



IMPORTANCE OF VIRECHANA IN VATARAKTA

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ABSTRACT

Vatarakta is a vitiation of vata dosha and rakta dhatu and normal flow of vata obstructed by vitiated rakta dhatu it can be merely compare with metabolic disorder gout which is a common type of arthritis due to uric acid disturbance. In ayurveda there are different causative factors, types, pathogenesis and treatment modalities are explained. Virechana karma has a less complication and is effective in vitiated pitta dosha, rakta dhatu. So here in detail about the disease is explained along with specific line of treatment, and different yogas for the virechana karma in different conditions has been explained.

KEY WORDS : *Vatarakta, Uric acid, Vata dosha, Rakta dhatu, Virechana karma.*

INTRODUCTION

In this developing era, *vatarakta* afflicts the normal living of human being by causing the symptoms like pain, burning sensation, inflammation etc. *Vatarakta* is a type of disease where *rakta* get *avruta* to *vata* and vice-versa it is mentioned by *acharya charaka* as *anonyaaavarna*¹. Due to the altered life style, different food habits and stressful life people are prone to it. *Vatarakta* can be co-related with Gouty arthritis. The prevalence rate of gouty arthritis is range <1% to 6.8% and an incidence of 0.58-2.89 per 1,000 person per year. Despite major advances in treatment strategies, as many as 90% of patients with gout are poorly controlled or improperly managed and their hyperuricemia and recurrent flares continue. Due to different *nidana sevana* different types of *vatarakta* explained, and based on *doshas* and *aashraya sthana* are *Utthana, Gambeera, ubhayaashrita vatarakta*. There are various treatment modalities explained by our *acharyas* like *Vamana, Virechana, Basti, Raktamokshana* and many more oral medications. Here an effort is made to explain how *virechana* plays the role in *vatarakta*, as the *rakta* and *pitta* present in *ashrayaa ashrayi bhavas* and *virechana* is specific line of treatment for *pitta*, so *virechana* has an important role to cure *vatarakta*.

DISEASE REVIEW

NIDANA²

Regular intake of *sankeerna ahara, adhayashana, viruddha ahara, klinna ahara, anupa mamsa, kulatha, masha* etc. And by adopting the life style habits like *achankramana, yana, plavana*, etc leads to *vatarakta*.

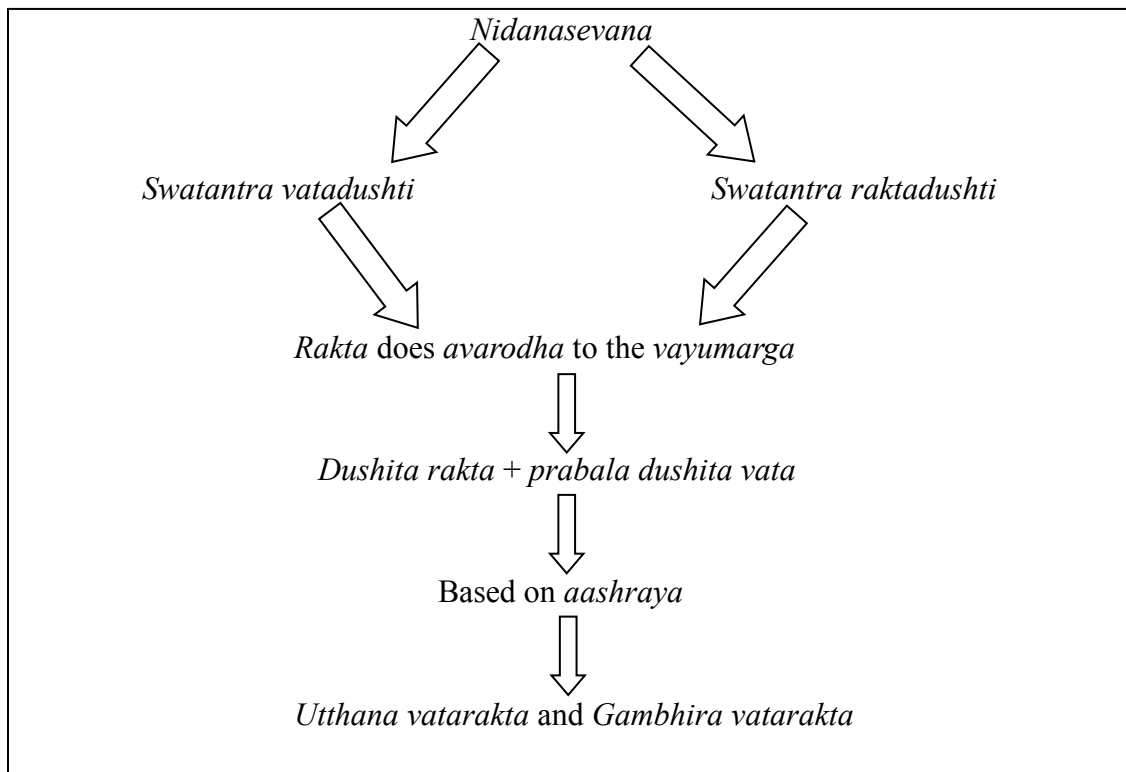
PURVA RUPA³

Excessive sweating or reduced sweating, blackish discoloration of body, loss of sensation, Looseness of joints, lethargy, pricking type of pain in joints.

