serious diseases in different systems. *Prameha*, *Shonitadusti*, *hridroga* and *vatavyadhi* etc. all are found to be due to the incriminatory effect of *kapha* and *medas* in respective systems<sup>3</sup>.

Literature has explained both *Shaman* and *Shodhan-chikitsa* for *Vaatarakta*. *Shodhan* includes *Virechan*, *Basti* and *Raktamokshana*. *Shaman chikitsa* includes both *Antaparimarjana* and *Bahiparimarjanachikitsa*.

#### MATERIALS AND METHODS:

1. Selection of patients: Patients subjected to clinical trials were selected from Kayachikitsa OPD

Criteria for selection of patient:

##### A. Inclusion criteria:

1. Patients presenting with clinical features of *Vaatarakta*.
2. Patient having chronicity less than 1 year.
3. Subjects of both sex between the age group of 18 - 60 years.

##### B. Exclusion criteria:

1. Subjects with uncontrolled metabolic disorders and other systemic disorders.
2. Subjects with autoimmune diseases of joints.
3. Subjects with infection and communicable diseases.

#### OBSERVATIONS AND RESULTS:

**Table No. 1: Change in Ruk/Sandhi Shoola**

| Ruk/ Sandhi shoola | Day-0      |       | Day-60     |       | % Relief | Wilcoxon Signed Ranks Test Z | P         |
|--------------------|------------|-------|------------|-------|----------|------------------------------|-----------|
|                    | Mean score | Sd    | Mean score | Sd    |          |                              |           |
| Group-A            | 1.90       | 0.481 | 0.67       | 0.479 | 64.7     | 5.069                        | <0.001 HS |

**Table No. 2: Change in Sandhi Graha**

| Sandhi Graha | Day-0      |       | Day-60     |       | % Relief | Wilcoxon Signed Ranks Test Z | P         |
|--------------|------------|-------|------------|-------|----------|------------------------------|-----------|
|              | Mean score | Sd    | Mean score | Sd    |          |                              |           |
| Group-A      | 1.77       | 0.568 | 0.67       | 0.479 | 62.1     | 5.260                        | <0.001 HS |

**Table No. 3: Change in Sparshasahatva**

| Sparshasahatva | Day-0      |       | Day-60     |       | % Relief | Wilcoxon Signed Ranks Test Z | P         |
|----------------|------------|-------|------------|-------|----------|------------------------------|-----------|
|                | Mean score | Sd    | Mean score | Sd    |          |                              |           |
| Group-A        | 1.70       | 0.596 | 0.63       | 0.490 | 62.9     | 5.324                        | <0.001 HS |

**Table No. 4: Change in Walking/Hand Working Ability**

| Walking / Hand working ability | Day-0      |       | Day-60     |       | % Relief | Wilcoxon Signed Ranks Test Z | P         |
|--------------------------------|------------|-------|------------|-------|----------|------------------------------|-----------|
|                                | Mean score | Sd    | Mean score | Sd    |          |                              |           |
| Group-A                        | 1.70       | 0.535 | 0.67       | 0.479 | 60.6     | 5.396                        | <0.001 HS |

#### Selection of drug:

वत्सादन्युद्धवः क्वाथः पीतोगुग्गुलुमिश्रितः ।

समीरणसमायुक्तंशोणितं सम्प्रणाशयेत् ॥ ४३ ॥ भा. प्र.

Guduchikwath pan along with guggulu does the vaatraktanashan.

#### Dose -

Guduchikwath 15ml with shuddha guggulu 500mg TID.

#### Route of administration: Oral

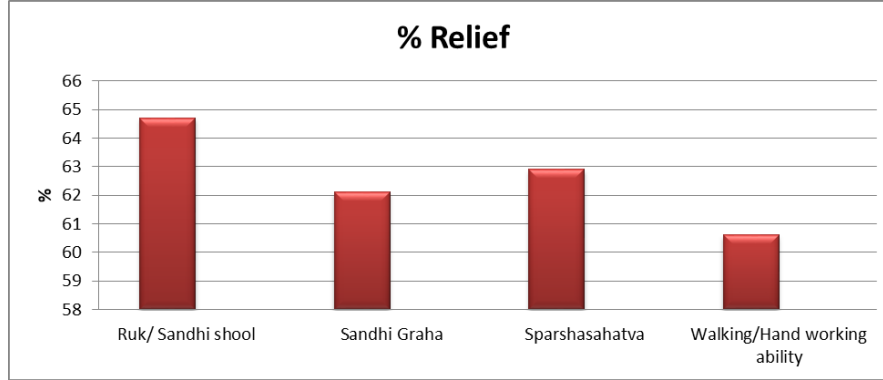
#### Statistical Analysis:

In the data collection the severity of symptoms was graded (scored) as 0, 1, 2, 3 for symptom - Absent, mild, moderate, severe. In this situation to compare the pre-treatment grades with post treatment grades, Wilcoxon Signed Rank test (Non-parametric test) was used. If (Probability)  $P < 0.05$  then the difference between the Pre and Post-treatment was significant and if  $P < 0.001$  then the difference was highly significant.

Table No. 5: % Relief in Symptoms

| Symptoms                     | Group-A |
|------------------------------|---------|
| Ruk/ Sandhi shoola           | 64.7%   |
| Sandhi Graha                 | 62.1%   |
| Sparshasahatva               | 62.9%   |
| Walking/Hand working ability | 60.6%   |

Graph No. 1: % Relief in Symptoms

**OBSERVATIONS AND RESULTS:**

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Results show that percentage of relief for symptoms like Ruk/SandhiShoola (64.7%), SandhiGraha (62.1%), Sparshasahatva (62.9%), Walking/Hand Working Ability (60.6%) is better.

3. Sushruta's, Sushruta Samhita, Vaidya Yadavji Trikamji editor, Varanasi, Chaukambha orientalia, 7th edition, 2002, Sutra sthana, chapter 15, shlok 32, Page no. 73

**CONCLUSION:**

From the clinical trials we can reach up to the following conclusion: Vaatarakta is the disease of middle age group, more common in males. The incidence is higher in patient with mixed diet. The observation revealed that most of the patient having Pittaj-Vataprakruti and maximum number of patients were addicted to alcohol, tobacco and smoking.

After the present study, it can be concluded that "Guduchikwath and Guggulu" have shown better effect.

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