**RUPA⁴**

Based on doshas are,

VATAJA	PITTAJA	KAPHAJA	RAKTAJA
<i>Sira aayama</i>	<i>Vidaha</i>	<i>Sthaimitya</i>	<i>Kandu</i>
<i>Shotha</i>	<i>Vedana</i>	<i>Gourava</i>	<i>Kleda</i>
<i>Krushna shyava varna</i>	<i>Murcha</i>	<i>Snigdhata</i>	<i>Toda</i>
<i>Shula</i>	<i>Swedaadhikya</i>	<i>Supti</i>	<i>Tamra varna</i>
<i>Sphurana</i>	<i>Trushnaadhikya</i>	<i>Manda vedana</i>	<i>Chimachimayana</i>
<i>Toda, sthambana</i>	<i>Bhrama</i>	<i>Kandu</i>	<i>Vedanayukta sandhi shotha</i>
<i>Ruksha</i>	<i>Raaga</i>		
<i>Dhamanis of anguli, andhi sankocha</i>	<i>Paaka</i>		
<i>Angagraha</i>	<i>Bhedavatpida</i>		
<i>Sheetadweshi</i>	<i>Angashosha</i>		
<i>Vedanaadhikya</i>			

SAMPRAPTI⁵ :**SADHYA ASADHYATA⁶***Ekadoshaja and Nava – Sadhya**Dwidoshaja – Yasya**Tridoshaja and Upadravayukta – Asadhya*

**UPADRAVAS⁷**

These are the *upadravas* of *vatarakta*,

- *Andria*
- *Arochaka*
- *Shwasa*
- *Mamsakotha*
- *Shirograha*
- *Murcha*
- *Mada*
- *Vedana*
- *Trushna*
- *Jawara*
- *Moha*
- *Hikka*
- *Pangulya*
- *Visarpa*
- *Bhrama*
- *Klama*
- *Anguli vakrata*
- *Daha*
- *Marmagraha*
- *Arbudha*

PATHYA AND APATHYA AHARA,VIHARAS⁸

PATHYA AHARA	
<i>Purana yava, godhuma, shali, shashtika shali</i>	
<i>Vishkara and Pratuda mamsa</i>	
<i>Channaka, mudga, masha, aadhaka yushas</i>	
<i>Go, aja, mahisha ksheera</i>	
<i>Shatavari, vetasa, kakamachi with ghrita/mamsa rasa</i>	
APATHYA AHARA	APATHYA VIHARA
<i>Katu , ushna, guru anna paana</i>	<i>Divaswapna</i>
<i>Abhishyanda ahara</i>	<i>Sasantapa</i>
<i>Lavana amla rasa anna paana</i>	<i>Ativyayama</i>
	<i>Atimaitihuna</i>

CHIKITSA**SAMANYA CHIKITSA**

Virechana ,*Bastis*, *Abhyanga*, *Pradeha* and *Pariseka* with *avidahi siddha yogas*.

Raktamokshana by using *Shruna* , *Jaluka*, *Alabu*, *Suchi*⁹.

All *panchakarma* procedures can be advised here and *raktamokshana* can be taken as 1st line of treatment¹⁰.

VISHESHA CHIKITSA¹¹:

Based on the types of *vatarakta*, *shodhana chikitsa* has been advised as,

In *Utthana vatarakta* - *Alepa*, *Abhyanga*, *Pariseka*, *Upanaha*.

In *Gambheera vatarakta* is *Virechana*, *Asthapana*, *Snehapana* is advised.

VIRECHANA

Virechana is mainly indicated in *pitta pradhana vyadhis*, here intention to take *virechana karma* is it has less possibility of complications and could be done easily because here expulsion of *doshas* occur by normal route.



➤ AVASTHAS WHICH ARE INDICATED FOR VIRECHANA

- *Gambheera vatarakta*
- *Rakta pitta ulbana vatarakta*
- *Pitta rakta avruta vatarakta*
- *Kaphaja vatarakta*
- *Kapha pitta anubandhita vatarakta*
- *Pitta pradhana vatarakta*
- *Kapha avruta vatarakta*
- *Sarva dhatu avruta vatarakta*

➤ SNEHAPAANA

After finding out the particular *avastha* for *virechana*. *snehapana* can be done with following *tailas* and *ghritas*, *Shatapaka madhuka taila*, *Guduchi taila*, *Shatapaka bala taila*, *Sahasrapaka taila*, *Jivakadi maha sneha*, *Arevatakadi siddha ghrita*, *Baladi ghrita*, *Parushaka ghrita*, *Jivaniyadi ghrita*.

➤ ABHYANGA

After formation of *samyak snigdha lakshanas*, *abhyanga* and *swedana* advised to do for 3 days, then on 3rd day *virechana karma* is advised.

Abhyanga can be done with following *ghritas* and *tailas*, *Shatadhouta ghrita*, *Mustadi ghrita*, *Padmakadi ghrita*, *Padmaka siddha ghrita*, *Guduchi ghrita*, *Mahaguduchi ghrita*, *Madhuparnyadi taila*, *Amrutadhya taila*, *Shata paaka*, *madhuka taila*, *Pinda taila*, *Madhuyasti taila*, *Shatapaka taila*.

➤ SWEDANA

These are *swedana* procedures are explained by *acharya charaka*¹², *acharya sushruta*¹³ and *acharya vagbhata*¹⁴ are – *pariseka*, *upanaha*, *avagahasweda*.

- *Pariseka* – in *sthamba*, *shula pariseka* with *ushna dravya* and in *daha* with *sheeta dravya*.
- If *shula*, *ushna pariseka* with *go*, *avi*, *chaga ksheera* with *taila*.
- If *daha*, *sheeta pariseka* with *go*, *avi*, *aja ksheera* with *taila*. with *panchmula kashaya* with *maha guduchi ghrita*
- *Upanaha* – *Yavadi churna* and *chaturvidha sneha*, *Bilwadi churna*.
- *Avagaha* – *balataila*.

➤ VIRECHANA YOGAS¹⁵

- *Dharoshna dugdha* + *gomutra* when *doshas* in *Anulomana gati*.
- *Dharoshna dugdha* + *trivrut churna* when *vata avrodha* by *pitta* and *rakta*.
- *Dharoshna dugdha* + *Eranda taila* in *Prakupita dosha avastha*.
- *Ghrita bhrishtha haritaki* or *haritaki kwata samskarita* in *ghrita*.
- *Trivrut churna* with *draksha rasa*.
- *Trivrut churna* with *go dugdha*.
- *Kashmaryadi kwatha* with *saindhava* and *madhu*.
- *Triphala kwatha* with *madhu*.
- *Mrudu virechana* by *jangala desha mamsa*, *yava*, *shali dhanya* with *ksheera*.

DISCUSSION

In *vatarakta* there is *dushana* of *rakta* and *vata dosha*. Due to *nidana sevana* there is *swatantra prakopa* of *vata* and *rakta* leads to *vata* and *rakta* get *anonya aavarna* to each other as explained by *acharya charaka*. Here 1st line of treatment is *rakta mokshana*, it removes the *avruta rakta* and allows the movement of *vata dosha* which relieves the symptoms instantly, But re occurrence of disease may occur. *Virechana* is one of the most important *chikitsa* among *Panchakarma*, which gives justified results in various chronic diseases. *Virechana karma* as a *shodhana* procedure treats the disease by acting over *dosha dushya sammurchana*. It is mainly indicated for *prakupita pitta dosha*, as *pitta* and *rakta* present in *Ashraya aashrayi bhavas* it acts over the *dushita rakta* drugs used has *Ushna*, *Tikshna*, *Sukshma*, *Vyavayi* and *Vikashi gunas* reach to the heart (*hridaya*) due to *virya* and *prabhava*, circulate through the micro & macro channels by its *sukshma* and *vyavayi* properties pervade the entire body. By the procedure liquefy (*vishyandana*) the



dosha samghata by virtue of their *Ushna guna* and break it up (*chedana*) by their *tikshana* and *vikashi guna*. The vitiated *Pitta*, *Vata* and *Rakta dosha* are expelled out through the mechanism of *Virechana Karma* and the disease process of *vatarakta* is stopped.

CONCLUSION

Virechana is important *Shodhana Chikitsa* because it not only act over *Pitta* but also on *Kapha*, *Vata* and *Rakta* as *rakta* is *sadharmi* to *pitta*. Removes *Avarita rakta* does *anulomana gati* of *Vayu* in *Koshta* & corrects *Agni Vaigunyata*.

Specially in *pitta* and *rakta pradhana*, *gambheera vatarakta virechana* is effective.

In *vatarakta* the *bala* of *vata* is more so *Sneha virechana* is helpful.

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